



# S.E.N.I.O.R. FEBRUARY 2017

Plainville Senior Center

Dynamic Past \* Vibrant Future



Shawn Cohen, Director  
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200 East Street, Plainville CT 06062

**Free Sign-Up Day is February 1. Mega Sign-Up Day is February 2, 9:15 a.m.—4:00 p.m.**

**REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday through Friday between 9:15 a.m. - 12:00 (noon), and Mondays from 5:00 - 5:30 p.m. We accept cash and checks made out to Plainville Senior Center only.**

## VETERAN'S COFFEE HOUR AT THE SENIOR CENTER

**Tuesday, February 7 at 10:30 a.m.**

Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **Please call 860-747-5728, so we can plan refreshments. FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Coffee Hour will be held the 1st Tuesday of each month at 10:30 a.m. **Call the Senior Center to Register beginning February 1. See Page 4 for Information on the Veteran's Memorial Wall.**

## **VALENTINE DAY- CHOCOLATE MAKING**

**Wednesday, February 8, 3:30 p.m.**

Our own Evelyn Morin will be conducting a chocolate making class right in time for Valentine's Day! Join us in making some delicious treats for all the Valentines in your life. This class is free. **Sign up begins February 1.**

## **HEALTHY AGING: A HOLISTIC APPROACH TO LIFE**

**Friday, February 10, 10:00 a.m.**

Those who wonder about the aging process and the factors in aging well can learn more about this topic at the free program, "Healthy Aging: A Holistic Approach to Life". Naturopathic physician Ken Kirk, ND, PT, of Southington Care Center will discuss why some people age better than others. This program is sponsored by Southington Care Center. Program is free. **Sign up begins February 1.**

## **FREE ACRYLIC PAINTING DEMONSTRATION CLASS**

**Monday, February 13, 10:00 a.m.—12:00 noon**

Have you ever wanted to learn how to paint but don't think you can draw a straight line? Attend a 2 hour hands-on demo to see what acrylic painting is all about and you may discover that you have a hidden talent! Abbe Wade will demonstrate a couple techniques using acrylic paints. Students will have an opportunity to use the paints and begin to discover the joy of painting using acrylics. **Sign up begins February 1.**

## **SWEET TREAT COOKING CLASS WITH JEFF ALEXANDER**

**Monday, February 13, 3:00 p.m.**

Learn how to make a variety of mini cheesecakes perfect for entertaining or enjoying yourself! Jeff will also demonstrate some ideas for plate presentation using sauces and garnishes that will be sure to wow your family! Jeff is the Chef Manager at Sheridan Woods. Program is free. **Sign up begins February 1.** Space is limited to 12.

**\*\*INCOME TAX ASSISTANCE—PLEASE SEE PAGE 5\*\***



## **MAMMOGRAMS AT THE SENIOR CENTER, "TAKE THE TIME" DIGITAL MOBILE MAMMOGRAPHY**

**Tuesday, February 28, 2017, 9:00 a.m.—1:45p.m., by appointment, Senior Center Parking Lot**

**Cost:** Insurance is accepted. Free for women with no insurance. No one will be turned away for inability to pay. If a woman has no insurance, Hartford Hospital has donated funds available to pay for her mammogram. **REGISTRATION:** Call the Senior Center to register for an appointment. When you come for your appointment, make sure to bring a Photo ID and your health insurance card, if applicable. Walk-ins are welcomed on a first-come first-serve basis until capacity is reached.

**ELIGIBILITY FOR A SCREENING MAMMOGRAM:** •Women whose last mammogram was more than 12 months ago. •Women who have no breast problems such as suspicious lumps, abnormal swelling, bleeding from nipples, or unusual tenderness. •Women who have not had any type of breast biopsy or breast surgery since their last mammogram. •Women who have not had a history of breast cancer in the past three years.

# Senior Center Special Events

## STRATEGIES TO IMPROVE YOUR HEALTH IN 2017: Thursday, February 23 10:30 a.m.

Make 2017 your year to eat, exercise and communicate mindfully! University of Hartford Nursing graduate students Diane, Gordana and Carolyn invite you to learn two simple techniques to improve the quality of your life. Ask Me 3 is an educational program that encourages you to ask three specific questions of your health provider to better understand health conditions and what you need to do to stay healthy. We will introduce you to mindful eating and exercising as a way to improve health, decrease weight and improve overall contentment with life. There will be notepads, key chain tags and handouts to help you use the Ask Me 3 program. Refreshments will be served. This event is free. **Sign up will begin on February 1.**

## MOVE LIKE A DANCER-Part 2

Friday, February 24, 10:00 a.m.

Miles Everett, RD RN CDE of Bristol Hospital (also former professional Broadway, Ballet, and Modern dancer) will present a review of the physical principles of dance you can use in daily life. For examples of them in dance, we'll explore dance clips via YouTube. We'll also look at the different kinds of dance (ballet, modern dance, theatre dance) with the different types of dancers and their particular qualities. Also – you'll get an inkling of the great choreographers, today's important dance companies – nationally and internationally, along with a who's who of upcoming stars. Following the presentation Miles will offer a free diabetic screening to any person who wants one. The class is free. **Sign up begins February 1.**

## YOGA WORKSHOP: THE YOGA BREATH

Monday, February 27, 4:00 p.m.—5:15 p.m.

This workshop will help yoga students deepen their understanding of yoga breath techniques. Please eat a big meal 2 hours before class and show up to class with an empty stomach. Bring water and mat/blanket. The workshop is free and open to all experience levels. Instructor: Tim Molnar. Class is free. **Sign up begins February 1.**

## BUILDING BETTER BONES-OSTEOPOROSIS AND FALL PREVENTION FREE DEMONSTRATION

Tuesday, February 28, 2:00 p.m.

In osteoporosis, more bone gets broken down than built up. Osteoporosis is a major health concern. Half of all women and one-quarter of all men over age 50 will have a fracture caused by osteoporosis in their lifetime. Fortunately, exercise done properly can help to rebuild bone and reduce the likelihood of fracture. The class is safe for those who have osteoporosis and those that want to build strength, balance and flexibility. We will be using hand weights, leg weights, bands, step and a mat. Instructor: Amy Gray. The demo is free. **Sign up begins February 1.**

## ARTHRITIS FOUNDATION EXERCISE PROGRAM (AFEP) FREE DEMO CLASS

Tuesday, March 7, 2:00 p.m.

Scientific studies have shown that physical activity can reduce pain, improve function, mood and quality of life for adults with arthritis. The class covers a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All of the exercise can be modified to meet participant needs. Demo is free. **Sign up begins February 1.**



## SONGBIRDS OF THE NORTHEAST WITH NATURALIST JOHN ROOT

Wednesday, March 8, 3:00 P.M.

Learn how to recognize songbirds by their songs and calls and discover intriguing information about their behavior. Featuring both photographs and recordings of our region's songbirds. This event is free. Held at the Senior Center. **Sign up will begin on February 1.**



## BOOKS & BAGELS BOOK CLUB

Wednesday, February 8, 9:30 a.m.

**THE WHIP**, inspired by the true story of Charlotte "Charley" Parkhurst (1812-1879) is an amazing tale of the old West, of a time past when life was difficult and more so if you were a lone woman. Written by Karen Kondazian, the author tells the story of a young woman in Rhode Island whose destruction of her family drove her west to California tracking the man responsible. In an era where it would have been very dangerous to travel alone, she found security dressed as a man. Join us on February 8<sup>th</sup> at 9:30 am for a rousing discussion on this unusual, complicated, fast-paced epic tale which will equally delight both men and women! The program is free. **Sign up has begun.** Space is limited to 12.

