plainville SENIOR CENTER

NEWS & EVENTS **FEBRUARY 2019**

Shawn Cohen, *Director* Ronda Guberman, *Assistant Director*

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

Monday: 9:00 a.m.– 6:00 p.m. Tuesday-Thursday: 9:00 a.m.– 5:00 p.m. Friday: 9:00 a.m. – 1:00 p.m.

Mega Sign-Up Day (for free and paid programs) is on Wednesday, February 6 *from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. 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 a.m. during regular Senior Center hours. We accept cash and checks made out to the Plainville Senior Center only.*

Betty Boukus Month of Service! Please Join Us!

"Caring and Kindness Change the World"

Betty Boukus was a true friend of our Senior Center and to honor her memory we will be holding a special program that epitomizes the way Betty lived her life. Betty always asked others, "What can I do for you?" She loved Plainville. She loved people. And she dedicated her life to helping others.

To capture her spirit of caring, we are sponsoring a **Betty Boukus Month of Service** and are asking folks to volunteer to do something for another person or organization between March 15 – April 15. During that time show some kindness by helping a friend or neighbor, pay it forward and then stop by or call the Senior Center to record your name or "anonymous" if you prefer and the good deed or deeds you did.

We will keep a list of all good deeds and display them on Betty Boukus Month of Service posters at both the Senior Center and the Municipal Center. Posters will be updated weekly so join us anytime during the month of service. Then, on Tuesday, April 16th, join us for a celebration at the Senior Center when we will reminisce about Betty and congratulate everyone on their wonderful good deeds. Betty's husband, Gary and their children and grandchildren will be our guests of honor.

Flyers are available at the Senior Center with information about locations in the Plainville and surrounding communities that are looking for short and long term volunteers.

Acts of kindness can be big or small, and don't have to cost you a penny! Our hope is that people will help others and carry the spirit of Betty's good will with them. To get the ideas flowing, we've included a list of some possibilities on page 7.

New Year, New Goals, New You!

If you haven't stuck with a regular exercise plan lately, **now** is the time to get back on track! The benefits to your body, mind, stress level and energy cannot be overstated. Now is the perfect time to start taking advantage of everything that regular exercise can offer you.

Enjoy a great workout in our state-of-the-art PEAK Fitness Center. New members receive fitness center training from a professional, certified Exercise Physiologist. It's never too late to start. Turn to page 5 for all you need to know about a PEAK membership!

PEAK FITNESS SPECIAL!

February 1st 2019 through January 2020.

13 months for the price of 12! $60.00 for one year, good for new and renewing memberships. That's only $4.61 per month… such a **GREAT** deal!

PLAINVILLE HOUSING AUTHORITY

The Plainville Housing Authority Wait List is closed. A list of regional housing authorities and housing options is available at the Front Desk.

Hall High Pops n Jazz Concert. Wed., March 6th

Home of one of the nation's top high school music programs, Hall High (West Hartford) has produced the musical extravaganza known as Pops 'n Jazz. The show features more than 100 student performers from the school's Concert Jazz Band, Jazz Band, Jazz Dancers, and Choraliers (singers) including Ronda's daughter Lily! Enjoy an array of American jazz classics and an eclectic blend of music, ranging from traditional and progressive jazz to pop-rock and Broadway. Leaves Senior Center 1:00. Returns approx. 4:30. Cost is $8.00. Sign up begins Feb. 6th.

Tax Relief Program
Please see back of calendar

Income Tax Assistance
Please see Page 4

New Tai Chi Class Coming!
Please see page 3

Special Events

CURRENT EVENTS DISCUSSION GROUP
EVERY MONDAY, 10 A.M.
Stay current by joining our lively discussion of local, state and national news as well as current events. We do not discuss politics; rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! Feel free to come and just listen. There is no pressure to participate and new folks are always welcome!

SNAPPY SENIORS
FEBRUARY 21, 2019, 10:30 A.M.
The Snappy Seniors Camera Club usually meets on the third Thursday of the month at the Plainville Public Library. **Sign-up begins February 6.**

FRIENDS HELPING FRIENDS
FRIDAY, FEBRUARY 15, 11:30 A.M.
This gathering, typically on the third Friday of each month, is for single, widowed or divorced members. Come out and socialize! We will meet at 11:30 a.m. at The Outback Steakhouse, 817 Queen St. Southington. **Sign-up begins February 6.**

PLAINVILLE LIBRARY SERIES CONTINUES AT THE SENIOR CENTER
If you thought your public library is just about books, think again! **Plainville Public Library Director Trish Tomlinson will visit the Senior Center** to share how YOUR Library has evolved beyond traditional offerings to become a gateway to information and resources available anytime, anywhere, for FREE. On the last Tuesday of every month at 1 p.m., come and learn how to access and navigate online library resources from the experts. Upcoming topics include:

- Tuesday, February 26: **Introduction to Overdrive** (downloadable e-books, audiobooks, and magazines)
- Tuesday, March 26: **Introduction to Hoopla** (downloadable e-books, audiobooks, and magazines).
- Tuesday, April 30: **Introduction to Mango Online Language Learning**

SEA SHELL CRAFTS WITH GAIL FARRAR
TUESDAY, FEBRUARY 5, 1:00 P.M.
Come and make your own shell projects! Each participant can choose two shell craft projects including a trinket box, ornament or picture frame. Gail will also share her love and knowledge of collecting sea shells. Make something for yourself and another to share! Snow date February 12. Program is free. Sign up has begun.

VETERANS' COFFEE HOUR
FEB. 5 AND MARCH 5, at 10:30 A.M.
These monthly information and support meetings are conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. *FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.* Please call the Center at 860-747-5728 to register. **Sign-up has begun.**

CHINESE NEW YEAR LUNCHEON
THURSDAY, FEBRUARY 7, 12:00 NOON

Celebrate 2019, the Year of the Pig, at the Plainville Senior Center with a buffet lunch! We will enjoy some of the most popular Chinese dishes, 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, due at registration. **Sign up has begun**.

SMART HEART
FRIDAY, FEBRUARY 8, 9:30 A.M.

