



Plainville Senior Center News

February 2018



Shawn Cohen, Director
Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062
860.747.5728
www.plainvillect.com/senior-center

Hours

Monday: 9 A.M.—6 P.M.
Tuesday-Thursday: 9 A.M.—5 P.M.
Friday: 9 A.M.—1 P.M.

**Subsidized Housing
openings in Bristol.
See Back of
Calendar!**

Free Sign-Up Day AND Mega Sign-Up Day are both on Monday, February 5 from 9:15 a.m.- 4:45 p.m. NEW: If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center only.

Veteran's Assistance From an Expert!

We are so fortunate that Jason Coppola, Veterans Services Officer with the State Office of Veterans Affairs will hold individual appointments at the Senior Center on the first Wednesday of each month, starting March 7th at 10:00 a.m. Jason is extremely knowledgeable and able to help veterans, their spouses and widows with veterans benefits. He may be able to identify benefit assistance for financial, medical, home care matters and more. Call Jason directly to make an appointment at 1-203-805-6340. All appointments will be held at the Plainville Senior Center.

Tax Assessor's Office Will Provide Homeowners Tax Assistance At the Senior Center

Marcy Miller of the Plainville Tax and Assessing Office will hold appointments at the Senior Center to assist Plainville residents with Tax Assistance Benefit programs. Call Marcy directly at 860-793-0221, ext. 244 to schedule an appointment for help with Elderly & Disabled Homeowners, Local Elderly Tax Option, and Veterans Tax Assistance.

See page 4 for more info.

THE OPIOID EPIDEMIC: HOW IS IT AFFECTING YOU, YOUR FAMILY AND YOUR COMMUNITY?

THURSDAY, FEBRUARY 8, 10 A.M.

(Snow date Thurs., Feb. 22, 10:00 A.M.)

According to the U.S. Drug Enforcement Administration, "overdose deaths, particularly from prescription drugs and heroin, have reached epidemic levels."

Nearly half of all opioid overdose deaths in 2016 involved prescription opioids. These include painkillers such as oxycodone, hydrocodone, and fentanyl. Despite their high risk of addiction and overdose, opioids are widely used in medical treatment. Join us for an informative program that includes local experts who will discuss:

- Scope of opioid problem in CT and nationally
- Prevention/how the problem starts/"typical" profile of person overdosing

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LIVING HISTORY: "If I Am Not for Myself, Who Will Be for Me?" A One-Woman Performance and Portrayal of Oney Judge, George Washington's Slave
THURSDAY, MARCH 29, 2018 11:00 A.M.

Join us at the Senior Center for a very special performance by Gwendolyn Quezaire-Presutti, a living history artist, as she gives a one-woman performance as Oney Judge Staines, one of George Washington's slaves. Oney Judge Staines escaped the Executive Mansion in Philadelphia during the Fall of 1796. The performance will reveal the unpleasant or reprehensible side that needs to surface to give an integral portrait of a historical event or person. Oney's story is one such story. Her voice provides the informative accounts needed to appreciate her struggles, self-determination and triumphs of her life. Her account was not a stereotypical runaway account.



Gwendolyn Quezaire-Presutti's portrayal of historical women introduces untapped history, drawing on a wide array of primary historical resources. For the past 20 years Gwendolyn has engaged audiences with performances giving voice to real life accounts, struggles, self-determination and triumphs of women she portrays. Each performance is infused with her unique finger print giving an integral portrait of a historical event or person. Gwendolyn is dedicated to studying the character, philosophy, courage and grace that have helped black American women survive and flourish. Program is free and includes a complimentary light lunch. Sign up begins February 5.

Volunteers: Our Greatest Asset!

Thank you to our many volunteers for donating 51,117 hours to the Senior Center in 2017. As we always say, we just couldn't do it without you! Your talents and efforts raise the quality and quantity of programs and activities that we can offer members of the Senior Center and the Plainville community.

Every volunteer hour is doubly valuable, because your member involvement improves our applications for additional funding through grants and increases our chances of success. **PLEASE always record your hours** on the Board in the front office. If you need assistance, just ask anyone at the front desk. **We're grateful for your support!**

Special Events

CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news, and current events. The group does not discuss politics. Rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register in advance. Just show up! Feel free to come and just listen ... no pressure to participate and new folks are always welcome!

VETERANS' COFFEE HOUR AT THE SENIOR CENTER

TUESDAY, FEBRUARY 6, 10:30 A.M.

This monthly informational and support meeting is conducted by Wayne Rioux, a Veteran's Liaison for Hartford Health-Care at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Call the Center at 860-747-5728 to register. Sign-up has begun.

FOR THE OF COOKING!

WEDNESDAY, FEBRUARY 7, 3:00 P.M.

Join chef and volunteer Lisa Raymond for a special Valentine cooking class on Wednesday, February 7 at 3:00 p.m. Learn to create heart shaped mini pizzas with a variety of toppings along with a heart healthy salad featuring power greens, pomegranate seeds, walnuts and a homemade vinaigrette. A special Valentine themed dessert will top off the meal. Program is free. Space is limited to 15. Sign up has begun.

NUTRITION & WELLNESS SERIES

Please join presenter Brienne DeMarco, RN, MPH from Interim Health Care for interactive and educational morning programs where you'll learn more about nutrition and how it can positively impact your health.

Friday, Feb. 16, 10 a.m. — Nutrition for Heart Health

Friday, March 16, 10 a.m. — Nutrition for Diabetic Management

Program is free. Learn a little and have a snack at the same time! Sign-up has begun.

SNAPPY SENIORS

THURSDAY, FEB. 15, 10 A.M., PLAINVILLE LIBRARY

The Snappy Seniors Club meets on the third Thursday of each month at 10:00 AM at the Plainville Public Library. The February meeting will be held on Thursday, February 15.

CHINESE NEW YEAR BUFFET LUNCH

FEBRUARY 15 AT 12 NOON

Come to the Plainville Senior Center to celebrate the Chinese New Year as we ring in the Year of the Dog. A buffet including some of the most popular Chinese dishes will be served, including General Tso's Chicken, Pork Lo Mein, Beef with Broccoli, Sweet and Sour Chicken, Pork Fried Rice and Shrimp with Mixed Vegetables. For members only. Cost is \$10 per person. Sign up has begun.



FRIENDS HELPING FRIENDS

FRIDAY, FEBRUARY 16, 11:30 A.M.

For single, widowed or divorced members. Come out and socialize! The February meeting will be at Wood 'N Tap on Queen Street, Southington. Sign-up begins February 5.

AARP SMART DRIVER COURSE

THURSDAY, FEBRUARY 22, 1:00—5:00 P.M.

Back by popular demand! This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15.00 for AARP members providing a membership number, \$20.00 for all others. Limited to 25. Bring a bag lunch if you wish. Sign-up has begun.

EXOTIC FRUIT DEMO AND TASTING

FRIDAY, FEBRUARY 23, 10 A.M.

Maybe you're heard of turmeric and all of its amazing health benefits, but have you ever tried it? What about cactus pear or passion fruit? Come join Marisa the dietitian from the Shop Rite stores of Southington and Wallingford as she presents an exotic fruit demo with fun facts and tastings included! Come try something you haven't tried before! Sign-up has begun.

WHAT'S THE POINT OF PINTEREST?

TUESDAY, FEBRUARY 27, 3:00 P.M.



