

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062    860.747.5728    www.painvillect.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 5** from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. Online registration begins at noon for programs accepting online sign-up. If the Center is closed on Mega Sign-Up Day due to weather or 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., Mon.- Fri. We can only accept cash and checks made out to the Plainville Senior Center.

## ARTISTS! Act Fast to Participate in the National Arts Program Exhibit! Deadline Feb. 7

The 29th annual **National Arts Program** is seeking submissions for an exhibit that will run from Feb. 11 to March 2 at Capital Community College in Hartford. Amateur and professional artists of all ages can submit two pieces of art. The registration deadline is **February 7**. The Senior Center will provide transportation for the Drop-off, Pick-up and Reception. There is no entry fee; cash prizes will be awarded. Pick up a complete packet and registration form at the Plainville Senior Center or Plainville Public Library, or register online at: <https://www.nationalartsprogram.org/hartford>

*Continued, page 11*

## DENTAL CLINIC APPOINTMENTS

TUESDAY, APRIL 21—BY APPOINTMENT ONLY

A registered dental hygienist from Community Health Center, Inc. will visit the Senior Center to provide dental hygiene exams, dental cleanings and x-rays when appropriate. The cost is \$30 for persons without insurance. Help in paying for the clinic (scholarships) may be available for Plainville residents over age 60 who have monthly income below \$1,429 (single) or \$1,928 (married). Contact Stephanie or Ronda at the Senior Center for scholarship information. **To make an appointment or ask questions about an appointment, call Melissa at 860-983-2990.**



## New — Senior Center Gift Certificates!

We now offer Gift Certificates in any amount. These can be applied to any program, class, trip or quick trip run by the Senior Center. For the person who “has everything,” this is the perfect present! Buy gift certificates at the Front Desk. Cash or check only, please.

## NZINGA’S DAUGHTERS

THURSDAY, FEBRUARY 6, 2:00 P.M.

**Nzinga's Daughters** is an ensemble of women who share their gift of song and prose from the east coast of the US to the west coast of Africa. The Daughters perform for schools, colleges, festivals and major cultural venues across New England and West Africa. Their program includes a variety of African, Caribbean and African-American music, drumming, storytelling and poetry. Come and be entertained, informed and inspired! Sign-up has begun.



## “THE IRISH MUSIC GUY” AND BREAKFAST

FRIDAY, MARCH 13, 9:30 A.M.

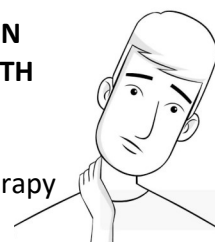


Join us for a Leprechaun-inspired breakfast featuring Green Eggs and Ham (scrambled eggs, spinach, cheese & diced ham), bacon, fresh fruit, pastry and coffee or tea. Following breakfast, Kevin Farley, “The Irish Music Guy,” returns to entertain with Irish music, storytelling and humor. Cost is \$2.00; space is limited. Sign-up begins February 5. Breakfast prepared by The Pines of Bristol.

## CREAKING & CRACKING: COMMON MUSCULOSKELETAL CHANGES WITH AGING

FRIDAY, FEBRUARY 28, 10:00 A.M.

University of Hartford physical therapy doctoral students will give a presentation on common musculoskeletal changes that an aging adult may face with age. Skeletal muscle, bone, tendons and ligaments alter, which can affect your everyday function. Please attend if you’re interested in learning about these changes as well as ways to combat the musculoskeletal aging process. Free. Sign-up begins February 5 by phone or in person at 9:15 a.m., or online at 12:00 noon.



**BIG TRIP DISCUSSION!** Bring your dreams and ideas. Survey is complete — let’s talk! Monday, February 10 at 3:30 p.m. at the Plainville Senior Center!

# 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. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

## VETERANS' COFFEE HOUR

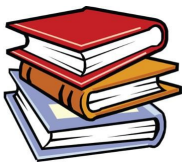
TUESDAY, FEBRUARY 4, 10:30 A.M.

TUESDAY, MARCH 3, 10:30 A.M.

These monthly information and support meetings are conducted by Sherry Vogt, 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.

## BOOKS AND BAGELS

WEDNESDAY, FEBRUARY 19, 9:30 A.M.



**My Dear Hamilton** by Stephanie Dray is a hauntingly moving and beautifully written story of Eliza Hamilton's life prior to and during her tumultuous life with one of the most charismatic and

brilliant men in American history. The author, using Eliza's own letters, leads the reader through Eliza's trials and tribulations including becoming the center of Hamilton's political sex scandal and events leading up to his demise. Join us at 9:30 am for what will surely be a scandalous discussion! Please sign up as there is limited space. Coffee, tea and bagels will be served. The book is available at the Plainville Library. Please sign up soon, as space is limited. Sign-up begins February 5.