What organ works tirelessly for you from the moment you're born, without rest, non-stop? How can you make life easier for your heart — and thereby extend your own? Diet and lifestyle are paramount to a healthy heart, so join Miles Everett, nurse, educator and registered dietitian, to find out how to ***love*** your heart. Program is free. Call the Senior Center to register. **Sign up has begun.**

COOKING FOR ONE CLUB
TUESDAY, FEBRUARY 12, 2:00 P.M.
This group meets on the 2nd Tuesday of each month at 2:00 P.M. at the Senior Center. We are looking for a new group moderator or co-moderator. Bring your favorite recipes, cooking tips and fun ideas. Free and all members are welcome! **Sign up begins February 6.**

UKULELE LESSONS AT THE SENIOR CENTER!
DEMO: THURSDAY, FEBRUARY 14, 1:00 P.M.
CLASS: THURSDAYS, MARCH 14—APRIL 18 1:30 P.M.
Come to a free demo on February 14 at 1:00 P.M. to learn how easy it can be to play the ukulele. Prior students will also give a short concert! Then, take a 6-week class! No musical experience needed. Local musician Sue Hill will teach you how to hold the ukulele and play a few basic chords, and encourage you to strum along while you sing (if you wish)! You'll need your own ukulele ($29 to $50 for a starter instrument) and a tuner. At the demo you'll learn where and how to buy a ukulele. Cost for the 6-week class is $12.00. Sign-up begins February 6.

C. J. WALKER, SELF-MADE MILLIONAIRE
THURSDAY, FEB. 21, 11:00 A.M.
Program will be followed by free light lunch.

Most people who have heard of Madam C.J. Walker will tell you one or two things — she was the first black millionaire and she invented the world's first hair-straightening formula and/or the "hot comb." But there's more to the story! Join performance artist Gwendolyn Quezaire-Presutti to hear the full account, as she portrays this remarkable, inspirational character and brings to life her success as a black businesswoman during the worst years of the Jim Crow era. **Program is free and includes a complimentary light lunch**. **Sign-up has begun.**

More Special Events

BOOKS AND BAGELS

WEDNESDAY, FEB. 27, 9:30 A.M.

In "**Loving Frank**", author Nancy Horan brilliantly tells of the daring love affair of Mamah Borthwick Cheney and Frank Lloyd Wright which held the interest of the world (and possibly brought on the beginning of the paparazzi). The story begins in 1903, with the author intertwining little-known facts into a captivating tale of the conflicts and struggles of an educated woman who steps out of the norm for women of her era. Gracefully written and extraordinarily rich in detail, *Loving Frank* is a fitting tribute to a brave young woman, a national icon, and their timeless love story. Join discussion leader Kathleen Marsan for coffee, tea, bagels and another inspiring book discussion. Copies are available at the Plainville Library. Please read the book before the meeting. **Sign up begins February 6.**

MIX & MATCH CASSEROLES

THURSDAY, FEBRUARY 28, 10 A.M.

Peter Fescoe, Dining Services Director at Mulberry Gardens of Southington will present this program. With Peter's formula you can create hundreds of recipes with just a few basic ingredients! Come and see what you can cook up! Program is free. **Sign-up has begun.**

AARP SMART DRIVER

TUESDAY, MARCH 12 9:30 A.M. – 1:30 P.M.

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 and $20.00 for all others. Limited to 25. Bring a bag lunch if you wish. **Sign-up has begun.**

DO YOU HAVE ACID REFLUX?

THURSDAY, MARCH 14, 1:00 P.M.

Learn natural ways to prevent heartburn and medications that can help or worsen stomach acid. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist, Integrated Care Partners, Hartford HealthCare Group and clinical professor at the UCONN School of Pharmacy, and Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist with Hartford HealthCare Integrated Care Partners and assistant clinical professor at UCONN School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. **Sign-up has begun.**

Ongoing Support for Veterans

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments on the first Wednesday of each month at the Senior Center. He will be at the Center on **Wednesday, February 6**. Please call Jason directly at 1-203-805-6340 to make an appointment in advance.

HEALTHY EATING FOR WEIGHT LOSS

THURSDAY, APRIL 4, 10 A.M. FREE

Learn how to eat healthy and be conscious of healthy eating throughout our lives. Presented by Tracey Luciani, registered dietician. *Sponsored by Southington Care Center*. **Sign up begins February 6.**

BEGINNER TAI-CHI FOR HEALTH AND BALANCE CLASS

FREE DEMO: TUES., FEBRUARY 19, 1:30 P.M.
SIX WEEK CLASS: TUES., MARCH 5-APRIL 9TH, 1:30 P.M.
INSTRUCTOR: WALTER BRUCE
COST: $12.00 for 6 week class. Demo class is free. **Sign up for the demo and/or class begins February 6.**

The core of this program covers the most **i**mportant Tai-Chi principles, safety, balance, health and growth. We will be studying Sun pronounced (Soon) style Tai-Chi. This style of Tai-Chi is well suited for older adults because the moves are easy on the knees and hips, thereby helping to improve balance. This class is designed for beginners. Why try Tai-Chi? When learned correctly and practiced regularly, Tai-Chi can be a positive part of an overall approach to improving your health. Some of the benefits include: decreased stress and anxiety, increased aerobic capacity, increased energy and stamina, increased flexibility, balance and agility, increased muscle strength and definition, reduce risk of falls. Walter Bruce has 35 years of experience teaching and studying Yang and Sun style Tai -Chi. Walter is certified through the Dr. Paul Lam Tai Chi Health Institute.

CONGRATULATIONS TO SONI SPERDUTI!
Winner of the Tea Basket Raffle
The raffle made $86.00 for Dial- A-Ride

Library News

To sign up for or ask questions about any events at the Plainville Public Library, please call the Library at 860-793-1446 or stop by the Reference Desk.

FEBRUARY MOVIE: THE WIFE starring Glenn Close, Jonathan Pryce, Max Irons. **Showtimes:**

- **Thursday, February 14, 1:00 p.m.**
- **Saturday, February 23, 1:30 p.m.**

BOOK CLUBS FOR FEBRUARY

Tuesday Night Book Club. *TUESDAY, FEBRUARY 5, 7-8 P.M.* "The Perfect Horse" by Elizabeth Letts.