Wednesday, April 19, 9:30 a.m.

M. Williams Phelps chronicles the legacy of death and destruction of Connecticut's Colt family during the nineteenth century. Known for their gun making business, their infamous family tragedy... a long forgotten, but lurid murder case which inspired Edgar Allan Poe's story "The Oblong Box". There are more questions than answers in this part historical true-crime, part family biography and cultural history of this cursed American dynasty. The author lives in Vernon, Connecticut. A limited number of copies of the book will be available at the Plainville Public Library. The program is free, however pre-registration is required. Space is limited to 12. **Sign up begins February 1<sup>st</sup>.**

# CRAFT, FITNESS & TECHNOLOGY CLASSES

**Please Note:** You can always register for a class, even if the session has begun. We are able to pro-rate classes.

Members may sign-up for new classes beginning on Mega Sign-up Day, February 2 between 9:15 a.m. - 4:00 p.m. or between 9:15 a.m. - 12:00 p.m. on any day following. You may also sign up on Mondays, between 5:00-5:30 p.m. If there is room in a class, non-members may sign-up for classes that allow non-members one-week after member sign-up begins. The Drop-in rate for any of the classes (that allow 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 for details.

Class	Time	Current Session	Next Session Sign up begins February 2
MONDAY			
Zumba Tone	9:30 – 10:30 am	January 23—March 20 (8 weeks) (no class Feb. 20). \$24.00 members; \$48.00 non-members.	March 27—May 15 (8 Weeks) \$24.00 Members, \$48.00 Non-Members
Power Burst	1:00—2:00 p.m.	January 30—March 27 (8 Weeks) (no class 2/20) \$16.00 Members Only	April 3—May 22 (8 Weeks) \$16.00 Members Only
Acrylic Painting Class	10:00-12:00		February 27—April 17 (8-Weeks) \$24.00 Members, \$48.00 Non-Members
WEDNESDAY			
Quilting	9:30 – 11:30 am	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt	
Zumba Gold	10:30 – 11:30 am	January 18—March 8 (8 weeks). \$24.00 members; \$48.00 non-members	March 15—May 3 (8 Weeks) \$24.00 Members, \$48.00 Non-Members
iPad Basics	1:00—3:00 pm	January 18—February 15 (5 Weeks) \$25.00 Members and Non-Members	February 22—March 22 (5 Weeks) \$25.00 Members and Non-Members
THURSDAY			
Ceramics	9:30 – 11:30 am	To Be Announced. Teacher unavailable due to surgery.	
Beginners Yoga-Class meets at Plainville Library. Arrive at 8:45, doors lock at 9:00	9:00 – 9:45 am	January 19—March 9 (8 weeks). \$24.00 members only.	To Be Announced
Beginners Functional Fit	11:30—12:30 p.m.	January 26—March 16 (8 Weeks). \$16.00 Members Only	March 23—May 11 (8 Weeks) \$16.00 Members Only
Intermediate Functional Fit	1:00 -2:00 pm	January 26—March 16 (8 Weeks) \$16.00 Members Only	March 23—May 11 (8 Weeks) \$16.00 Members Only
Knitting & Crochet	1:00 – 3:00 pm	January 19—March 9 (8 weeks) \$16.00 members only	March 16—May 11 (8 Weeks-No Class April 27) \$16.00 Members Only
FRIDAY			
Intermediate Yoga--Class meets at Plainville Library. Arrive at 8:30, doors lock at 8:45	8:45 – 9:30 am	January 20—March 10 (8 weeks) \$24.00 members only.	To Be Announced
Cardio Step & Abs	10:30 – 11:30 am	January 20—March 17 (8 weeks). (no class Feb. 3). \$24.00 members; \$48.00 non-members.	To Be Announced


## “COUCH TO 5K” RUNNING PROGRAM

Did you ever want to run a 5K (3.1 miles)?. Check the March Newsletter for more details on the “Couch to 5K” Running Program coming this Spring!



PLAINVILLE VETERAN’S MEMORIAL WALL

A moveable memorial wall has been created in the Plainville Municipal Center near the Town Clerk’s office to provide a place to honor the military service of deceased veteran’s by their friends and family members. Brass Plates (1” X 3”) engraved with the veteran’s rank, name, and branch of service can be purchased. The fee for the plate is just to cover the cost of the engraved plate, no extra funds are being charged. To purchase a plate, please fill out a form available at the Municipal Center or at the Plainville Senior Center. The cost of the plate is \$8.00.



**AARP SMART DRIVER COURSE**

Thursday, February 16, 9:30 a.m. - 1:30 p.m. at the Plainville Senior Center

This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance. **The cost to take the class is \$15.00 for AARP members providing a membership number and \$20.00 for all other attendees. Please bring a bag lunch if you wish. Sign up has begun.**

CRAFT AND FITNESS CLASS DESCRIPTONS

**ACRYLIC PAINTING:** Each week students will complete a 5X7 painting using a variety of acrylic techniques. A new technique will be demonstrated every week. A supply list will be available at registration. **Instructor:** Abbe Wade.

**BEGINNERS FUNCTIONAL FITNESS:** Class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor:** Kristin Champagne.

**BEGINNER’S YOGA FOR EVERY BODY:** Designed for individuals who are new to yoga. Improve health and cultivate inner peace. **Instructor:** Tim Molnar. **Class is held at Plainville Public Library.**

**CARDIO STEP & ABS:** Step up your work-out with a 45-minute step/low impact aerobic interval workout to the oldies. Intervals of 3 minutes of low impact aerobics and 2 minutes of step (total of 5 intervals). You can do the step portion without a step if you prefer. Includes 15 minutes of abdominal exercise at the end of each class (standing, sitting or on a mat). **Instructor:** Eileen Cyr.

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

**INTERMEDIATE FUNCTIONAL FITNESS:** This popular exercise class is designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor:** Kristin Champagne.

**INTERMEDIATE YOGA FOR EVERY BODY:** Designed for those who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. **Instructor:** Tim Molnar. **Class held at the Plainville Public Library.**

**iPAD BASICS:** Learn all the basics of your new iPad in this fun and informative class. Learn its main components including the keyboard, internet, camera and basic apps and its intermediate functions such as sending e-mails, music and using social media sites like Facebook. **Instructor:** Evelyn Morin.

**KNITTING & CROCHET:** Finish an old project that’s been hanging around in your closet or start something new! **Instructor:** Evelyn Morin.

**POWER BURST:** This circuit training exercise program, made up of 6-10 “stations”, is a great way to improve mobility, strength and stamina. At each station a special exercise is done for 1-2 minutes, followed by 2 minutes of walking or marching in place. **Instructor:** Kristin Champagne.

**QUILTING:** Beginners are always welcome to this class. Beginners will learn proper rotary cutting and sewing techniques. Class participants may also work on the annual Senior Center quilt that is raffled during the Holiday Fair or they may work on their own projects. **Instructor:** Karen Kebinger.

**ZUMBA GOLD:** This is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA and adjust it to accommodate participants of all ages and fitness levels. **Instructor:** Amy Gray.

**ZUMBA TONE:** The Zumba Toning Program offers the best of both worlds; the exhilarating experience of Zumba with the benefits of safe and effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, improve mobility, posture and coordination. **Instructor:** Amy Gray.