Pinterest is a huge online collection of great ideas and inspiration. It's a wonderland of "how-to" and "fix-it" ideas, plus easy shortcuts and "hacks" to make your life easier. If you're looking for an obscure recipe, the steps to fix a leaky faucet, inspiration for your windows, or the

best way to clean your sparkplugs, it's all here and easy to find. It's not just for women and it's not just about cooking and crafting! Pinterest is a free application for your smart phone, touchpad or computer, so you can connect with all of these great ideas wherever you go, whenever an idea grabs your interest. Our own Evelyn Morin will give a demo and introductory class on February 27th. After the program, if there's enough interest we may run more classes or start a Pinterest group! Bring your smartphone, laptop or smartpad if you can. We have a few computers here if needed. Let us know when you register. Sign-up starts February 5.

BOOKS AND BAGELS

WEDNESDAY, FEBRUARY 28, 9:30 A.M.

Senior Center member and volunteer Kathy Marsan leads this group. February's book is **Bliss, Remembered** by Frank DeFord. Sydney Stringfellow, an 18-year-old American swimmer, falls in love while at the 1936 Olympic Games. This intense romance between a small-town American girl and a German sophisticate is abruptly torn apart by political forces. Years later, Sydney recounts the story to her son. Mostly fictional, the story is grounded in historical fact. Several copies of the book are on hold at the Plainville Public Library. Sign-up begins February 5.



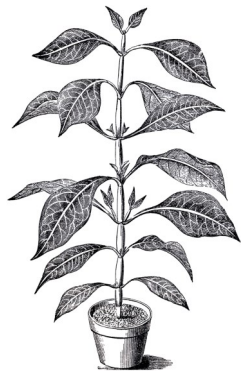
More special events, next page

More Special Events

ECO VERTICAL EVOLUTION (EVE) A NEW CONCEPT IN GROWING PLANTS AND VEGETABLES!

THURSDAY, MARCH 1, 10:00 A.M.

EVE is a combination of “nontraditional growing” (hydroponic, aquaponic, aeroponic, and dutch bucket growing system) and traditional growing using composted soil as the growing medium. The EVE System allows the gardener to grow organic food anywhere and everywhere, from patios and decks to rooftops and paved parking lots! Learn how you can grow plants, vegetables and flowers in a small, compact space this summer! Mark will also talk about composting and “vermiculture” (worm farming) as well as many other different growing concepts. Join us to talk more about this unique growing concept that holds so much promise for today's changing world! Presented by Mark Brochu, a Plainville resident who has had an interest in non-traditional growing methods, vertical growing and the Urban Farming Movement since 2014. Program is free. Sign-up begins February 5.



KEEPING YOUR MEMORY STRONG AT ALL AGES

MONDAYS, MARCH 5 – APRIL 2, 2:30 P.M. – 3:30 P.M.

Back by popular demand! Michelle Wyman and Patty O'Brian, Alzheimer's and Dementia Specialists from the Center for Healthy Aging will again present a 5-part series on Healthy Minds. Michelle and Patty have been in the memory field for many years and bring a tremendous amount of experience and knowledge to this series, which will focus on how to protect, preserve and improve your memory. Attendance at all sessions is suggested.

- Intro — Eat Brain Foods and Stay Hydrated
- Be Physically Active-Challenge your Mind Daily
- Activities to Stay Sharp
- Coping with Changes & Managing Stress-Be Social
- Count Sheep-Be Creative and Have Fun
- Be Positive-Find a Purpose

Sign-up begins February 5. Space limited to 25.

LISTEN TO YOUR GUT!

MONDAY, MARCH 12, 11:00 a.m.

Presented by Linda Coveney, founder of Healthy Behaviors. Linda is a health coach who recognizes the power of food to achieve a healthy, energetic life. As she approached her “Senior Years,” Linda decided to create this second career around sharing healthy food and lifestyle practices so others can live life to the fullest - to not only live longer, but live better. When we take time to explore the impact food has on how we feel, we can shed habits that no longer serve us. Your best nutritionist is your gut – you only need to learn how to listen. In this workshop, you will learn the foods that are most likely to negatively impact your well-being. You'll leave knowing how to create an individual plan to strengthen your gut health, your immune system and your overall health. Program is free. Sign-up starts February 5.



MAMMOGRAMS AT THE SENIOR CENTER: “TAKE THE TIME” DIGITAL MOBILE MAMMOGRAPHY

THURSDAY, MARCH 8, 2018 FROM 9 A.M. TO 1:45 BY APPOINTMENT

“Take the Time,” Hartford Hospital's Mobile Mammography Program, has been a vital community resource for over ten years. More than 12,500 women have benefited from this life-saving screening in the comfort of their local community center, faith organization, or place of employment.

Eligibility:

- Women over the age of 40;
- 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 are not pregnant;
- 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.

The screenings will take place in a specially-equipped mammography bus parked in the Senior Center lot.

Payment: Insurance is accepted, but screenings are 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 funds available to pay for her mammogram.

Registration: Sign-up for appointments begins **February 5**. When you come for your appointment, bring a Photo ID and your health insurance card, if applicable. Walk-ins are welcomed on a first come, first serve basis as time allows.

STILL LIFE DRAW & PAINT CLASS

WEDNESDAYS, MARCH 14 AND MARCH 21, 1:00 P.M.

Want to tap into your creative side? Or do you think you don't have a creative bone in your body? Come to our drawing and painting 2-day session! Instructor and local artist Becca Fazzino, a Fine Arts graduate of Green Mountain College, will set up a still life that you will learn to draw at the first session, and then learn to paint at the second session. Beginners and intermediate learners are welcome! Cost is \$6.00 for both classes, including supplies. Sign-up begins Feb. 5.

WHAT ARE THE BENEFITS OF MEDITATION?

THURSDAY, MARCH 15, 10 A.M.

At this free program, you will learn how meditation can help you in your everyday life. Presented by Rosalie Tanguay, Holistic Nurse, Jerome Home. Sponsored by Jerome Home. Sign up has begun.



More special events, next page

More Special Events

DIABETES: WHAT IS IT? HOW DO I LIVE WITH IT?

FRIDAY, MARCH 23, 10:30 A.M.

What is diabetes? Does anyone die from it? What are the dreaded complications? Is it possible to prevent or delay its complications, or maybe even avert diabetes itself? For an in-depth look at what a diabetes diagnosis means to your health, join Miles Everett, registered dietician, nurse and diabetes educator at Bristol Hospital Center for Diabetes. Sign-up begins February 5.

LIVE WELL DIABETES WORKSHOP

TUESDAYS, APRIL 17 - MAY 29, 12:45 – 3:15 pm

(NO PROGRAM MAY 8) Sign up begins February 5th

Deborah Smith, Live-Well Coordinator at Connecticut Community Care, will offer this six-part series, where you will learn:

- Meal planning and healthy nutrition choices
- How to manage low and high blood sugar
- Tips for dealing with stress
- How to fight fatigue
- How to care for your feet
- How to set small and achievable goals

Sign-up begins February 5.

Sign-Up for Income Tax Assistance



From February 6th through April 10th, certified counselors from AARP Tax-Aide will once again provide tax preparation assistance at the Plainville Senior Center.

Taxes are filed electronically at the income tax counseling session, so **if married, both husband and wife must attend the session**. Taxpayers must bring all information and documents that apply to their 2017 income tax, including:

- Personal identification (Photo ID)
- Social Security or Individual Taxpayer ID numbers for everyone to be included on the return
- Birth dates for you, your spouse and all dependents to be included on the tax return
- Wage and earning, pension or other income statements from all employers/payers
- Your 2016 federal and state returns and other tax documents.
- **A listing of all required documents is available at the Senior Center.**

Appointments are on Tuesdays from 10 AM to 2 PM. To schedule an appointment call the Senior Center at 860-747-5728. Sign-up has begun.