Wednesday Night Book Club. *WEDNESDAY, FEBRUARY 20, 7-8 P.M.* "This is How it Always Is" by Laurie Frankel

Income Tax Assistance Comes to the Senior Center: February 5 — April 16

The Plainville Senior Center is pleased to host AARP Tax-Aide, a free program that provides income tax preparation assistance for low- to middle-income taxpayers of all ages, with special attention to persons aged 60 and older. **Taxes are filed electronically at the session, so if married, both husband and wife must be present during an income tax counseling session**. Taxpayers must bring all information and documents that apply to their 2018 income tax, including:

- Personal identification (Photo ID) such as Driver's License or Passport.
- Social Security cards or Individual Taxpayer ID cards for everyone to be included on the return (see article, below)
- 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
- Interest and dividend statements from banks and financial institutions
- Brokerage statements
- Health insurance exemption certificate, if available
- A blank check for proof of bank account routing for direct deposit
- Total paid for daycare, and the daycare provider's tax ID number such as Social Security number or EID
- Forms 1095-A, B or C, Affordable Health Care Statements
- Your Tax Records envelope with last year's (2017) filed federal and state returns and other tax documents. **Appointments will be held on Tuesdays from February 5 through April 16 between 10 a.m. and 2 p.m.** To schedule an appointment with a certified Tax-Aide counselor or for more information, call the Senior Center at 860-747-5728. You may pick up an information sheet in advance at the Center. Sign-up has begun.

REMINDER: You Must Bring Your Social Security Card or 1099-SSA to Your Tax Appointment at the Senior Center

Our AARP-certified volunteer tax preparers must verify the identity and social security numbers of every person whose name appears on Federal Income Tax returns that are filed. You must bring all relevant Social Security cards with you to your tax appointment. **Social Security Statement 1099-SSA is also acceptable**. You must also bring an official photo I.D., such as a driver's license or passport.

If you do not have your Social Security card, you are strongly encouraged to apply for a replacement card now. Visit a local Social Security office for help in obtaining a new card.

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 made-to-order fresh salads, a variety of sandwiches, grilled Panini and weekly specials. Le Petit Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, hand-crafted foods that are sure to wow your taste buds! Prices range from $3.00—$6.00.

February 5 & 6 Wonton Soup/ Asian Chicken Rice Bowl or Asian Chicken Salad. You choose to top either jasmine rice or fresh salad greens with teriyaki chicken, mandarin oranges, fresh snow peas, Chinese noodles and slivered almonds.

February 12 & 13 Garden Vegetable Soup/ Cowboy BBQ Meatloaf and Baked Steak Cut French Fries

February 19 & 20 Chicken Tortilla Soup/ Guacamole Grilled Cheese Panini with Tomato & Bacon

February 26 & 27 Tuscan White Bean Soup/ Omelet Bar. We'll make your omelets to order and you can choose your toppings (tomatoes, onions, peppers, ham, mushroom, cheese)

Tuesday Shopping Bus

In order to ride the Senior Center's Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over age 60 or a Plainville resident of any age who is disabled. Please be ready at least 15 minutes before departure. We leave on time. Call the Senior Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up**. We can only accommodate eight (8) people on the Tuesday Shopping Bus. Sign up early!** Home pickups start at 11:15 a.m. The bus leaves the shopping center at 3:00 p.m.

- **February 5, 2019 — Walmart, Bristol**
- **February 19, 2019—Price Chopper, Southington**
- **March 5, 2019—Bristol Shopping Plaza, Bristol**

We Welcome New Members for December 2018

Luis Gonzalez, Lynn Gonzalez, Thomas McConnell, Linda Pikora, Josef Harchut, Maria Harchut

Weekly Tournament Winners

SETBACK

DEC. 10: 1ST: Carol Diana & Mary Levanti
2ND: Grace Lapila & Rose Dunlap
3RD: Joe Fortuna & Mary Ann Cunningham
TIED Jackie D'Addese & Jackie Dionne

DEC. 17: 1ST: Bob Albrecht & Richard Nordgren
2ND: Jackie Dionne & Jackie D'Addese
3RD: Harold Bissonette & Elaine Chartier

JAN. 7: 1ST: John Gasparini & Nancy West
2ND: Vickie Chapman & Joan Litteral
3RD: Wendell Copeland & Jeanne Raducha

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BILLIARDS

DEC. 6: 1ST: Rich Nordgren & Mitch Ziolkowski
2ND: Stan Funk & Pat Cancelli

DEC. 12: 1ST: John Gasparini & Bob Ryer
2ND: Mike Hermanowski & Mitch Ziolkowski

DEC. 20: 1ST: Bob Ryer & Mitch Ziolkowski
2ND: John Clancey & Joe Babin
3RD: Tony Lusitani & Ed Zarek

Bowling League

December Bowlers of the Month:

- Mary Caputo
- Carter Casida and Ron Jablonski

Please call Frank Robinson at 860-747-2918 or e-mail him at FgrahamR@aol.com if you have any questions about the Bowling League.

PEAK Fitness Center

Did you know that exercise can help you:

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

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 cardio-vascular workout using both upper and lower body.*
- **Bicycle:** *Recumbent bicycle allows you to ride in comfort. There is a seat back 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.*

Membership: Costs are $9/one month, $40/six months and $60/13 months. A registration fee of $25 (cardio & weights), $8 (cardio only), or $17 (weights only) is charged at the time of initial training. When you're ready to sign up, stop by our front desk for a membership packet that includes a medical approval

Donations

The Senior Center Always Needs Sympathy, Get Well and Thinking of You Cards! We send **cheer**, **get well** and **sympathy** cards to our members who could use a lift of their spirits. If you wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **We do not use blank cards, holiday cards, religious cards, mass cards or birthday cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need! ***Please note:*** *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 this 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 16 through January 15
Maria Scricca, Joseph Ouellette, Toffolon School (Grade 4 Students), Sharon Simpson, Barbara Barton, Middle School of Plainville (Art Club), Steve Castiola, Anonymous (4), MaryAnn Lonski, Stan Funk, Apple Valley Rehab (2), Hartford Healthcare Services, Visiting Angels, Sally Cobrain, Pat Cancelli, Tom and Geraldine Wells (2), Maureen Briggs, Paul Lickwar, Tours of Distinction, Pierre and Tony, Madeline Drake, Luis Gonzalez, Bette Green, Carol Beam, Sandy Therrien, Barbara Barton, Irene Avella, Corinne Trepanier, Barbara Petit, Mary Bardani, Lori Corsini, Circle Group, Vella Panella, Jeanette Schmidt, Frank and Norene Robinson

MEMORIAL DONATIONS through January 15
The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made out to the Plainville Senior Center. The deceased person's name will be listed in the Memorial Book displayed in our lounge, along with the donor's name. Memorial donations are used to enhance the operation of the Senior Center.