## PLAINVILLE LIBRARY SERIES CONTINUES AT THE SENIOR CENTER

WEDNESDAY, FEBRUARY 19, 1:00 P.M.

Plainville Public Library Director Trish Tomlinson will continue her visits to the Senior Center to share how the Library has evolved into a gateway to information and resources available anytime, anywhere, for FREE. Learn how to access and navigate online library resources! February's program will focus on using the **OverDrive** app to access downloadable magazines, e-books, and audiobooks with your Plainville Library card. Sign-up begins February 5 **and online**.

## EASEL CALENDAR CARDS WITH EVELYN

WEDNESDAY, FEB. 19, 2:00 P.M.

No experience needed! Cutting and gluing paper is all that is required to create a 3-D desktop calendar that you can display all year! Make it as simple or as fancy as you wish. These make lovely gifts as well! All materials will be provided. Cost is \$3.00. See samples in the Display Case at the Sr. Center. Evelyn Morin will teach this class. Class size limited to 10. Sign-up begins February 5.



## ALL ABOUT ARTHRITIS

THURSDAY, FEBRUARY 20, 1:00 P.M.

Learn how dietary factors, free radicals and trauma can cause arthritis, how arthritis is diagnosed, and what you can do to prevent it. Presented by Maquita Sellers, exercise physiologist, GoodLife Fitness. Call the Plainville Senior Center to register, or **sign-up on-line** at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville). Sign-up has begun.

## DIET AND YOUR HEALTH

FRIDAY, FEBRUARY 21, 10:00 A.M.

February is Heart Health Month! The Berlin Visiting Nurse Association will be at the Senior Center to explain how to read labels and what it all means! Come "spin the wheel" with us! Free gift for everyone, prizes for game winners, and snacks will be provided. Sign-up begins February 5 **and online**.



## FRIENDS HELPING FRIENDS

FRIDAY, FEBRUARY 21, 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! On February 21, we will meet at 11:30 a.m. at Mongolian Grill, Southington. Sign-up begins February 5.

## PAINT YOUR PET!

WEDNESDAY, FEBRUARY 26, 1:00 to 4:00 P.M.

Submit a photo of your pet and local artist Becca Fazzino will create an 11- by 14-inch sketch on canvas, ready for you to paint! You must bring or email your pet photo to the Senior Center by February 10. It must be a clear photo of your pet in the foreground, to help Becca capture its unique features. Then, gather with Becca and other participants on Wednesday, Feb. 26 to paint the sketch and create your own pet portrait. All materials will be provided. Class is limited to six persons. Cost is \$20. Sign-up begins February 5.

## AARP SMART DRIVER CLASS

THURSDAY, FEBRUARY 27, 9:30 A.M.

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Once you complete the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15 for AARP members providing a membership number and \$20 for all others. Limited to 25. Program ends about 1:30 p.m. Bring a bag lunch if you wish. Sign-up has begun.



## ADVANCED DIRECTIVES & LIVING WILLS

WEDNESDAY, MARCH 11, 2:00 P.M.

Presented by Attorney Shirley Pripstein with Greater Hartford Legal Aid. Please call the Senior Center to register beginning February 5, or **register online**.

*More Special Events, next page*

REGISTER ONLINE FOR SOME FREE PROGRAMS! ON FEBRUARY 5TH AT NOON, GO  
ONLINE TO: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville)

# More Special Events

## CBD & PAIN MANAGEMENT

THURSDAY, MARCH 19, 1:00 P.M.

Short for Cannabidiol, CBD is one of hundreds of compounds called **cannabinoids** that are found in cannabis plants — the plants that produce marijuana. Unlike the compound THC that is found in marijuana, Cannabidiol (CBD) will NOT produce mind-altering effects. CBD is growing in popularity for people seeking relief from pain and in treating common conditions. Come learn what CBD can and cannot do, and find out about various forms of CBD. Presented by Michael Peshka, RN, Hartford Health-Care Pain Treatment Center. *Sponsored by Hartford HealthCare.* Call the Senior Center to register or **sign up on-line at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville)**. Sign-up has begun.

## DOWNTON ABBEY STYLE & TEA PARTY

THURSDAY, APRIL 16, 2:00 P.M.

Join the fun on a beautiful Spring afternoon, Downton Abbey Style. ***“Downton Abbey Style: Influences on Fashion, 1912 - 1925”*** explores the social, technological, and political developments of the early twentieth century as reflected in the notable evolution of women’s and men’s clothing. This presentation will look back at what was fashionable or not, as a way of understanding why people wore what they did. Presented by Susan J. Jerome, Collections Manager at the University of Rhode Island Historic Textile and Costume Collection. After her presentation, we’ll enjoy a delightful English-style tea with two tea blends, small tea sandwiches, lavender scones and chocolate, all presented by Kim Larkin. Cost: \$10.00 per person. Sign-up begins February 5. Space is limited.