SAVE THE DATES FOR GREAT SPECIAL EVENTS Coming this Spring!

- ♦ MARCH 22: October Kitchen Nutrition Talk and Lunch
- ♦ APRIL 19: What's on Your Plate? (Keys to Living a Healthy and Energetic Life)
- ♦ MAY 8: Grandparents Raising Grandchildren Conference
- ♦ MAY 9: The Changing Brain—A Caregiving Affair
- ♦ MAY 15: Supporting and Helping a Loved One with Cancer

AARP Trips

Tuesday, February 6, Foxwoods.

April 14 to 24, Tour the Historic South, including Savannah and Charleston.

Deep Sea Fishing, June 7, Plymouth, MA

June 22, Perkins Cove Cruise and Bull N'Claw, Maine.

For more information on any of these trips, please call Sally at 860-747-1732 for more information and to sign up. AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center.

Plainville Homeowner's Tax Assistance

(continued from page 1)

Elderly and Disabled Homeowners: Applications must be filed by May 15, 2018. Income limits for homeowners are: Single Person, not to exceed \$35,300; Married Couple, not to exceed \$43,000.

Local Elderly Program Option: Income requirements of this program are \$42,600 for single person and \$48,100 for a married couple. Applicants must meet all other requirements of the State program.

Qualification for above benefits: Applicants must have been 65 years old prior to December 31, 2017 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.

Local Option Tax Freeze Program: Applicants must be 70 years of age or older and must meet certain income and asset requirements.

State Veterans: The Veteran must meet qualifications, as well as have his/her DD214 on file with the Town Clerk by September 30, 2017. Veteran must meet the ninety day qualifications for wartime as set forth in Connecticut General Statute 27-103.

Local Option Veterans Program: Income requirements of this program are \$42,600 for a single person and \$48,100 for a married couple. Local option benefit amount is 6,000 assessment dollars.

Please call Marcy Miller at the Assessor's Office for more information and qualifications: 860-793-0221 ext 244.



Craft & Fitness Classes

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 missed classes due to vacations, trips, doctor’s appointments, etc.

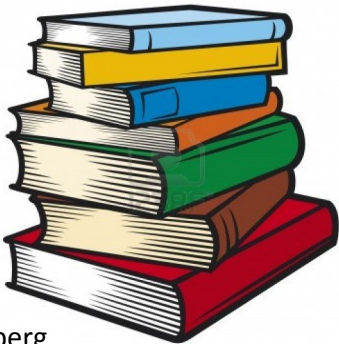
Members may sign-up for new classes beginning on Mega Sign-up Day, February 5, between 9:15 a.m. - 4:45 p.m. Non-members may sign up for classes that allow non-members starting February 12, if there is still room in the class. The Drop-in rate for any of the classes (that allow drop-ins) is \$5.00 for 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.

CLASS DESCRIPTIONS ARE ON PAGE 6.

Class	Time	Current Session	Next Session Sign-up begins Feb. 5
MONDAY			
Zumba Tone	9:30 – 10:30	Jan. 22—March 19. No class February 19. 8 weeks, \$24. Members only.	March 26--May 14. 8 weeks, \$24. Members only.
Acrylic Painting	10:00—12:00	February 26 – April 16. 8 weeks, \$24 members; \$48 non-members.	
Power Burst	1:30-2:30	Jan 22—March 26. No class February 19. 8 weeks, \$16. Members only.	
TUESDAY			
BeFit	9:30—10:30	Feb. 13 — April 3. 8 weeks, \$8. Members only.	
Chair Yoga	3:15—4:00	Jan. 16 — March 6. 8 weeks, \$16. Members only.	March 13 — March 27. 3 weeks, \$6. Members only.
French Class	3:00—4:00	Class will resume in April.	
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	
Zumba Gold	9:30 – 10:30	Jan. 31--March 21. No class January 24. 8 weeks, \$24. Members only.	March 28 — May 16. 8 weeks, \$24. Members only.
THURSDAY			
Ceramics	9:30 – 11:30	Jan. 18—March 8. 8 weeks, \$32. Members only.	March 15—May 3. 8 weeks, \$32 Members only.
Functional Fitness	1:30 –2:30	Jan. 18—March 8. 8 weeks, \$16. Members only.	March 15—March 29 3 weeks, \$6. Members only.
Knitting & Crochet	1:00 – 3:00	Jan. 18—March 8. 8 weeks, \$16. Members only.	March 15—April 26. No class March 29. 6 weeks, \$12. Members only.
FRIDAY			
Beginner’s Bridge	9:30—11:30	Jan. 19 —March 9. 8 weeks, free. Members only. Class is full.	

Please Check Your Book Shelves!

Attention loyal readers! Do you have a Large Print book at home that needs to go back to the Library? We are returning to the Plainville Public Library the batch of Large Print books that we had available here for some time. **A few are missing** and we’d really like to get them back. Please take a few minutes to look for these titles that you may have taken from the Senior Center and forgot to return:



- ♦ **Silver Bay** by JoJo Moyes
 - ♦ **Ashley Bell** by Dean Koontz
 - ♦ **All Dressed in White** by Mary Higgins Clark
 - ♦ **Magic and Macaroons** by Bailey Gates
 - ♦ **Christmas Bells** by Jennifer Chiaverini
 - ♦ **A Christmas Escape** by Anne Perry
 - ♦ **Foreign Affairs** by Stuart Woods
 - ♦ **Wyoming Trails** by Lauran Paine
- ♦ **Otherwise Engaged** by Amanda Quick
 - ♦ **The Chase** by Janet Evanovich & Lee Goldberg
 - ♦ **Burn** by James Patterson & Michael Ledwidge
 - ♦ **No Safe House** by Linwood Barclay
 - ♦ **Last to Know** by Elizabeth Adler
 - ♦ **The Old Wolves** by Peter Brandvold
 - ♦ **Blood on the Water** by Anne Perry

Class Descriptions

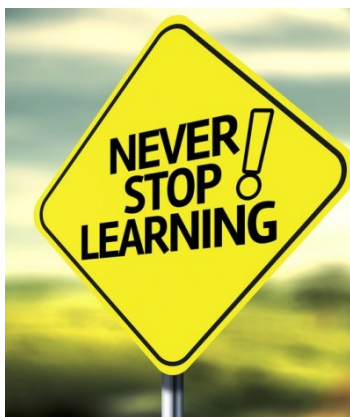
ACRYLIC PAINTING: You will learn methods to overcome the challenges of the medium, plus some special techniques. A supply list will be given to you at registration. If you're not sure if this class is for you, we provide beginner kits which include some paints, canvas and drawing pads. Scholarships are available through the generosity of the Plainville Amateur Art Group. Call Ronda for information.

Instructor: Abbe Wade.

BeFit: This new class will combine simple brain games and cognitive activities with physical movement designed to stretch your brain in a new way! The classes will support overall health and well-being while strengthening the "mental muscle." Research shows that doing brain games while moving can strengthen, improve and even change some regions of the brain. Each week a different topic will be discussed on ways to help improve your brain health. **Instructor: Amy Gray**

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.**

CHAIR YOGA: This 45-minute class helps you improve strength and balance and enhances your stretching and relaxation. Modifications are offered for all moves. This program can be adapted for everyone. **Instructor: Kristin Champagne.**



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**

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

POWER BURST: This class combines intervals of movement including walking, marching and other forms of low impact movement to benefit the heart, combined with strength training using light weights and bands to help maintain strength and bone density and tone the body. It is a great over all workout. **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: Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray.**

ZUMBA TONE: The Zumba Toning program combines Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray.**

Info for Veterans

VETERANS' CAREGIVER SUPPORT

Did you know that Veterans who require a caregiver may be eligible for up to 30 days of respite care each year? Care can be offered in a variety of settings: in your home, at a VA community living center, at a VA-contracted community residential care facility, or at an adult day health care center. To see if you are eligible for respite care services, call the Caregiver Support Line at **1.855.260.3274**.