Income Tax/Outdoor Adventure-5-February 2017

Income Tax Assistance at the Senior Center

AARP Tax-Aide, a free program, provides income tax preparation assistance for low to middle-income tax payers of all ages, with special attention to those 60 and older. If married, both husband and wife should be present during an income tax counseling session. Taxpayers must bring all information and documents that have been received that apply to their 2016 income tax including:

- Copies of 2015 income tax return
- Social Security or Individual Taxpayer ID numbers for household members and personal identification
- All check books so that any refund due can be directly deposited
- All documents that relate to deductible expenses
- All 2016 income report forms that have been received

⇒ SSA-1099, Social Security Benefit Statement

⇒ All statements provided through employer or retirement benefits for 2016

⇒ Investment statements for 2016

⇒ W-2, Wage, Certain Gambling Winner Forms

⇒ Original cost of assets sold during 2016

⇒ People who do not itemize and pay property taxes need to bring in their real estate bill. People who have a mortgage should receive a Form 1098 Mortgage and interest statement including property taxes, please bring in all of these forms.

The appointments will be held on Tuesdays, beginning February 7 and running through April 11 from 10:00 a.m. - 2:00 p.m. To schedule an appointment with a certified Tax-Aide counselor or for more information, call the Senior Center, 860-747-5728. You can pick up a complete list of items to bring to your appointment at the Senior Center front desk. Sign-ups have begun.



## OUTDOOR ADVENTURE CLUB

### MEET OUR NEW OUTDOOR ADVENTURE LEADERS

**NATALIE CARPENTER:** Natalie is an all-weather runner, swimmer, and snowboarder and overall outdoor enthusiast. She is a big fan of winter hikes and has been working on her snowshoe form. Her favorite outdoor activities include swimming, hiking (especially mountains), running, and trying new activities (last year was SUPping(stand up paddle boarding) and the year before that was logrolling).

**JARED SCOVILLE:** Jared is very excited to join the Outdoor Adventure Program Team. Jared is a resident of Plainville and an exercise physiologist who works with seniors. He thoroughly enjoys hiking, backpacking, rock climbing and basketball. Jared does fitness training for a living in a gym geared for seniors and believes the greatest fitness adventures are the ones with a climbing rope, a good pair of hiking boots or a fly-fishing pole.

**EILEEN CYR:** Eileen is a fitness specialist and has been with the Plainville Senior Center for two and a half years. She retired from the YMCA after 37 years. Eileen has always appreciated the outdoors and lifestyle activities such as walking, hiking, biking etc. At the Senior Center, she has had the opportunity to lead Outdoor Adventures including the mountain trails, rail to trails, rivers, and exploring the urban environment via CT FastTrack. Eileen feels that being out in nature is a natural gem and can be utilized all year round.

### WEDNESDAY WALK IN THE WOODS

Walks start at 9:00 a.m.

***\*Every walk in the woods is along forest trails that include rocks, roots and some gentle hills. Good walking shoes, walking sticks and outdoor clothing is required. If you do not have walking sticks we do have some at the Senior Center. Each walk is 45 minutes to an hour in duration. Bring water for hydration and a snack to enjoy. Cost: \$3.00 paid to the leader the day of the event.***

**February 15: Roaring Brook Nature Center, Canton:** Take a nature walk through one of the four Roaring Brook Nature center trails. This scenic hike will bring you through the woods of this 100 acre wildlife protected property. You will visit one or more majestic bodies of water as well as experiencing a variety of native wildlife protected property including over 150 species of birds. Meet at the Senior Center at 8:30 a.m., if you are carpooling or meet at the Roaring Brook Nature Center parking lot at 9:00 a.m. **Sign up begins February 1.**

**February 22: Hillstead Museum Trails, Farmington: (Meet at the parking lot of the Hillstead at 9:00 a.m.)** Come along and join Natalie Carpenter, an outdoor enthusiast, for a peaceful walk through the trails at the Hillstead Museum. This is an easy to moderate 1.3 mile walk on the Woodland trail. The walk is about 45-60 minutes. Walking sticks recommended and spikes on treads on shoes. If there is snow of the ground, we will be able to snowshoe. The Senior Center has 5 pairs of snowshoes available for loan on a first come, first serve basis. **Sign up begins February 1.**

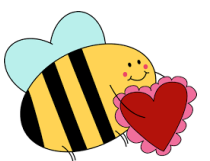
### INDOOR ROCK CLIMBING AT CENTRAL ROCK, GLASTONBURY with Jared Scoville

Friday, February 24, 12:00 to 4:00 p.m.

Experience the world of indoor rock climbing (with ropes!). Jared is excited to bring you to one of the best gyms in the area for a thrilling 2 hour group climb. We will climb together as a group during this time, with opportunities to learn the very basics of climbing. They offer over 20,00 square feet of climbing for all different skill levels. Come ready for a workout! Harness and climbing shoes will be provided by the gym. Wear athletic clothing that is not overly baggy. Bus leaves from the Senior Center at 12:00 noon. COST: \$33.00 includes transportation, instruction, climbing and equipment. **Sign up begins February 2.**



# FRIDAY SHOPPING BUS



February 10: Price Chopper/Job Lot, Southington 8:15 a.m.—11:00/11:30 a.m. depending on destination  
February 24: Walmart, Bristol 8:15 a.m.—11:00/11:30 a.m. depending on destination  
**Sign-up begins on February 1.** Call the Senior Center before 11:00 a.m. on the Wednesday before the Shopping Bus date to add your name to the pick-up list.

In order to ride the Friday Shopping Bus you must be a member of the Plainville Senior Center or a Plainville resident over 60, or a Plainville resident of any age who is disabled.

## QUICK TRIPS & SATURDAY SHOPPING BUS

These trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts; but passengers must be able to get to and from the bus on their own. **If a wheelchair lift is needed, let us know at sign-up.**

**TRIP GUIDELINES—PLEASE NOTE CHANGES:**

- Starting September 1st, all Quick Trips/Saturday Shopping Bus will charge \$8.00 for transportation. This is payable when registering at the Senior Center. No phone reservations will be accepted.
- Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given.
- If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
- You should be at the departure point at least 15 minutes prior to the scheduled leaving time. The bus will not wait for late-comers.
- We need at least ten participants in order to run a trip. If there are not enough people, we will have to cancel...so, please encourage your friends to join you. (Non-members may sign up one week after members sign-up, if space is available.)

**Saturday, February 4, 2017**      **Christmas Tree Shop (Manchester)**      **9:30 a.m.—3:00 p.m.**  
This trip is filled. If interested, please put your name on the Waiting List. The cost of the trip is \$8 for transportation. Lunch is on your own. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. **Sign waiting list if interested.**

**Saturday, February 18, 2017**      **Tanger Outlets at Foxwoods**      **9:00 a.m.—4:00 p.m.**  
Join us for our first shopping bus trip to the **indoor** Tanger Outlets at Foxwoods. With approximately 80 stores, including clothing, footwear, housewares, home furnishings, specialty shops, as well as a variety of restaurants, there is something for everyone. \$8 for transportation is payable at registration. Lunch is on your own. Home pick-ups **for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up. Return to Plainville by 4:00 p.m. **Sign-ups begin February 2.**

**Saturday, March 4, 2017**      **Christmas Tree Shop (Holyoke Mall)**      **9:00 a.m.—4:00 p.m.**  
It's time to try a different Christmas Tree Shop! We are offering a shopping bus trip to the Christmas Tree Shop at Holyoke Mall in MA. In addition, the mall features nearly 200 stores, a large food court and several restaurants. \$8 for transportation is payable at registration. Lunch is on your own. Home pick-ups **for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up. Return to Plainville by 4:00 p.m. **Sign-ups begin February 2.**