In Memory of:

- **Bob Fox,** by Anonymous
- **Michael Heslin** by Lee Ann Korus
- **Joan St. Pierre** by Sally Cobrain and Pat Cancelli
- **Joan St. Pierre** by Jean Kelly

DIAL-A-RIDE DONATIONS through January 15

Carol Loiselle, Jean Kelly

Craft, Technology & 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 anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign-up for new classes beginning on Mega Sign-up Day — Wednesday, February 6 from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting January 15 if there is still room in the class. The drop-in rate for any class that allows drop-ins and/or has space available, is $5.00 for Senior Center members and $8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session Sign-up begins Feb. 6
MONDAY			
Zumba Tone	9:30 – 10:30	Jan 14-Mar18. No class Feb. 18 8 wks. $24 members only	Mar 25—May 13. 8 wks. $24 members only
Acrylic Painting	10:00—12:00	Feb 25—April 15. 8 wks. $24. Members Only	
Beginner's Yoga	10:15-11:15	Jan 14—Mar 18. No class Feb 18. 8 wks. At Library. $24 Members Only	Mar 25—May 13. 8 wks. At Library $24 Members Only
Power Burst 1	1:15—2:05	Jan 14-Mar 18. No class Feb.18. 8 wks. $16 Members Only	Mar 25—May 13. 8 wks. $16 Members Only
Power Burst 2	**2:15—3:05**	Jan 14—Mar 18. No class Feb. 18. 8 wks. $16 Members Only	Mar 25—May 13. 8 wks. $16 Members Only
TUESDAY			
Intermediate Yoga	10:15-11:15	Jan 15—Mar 5. 8 wks. $24 Members Only at Library	Mar 12—April 30. 8 wks. $24. Members Only. At Library
Aqua-Arthritis Water Fitness	10:45-11:30	Jan 8—Feb 19. 7 wks. $21. Free for YMCA Members. Class held at YMCA	Feb 26—April 16. 8 wks. $24. Free for YMCA Members. Class held at YMCA
Tai Chi	1:30—2:30		Mar 5—April 9, 6 wks, $12.00. Members Only
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. $2.00 per class when not volunteering to work on Senior Center quilt.	
Zumba Gold	10:00—11:00	Jan 16—Mar 13. 8 wks. $24. Members Only (no class Feb. 20)	Mar 20-May 8. 8 wks. $24. Members Only
THURSDAY			
Ceramics	9:30 – 11:30	Feb 7—Mar 28. 8 wks. $32. Members Only	Apr 4—May 23. 8 wks. $32 Members Only
Aqua-Arthritis Water Fitness 2	10:45-11:30	Jan 10—Feb 21. 7 wks. $21. Free for YMCA Members. Class held at YMCA	Feb 28—Apr 18. 8 wks. $24. Free for YMCA Members. Class held at YMCA
Knitting & Crochet	1:00 – 3:00	Jan 17—Mar 7. 8 wks. $16 Members Only	Mar 14 - May 9. (no class 3/21) 8 wks. $16 Members Only
FRIDAY			
Chair Yoga 1	9:30-10:30	Jan 18-Mar 8. 8 wks. $16. Members Only	Mar 15—May 10. (no class 4/19). 8 wks. $16. Members Only
Chair Yoga 2	10:40—11:40	Jan 18—Mar 8. 8 wks. $16. Members Only	Mar 15—May 10. (no class 4/19). 8 wks. $16 Members Only

Cheer Report

December 16, 2018 to January 15, 2019

Get Well & Thinking of You Cards were sent to:

Donald Strickland, Stella Massa, Anna Smedick, Dianne Misko, Mario and Angela Civitillo, Ann Krupinski (2), Claudette Carveth (2), Kathleen Kennedy, Peter Cellino, Sylvia Hamm, Helen Corriveau, Roy Kaine, Jack and Marie Cassidy, Evelyn Case, Beatrice and Roland Dumont, Joseph Plourde, Carlo Colagiovanni, Grace Raines, Janice Scott, Dana Babin, Lucy Pavano, Helene Fabian and Barbara Nielson

Sympathy Cards were sent to:

Suzanne Dagata, Kathy and Jean Paul Oakes for Harold Bissonette, Family of Joan St. Pierre and Family of Beverly Raymond

*If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at 860-747-5728. Cheer cards mean so much to our members and help us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out "cheer" on behalf of the Plainville Senior Center.*

Class Descriptions

ACRYLIC PAINTING: You will learn methods to overcome the challenges of this medium, plus some special techniques. A supply list will be given to you at registration. If you're unsure whether 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 info.
Instructor: Abbe Wade

AQUA ARTHRITIS WATER FITNESS AT THE Y:
This course is held at the Plainville YMCA pool and offers a gentle range-of-motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of the water. Bring a bathing suit and towel. You may use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. The sessions are made possible thanks to the Main Street Community Foundation Grant, providing for the partnership between the YMCA and Plainville Senior Center to offer quality programs to local seniors.

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

CHAIR YOGA: In this mindful chair yoga class, we will practice gentle postures, breath work and meditation to discover the grace and wisdom of mind-body-spirit in movement and in stillness. **Instructor: Rosalie Tanguay**

GENTLE YOGA FOR BEGINNERS—LEVEL 1
This class is an introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release and is especially good for newcomers to yoga or those who would like a refresher on the basics. ***IMPORTANT:*** *Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details.* **Instructor: Jayaprbaha Mare DiBenigno.** *Class is held at Plainville Library.*

GENTLE YOGA FOR EXPERIENCED — LEVEL 2
This class is for experienced students who are ready for the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. ***IMPORTANT:*** *Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details.* **Instructor: Jayaprbaha Mare DiBenigno.** *Class is held at Plainville Public Library.*

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

POWER BURST: This class includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout. **Instructor: Caroline Dube**

QUILTING: Beginners are always welcome to this class. You will learn proper rotary cutting and sewing techniques. Participants may also work on the Annual Senior Center quilt that is raffled during the Holiday fair, or on their own projects. **Instructor: Karen Kebinger**

TAI-CHI: Well suited for older adults because the moves are easy on the knees and hips, thereby helping to improve balance. This class is designed for beginners. Tai-Chi can be a positive part of an overall approach to improving your health. Some of the benefits include: decreased stress and anxiety, increased aerobic capacity, increased energy and stamina, increased flexibility, balance and agility, increased muscle strength and definition, reduce risk of falls. **Instructor: Walter Bruce**

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

IDEAS FOR ACTS OF KINDNESS DURING BETTY BOUKUS MONTH:

- ♥ Take a neighbor grocery shopping
- ♥ Bake a birthday cake for a child at a homeless shelter
- ♥ Volunteer at a local agency or organization
- ♥ Do a chore for someone
- ♥ Introduce your child or grandchild to the happiness of volunteering to help others
- ♥ Pick up litter
- ♥ Bake a dessert for a neighbor
- ♥ Write a thank you note to your mail carrier
- ♥ Set up a lemonade stand with a young person and donate the profits to a charity
- ♥ Buy a coffee for a stranger
- ♥ Surprise a neighbor with freshly baked cookies or treats
- ♥ Weed or do yardwork for a neighbor
- ♥ Help someone unload groceries at the store
- ♥ Volunteer at a soup kitchen, nursing home, local school, food pantry
- ♥ Bring your neighbor's garbage cans in for them
- ♥ Run an errand for a family member who is busy
- ♥ Set an alarm on your phone to go off at three different times during the day. In those moments, do something kind for someone else
- ♥ Donate old towels or blankets to an animal shelter
- ♥ Be creative and come up with your own ideas…it doesn't have to cost money or take a lot of time to be kind

Trips

Flyers available for most trips on the Trip Rack

Sign-Up Info

Sign-up: Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. Early each month we offer Mega Sign-up for new trips. This month it is on Wednesday, February 6 from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign up.

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

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 most 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 up on the Reserve List for a trip that is filled, we will ask if you are a Senior Center member. If there is a cancellation, we always sign up any members from the Reserve List first! Therefore, a member who signs the Reserve List with a non-member friend should be aware that since we always sign up members first, we will skip over non-members on the Reserve List until all the members have been contacted.

Current Trips

GAELIC MEETS GARLIC-Grand Oak Villa
OPEN TO THE PUBLIC
TUESDAY, MARCH 19, 10:15 A.M.
George Casey will provide belly laughs with his Irish wit and clean comedy routine. Crooner Tony Riccio will entrance you with his romantic, authentic songs you know and love. Complimentary wines on the table plus a family style meal of Corned Beef & Cabbage, Chicken Parmesan, salad, pasta, potatoes, vegetable, zeppole dessert and beverage. You'll also enjoy cheese, crackers and pepperoni upon arrival. Cost is $90 per person, which includes transportation and driver gratuity, (or $70.00 if you drive on your own to Oakville), payable in full at sign-up. Trip leaves from Our Lady of Mercy lot at 10:15 A.M. and returns to lot around 4:15 p.m. Don't hesitate! Space is limited, so please sign up early. **Sign up has begun.**

JESUS – LIVE ON STAGE, AMISH COUNTRY AND PHILADELPHIA
OPEN TO THE PUBLIC
JUNE 4-6, 2019
This trip to Amish country will be one to remember! Highlights: a family style meal at the Amish home of Henry & Linda Stoltzfus, along with their stories of Amish life, the family's miniature ponies, woodworking shop and a gift shop filled with baked goods and handcrafted items, a visit to the Sturgis Pretzel Bakery and the Mt. Hope Estate & Winery for a tour and wine tasting. The main event, "Jesus" at the Sight and Sound Theater, is an action-packed musical stage adventure, dine at Millers Smorgasbord Restaurant. Visit the brand new Museum of the American Revolution in Philadelphia, a fantastic experience with original artifacts and dynamic presentations that take you through the creation of a new nation. **Itineraries at the Senior Center.**

NEW TRIPS

WINNER, WINNER, CHICKEN DINNER-WRIGHTS FARM, BLACKSTONE VALLEY, RI & TWIN RIVER CASINO
FRIDAY, APRIL 26, 9:30 A.M.
Wright's Farm serves a classic chicken dinner, all-you-can-eat: Rolls, salad, pasta, Wright's amazing French Fries and of course Wright's famous, tender and juicy baked chicken. Leave room for ice cream, then visit the Twin River Casino with 4,000 slots and live table games. **COST:** $67.00 PP. Depart 9:30 A.M. from OLM. Estimated return: 6:30 P.M. **Sign up begins on February 6.**

MAMA MIA, WARNER THEATRE, THOMASTON, CT
SUNDAY, MAY 5, 11:00 A.M.
Enjoy a matinee performance of "Mamma Mia". It's Abba's greatest hits woven into 3 wonderful love stories. A great fun show with lots of energy!

Continued next page….

NEW TRIPS, CONT.

MAMMA MIA, CONT.

Pre-show lunch at Black Rock Tavern in Thomaston: Salad, Choice of Grilled Beef & Vegetable Kabob with Cous Cous or Grilled Chicken Breast with Baked Mac & Cheese & Vegetables, Seasonal Dessert & Beverage. **COST:** $99. Departs Senior Center 11:00 a.m., estimated return 5:30 p.m. **Choose Entrée at time of registration. Sign up begins February 6.**

ALL-YOU-CAN-EAT BBQ, GAVIN IRISH COUNTRY INN, CORNWALLVILLE, NY IN THE CATSKILLS
WEDNESDAY, MAY 22, 7:00 A.M.
Homemade scones upon arrival! BBQ Luncheon Menu: BBQ spare ribs, BBQ chicken, corn on the cob, potato salad, tossed salad, baked beans, lemonade, iced tea, apple crisp ala mode. Enjoy Bingo and a live traditional Irish music. **COST:** $90 pp. Depart OLM at 7:00 a.m. Estimated return 6:15 p.m. **Sign up begins February 6.**

Big Trips 2019

All trips open to the public. Full itineraries available at the Senior Center

11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS
OCTOBER 6 — 16, 2019
Explore historic Spanish cities including Cordoba, Toledo, Barcelona, Seville, Madrid, Valencia Lladro, Granada. Highlights: works by Gaudi (a UNESCO World Heritage Site) , the Gothic Quarter, burial spot of Christopher Columbus, ride by rail to Madrid for an evening Flamenco show, the Prado Museum, the Royal Palace, the Bernabeu Football Stadium, Toledo, , magnificent Gothic cathedral and a 13th century synagogue, canal boat ride, Alhambra Palace and much more. Trip costs include international airfare, 16 meals with wine at dinner and more. Pick up a trip flyer at the Senior Center!

UTAH'S NATIONAL PARKS FROM LAS VEGAS
MAY 14—22, 2019
See the Grand Canyon, Monument Valley, Route 66 and the "Mighty 5" National Parks — Canyonlands, Arches, Capitol Reef, Bryce and Zion National Parks. Add to that a brief stop in Las Vegas for the trip of a lifetime! Added tours and adventures include: Antelope Canyon, 4-Wheel Drive Tour of Monument Valley, Jet Boat Ride on the Colorado River, Red Cliffs Adventure Lodge, Jeep Tour of Canyonlands National Park, Moab, and more!