ROLL CALL — WEST HARTFORD SENIOR CENTER EVERY MONDAY, 10 AM

A program of sharing led by a WWII veteran. Refreshments are served. For more information, call 860-561-7583. The senior center is at 15 Starkel Road in West Hartford.

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 veterans 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 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. Cost of the plate is \$8.00.

We Welcome New Members for December

Cheryl Barker, Ann Campbell, Maritza Derail, Diane Doner, Rev. Ed Przygocki, Sandra Slade, Joyce Wollenberg



THE OPIOID EPIDEMIC (continued from page 1)

- Signs of an opioid overdose & how to reverse one
- Laws/steps taken to reduce the opioid epidemic
- Narcan: how to get it and how to use it
- Prescription laws regarding narcotics
- Crime prevention
- How to dispose of unused pills
- How to prevent unused pills from getting into the wrong hands
- Remembrance Quilt Project

Presented by: Aisha Hamid, Connecticut Clearinghouse, Wheeler Clinic, Suruchi Patel, Pharmacist, Plainville Community Pharmacy and a Plainville Police Department representative. Free and open to the public. Sign-up has begun.

Trip Sign-Up Information

Sign-up: Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m. to 4:45 p.m., and Fridays 9:15 a.m. to 12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is February 5 from 9:15 a.m. to 4:45 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 one week (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 will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most insurance policies cover 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 that you return.

Medical ID cards: Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.

Disclaimer: The Plainville Senior Center is not responsible in whole or in part to trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your seat assignment from the bus captain. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We cannot wait for late comers.***

FYI: We keep Reserve Lists for all trips including Quick Trips. When you sign 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 always sign up members first, we will skip over the non-members until all members have been contacted.

Current Trips

VIRGINIA INTERNATIONAL TATTOO

MONDAY—FRIDAY, APRIL 23—27, 2018

The 5-Day motor-coach tour includes four nights at an oceanfront inn and eight meals (dinners and breakfasts). You'll enjoy a guided tour of the Military Aviation Museum, see the Norfolk Naval Station and Botanical Gardens and enjoy VIP seats for the Tattoo. Costs: \$1,139 single; \$919 pp double; \$845 pp triple. A \$100 deposit is required at sign-up. Optional travel insurance is available and recommended. A full itinerary is available at the Senior Center. Sign-up has begun. Open to the public.

SALEM CROSS INN — Traditional New England

FRIDAY, FEBRUARY 23, 2018

The Inn is a restored 18th Century farmhouse on 600 acres of countryside in West Brookfield, MA. Enjoy an apple pie demonstration and full-course lunch at this lovely farm property. We leave Our Lady of Mercy Church at 8:45 AM and return approximately 4:30 PM. Cost is \$99 per person. Trip is full but you may sign up for the waiting list.

IRISH COUNTRY CABARET SHOW

CASTLE OF KNIGHTS, CHICOPEE, MA

TUESDAY, MARCH 13

Don't miss this Irish Country St. Patrick's celebration starring acclaimed singer/songwriter Deirdre Reilly. This show will feature classic Irish songs, Irish dancers, a spectacular band and Hal Roach, a top-notch comedian. Enjoy an elegant lunch at the Castle of Knights, including meal tax and gratuities. Choose from Corned Beef or Baked Scrod, along with soup, rolls, vegetable, potato, dessert and coffee or tea. Cost is \$78 per person. The bus is planned to leave Our Lady of Mercy at 10 a.m. and return at 4:30 p.m.* Sign up has begun.* ***Times are approximate right now, based on our share of the trip.***



New Trips

ONE WORLD OBSERVATORY & 9-11 MUSEUM, NYC

SUNDAY, MAY 6, 7:30 A.M.

Ascend to the top of the tallest building in the Western Hemisphere in less than 60 seconds at **One World Observatory** and take in iconic sights and panoramic views of Manhattan. Lunch on your own at Brookfield Place, a new, upscale food court nearby. You'll also tour the national **9-11 Museum**, which documents the impact of the September 11 attacks and their continued influence. Multimedia displays, artifacts and narratives recall the stories of victims and survivors. The **9-11 Memorial's** twin reflecting pools are located precisely where the towers once stood and are inscribed with every victim's name. A profoundly moving experience, not to be missed. Your bus will leave the Senior Center lot around 7:30 A.M. and return at around 7:30 P.M. Cost is \$102 per person, payable at sign-up, starting February 5.

NEWPORT PLAYHOUSE: EXIT LAUGHING, NEWPORT, RI

TUESDAY, APRIL 10, 8:00 A.M.

This unique dinner theater is a perennial favorite! Enjoy a Great Buffet with a wide variety of salads, hot and cold entrees, desserts and beverages. All food is prepared on the premises. After your meal you will enjoy Paul Elliott's gentle comedy, "Exit Laughing," about three lifelong bridge-playing friends in the South who handle a crisis that turns our humorously uplifting. The bus will leave Our Lady of Mercy Church at 8 A.M. and return around 7 P.M. Cost is \$87 per person. Sign-up begins February 5.

Big Trips 2018

We have some great trips planned for 2018! Trip brochures are available at the Senior Center.

- **Journey to the Ark, May 6—13** An 8-day trip to see a full size replica of Noah's Ark, Kentucky Horse Farms, Ohio Amish Country, Frank Lloyd Wright's home *Falling Waters*, Louisville, Churchill Downs & Museum, Louisville Slugger, Ohio River Lunch Cruise, Appalachian Mountains of West Virginia, Natural Bridge, and White Sulphur Springs.



- **France Hidden Canals, June 26—July 4*** Cruise Loire Canal — fly to Paris and then tour Nevers Marseilles Les-Aubigny, Chapelle Montlinard, Menetreol-Sous-Sancerre, Lere, Briare.
- **Adriatic Cruise, July 15—22** Venice, Italy; Dubrovnik, Croatia; Kotor, Monenegro; Corfu, Greece; Split, Croatia; and back to Venice.
- **France Hidden Canals, August 28—September 6*** Cruise the Doubs & Saone Rivers — fly to Paris then onto Besancon, Arc-et-Senans, Dole, Saint-Jean-de-Losne, Petit-Ouges, Dijon and more.
- **Vietnam, September 20—30** Ho Chi Minh City, Holong Bay Junk Cruise, Hanoi, Train to Danang, Hoi An. Visit local-home factory, markets, hands-on traditional fishing and more.
- **Italy, October 1—11** We have been invited to join a senior group from Berlin, CT on a "small group" trip to Italy. Eleven-day tour, Tuscany to Amalfi including Florence, Leaning Tower of Pisa, Rome, Vatican City, Isle of Capri and more!



Save the Dates 2018-2019 Trips!

These additional trips are being planned. More info and sign-up to come!