**CENTER CAFE**

**Open Tuesdays and Wednesdays from 11:00 a.m.-1:00 p.m.**

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

**CHECK OUT OUR FEBRUARY SPECIALS:**

**Feb 7 & 8:** Grilled Chicken Pesto and Sundried Tomatoes Panini/Minestrone Soup  
**Feb 14 & 15:** Goat Cheese Tart with Caramelized Onions/Beef & Barley Soup. Free Cookie for Valentine's Day  
**Feb 21 & 22:** Lemon Chicken Salad on a Croissant/Chicken Noodle Soup  
**Feb 28 & Mar 1:** Chopped Salad: Grilled Chicken, Lettuce, Tomato, Carrots, Bacon, Cannellini Beans, Red Onions, Gorgonzola, Cucumbers/Cream of Roasted Mushroom and Brie Soup

Important Trip Information:

- Sign-up:** Trip sign-ups take place Monday – Friday, between 9:15 a.m.—12:00 noon and Mondays from 5:00-5:30 p.m. One day a month we also offer **Mega Sign-up Day. This month it is February 2** between 9:15 a.m.—4:00 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (**Not** on the Stillwell Drive side.)
- Open to the public:** Trips are open to the public 7 days after member sign-up unless otherwise stated.
- Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can **try** to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded, it will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons. **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
- Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don’t have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
- Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk.
- Before boarding the bus,** get your seat assignment from the bus captain.

\*\*\*\*\*Remember, be at your departure location 15 minutes prior to our departure time in order to board the bus.

MEGA SIGN-UP DAY

**Mega Sign-up Day is February 2.** Sign up for paid trips, classes and activities from 9:15 a.m.- 4:00 p.m. On all other days, paid sign-ups take place from 9:15 a.m.-12:00 noon and Monday evenings, 5:00-5:30 p.m. Please make arrangements to be here during the hours that we offer sign-ups. **We will not take money any other time.** If you cannot be here yourself, you may send money in with someone else. If you have any questions about our policy, please feel free to ask.

Current Trips



LA TRAVIATA-METROPOLITAN OPERA, SATURDAY, APRIL 8, 2017  
Featuring Placido Domingo\*

In Verdi’s classic work, Parisian courtesan Violetta surrenders her last hope of personal happiness for the sake of her lover Alfredo...La Traviata means “fallen woman” and refers to the main character Violetta. The opera features some of the most challenging and revered music. The aria “Sempre libera” at the end of Act I is especially well known. La Traviata will be performed in modern day costumes and backgrounds. **\*Placido Domingo is scheduled to perform April 8-his performance is subject to change.** Time after the performance for dinner on your own in Lincoln Center area. **COST: \$170 per person. \$110 deposit due at registration. Balance due by March 2, 2017. 22 Seats available. Orchestra Rear Seating. 1:00 p.m. performance. Trip leaves the Plainville Senior Center at 8:45 a.m. and estimated return is 7:30 p.m. Sign ups have begun.**



MYRTLE BEACH, SC  
April 30—May 6, 2017 (7 Days/6 Nights)



Depart Senior Center at 7:00 a.m. for the Holiday Inn of Fredericksburg, Virginia; then on to Myrtle Beach the next day. Relax during a four-night stay at The Sea Watch Resort. Enjoy 6 breakfasts, 4 dinners and 3 shows! Take a history tour, a walking tour, a Creek Cruise on a Pontoon Boat, play golf. Tour The Battery, Marion Square, Brookfield Sculpture Garden, the College of the Citadel and many Ante Bellum homes. On the last day enjoy lunch (on your own) at popular Mastoris Restaurant in New Jersey. You will return home at approximately 7:00 p.m. This trip was originally going to take place this past fall but due to a hurricane was unable to take place. **\$1,159.00 double, \$1,479.00 single, and \$1,079.00 triple. Insurance is available. A \$100.00 deposit is due at registration. Full balance due by March 30, 2017. Sign-up have begun and is open to the public. Invite your friends!**

FYI: Reserve Lists for all trips including Quick Trips.

When you sign a Reserve List for a trip that is filled, we will ask whether or not you are a member. If there is a cancellation, we will 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 will always sign-up members first, we will skip over the non-members until all members have been contacted.



2017 UPCOMING TRIPS

PLEASE SEE THE TRAVEL RACK AT THE SENIOR CENTER FOR A LIST OF TRIPS



# New Trips!

## HAIRSPRAY-Thomaston Opera/Lunch at Black Rock Tavern


Sunday, May 7, 2017

Tracy Turnblad is a quirky, plus-sized, teenager in 1962 Baltimore and she has one dream: dance on The Corny Collins Show. Her dream turns to reality, making her an overnight television sensation and winning her the love of teen heartthrob, Link. With her new found fame and the support of her friends, Tracy advocates for racial integration and promotes a message of acceptance. There will be a pre-show lunch at Black Rock Tavern, Thomaston, CT. MENU: Chicken Francais OR Baked Scrod, Vegetable, Potato, Dessert & Beverage. Meal Choice in advance. **Depart:** 10:45 a.m. Plainville Senior Center. Return approximately 5:00 p.m. **COST:** \$84:00 per person. **Sign begins on February 2.**

## THE TREASURES OF NYC-METROPOLITAN MUSEUM OF ART & CENTRAL PARK TOUR


Thursday, May 18, 2017

The **Metropolitan Museum of Art** in New York City is one of the world’s largest and most important art museums. The museum’s collection contains works from every part of the world, spanning the Stone Age to the twentieth century. Self-guided visit and time in Museum cafes for lunch on your own. A professional **NYC Step On Guide** boards your motorcoach and takes you along **5th Avenue** to some of the highlights of **Central Park**. You’ll walk through the formal English, French and Italian gardens. You’ll also stop at the Conservatory Water to see the model boat pond and whimsical statues of Alice in Wonderland and Han Christian Andersen. **Depart:** Our Lady of Mercy Church at 7:00 a.m. Estimated return: 8:00 p.m. **COST:** \$73.00 per person. **Sign up begins February 2.**



2017 “BIG TRIPS”:

Complete itineraries available on the “travel rack”



Big trips are open to the public, so invite your friends. Trips are fully escorted from Plainville back to Plainville.

**CUBA CRUISE EXPERIENCE, MARCH 17-24, 2017** Fly to Jamaica to board the cruise ship. This is a walking intensive tour. Full itinerary and details available at the Senior Center. **Trip is Full.** Please sign reserve list with Tours of Distinction.

**WONDERS OF ITALY, APRIL 25—MAY 5, 2017** Visit Rome, Vatican City, and more.

### **CANADIAN ROCKIES AND VANCOUVER, BRITISH COLUMBIA BY TRAIN, BUS & PLANE SEPTEMBER 2-8, 2017 :**

Visit Vancouver, Kamloops, Lake Maligne, Banff and Calgary. The trip includes among other exciting adventures a Snow Coach Ride-Walk on a Glacier, Jasper River Rafting, Cruise on Lake Maligne and Wildlife Safari! All aboard for our relaxing daytime journey on VIA Rail Canada which will take us past snowcapped mountains, glacial lakes, rushing rivers and perfectly pristine Canadian wilderness! This is a walking intensive tour.