ALASKA & THE YUKON
JUNE 10-22, 2019
Eight days of land touring and 4 days of cruising on Holland America. Highlights: McKinley Explorer Domed Train, Denali National Park, Tundra Wilderness Tour, Fairbanks, Trans-Alaska Pipeline, Dawson, (frontier-era buildings and the Jack London Museum). Four-day cruise Skagway to Vancouver, watch for whales, eagles and otters, Glacier Bay National Park, sheltered fjords, rainforests and wildlife, Saxman Native Village, Lumberjack Show in Ketchikan and more!

Quick Trips

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 of 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 at sign-up.

TRIP GUIDELINES: All Quick Trips charge $8.00 for transportation, payable at registration. No phone reservations are accepted. Refunds are 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 cannot attend, please call the Senior Center when it is open. After hours, you may call Ceal DiFrancesco (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.

UCONN WOMEN'S BASKETBALL AT GAMPEL
OPEN TO THE PUBLIC
PAVILION, STORRS, CT
SAT., FEB. 9, 2019, 10:30 A.M.
The cost of $28, due at registration, includes round-trip transportation and a seat behind the UCONN basket in the upper level (Section 214, Row K), so there are some stairs to climb. The bus will leave the Senior Center at 10:30 a.m. and the game starts at 1:00 P.M. You will have time before the game eat at the Student Union, which has a variety of food options, or wait to eat inside Gampel Pavilion and visit the UConn Co-Op (across the street from Gampel). The bus will leave Gampel immediately after the game and arrive back at the Senior Center at about 4:30 P.M. Sign up has begun. **Note: If you prefer to drive yourself, you may come to the Senior Center and buy just the tickets at $20 each.**

TOUR OF THE NOAH WEBSTER HOUSE, WEST HARTFORD LUNCH AT BEACHLAND TAVERN, ELMWOOD
SATURDAY, MARCH 2, 2019, 11:00 A.M.

The group will enjoy lunch at the Beachland Tavern in Elmwood (on your own), then go to the Webster House for a tour of this 1750 home. An orientation film, *Noah Webster: Schoolmaster of America* will be shown, then visitors can enjoy touring the combined Noah Webster House and the West Hartford Historical Society. The museum includes the historic house, library, archives, Noah's Discovery Learning Center, three 21st-century exhibition galleries, a colonial kitchen reproduction and a one-room school house orientation area. There is a $5 fee payable at the Webster House and $8 transportation fee due at registration. Home pick-ups **for those who don't drive** begins at 10:30 a.m., then Senior Center pick-up at 11:00 a.m. The group will return to Plainville by 4:00 p.m. **Sign-up begins on February 6th.**

SAVE THE DATES FOR MORE EXCITING TRIPS FOR 2019!!
Please check out the pink sheet on the Trip Rack to discover some exciting upcoming Trips for 2019!

Outdoor Adventure Club

WINTER HIKE AT RAGGED MTN, SOUTHINGTON
SATURDAY, FEB. 9, 9:00 A.M.-1:30 P.M.
LEADER: Jared Scoville
Come to Ragged Mountain for a great hike that travels along a beautiful ridge on the backside of Ragged Mt in Berlin/Southington. We'll be ascending this 700 foot mountain from the Berlin trailhead area. The hike will be approximately a 3.5 mile loop from the trailhead to the summit, and then back- which will take approximately 3.5hrs. The hike includes wooded trails that may be muddy, and several 50 foot stretches of the trail that are moderately steep. This hike is appropriate for someone who is physically active on a weekly basis. Come prepared with appropriate outdoors/fitness clothing- including waterproof hiking boots (with a thick sock if they aren't insulated), and an insulated jacket that is wind resistant, and gloves. Also, bring 1 or 2 water bottles and a snack/light lunch for the trail. We will meet to caravan at the Senior Center at 9am and return to the Center at approximately 1:30pm. We will then drive to the trailhead at 514 Wigwam Rd, Berlin where there is approximately 15-20 parking spots. **Pay Jared $3.00 day of the hike. Sign-up begins February 6.**

ROARING BROOK NATURE CENTER, CANTON
WEDNESDAY, FEB. 13 11:00 A.M.
Leader: Eileen Cyr
Join Eileen for a nature walk (or snowshoe) through one of the four Roaring Brook Nature Center trails. This scenic hike will bring you through the woods of the 100 -acre protected property. Meet at OLM Church at 10:00 a.m. to caravan. If you drive yourself, please meet us at the Roaring Brook Nature Center parking lot at 10:30 a.m. Cost: $3.00, payable to Eileen the day of the hike. **Sign up begins February 6.**

ROARING BROOK FALLS HIKE , CHESHIRE
SATURDAY, FEB. 16, 9:30 A.M.-12:30 P.M.
Leader: Jared Scoville
Come ready for a thrilling view of the highest single drop waterfall in CT! At 80 feet this waterfall is a gem in the local landscape, featuring a beautiful forest on the hike in. The hike itself will be approximately 1.4mile to the bottom of the waterfalls. The trail will feature a steep incline for a little over 300ft right before the falls, and is overall a moderate level challenge as we hike through these wooded trails. But don't worry, we will take breaks as we need to in order to make it manageable. The sight of the falls should be amazing, with the possibility of ice forming along the rock and wood at the bottom of the fall. We will depart from the Senior Center at 9:30am and return at approximately 12:30pm. Make sure to dress in warm layers, bring a bottle of water and a snack and wear hiking shoes/boots with good traction and grip. **COST:** $8.00 includes transportation and leader. **Sign up begins February 6.**

Please help us by signing up for Trips, Outdoor Adventures and Quick 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!