2018

May 21: Edward's Twins, Aqua Turf
June 14: Statue of Liberty & Ellis Island
June 23: Brooklyn's Best
July 9: All You Can Eat Lobster, MA
July 22: Stageloft Theater, "Four Weddings & An Elvis"
August 16: Bobby Rydell at the Aqua Turf
August 27: Boston Lighthouse Cruise
September 9: Georgia O'Keefe, NYC Botanical Gardens
September 27: Turkey Train, Winnepesaukee RR
October 23: Kruckers Octoberfest, NY
October 19—26: Iceland #1
November 2-9: Iceland #2
November 12: Bob Hope's USO Style Show, Aqua Turf

2019

March 14—April 1, 2019 — Equator & Panama Canal (Chile, Peru, Ecuador, Costa Rica, Panama Canal, Columbia, Miami)

Quick Trips

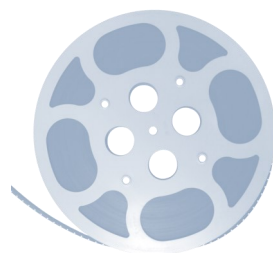
NOTE: Senior Center Quick Trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or Our Lady or Mercy Church (OLM), depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts.

Passengers must be able to get to and from the bus on their own. If you need a wheelchair lift, tell us when you sign-up.

TRIP GUIDELINES: All Quick Trips 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 when it is open or call Ceal DiFrancesco after hours (860-747-1927). Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens.

Please help us by signing up for trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!

FILM SCREENING OF GINA'S JOURNEY: THE SEARCH FOR WILLIAM GRIMES FORMAN SCHOOL'S VISUAL AND PERFORMING ARTS CENTER, LITCHFIELD, CT
SUNDAY, FEBRUARY 4
10 A.M. — 4:00 P.M.



There is still space available for a screening of the award-winning documentary, *Gina's Journey: The Search for William Grimes* at the Forman School in Litchfield. The film follows Ms. Mason's path as she traces the steps of her ancestor, William Grimes, who traveled the Underground Railroad from Georgia to freedom in Connecticut. \$8 for transportation is due at registration. There is no charge for the program. Following the film screening and discussion, the group will then go to Twin Colony Diner in Torrington to eat (on your own). The bus will begin home pick-ups at 10:00 a.m. and leave the Senior Center at approximately 10:15 a.m.—returning to Plainville about 4:00 p.m. **Sign-up has begun.**

TANGER OUTLETS AT FOXWOODS

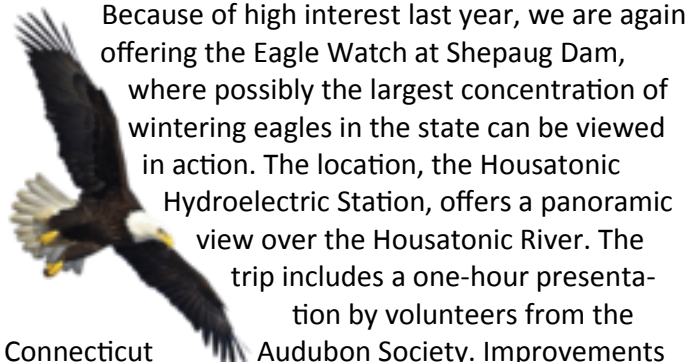
SATURDAY, FEBRUARY 10, 9 A.M.—4:00 P.M.

Join us for a 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 up begins February 5.**

More quick trips, page 9

More Quick Trips

EAGLE WATCH AT SHEPAUG DAM, SOUTHBURY
SATURDAY, FEBRUARY 24, 9:30 A.M. — 3:00 P.M.



Because of high interest last year, we are again offering the Eagle Watch at Shepaug Dam, where possibly the largest concentration of wintering eagles in the state can be viewed in action. The location, the Housatonic Hydroelectric Station, offers a panoramic view over the Housatonic River. The trip includes a one-hour presentation by volunteers from the Connecticut Audubon Society. Improvements at the viewing building include new spotting scopes and binoculars, but you are encouraged to bring your own binoculars as well. Please dress warmly in several layers of clothing — more layers than you may think you need! While some days are better than others for viewing, the staff are very good at finding the elusive birds. \$8 transportation fee is payable at registration. The group will stop at McDonald's in Southbury for lunch (which is on your own) after the Eagle Watch. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville by 3:00 p.m. **Sign-up begins February 5.**

SPRINGFIELD MUSEUMS, SPRINGFIELD, MA
SATURDAY, MARCH 10, 9:00 a.m. — 4:00 p.m.

We are planning a special visit to the **Springfield Museums**, a group of five museums in the city of Springfield, MA. At your own pace and schedule, you can view 27 iconic photographs in the *Jack & Jackie: The Kennedys in the White House* exhibit at the **D'Amour Museum of Fine Arts**. This collection of official photographs provides a glimpse into the Kennedys' personal life, while documenting their public image. The exhibit also features costumes and props from the acclaimed 2011 miniseries, *"The Kennedys."* Also at the D'Amour is a special exhibit, *From Sea to Shining Sea: American Vistas in Currier & Ives Prints*. Operating from 1835-1907, the Currier & Ives lithography firm bolstered national pride by depicting stunning American vistas, such as those found in the Rocky Mountains, Niagara Falls, and the White Mountains. The D'Amour is also displaying modern and contemporary ceramics pieces from their vaults. At the **Wood Museum** you can enjoy *Collecting Camelot: The Kennedy Era and Its Collectibles*. *Collecting Camelot* includes a selection of campaign memorabilia, posters, toys and other vintage items from the Kennedy era. **The Blake House Café**, a part of the Springfield Museums, is open for lunch (on your own). Admission to the Springfield Museums is \$12.50 for Seniors, payable at the Museums. The \$8 transportation fee is payable at registration. Home pick-ups **for those who do not drive** begin at 9:00 a.m., then pick-up at the Senior Center. We will return to Plainville by 4:00 p.m. **Sign-up begins February 5.**



Outdoor Adventure Club

IMPORTANT INFORMATION REGARDING WALK/ SNOWSHOE TRIPS

Every walk/snowshoe trip in the woods is along forest trails that include rocks and some gentle hills. Warm outdoor clothing (layers are suggested) good walking shoes, spikes on treads of shoes or snow shoes, weather dependent, is required. If you do not have a walking stick or snowshoes, we have a limited number available to borrow on a first come first serve basis. Let us know when you register if you'd like to borrow a pair of snowshoes. Please bring your own water and snack.

HILLSTEAD MUSEUM TRAILS WALK/SNOWSHOE
WEDNESDAY, FEBRUARY 14

(Meet at the parking lot of the Hillstead at 10:00 a.m.)

Come along and join Eileen Cyr for a peaceful walk through the trails at the Hillstead Museum. This is an easy to moderate 1.3 mile walk on the Woodland trail. The walk is about 45-60 minutes. Cost \$3.00 — pay Eileen on day of trip. Sign-up begins February 5.

WALK/SNOWSHOE AT SUBURBAN PARK, UNIONVILLE
WEDNESDAY, FEBRUARY 28, 10:00 A.M.

Meet at Park Pond Place (left off of Rte. 4, opposite Stop & Shop before the Mobil Station) at 10:00 a.m. or meet at the Senior Center at 9:30 a.m. to carpool

This is an approximate 1.3 mile historic walk with a beautiful view of downtown Unionville, as well as an opportunity to see what remains of an amusement park which closed in 1905 and kettle holes left over from glacial action more than 12 million years ago. The moderate-level walk will take approximately one hour. Eileen Cyr will be leading the walk. Cost \$3.00 — pay Eileen on day of trip. Sign up begins February 5.

NORTHWEST PARK HIKE / SNOWSHOE
SATURDAY, FEB. 10, 9:00 A.M.