**ICELAND, OCTOBER 26 TO NOVEMBER 1, 2017,** Please see below for details. Open to the Public

**ICELAND, October 19 to October 25, 2017 (7 Days/8 Meals) - THIS TRIP IS FULL.** Please see the second Iceland Trip below. October 26 to November 1

## **INCREDIBLE ICELAND!**

**October 26 to November 1, 2017 (7 Days/8 Meals)**



**NEW DATE. PLENTY OF ROOM! OPEN TO THE PUBLIC. SAME ITINERARY. SAME PRICE. JUST A DIFFERENT DATE!**

**HIGHLIGHTS:** Full Time Tour Manager...panoramic Reykjavik city tour...Old Town, the Cathedral, the Asmundur Sveinsson Sculpture Museum, the Pearl, the Hofi House, and the city’s main landmark, the Hallgrímskirkja...Northern Lights (Aurora Borealis) excursion in search of the entrancing and magical display of beautiful colors across the night...stunning landscapes of Iceland’s south coast...region of breathtaking scenery and legendary stories...from the wide plains formed by glacial rivers to the dramatic sea cliffs of Dyrhólaey to the spectacular waterfalls of Seljalandsfoss and Skogarfoss...Hekla and Eyjafjallajökul volcanos...village of Vik, arriving at your countryside hotel...hot spring area to see the famous Geysir and Strokkur, a magical hot spring that spouts every few minutes...Onwards to Gullfoss (translated as “Golden Falls”), Iceland’s most famous and impressive waterfall featuring a spectacular double cascade...Thingvellir National park where the ancient Viking parliament met for centuries on the shores of Iceland’s largest lake...witness the geological phenomenon of tectonic plates coming apart...Day of leisure to explore independently or participate in the optional excursion of your choice...world-famous Blue Lagoon is a natural spa based around the unique properties of the geothermal seawater in the Lagoon. You can enjoy a drink while you relax in the Lagoon, position yourself under the waterfall, apply a Silica mud mask, or simply enjoy the healing powers of the Blue Lagoon. **PRICING: Double Occupancy—\$2,999 per person; Single Occupancy: \$3,499 per person.**



HOW HEALTHY IS YOUR SMILE?  
Tuesday, March 14, 10:00 a.m.

The dental hygiene students at Lincoln College of New England in Southington will present a program oral health with particular emphasis on how oral health can affect individuals with diabetes or increase risk of heart disease. Students will hand out brochures on information discussed during the presentation along with care packages. The students will also provide a free dental/oral screening and a blood pressure reading under the supervision of a licensed dental hygiene instructor. The oral screening does not take the place of an examination of a general dentist. The students will also provide information about the dental clinic that Lincoln College of New England has on their campus. Dental services including cleanings, examinations and x-rays under the supervision of registered dental hygienists and dentists are available at a nominal fee. Program is free. **Sign up begins February 1.**

More Senior Center Activities

THE SUGGESTION BOX

Drop your suggestions in our box either signed or unsigned. If you need an answer to a question, please leave a name or number. The box is located at the giveaway area, near the public computers.

Weekly Tournament Winners

BILLIARD WINNERS

**December 1:** 1ST: Ed Zareck/Jerry Possum, 2ND: Rich Nordgren/Don Carlson  
**December 8:** 1ST: Stan Funk/Joe Babin, 2ND: Joe Beaudin/Rich Nordgren  
**December 15:** 1ST: Mitch Ziolkowski/Ed Zareck, 2ND: Don Carlson/Joe Babin, 3RD: Mike Hermanowski/  
Rich Nordgren  
**December 22:** 1ST: Stan Funk/Ed Zareck, 2ND: Joe St. Pierre/Ellen Couture, 3RD: Mitch Ziolkowski/Tony Lusitani  
**December 28:** 1ST: Mitch Ziolkowski/Lorenzo Babin, 2ND: Stan Funk/Tony Lusitani

SETBACK WINNERS

**December 5:** 1ST: Olga and Charlie Stepney, 2ND: Lee Mills/Sandy Tyminski, 3RD: Mary Ann Cunningham/Joe Fortuna  
**December 12:** 1ST: John Daversa/Bernie Grabeck, 2ND (Tie): Lynne Krakauske/Wendell Copeland, Shirley Platt/ Noel Flanders  
**December 19:** 1ST: Ida Pedrolini/Walter Mackiewicz, 2ND (Tie): Roy Kaine/Richard Nordgren, Joan Noyes/ Adele Mancini

AM Wii BOWLING WINNERS

**November 29:** 1ST: Georgia Jewell, 2ND: Linda Dominique, 3RD: Lynne Krakauske  
**December 20:** 1ST: Georgia Jewell, 2ND: Ruth Hall, 3RD: Rose Marie Machowski  
**January 3:** 1ST: Linda Dominique, 2ND: Rose Marie Machowski, 3RD: Georgia Jewell  
**January 10:** 1ST: Georgia Jewell, 2ND: Linda Dominique, 3RD: Jim Calderone

PM Wii Bowling Winners

**December 20:** 1ST: Roseanna Garcia, 2ND: Sally Miller, 3RD: Pat Burris  
**December 27:** 1ST: Roseann Garcia, 2ND: Carol Perry, 3RD: Pat Burris

PEAK FITNESS CENTER



Hours  
Monday - Thursday: 9:00 a.m. - 4:45 p.m.  
Fridays: 9:00 a.m. - 1:00 p.m.

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym!

- Cardiovascular equipment includes: Nusteps, treadmills, recumbent bicycles and elliptical cross trainers
- Weight Training includes: Seven pieces of upper and lower body strength training equipment
  - \* Chest Press \* Leg Press \* Tricep Press \* Row \* Seated Leg Curl \* Leg Extension \* Abdominal

Stop by the front desk for a membership packet that includes a medical approval form

☆ Membership rates: \$9.00 for 1 month, \$40.00 for 6 months and \$60.00 for one year. A one-time registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), \$17.00 (weights only), is charged at the time of your initial training.



LOW INCOME PET STERILIZATION

The Department of Agriculture/Animal Population Control Program (APCP) is providing vaccination and sterilization benefits for your pet (s). If approved, you may be eligible to receive up to two (2) spay/neuter vouchers per household. The voucher provides a one-time benefit of \$50 for a male cat, \$70 for a female cat, \$100 for a male dog and \$120 for a female dog along with two presurgical vaccinations. If you receive assistance from any of the following programs you may be eligible to receive this assistance: SNAP, Medicaid, SAGA, Temporary Family Assistance (TFA), Husky Health, State Supplement. An application is available at the Plainville Senior Center. If you have questions about the program call the Department of Agriculture at 860-713-2507 or send an email to [apcp.agr@ct.gov](mailto:apcp.agr@ct.gov).

# DONATIONS

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist). We do our best not to leave any donor's name off the list, but if we do, please let us know so we can include it in the next Newsletter.

## Thank you to all who made donations

### GENERAL DONATIONS: January 3—January 26

Sandy Waiksnoris, Anonymous(3), Deanna Tino, Lakshmi Padmanabhan, Brenda Tella, Michelle Cormier, Irene Avella, Circle Group, Sharon Mazzochi, Lynn Foren, Lorenzo Babin, Patricia Weich, Agnes Ogonowski, Judy Silvia Carol Johnson, Stan Valencis

### MEMORIAL 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.*

**In Memory of: CT State Representative Elizabeth A. Boukus:** Rosaleen Peters, Rita Dewyea, Jeanine & Joseph Martino, Joseph & Sonia Sperduti. **In Memory of Doris Savino:** Rose Capen Berlani. **In Memory of Stephen Guerriero:** Joseph & Sonia Sperduti, **In Memory of Norma Powell:** Karen Webber & Jack Sheehan

**Dial-A-Ride:** Trust, Kathleen Knox, Carol Perry, AARP Chapter 4146, Hazel Decker, Louise Gendreau, Judith Baston, Joan McBain, Marlene Maglio, **In Memory of Arkaline Silverio:** Lucy Silverio



## Cheer Report



### DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?

**Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one.** We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. A special thank you to Carol Perry for handling our cheer report.