THE OTHER SIDE OF THE RIVER WALK, NEW RD, AVON
WEDNESDAY, FEB. 27, 10:00 A.M.
Leader: Eileen Cyr

The rails to trails path along Route 4 in Avon is enjoyed by many people. Have you ever wandered about the path on The Other Side: Well join us on the adventure to find out! Bring a snack and/or a light lunch and water. This walk will be a 2 hour adventure and not recommended for beginners to Outdoor Adventures. It is best to meet at 10:00 a.m. at OLM Church and caravan. All others can meet at the River Walk. Directions available at the Senior Center. **Sign up begins February 6.**

NORTHWEST PARK HIKE OR SNOWSHOE & MAPLE SUGAR HOUSE, WINDSOR

SATURDAY, MARCH 9, 9:30 A.M.—2:00 P.M.
COST: $8.00 includes transportation
LEADER: JARED SCOVILLE
Our hike/snowshoe will consist of 3.5-4miles (~2.5 hours) of hiking over flat-to-slightly hilly and wooded trails. Additionally, we will check out the park's adventure center buildings, and their Maple Sugar House! Come ready for winter temperatures with a warm jacket and waterproof hiking shoes/boots or snowshoes, along with water and pack a lunch to eat there! We will depart from the Senior Center at 9:30am and return at approximately 2pm. Please let us know when signing if you would like to borrow a pair of snowshoes from the Senior Center. Available on a first come/first serve basis. **Sign up begins February 6th.**

PINE & IRON AXE THROWING & HOG RIVER BREWERY, HARTFORD (in the former Hartford Rubber Works Building)

THURSDAY, MARCH 28, 5:00 P.M.

Join leader Eileen Cyr for the latest craze in entertainment fun … axe throwing! Using small axes you'll aim for the target and try and get a bull's eye! (Ronda has done this and had a blast!). After a one hour axe throwing session we'll head over to the Hog River Brewery which is in the same complex. Enjoy a hand crafted beer and live entertainment. There will be a food truck onsite if you'd like to grab a bite to eat. Participants can also bring their own snacks and games. We suggest you have a light dinner before you go, so you won't be hungry during the axe throwing. COST: $20.00 includes one hour of axe throwing (with instruction) and transportation. Leaves Senior Center at 5:00 p.m. Returns approximately 9:00 p.m. **Sign up begins on February 6.**

SAVE THE DATES!!

- **MARCH 30: NEPAUG RESERVOIR TRAIL, NEW HARTFORD**
- **APRIL 24: URBAN ADVENTURE TO SPRINGFIELD BY TRAIN**

Transportation

DIAL-A-RIDE

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 $1.00 donation for each way is suggested, but not required.*

ADA Para-Transit

Another option with more hours and destinations

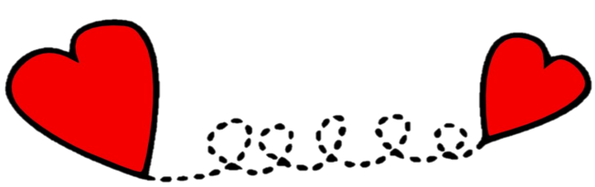
The Americans with Disability Act (ADA) Paratransit Service provides more hours and more destinations than the Senior Center's Dial-A-Ride service and even runs on Sunday! It is another option for seniors and persons with a disability who cannot drive.

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 usage of the CT Transit buses. ADA can transport you to many more towns during 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).

Continued…

Your suggestions, ideas, concerns and 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.



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.

You Must be Pre-Approved — How to Apply:

The application process is now part of the Greater Hartford Transit District. The on-line application can be found 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 as well. 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.

Once you are approved, you can reserve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m. to 5:00 p.m. So give it a try — broaden your horizons, go shopping or 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).

2019 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 date of the next meeting is March 13, 2019. Free ADA Transportation is available to attend the Forum. Please 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** at least 48 hours before the meeting.

You may call Bette or Stephanie at 860-747-5728 with any questions you may have about transportation.

Lewis Mill High School to Host Senior Citizen Prom! Friday, March 8, 4:00—6:00 p.m. at the Lewis Mills High School Cafeteria.

If you would like to have some fun, dance with friends, and have a nice meal, sign up to attend this free event! Contact: Laura Faga at (860) 673-0423 or email: fagal@region10cct.org

This & That

AARP Trips ... Call Sally Miller!

- No casino trips in February
- March 12, 2019: MGM Casino Springfield MA.
- April 1-9, 2019: New Orleans Tour
- April 26– April 28, 2019: Cape Cod & Nantucket Daffodil Festival
- July 22-July 24, 2019: New Hampshire-Riding the Rails
- Nov. 9—Nov. 24, 2019: New York to Panama Canal Cruise

Reservations: Call Sally Miller at 860-747-1732.

For information on these trips or to sign up, please call Sally Miller at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Cen-

STORM CLOSING INFORMATION

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

- Announcements regarding cancellations are made on the television channels and websites of the following networks: **WFSB, WNBC** and **Fox 61** as well as radio **WTIC 1080 AM.**
- If Senior Center activities are cancelled, the Center remains **OPEN**.
- If public schools have a delayed opening, we open at our regular time of 9:00 a.m. and our schedule is usually not affected. If you are taking an early class, please call ahead to confirm.
- Sometimes public schools have an early dismissal. This does NOT necessarily mean the Senior Center activities are cancelled. Please call the Senior Center to see if our afternoon schedule has changed.

CHORAL GROUP The next rehearsal dates are Friday, February 1, 2019 at 9:30 a.m.

SENIOR CENTER DISPLAY CASE
If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for 2019!

CONGREGATE MEAL PROGRAM
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. WE CANNOT TAKE ANY CALLS BETWEEN 11:45 A.M. AND 12:15 P.M. AS WE ARE SERVING LUNCH. **You may call between 10:15 a.m. and 11:45 a.m. OR between 12:15 and 12:45 p.m. only**. A suggested donation is $2.50.

FREE UPRIGHT PIANO
Interested person must make arrangements to have it moved. Contact Shawn or Ronda at the Senior Center, if interested.

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 during 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 health and safety. Please call the Center at 860-747-5728 to have your name added to the At-Risk List. Our social workers Bette and Stephanie can help you develop a plan for power outages/ weather emergencies. Please call 860-747-5728.

BINGO VOLUNTEERS AND A BINGO CALLER NEEDED!

Please see Evelyn or Jan if you are interested

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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 Senior Center members who live in Plainville and $28.00 for out-of town Senior Center members**. You may pay with cash or check made out to the Plainville Senior Center. 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 in to the Senior Center to pick up an instruction sheet that explains how to prepare, as well as paperwork to fill out and bring to your appointment. This service is provided by ProHealth Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any outstanding balance over $5.00. In most cases, patients will not pay more than $5.00 for the service.