On Saturday, February 10th we will travel to Windsor for a 2 to 3 mile snowshoe/hike for a total of about 2 to 2.5 hours of walking. Northwest Park is regarded as a hidden gem in Connecticut, and features 473 acres of trails to explore. We will snowshoe if the weather offers us enough snow, or hike if not. Please dress appropriately for colder weather, bringing a well insulated outer layer and warm hat. We will depart from the Senior Center at 9 A.M. and return at approximately 1 P.M. Leader: Jared Scoville. Cost: \$8.00 includes transportation. Please pay at registration, and let us know if you need to borrow snow shoes. Sign-up begins Feb. 5.

ROARING BROOK FALLS HIKE
SATURDAY, FEB. 24, 9:30 A.M.

On Saturday, February 24th we will travel to Cheshire for a 1.4 mile hike. On this adventure we will get to view either the running or frozen Roaring Brooks Waterfall — a waterfall that you don't want to miss! It has the highest single drop of any waterfall in the state at 80 feet. The trail will feature a moderate incline and an overall moderate level challenge. The sight of the falls should be amazing. We will depart from the Senior Center at 9:30 A.M. and return at approximately 12:30 P.M. Make sure to dress in warm layers. Leader: Jared Scoville. Cost: \$8.00 includes transportation. Please pay at registration, and let us know if you need to borrow shoes. Sign-up begins Feb. 5.

Weekly Tournament Winners

SETBACK

December 18

- 1ST: Stan Funk & John Gasparini
- 2ND: Ida Pedrolini & Lorraine Stachelek
- 3RD: Fran Bolduc & Toni Lusitani

January 8

- 1ST: Jackie D’Addese & Jackie Dionne
- 2ND: Tony Lusitani & Fran Bolduc
- 3RD: Sally Miller & Mary Levanti

January 22

- 1ST: Joan Oliveira & Elaine Chartier
- 2ND: Gemma Croteau & Barbara Metzen
- 3RD: John Sisson & Verna Pekrul

BILLIARDS

December 21: 1ST: Tony Lusitani & Mitch Ziolkowski
2ND: Lee Akins & Jeanne Shugrue

December 28: 1ST: Lee Akins & Ellen Couture
2ND: Mitch Ziolkowski & Joe Babin
3RD: John Gasparini & Bob Ryer

January 11: 1ST: Val Dumais & Mitch Ziolkowski
2ND: John Clancy & Bob Ryer

January 18: 1ST: Joe Beaudin & Tony Lusitani
2ND: Ellen Couture & Lee Akins



Indoor Mini Golf League for Seniors: New Season!

Lessard Lanes, 136 New Britain Ave., Plainville



Wednesdays at 9:30 a.m.
\$6.00 per Week Includes:
1 Round of 18-Hole Indoor Mini Golf
Free Coffee, Individual Awards
End of Season Party

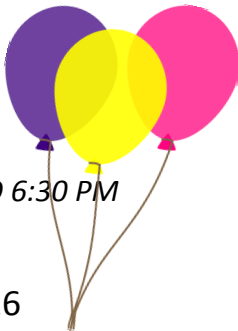
Call Lessard Lanes to Register: 860-747-1657

DON'T MISS THE SENIOR PROM!

FRIDAY, FEBRUARY 16, 4:00 PM TO 6:30 PM

This free event will be held at Lewis S. Mills High School at 26 Lyon Road in Burlington, Connecticut. Dress up and enjoy a fun event that includes dinner, dancing, music, live performances, and bingo! The deadline for signing up is February 1st. Sign up by email at: gaffnyt@region10ct.org. Please include a phone number where you can be reached in case of any weather-related change, and please include your town of residence.

Sponsored by the Lewis Mills High School National Foreign Language Honor Society



PEAK FITNESS CENTER

Did you know that exercise can help you:

- Boost your energy
- Live longer
- Sleep better
- Gain self-confidence
- Socialize with others
- Maintain better control of diabetes & cholesterol
- Reduce heart disease /blood pressure
- Improve your memory
- Increase your mobility & flexibility
- Control your weight



Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.



Cardiovascular Equipment:

- **Treadmills:** Walk at your own pace.
- **NuStep:** Seated “stair stepper” which offers a low-impact cardiovascular workout using both upper and lower body.
- **Bicycle:** Recumbent bicycle allows you to ride in comfort.

There is a back to the seat for full support.

- **Elliptical Cross Trainer:** Provides a total body workout with minimal impact.

Weight Training Equipment: Seven-piece circuit of upper and lower body strength training equipment.

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

Membership rates: Costs are \$9/one month, \$40/six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training.

Bowling League

December Bowlers of the Month:

Simone Guimond and Peter Zeleniuk

The Plainville Senior Center Bowling league is looking for new bowlers and meets Mondays beginning at 12:45 at Lessard Lanes, 136 New Britain Avenue, Plainville. The cost is \$9.50 per person, per week and includes three games of bowling, automatic scoring and free beverage. Adult bowlers over age 55, of all abilities, including beginners, are welcome to join. **For more information or to join the league, contact Frank Robinson, Bowling League President, at 860-747-2918.**

Le Petit Cafe

At the Plainville Senior Center
Open TUESDAYS and WEDNESDAYS
11:00 a.m.—1:00 p.m.
No reservations needed!

Le Petit Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. Le Petit 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!

Le Petit Café Specials for February

February 6 & 7	Tuscan Soup Veggie Burger with sauteed spinach and red pepper aioli
February 13 & 14	New England Clam Chowder PEAK Power Salad: blend of baby kale and romaine with fresh oranges, avocado, red onion, crumbled goat cheese
February 20 & 21	Chicken Noodle Soup Asian Chicken Rice Bowl: Jasmine rice topped with teriyaki chicken, mandarin oranges, fresh snow peas, Chinese noodles and slivered almonds
February 27 & 28	Corn Chowder Taco Salad: Ground taco beef, shredded cheese, avocado, salsa and tortilla chips on a bed of lettuce

Energy Assistance

The State of CT Energy Assistance Program is available to income-eligible residents to help lower winter heating costs. This year a family of 1 could possibly make \$34,366.28 (gross) and a family of 2 could possibly make \$44,940.52 (gross) and be eligible. For more information or to see if you are eligible, call the HRA Energy Department at 860-582-7490. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR.

Tuesday Shopping Bus

In order to ride the Senior Center's Tuesday 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. Home pick-ups begin at 11:30 a.m. and pick-up from the store will be at 3:00 p.m. Please be at the departure point at least 15 minutes before departure. We leave on time. Call the Senior Center before 11:00 a.m. on the Thursday before the Shopping Bus date to add your name to the pickup list.

- February 13, 2018 Walmart, Bristol
- February 27, 2018 ShopRite, Southington

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAY, FEB. 5 and MONDAY, FEB. 26

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! If you are unable to make those times feel free to call Stephanie at the Senior Center to schedule a time that's convenient.

GRANDPARENTS/RELATIVES RAISING GRANDCHILDREN

TUESDAY, FEBRUARY 13, 10:30 A.M.

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 households where grandparents and relatives are responsible for the needs of children and teens. Come and share resources, ideas, struggles, joys and more with others who are raising their grand-children. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. Sign-up begins February 5.

CAREGIVING CONNECTIONS

TUESDAY, FEBRUARY 20, 10 A.M.

We are deep into winter now... the stress of caregiving along with too much time inside has a way of sapping our strength, energy and resolve! Come reconnect with your caring friends

providing support and friendship to one another.

Caregivers from neighboring towns are welcome. Call Bette with any questions or concerns.