### CHEER REPORT: December 20—January 26

**CHEER CARDS:** Helen Coveleskie, Tina Wishart, Donna McCluster, Barbara Cichon, Pat Ryer, Roland Houle, Gloria Cerniglia

**SYMPATHY CARDS:** Judy Sunbury, Family of Helen Coveleskie, Dr. Stephen Zebrowski, Family of Robert Fox, Family of James Fabrizio, Kristine Nadolny, Family of Alan Murphy, Hazel Koons, Family of Barbara Edge, Family of Carol Lozefski, Amanda & Romeo Dumais, Family of Ronald Sonier, Family of Linda Green, Karen Cox, Family of Raymond Albert

### WELCOME NEW MEMBERS!

Margarita DeLeon, Santosh Kumari, Clelie Bissonnette, Leonard Tubbs, Rev. Jim Caron, Richard Kowalczyk, Josephine Lonski, Nancy Greenfield, Paul Conte, Rose Marie Conte, Bernadette Violette

**Thank you** to everyone who thought of us and donated fabric, yarn, crafts etc. At this time we do not have the space to accept any more donations. Please check back with us in March to see if we have space.



### THE SENIOR CENTER NEEDS SYMPATHY, GET WELL AND THINKING OF YOU CARDS

We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you are interested in donating these cards, please bring them to the Senior Center's front desk. We would really appreciate it. At this time, we **cannot** use blank cards, holiday cards, etc. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need!



**ROAD SCHOLAR CATALOGS FOR LOAN - DO YOU LOVE TO TRAVEL AND LEARN?**  
“Our experiential learning opportunities change lives”

As the leader of the lifelong learning movement, not-for-profit Road Scholar (formerly Elderhostel) is the world’s largest and most innovative creator of experiential learning opportunities. They have guided generations of lifelong learners on transformative learning adventures from San Francisco to Siberia, and nearly everywhere in between. Road Scholar believes in living life to the fullest at every age — by experiencing the world, and not just looking at it. By meeting new people, touching history where it happened and delving deep into the cultures and landscapes explored. The Senior Center has two Road Scholar Travel Catalogs (International and North America) that you can borrow to travel on your own. Also, sign up with Road Scholar for their travel emails at: [www.roadscholar.org](http://www.roadscholar.org)

**AARP Trips**

**PLEASE NOTE:** AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. You must call Sally for more information and to sign up at 860-747-1732.

- March 5, 2017** Women’s Basketball Semi-Final Game, Mohegan Sun, \$75.00  
**April 18—25, 2017:** Outer Banks, NC \$1,524.00 per person double occupancy  
**May 7, 2017:** Follies Broadway Musical at the Warner Theatre, Lunch at San Marino in WTBY, \$98.00  
**May 24, 2017:** Harlem, NY. Visit the Apollo, Sylvia’s for Soul Food and the Garden Conservatory \$112.00 pp

**EVERSOURCE URGES CUSTOMERS TO REPORT SCAMMERS & DECEPTIVE MARKETERS**

Eversource business and residential customers continue to pick up their phones and open their doors to find individuals on the other side claiming to be “representatives” or “partners” of Eversource. Whether these scammers are using aggressive marketing tactics to sell “discounted power” or threatening to turn off electricity unless an immediate payment is made, the company is warning customers to be cautious. These individuals are not affiliated with Eversource in any capacity and are most likely either scammers or third-party suppliers choosing to use deceptive marketing tactics. For more information contact Eversource or stop by the Senior Center for the full article.

**QUESTIONS FOR THE SOCIAL WORKER**  
**Mondays, February 6 and February 27**  
**12:30-1:30 p.m.**

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer’s help in the community, Caregiving, Homecare, etc. Just stop by Stephanie’s office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. **No pre-registration necessary. No question is too small!**

**Grandparents/ Relatives Raising Grandchildren**  
**Tuesday, February 14, 10:30 a.m.**  
**Plainville Senior Center**

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Millions of children are living in grandparent-headed households, where the grandparents and relatives are responsible for the needs of children. 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.* **Please call the Plainville Senior Center to register.**

**FRIENDS HELPING FRIENDS**



**Friday, February 17, 11:30 a.m.**  
**Outback, Southington**  
**Sign-up begins February 1**

**Care & Support**



**We are here to help!**

**CAREGIVING CONNECTIONS**  
**Tuesday, February 21, 10:00 a.m.**

Everyone has a story to tell...but many do not have someone who will listen. Bring your story to our meeting...we will listen and share survival stories and strategies for caregiving! Resolve to find a way to care for yourself while caring for another that is both self-affirming and even joyful. Caregivers from neighboring towns are welcome. Call Bette with any questions.



**BRIGHTER FOCUS**  
**Thursday, February 16 10:00 a.m.**

Let’s take advantage of the gift of time and continue to develop a deeper insight into ourselves and strengthen our resolve to live in accord with our authentic self. All are welcome! Call Bette with any questions.

# Announcements



## SCENT FREE ZONE AT THE PLAINVILLE SENIOR CENTER



Help us keep the air we share at the Senior Center healthy and fragrance free. The chemicals used in scented products make some people sick especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, aftershave or other fragrances while at the Senior Center. Thank you for your cooperation!

### CT BIG LIST

CT State Treasurer Denise L. Nappier has announced that the campaign to return millions of dollars in unclaimed property to thousands of rightful owners is underway. Go to [www.CTBigList.com](http://www.CTBigList.com) and enter your name to check and see if you have unclaimed property. If you find your name follow the prompts to claim what is yours! The Library's computers are available if you do not have access to a computer. The Library Staff will be able to help you if you need assistance. If you have any questions, contact Stephanie or Bette at the Plainville Senior Center, 860-747-5728.

### ENERGY ASSISTANCE

The State of Connecticut Energy Assistance Program is available to income eligible residents. This income eligible program is designed to help assist in lowering your winter heating costs. The current income guidelines are \$33,880.70(gross) for single individuals and a family of 2 could possibly make \$44,305.40 (gross) and be eligible for this program. Households that are income eligible may get assistance with oil, propane, kerosene or wood, heating assistance for Natural Gas customers and heating assistance for Electric customers. **If you would like more information or think that you might be eligible, please call the Energy Department for an appointment: Bristol Community Organization, 55 South Street, Bristol, CT 06010, (860) 582-7490.** When you call, make sure you get a list of items you will need to bring to your appointment. If you don't have transportation, call Dial-A-Ride, (860)589-6968 for a ride to your appointment. Anyone with questions may call Stephanie or Bette at The Plainville Senior Center, (860)747-5728. Those who are homebound may call Stephanie or Bette and make an appointment for them to meet with you.

### STORM CLOSING INFORMATION

We would like to update you on the Senior Center's policies for storm cancellations:

- Announcements regarding activity cancellations are made on the television channels and websites of the following networks: WFSB, WVIT, and Fox 61 as well as radio 1080 AM.
- 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.
- If Senior Center activities are cancelled, the Senior Center staff, as town employees, always report to work and the center remains **OPEN**. We are always available to answer questions, provide social services, and talk to caregivers etc. You are welcome to come over, play cards, shoot pool or socialize with friends over a hot cup of coffee. Please be careful on the ice and snow.
- If public schools have a delayed opening, we will open at our regular time of 9:00 a.m. and our schedule will usually not be affected. If you are taking an early class at the Senior Center, please call ahead to see if the instructor will be here, as some instructors live out of town.
- Sometimes public schools have an early dismissal because of their need to safely transport school children on buses. This does NOT necessarily mean the Senior Center activities are cancelled. Please call the Senior Center to see if our afternoon schedule has changed in the event that the weather has deteriorated and schools have been canceled.
- Always check the TV, radio and Internet for Plainville Senior Center closing information, as there are times when the public schools are on vacation or have a holiday break.