FREE BLOOD PRESSURE SCREENING

- **Wednesday, February 13, 12:30 to 1:30 p.m.** *with Hartford Health Care*
- **Monday, February 25, 12:00 to 12:30 p.m**. *with our Nurse*

CHOLESTEROL SCREENING

A quick appointment and a prick of your fingertip can tell you your total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose numbers. This test does not require fasting. Knowing these numbers and taking appropriate health measures are great steps toward a healthier you! Call the Senior Center for an appointment with our nurse. Cost is $12.00.

Energy Assistance

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make $34,366 (gross) and a family of two could possibly make $44,941 (gross) and be eligible for the program. For more information or to see if you are eligible, call the HRA Energy Department at 860-356-2000. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR. See Bette or Stephanie with any

Care & Support

We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, FEB 11 and FEB 25, 12:30 P.M.

When you have questions, we have answers! We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find Alzheimer's help in the community or homecare. Stop by Stephanie's office to have an individual chat with her. *Please note:* this service is for Plainville residents 60 and over only. No sign-up needed and no question is too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center to schedule a time that's convenient.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, FEB 12, 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 their needs. Come and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. Sign-up February 6.

CAREGIVING CONNECTIONS

TUESDAY, FEBRUARY 19th, 10:00 A.M.

Winter indoor confinement has a way of adding stress to caregiving! It is important to take extra care of oneself during the season of long days inside. Take a break from the ho hum and join with friends who share and understand the challenges of caring when both tired and winter weary! Caregivers from neighboring towns are welcome. Call Bette with any questions or concerns.

BRIGHTER FOCUS

THURSDAY, FEBRUARY 28th, 10:00 A.M.

Fight the seriousness of life and reclaim your joy! It is not easy to keep a happy heart when bad news swirls around and around on the 24 hour news cycle! Joy is always possible happiness comes and goes. Come share your joy with others ready to do the same! New members are joyfully welcome! Call Bette for further information.

TAX RELIEF PROGRAMS ANNOUNCED BY THE TOWN OF PLAINVILLE

Appointments are now being scheduled by the Tax and Assessing Office for the State and Local Tax Relief Programs. Residents must apply by May 15, 2019. Applications will be taken at the Plainville Senior, by appointment only. Please call Marcy at the Tax and Assessing Office for an appointment and complete guidelines, 860-793-0221 extension 244.

ELDERLY AND DISABLED HOMEOWNERS: Income for single: $36,000; Income for married: $43,900.

LOCAL OPTION ELDERLY PROGRAM: Income for single: $43,000; Income for married: $48,500.

LOCAL OPTION TAX FREEZE FOR APPLICANT AGE 70 AND OVER: Must meet certain income and asset requirements.

STATE VETERAN'S: 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 September 30, 2019. Veteran must meet the ninety-day qualifications for wartime as set forth in Connecticut General Statute 27-103.

LOCAL OPTION VETERANS PROGRAM: Income for single: $43,000; Income for married: $48,500.

FEBRUARY 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: **GR:** Green Room **BR:** Blue Room **GA:** Game Room **CR:** Craft Room **C:** Café, **CL:** Computer Lab **OS:** Old Store **K:** Kitchen **L:** Library ***B**y Appt.					**1** 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Grp BR 9:30 Chair Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	2 Tour of Plainville Gift Shops 10:00
	4 ***9:00 NURSE** 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	**5** ***9:00 NURSE** 9:00 Walking BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:30 Vet Coffee CR 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Sea Shells BR 1:00 Bridge OS 1:00 Wii Bowling BR 4:00 Walking BR	**6** 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR 4:00 Walking BR **MEGA/FREE SIGN UP DAY**	**7** 9:00 Walking GR 9:30 Mexican Train GA 9:30 Ceramics CR 10:45 Aqua Fit 2 YMCA 12:00 Chinese Lunch GR 12:30 Pool Tournament 12:30 Bridge OS 12:30 Pinochle CL 1:00 Knit/Crochet CR 1:00 Scrabble C 2:00 Healthy Back BR 4:00 Walking BR	**8** 9:00 Walking GR 9:00 Mahjong GA 9:30 Smart Heart CR 9:30 Chair Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	**9** UConn Women's Basketball 10:30 a.m. Hike at Ragged Mtn 9:00 a.m.
10	**11** ***9:00 NURSE** 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	**12** ***9:00 NURSE** 9:00 Walking BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:30 Grandparents Mtg GR 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Wii Bowling BR 1:00 Bridge OS 2:00 Cooking for One C 4:00 Walking BR	**13** 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 11:00 Roaring Brook/ Canton 12:30 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	**14** ***9:00 NURSE** 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:45 Aqua Fit 2 YMCA 12:00 COA Meeting CR 12:30 Pool Tournament 12:30 Pinochle CL 12:30 Bridge OS 1:00 Ukelele Demo CR 1:00 Scrabble C 1:00 Knit/Crochet GR 2:00 Healthy Back 4:00 Walking BR 	**15** 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 11:30 Friends Helping Friends 12:00 Pinochle L	**16** Roaring Brook Hike/Cheshire 9:30 a.m.
17	**18** **PRESIDENT'S BIRTHDAY** **CENTER CLOSED**	**19** ***9:00 NURSE** 9:00 Walking BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage CL 10:00 Caregiving GA 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle CL 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling GA 1:30 Tai Chi Demo BR 4:00 Walking BR	**20** 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	**21** 9:00 Walking GR 9:30 Mexican Train CL 9:30 Ceramics CR 10:30 Snappy Srs. L 10:45 Aqua Fit 2 YMCA 11:00 C.J. Walker GR 12:30 Bridge OS 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit & Crochet CR 2:00 Healthy Back 4:00 Walking BR	**22** 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	**23**
24	**25** ***9:00 NURSE** 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:00 BP Clinic 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	**26** ***9:00 NURSE** 9:00 Walking BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Library Series BR 1:00 Bridge OS 1:00 Wii Bowling BR 4:00 Walking BR	**27** 9:00 Walking GR 9:30 Quilting CR 9:30 Books/Bagel GA 10:00 Zumba Gold GR 10:00 River Walk 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	**28** ***9:00 NURSE** 9:00 Walking GR 9:30 Mex. Train CL 9:30 Ceramics CR 10:00 Mix & Match Casserole GR 10:00 Bright. Focus GA 10:45 Aqua Fit 2 YMCA 12:30 Bridge OS 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit & Crochet GR 2:00 Healthy Back 4:00 Walking GR	**Mar 1** 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 9:30 Choral Grp 10:40 Chr Yoga 2 GR 12:00 Pinochle L	**Mar 2** Noah Webster Trip 11:00 a.m.