BRIGHTER FOCUS

THURSDAY, FEBRUARY 22, 10 A.M.

Inner peace is a vast peace, a happiness, that comes with age. There will always be problems along our paths but the happiness does not go away. This happiness is a state of mind, heart and spirit...nurtured by wisdom in accepting the ebb and flow of life. Interrupt your winter by joining your friends and sharing your wit and wisdom! Brighter Focus is open to Senior Center members.

Did You Know?

Plainville's designated "warming center" is the Wheeler Regional Family YMCA at 149 Farmington Avenue in Plainville. During extremely cold weather like we experienced in January, warming shelters become available for parts of each day for persons to warm themselves if they need to. Please call the YMCA at 860-793-9631 with questions. For a list of other warming centers, call 211 or check online at www.211ct.org

DONATIONS

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

GENERAL DONATIONS, December 19—January 18

Circle Group(2), Joan McBain, Anonymous (3), Steven Castiola, John Hamm, Mary Jane Nolan, The Pines of Bristol, Madeline and Richard Drake, Fran Martin, Jan Bevan, Gail Kreneck, Bev Heslin, Leosina Celli, Masako McDonald, Maria Scricca, Paul Lickwar, Janice Mrowka, Linda Simeone, Jeannette Schmidt, Betty Kirch, Joyce Cannon

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 Raymond Corsini by Judith Centurelli

In Memory of Michael Heslin by Lee Ann Korus

DIAL-A-RIDE DONATIONS

Fran Martin, Irene Woitowitz, Matthew Schultz, United Way, Edward Stagis, Carol Perry

GUITAR CENTER TO OFFER FREE LESSONS FOR SENIORS

The Guitar Center Store at 839 Queen Street in Southington has let us know that starting Friday, February 2 at 10:30 a.m. (and on the first Friday of every month from now on), they will offer free guitar lessons to senior citizens! The store even has free guitars for use at lessons. To sign up or learn more, please call Guitar Center at 860-628-0984 and tell them you read about it in the Plainville Senior Center Newsletter!



Cheer Report

December 16—January 15

Get Well & Thinking of You Cards were sent to:

Earl Carey, Gloria Cerniglia, Pat Cancelli, Mike Hermanowski, Marianna Tabaka, Gail Kreneck, Margaret Blake, Ann Krupinski

Sympathy Cards were sent to:

Family of Wanda Keller, Larry & Carol Harmon, Ruth Pipkin, Family of Janice Mrowka, Family of Prudence Albert, Family of Joseph LaFrance, Family of Herve Bossi, Hazel Decker, Family of Alberta Gwazda, Family of Helen Perschy, Family of Lucy Ciotto (2), Family of Biagio Ciotto, Family of Marianna Morgiewicz, Family of Cesario Asensio

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. As always, a special **thank you** to **Carol Perry** for over-seeing our cheer report.

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 wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **At this time, we cannot use blank cards, holiday cards, mass cards or birthday cards, etc.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need!



Plainville Library

CABARET MUSIC BY CHARLES THOMAS

SATURDAY, FEBRUARY 3, 3:00 P.M.

Charles 'The Piano Man' Thomas will perform a musical mix of classical and contemporary music as well as the improvised, syncopated rhythms of jazz and blues. For more information contact the Plainville Library's Reference Department at 860-793-1446.

FEBRUARY MOVIE AT THE LIBRARY

THURSDAY, FEBRUARY 8, 1:00 P.M.

"Victoria & Abdul" starring Judi Dench. A story of Queen Victoria and her unlikely friendship with a young Indian clerk named Abdul Karim. Rated PG-13

MUSIC OF NAT KING COLE

SATURDAY, FEBRUARY 17, 2:00 P.M.

John Brighenti and Orice Jenkins will perform the music of Nat King Cole. John, a graduate of Hartt School of Music, studied with some of the greats, and played piano with the Glenn Miller Orchestra. Singer-songwriter Orice Jenkins is the musical director for R&B veteran Kenny Hamber and the gospel group VOICES LLC. He and Brighenti will perform an educational presentation on the life and music of Cole as an expression of interest in the jazz tradition and African-American history. For more information, contact the Library at 860-793-1446.



Your suggestions, ideas, concerns, comments are welcome! Feel free to talk directly to Shawn or Ronda or write them down and put in the suggestion box on the counter across from the rest rooms.



Transportation



DIAL-A-RIDE ADA PARA TRANSIT

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



2017 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting is on March 14, 2018 at 5 p.m. The Forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation about the ADA Paratransit Service.

Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: **pwilliams@hartfordtransit.org**. Comments are due 48 hours before the Forum.

HEAT & AIR CONDITIONING

We have many requests each day to change the temperature in our building. If you are not comfortable, please come to the front desk right away and we will have the group or class or event vote (3 choices: "too hot", "too cold", or "just right") majority wins. We will change the temperature or not, depending on the vote. Please remember that we are an older building so some parts of a room (under a vent, for instance) might be colder or in winter, warmer. Also, you are welcome to bring a sweater or dress in layers to help you be more comfortable.

Do You Need a Ride?

Americans with Disability Act (ADA) Paratransit Service provides more hours, more destinations and even runs on Sunday!

The ADA Paratransit ride service 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 still may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 p.m.**

Some of these hours may change, depending 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 in a book of ten for \$28 (only \$2.80 each).* **A driver can assist you door-to-door if you make arrangements ahead of time.** 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 found online at **www.ctada.com**. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We have copies of the application here at the Center. An application can be sent to you by calling **860-247-5329 x3100**. The same number can be called to get an updated ID number, if you are already an ADA Para-transit rider.



After 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 two to four 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**, seven 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 service can take you to religious services. You can schedule an appointment at a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

Have questions about transportation services? Call Bette or Stephanie at 860-747-5728.

This & That

STORM CLOSING INFORMATION

Our policy is to cancel activities when the Plainville Public Schools are closed. When this happens we cancel meals, Dial-a-Ride, Peak Center, and all classes and activities for the day.

- Announcements regarding cancellations are made on the television channels and websites of the following networks: **WFSB, WNBC, and Fox 61** as well as radio **1080 AM**.
- If Senior Center activities are cancelled, the Senior Center staff, as town employees, always report to work and the center remains **OPEN**. You are welcome to come play cards, shoot pool or socialize with friends. 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.



CHORAL GROUP REHEARSALS

Everybody who loves to sing is invited to attend! **Upcoming Choral Group Rehearsal Dates:** Fridays, February 2 and March 2 at 9:30 A.M.

SENIOR CENTER DISPLAY CASE

The month of February will feature the work of Senior Center member/artist Albert Muller. His pastel and charcoal portraits feature animals, children and movie stars. If **you** have a collection, hobby or artwork you would like to put on display, stop by the front desk to reserve a time period.

CONGREGATE MEAL PROGRAM: FEBRUARY 2018

Please note: Our friends from Calendar House Senior Center will be joining us for lunches January 29th through February 20th due to construction of their new Senior Center in Southington. Please make them feel at home. You may stop by the big kitchen to pick up the February calendar. Reservations for a meal must be made at least one day ahead by calling Bonnie in the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. **A suggested donation is \$2.50.**

Meals on Wheels Volunteers Needed!

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Mon. through Fri., typically from 10 A.M. to 12 noon. You can deliver one or more days per week, or you can be on call to cover for other volunteers during an illness or scheduled vacation. Mileage reimbursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior Center for more information: 860-747-5728.



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***BC = Back of Calendar**



Nursing, Insurance Info, Etc.