### HOMEOWNERS TAX RELIEF

Elderly and Disabled Homeowners can file for benefits for homeowners for the 2016 Grand List Year. Applications must be filed by May 15, 2017. Income limits for homeowners are; for a Single Person, not to exceed \$35,200 and for a Married Couple, not to exceed \$42,900. The Town of Plainville is currently sponsoring a local option elderly program. Income requirements of this program are \$42,500 for a single person and \$48,000 for a married couple. Applicants must meet all other requirements of the State program. Qualifications for the above benefits are: Applicants must have been 65 years old prior to December 31, 2016 or have a 100 percent disability rating from the Social Security Administration or be the widow/widower age 50 or over of a previously approved applicant. The Town of Plainville also has a local option tax freeze program. Applicants must be 70 years of age or older and must meet certain income and asset requirements. Anyone interested in finding out more about this program should contact the Assessor's Office. Applications for additional Veterans are also being taken. The Veteran must meet the above qualifications (with the exception of age) as well as have his/her DD214 on file with the Town Clerk by October 1st. Veteran must meet the ninety day qualifications for wartime as set fourth in Connecticut General Statute 27-103. Forms to apply for any benefit must be completed at the Assessor's Office at the Municipal Center. Please call for an appointment at 793-0221 extension 244 between the hours of 9:00am and 4:00pm, Monday, Tuesday, Wednesday and 9:00am and 6:00pm Thursday.





# Transportation



**DIAL-A-RIDE, (860) 589-6968**

**Monday**

9:00 a.m.-5:30 p.m.

**Tuesday-Thursday**

9:00 a.m. - 4:30 p.m.

**Friday**

9:00 a.m.-12:30 p.m.

Dial-a-Ride can provide transportation to medical and social service appointments, and to visit loved ones in nursing homes in Plainville, Bristol, New Britain, Southington, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. In addition, the drivers cannot help with groceries or packages or help you walk. However, the bus is wheelchair equipped. Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A donation of \$1.00 for each way is suggested, but not required.*

**ADA FARES INCREASE**

Effective December 4, 2016, the fare increased from \$3.00 to \$3.50 for each one-way trip. In addition, the 10-ride discount ticket books increased from \$24.00 to \$28.00 which means that each ride would be \$2.80 for a one-way trip, (a savings of \$.70 per ride). The discount ticket book can be purchased at Stop and Shop.

**2017 ADA PARTICIPATION GROUP FORUM**

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. The forums are held on the second Wednesday of every other month from 5:00 p.m. to 6:00 p.m. in the Transit District’s Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting will be held on Wednesday, March 8, 5:00 p.m. to 6:00 p.m. The forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation related to the ADA Paratransit Service\*\* ADA Transportation is available free of charge to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride to the Forum.

*\*\*Up to 48-Hours in advance of the forum, written participation related to the ADA Paratransit Service may be mailed to the GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or eMailed to: [pwilliams@hartfordtransit.org](mailto:pwilliams@hartfordtransit.org)*

**Need a Ride? Americans with Disability Act (ADA) Paratransit Service Adds More Hours and Service on Sunday!**

The ADA Paratransit ride service travels anywhere for any reason to 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.

**Plainville hours**, except for major holidays, **Monday-Friday, 5:45 a.m.-midnight, Saturdays, 6:15 a.m.-midnight and Sundays, 7:40 a.m.-7:00 p.m.** Some of these hours may change, dependent on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3.50* and discount ticket books can be purchased at Stop and Shop. **A driver can assist you door-to-door.** There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

**How to Apply:**

The application process is now part of the Greater Hartford Transit District. The on-line application can be located at [www.ctada.com](http://www.ctada.com). You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We also have copies of the application here at the 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 Paratransit rider.

After the online or paper application is submitted, the next step is to call 860-724-5340 ext 1 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 4 weeks. Even if you don’t see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 3046.

Rides are reserved by calling **860-724-5340 x1**, 7 days a week, 8:00 a.m.—5:00 p.m. **So give it a try, broaden your horizons, go shopping, visit a friend. Sunday’s service can take you to church or schedule a medical appointment to a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext 3043).**

**Still have Questions about our transportation services? Call Bette or Stephanie at 860-747-5728.**

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\*BC = Back of Calendar

# Volunteer, Volunteer, Volunteer!

**Volunteers—Don't forget to record your hours!**

The Staff and Members of The Plainville Senior Center want to thank all of our wonderful volunteers for their hard work and dedication to volunteering at the Center. Over 300 volunteers provided a total of 16,039 hours in 2016! If you are a Senior Center volunteer please make sure to log your hours on our board located in the office of the Senior Center. We want to make sure every volunteer and hour counts. If you forget to log your hours, you can come in and just add your time to the board. Thank you all for your commitment and devotion to our Senior Center. We appreciate all that you do for us!

**FEBRUARY DISPLAY CASE**

Our February Display Case will showcase the woodcarving art of Pete Lincavicks. He has created beautiful pieces for 35 years. He has carved out ducks, geese, and other figures in basswood and painted in acrylics all by hand. Come and enjoy this very exciting display!

**CURRENT EVENTS**  
**Mondays at 10 a.m.**

Join us for a lively discussion of local, state, national news and current events.

**CANASTA PLAYERS**  
**Thursdays, 1:00 p.m.**

You don't need a partner for this game.  
We'd love to "deal" with you!

**RAFFLE WINNER**

Congratulations to Helena Niziolek who won the raffle for the beautiful ceramic Christmas Tree!

**ART WORK RAFFLE**

Take a chance to win a beautiful drawing by Carol Webster on display at the Senior Center! Drawing will be on February 9th. Tickets are \$1.00 each for sale at the Plainville Senior Center.

**Choral Group**  
**Friday, February 3, 9:45 a.m.**

Mark your calendar for future dates: March 3, April 7, May 5, June 2

**INDOOR MINI GOLF LEAGUE FOR SOCIAL SENIORS**  
**Tuesday Mornings at 9:45 a.m. Now thru March 14**

**COST:** \$5.50 per person/per week. Includes 1 round of 18 hole indoor mini golf on our brand new course, free coffee, individual awards.  
**Pick up a sign-up form at the Senior Center or call Lessard Lanes, 860-747-1657 and join the fun!!**

**SNAPPY SENIORS****Thursday, February 16, 10:00 a.m. Plainville Library**

Any Senior Center member with a camera and an interest in photography may join the Snappy Seniors by coming to a monthly meeting at the Plainville Library and signing up there. Snappy Seniors meets on the third Thursday of the month (except July and August).

**CONGREGATE MEAL PROGRAM: February 2017**

Please stop by the kitchen to pick up the February calendar. **Reservations for a meal** must be made at least one day ahead by calling the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. A suggested donation is \$2.50.



# Nursing and Other Services

### Foot Care

**Regular Foot Care and Diabetic Foot Care**  
**Please note fee increase.**

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. Cost is \$18.00 Plainville resident members and \$28.00 for Out of Town Plainville Senior Center Members and must be paid with exact change or by check only (made out to the Plainville Senior Center). Neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Foot care is for Senior Center members only.**

### Ear Wax Removal



**Call the Senior Center to make your ear wax removal appointment.** At least one week prior to your appointment, you must come into the Senior Center for an instruction sheet explaining the prep procedure and pick up the paperwork that must be filled out and brought in at the time of your appointment.