REGULAR AND DIABETIC FOOT CARE

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. **Cost is \$18.00 for Plainville resident members and \$28.00 for Out of Town 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. **Senior Center members only.**



EAR WAX REMOVAL

Call the Senior Center to make your appointment for ear wax removal. At least one week before your appointment, you must come into the Senior Center for an instruction sheet that explains the preparation procedure and pick up the paperwork that you must fill out and bring in to your appointment.



FREE BLOOD PRESSURE SCREENINGS

- Thursday, February 8, 1:00—2:00
(provided by Hartford Health Care)
- Monday, February 26, 12:00—12:30
(with our Nurse)

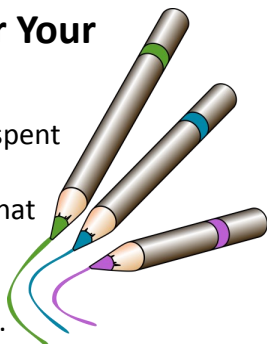
PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We update this list throughout the year so we can be sure that such folks will be safe during a power outage or other 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 to add your name to the At-Risk List. Our social workers Bette and Stephanie can help you develop a plan for power outages/weather emergencies.

Reduce Stress and Color Your World this Winter!

Remember the happy hours you spent in the "quiet zone," creating with crayons? You can re-experience that serene feeling this winter with others who come to the Senior Center's Coloring Club each week.

This trend took off in recent years because coloring is an easy, inexpensive and creative way to unwind and de-stress. Of course, you don't need any materials; we provide everything at the Center. Coloring pages for adults help the brain to focus and relax. Or you can be more adventurous and create your own free-form designs! The Coloring Club meets on Wednesdays at 3:00 p.m. in the Green Room and is absolutely free. Coloring books, colored pencils and crayons are provided; but you can bring any materials you like. You don't even need to sign up; just drop in and give it a try!



CHANGES TO THE MEDICARE SAVINGS PROGRAM

We are continuing to watch and wait to learn about any changes to the State's Medicare Savings Program (MSP). The Department of Social Services (DSS) will keep beneficiaries informed as any new process is put into place. If you have any questions about your MSP benefits, please call Bette or Stephanie at the Senior Center, 860-747-5728.

In addition, State Senator Henri Martin and Representative William Petit want to hear from anyone who will be affected by these MSP income changes and how it will impact you personally. Senator Martin can be reached at 300 Capitol Avenue, Hartford, CT 06106, phone 1-800-842-1421, or email

Henri.Martin@cga.ct.gov. Representative Petit can be reached at Room 4200, 300 Capitol Avenue, Hartford, CT 06106, phone 1-800-842-1423 or (860) 240-8700 or email William.Petit@cga.ct.gov.

ALZHEIMER'S SUPPORT GROUP

Mulberry Gardens of Southington

Second Tuesday of Every Month 10:30—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!

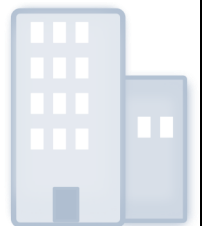
BREATHING SUPPORT GROUPS

The **Breathing Better Group** at Bristol Hospital meets every third Friday from January through October. The next meeting is February 16. The group is for everyone with a pulmonary illness such as COPD, asthma or CHF, along with family and caregivers. A light lunch is provided. Registered nurses and respiratory therapists are on hand to answer questions. All free of charge. Call Bristol Hospital at 860-585-3580 to register and get more information.

Breathtakers — starting in March: The pulmonary support group at The Hospital for Special Care in New Britain, meets the third Thursday of each month from March through November and is open to anyone who struggles with their breathing. First meeting of the year is March 15. Sessions run from 11 am to 1 pm and about 60 people attend each meeting, which usually includes a lecture/education program and a light lunch. Registration is required. Contact Stephanie Alderman at 860-832-6256 or email SAlderman@hfsc.org. All are welcome.

Meridian Tower in Bristol Seeks Applicants

Meridian Tower Apartments offers units for eligible elderly applicants (aged 62 and older) and disabled persons of all ages. All apartments are federally-assisted and families pay 30% of the adjusted gross income for rent. Meridian Tower is a five-story building with two elevators at 52 Sheila Court in Bristol. Amenities include a Community Room with kitchen, laundry facilities on each floor, emergency pull cord system in each unit, parking and a Resident Services Coordinator. You may stop by for an application, or call the Property Manager at 860-583-0202.



FEBRUARY 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: GR: Green Room, BR: Blue Rm, GA: Game Room, CR: Craft Room C: Café, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library, *By Appt. Only				1 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR	2 9:00 Walking GR 9:00 Mahjong GA 9:30 Beginner's Bridge OS 9:30 Choral Group BR 12:00 Pinochle Plainville Library	3
4 10 a.m. Gina's Journey, Forman School, Litchfield	5 FREE SIGN UP DAY MEGA SIGN-UP DAY *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling League 1:30 Power Burst BR	6 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling BR *10:00 Income Tax GR 10:00 Veteran's Coffee Hr. 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:15 Chair Yoga BR	7 9:00 Walking GR 9:30 Quilting CR 9:30 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 For the Love of Cooking BR 3:00 Coloring Club GR	8 *9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Opioid Talk GR 12:00 COA CR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 BP Clinic 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR	9 9:00 Walking GR 9:00 Mahjong GA 9:30 Beginner's Bridge OS 12:00 Pinochle Plainville Library	10 9:00 Tanger Outlets at Foxwoods 9:00 Northwest Park Walk
11	12 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	13 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 9:30 BeFit BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Grandparents Raising Grandchildren CR 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:15 Chair Yoga BR	14 9:00 Walking GR 9:30 Quilting CR 9:30 Zumba Gold GR 10:00 Hillstead Walk 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	15 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Snappy Seniors L 12:00 Chinese Buffet 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR	16 9:00 Walking GR 9:00 Mahjong GA 9:30 Beg. Bridge OS 10:00 Nutrition for Heart Health GR 11:30 Friends Helping Friends 12:00 Pinochle Plainville Library	17
18	19 President's Day Senior Center Closed	20 *9:00 NURSE 9:00 Walking GR 9:15 AM Wii Bowling CR 9:30 BeFit BR *10:00 Income Tax GR 10:00 Caregiving Connect. GR 10:00 Ladies Billiards 10:00 Cribbage CL 12:00 Pinochle GA 12:30 Open Circle CR 1:00 PM Wii Bowling BR 1:00 Bridge OS 3:15 Chair Yoga BR	21 9:00 Walking GR 9:30 Quilting CR 9:30 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	22 *9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train OS 10:00 Opioid Snow Date 10:00 Brighter Focus GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 AARP Smart Driver GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet CR 1:30 Functional Fit BR	23 8:45 Salem Cross Inn Trip 9:00 Walking GR 9:00 Mahjong GA 9:30 Beg. Bridge OS 10:00 Exotic Fruit Demo, GR 12:00 Pinochle Plainville Library	24 9:30—3:00, Eagle Watch 9:30, Roaring Brook Hike
25	26 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:00 Mahjong GA 12:00 Blood Pressure 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	27 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling CR 9:30 BeFit BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 Pinterest, CR 3:15 Chair Yoga BR	28 9:00 Walking GR 9:30 Books & Bagels GA 9:30 Quilting CR 9:30 Zumba Gold GR 10:00 Suburban Walk 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	March 1 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 EcoVertical Evol. GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR	March 2 9:00 Walking GR 9:00 Mahjong GA 9:30 Beg. Bridge OS 9:30 Choral Group BR 12:00 Pinochle Plainville Library	March 3