### Blood Pressure Clinics at the Senior Center

*Many thanks to The Pines of Bristol, Hartford Health Care Senior Services and The Summit for Offering their Services*

Monday, February 6, 1:00 pm—2:00 pm (The Pines of Bristol)  
Tuesday, February 14, 1:00 pm—2:00 pm (Hartford Health Care)  
Wednesday, February 15, 11:00 am—12:00 pm (The Summit in Plantsville)  
Monday, February 27, 12:00 pm—12:30 pm (Georgia, Senior Center Nurse)

### **Bladder Cancer Support Group**

Saturday, February 4, 2:00 p.m. to 3:00 p.m.  
UCONN Health, Onyiuke Dining Room

Patients, family members and caregivers are invited to join others whose lives have been touched by bladder cancer. This support group established in partnership with the Bladder Cancer Advocacy Network, usually meets on the first Saturday of the month and is the only group of its kind in New England. Call 888-901-BCAN (2226) for more information.

### **Alzheimer's Support Group at Mulberry Gardens of Southington**

Every Second Tuesday, 10:30a.m.—11:30 a.m.

Living with Alzheimer's disease or a related memory disorder is challenging. Mulberry Gardens proudly offers a support group for families and caregivers. Topics include Communication Techniques, Caregiver Support, Wandering and much more!

### **Living with Heart Disease Support Group**

Thursday, February 16, 11:00 a.m. to Noon  
UCONN Health, University Tower, 2nd floor

Patients with heart disease, along with their families and caregivers, meet on the third Thursday of the month to discuss post-diagnosis topics such as prevention and wellness, social and emotional support, heart-healthy recipes, and coping strategies and resources. Call 860-679-3633 to learn more.

### **Stroke Survivor Group**

Wednesday, February 22, Noon to 1:00 p.m.  
UCONN Health Outpatient Pavilion, 3rd Floor

The UConn Health Stroke Center invites stroke survivors, families and caregivers to a monthly group meeting to discuss topics such as prevention, coping methods, support systems, rehabilitation tips, resources, and promoting independence. The group generally meets on the fourth Wednesday of the month. Call 860-679-4846 for more information.

### **RECYCLE YOUR OLD CELL PHONES**

Do you have old cellular phones that you don't know how to properly dispose of? Keep them out of landfills by donating them to The Plainville Senior Center. The donation box is located in the hallway between the main office and billiards room on the table. Please drop **ONLY** cellular phones in the box! Please no phone chargers or any other type of electronic devices. **Thank you to all who have donated. The money received from these Cellular phones goes to support Dial-a-Ride! Every phone helps, tell your friends and family!**

### **PLAINVILLE SENIOR CENTER AT-RISK LIST**

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We refresh this list throughout the year so we can be certain that such folks will be safe during a power outage/ weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728, if you wish to have your name added to the At-Risk List. Bette and Stephanie are available to help you develop a plan for power outages/ weather emergencies.



# February 2017

Plainville Senior Center , 200 East Street, Plainville CT 06062 Phone 860-747-5728

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>KEY:</b>  GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Café CL: Computer Lab OS: Old Store L: Library *: By Appointment		1 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR  <b>FREE</b>	2 <b>*9:00 NURSE</b> 9:00 Walking GR 9:00 Beginners Yoga L 10:00 Mexican Train GA 11:30 Begin Func Fit GR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Knit & Crochet GR 1:00 Scrabble C 1:00 Bridge OS 1:00 Inter Func Fit BR 1:00 Canasta C 2:30 Band/Dancing BR <b>MEGA</b>	3 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group BR 12:00 Pinochle L	4  Christmas Tree Shop Manchester
5	6 <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:30 Mahjong GA 12:30 Setback GR 12:30 Question for Social Worker 12:45 Bowling 1:00 Blood Pressure 1:00 Power Burst BR	7 <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Beg Wii Bowling BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veterans Coffee 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR	8 9:00 Walking GR 9:30 Quilting CR 9:30 Books/Bagels GA 10:30 Zumba Gold GR 1:00 iPad Basics GA 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:30 Valentine Chocolate Making C	9 9:00 Walking GR 9:00 Beginners Yoga L 10:00 Mexican Train GA 11:30 Begin Func Fit GR 12:00 Comm. on Aging CR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Canasta C 1:00 Knit & Crochet GR 1:00 Inter Func Fit BR 1:00 Scrabble C 1:00 Bridge OS 2:30 Band/Dancing BR	10 8:15 Shopping Bus 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Healthy Aging CR 10:30 Cardio Step GR 12:00 Pinochle L	11
12	13 <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Zumba ToneGR 10:00 Current Events OS 10:00 Acrylic Painting Demo CR 12:30 Mahjong GA 12:45 Bowling 12:30 Setback GR 1:00 Power Burst BR 3:00 Sweet Treat Cooking C	14 9:00 Walking GR 9:30 Beg Wii Bowling BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Grandparents CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 1:00 Blood Pressure	15 9:00 Walk in Woods 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 11:00 Blood Pressure 1:00 iPad Basics 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR	16 <b>*9:00 NURSE</b> 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Smart Driver GR 10:00 Brighter Focus GA 10:00 Mexican Train OS 10:00 Snappy Seniors L 11:30 Begin Func Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Canasta C 1:00 Inter Func Fit BR 1:00 Scrabble C 1:00 Bridge OS 1:45 Knit & Crochet GR 2:30 Band / Dancing BR	17 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:30 Cardio Step GR 11:30 Friends Helping Friends 12:00 Pinochle L	18  Tanger Outlets at Foxwoods
19	20   <b>CENTER CLOSED</b>	21 <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Beg Wii Bowling BR *10:00 Income Tax GR 10:00 Caregiving GA 10:00 Ladies Billiards 10:00 Cribbage OS 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv.Wii Bowling BR	22 9:00 Walk in Woods 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 iPad Basics GA 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	23 <b>*9:00 NURSE</b> 9:00 Walking GR 9:00 Beginners Yoga L 10:00 Mexican Train GA 10:30 Strategies for Health CR 11:30 Begin.Func. Fit GR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Canasta C 1:00 Inter. Func.Fit BR 1:00 Scrabble C 1:00 Knit & Crochet GR 1:00 Bridge OS 2:30 Band/Dancing BR	24 8:15 Shopping Bus 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Move Like a Dancer CR 10:30 Cardio Step GR 12:00 Pinochle L 12:00 Rock Climbing	25
26	27 <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting 12:00 Blood Pressure 12:30 Mahjong GA 12:30 Question for Social Worker 12:45 Bowling 12:30 Setback GR 1:00 Power Burst BR 4:00 Yoga Workshop BR	28 <b>*9:00 NURSE</b> 9:00 Walking GR 9:00 Mammograms 9:30 Beg Wii Bowling BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 2:00 Osteoporosis Demo BR	<b>MAR 1</b> 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 iPad Basics GA 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	<b>MAR 2</b> <b>*9:00 NURSE</b> 9:00 Walking GR 9:00 Beginners Yoga L 10:00 Mexican Train GA 11:30 Begin. Func. Fit GR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Canasta C 1:00 Knit & Crochet GR 1:00 Inter. Func.Fit BR 1:00 Scrabble C 1:00 Bridge OS 2:30 Band / Dancing BR	<b>MAR 3</b> 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group BR 10:30 Cardio Step GR 12:00 Pinochle L	<b>MAR 4</b>  Christmas Tree Shop Holyoke Mall