## Coming in May

### “I CAN’T DIE BUT ONCE” — HARRIET TUBMAN

TUESDAY, MAY 5, 11:00 A.M.



Harriet Tubman, a woman of unique qualities and abilities even though she was illiterate, maintained an unblemished record of vigilance and a legacy of sacrifice and struggle. This dramatic presentation weaves a tale of truth, pain, courage and determination that

takes the audience into Tubman’s life as a slave, then her eventual escape and the U.S. government’s soliciting her unique talent of evading capture behind enemy lines. Harriet Tubman was enlisted as a scout and spy for the Union cause and battled courageously behind enemy lines during the Civil War. The elementary school version may be more palatable, but the real Tubman is far more inspiring! Our presenter, Gwendolyn Quezaire-Presutti engages audiences with performances giving voice to the real-life accounts, struggles, self-determination and triumphs of the women she portrays. Gwendolyn is dedicated to studying the character, philosophy, courage and grace that have helped black American women survive and flourish. Sign-up begins February 5. Cost is \$5.00 and includes finger sandwiches, pasta salad and dessert.



## Now Signing Up for Free Income Tax Preparation Appointments!

The Plainville Senior Center is hosting AARP Tax-Aide, a free program that provides income tax preparation assistance by certified volunteer tax counselors for low to moderate income taxpayers of all ages with special attention for persons aged 60 and older.

**The dates for 2020 are every Tuesday beginning February 4 and ending Tuesday April 14, by appointment only. To schedule your Tax Preparation appointment please call the Senior Center at 860-747-5728. Appointments are filling quickly!**

### Important Reminders:

- Please ensure that you have received all critical income and expense documents (e.g., W-2s, 1099-INTs, 1099-DIVs, 1099-Rs, 1099-MISC, Social Security Statements, Brokerage Statements, Health Care Insurance Statements, Education/Child Care Credit related documents etc.) from employers, government agencies, banks, credit unions or brokerages before you arrive for your appointment. If any of your documents are missing or incorrect, it will delay the preparation of your tax return and may require you to reschedule your appointment.
- If your return will be filed as Married Filing Jointly, both spouses will need to be present for completion and signing of returns.
- Please bring an official government photo ID (Drivers License, Passport) for identity verification by your tax counselor at check-in. If you are a new client, you must also bring social security cards for all persons included on the return for identity verification.
- If you intend to direct any refunds or pay any tax liabilities electronically via a financial institution, please ensure you have your account number and financial institution routing number (e.g., voided bank check) available at the time of your appointment.
- Please bring a copy of your prior year (2018) tax return. This will ensure your tax counselor has any carryover information that would be necessary for preparation of this year’s return. It is also helpful in identifying any potential missing documents or other information.

## Other VITA Locations Offering Free Tax Assistance

If you earned less than \$56,000 in 2019, you may be eligible for free tax preparation services including e-file and direct deposit! Through the Human Resources Agency of New Britain, Inc. (HRA), the Volunteer Income Tax Assistance (VITA) Program is providing free tax help at numerous locations in Central Connecticut. **For information about VITA tax appointments being offered in New Britain, Bristol, Farmington, Plymouth, Southington, Meriden, Wallingford or Vernon, call HRA at (860) 356-2000, or pick up a flyer at the Plainville Senior Center.**



# 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 religious cards or mass 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 receptionist needs to know your name and what you are donating so that we may list your name in this Newsletter. (If you wish your donation to 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, DEC. 16—JAN. 15

Gemma Croteau, Dianne Lewis, Kim DeRosa, Brenda O'Brien, Louise Walker Maria Wyncoop, Sally Cobrain, Dick Smith, Lori Vigue & Laura Meehan and MSP Art Club, Anonymous, Maria Scricca, Adamic Family, Egri Family, Miss West and Toffolon 4th grade class, Carol Skultety, Toffolon School students, Paul Lickwar, Joan McBain, Stan Funk, AnnMarie Heering, Paul & Cindy Catanzaro, Barbara Balavender, Sue Piercy, Stephen & Sophie Bruno, Nancy Holden, Judy Briggs, Irene Avella, Eva Klinger, Lillian Ouellette, Marlene Maglio, Pat Cancelli, Pat Beverley, Joseph Babin, Patricia Hawron, Pat Joseph, Carol Wright, Frances Lainey, Roland Therrien, Circle Group, Vella Panella, Gail Adams, Rita Szymanoski, Barbara Petit, Jackie D'Addese, Ruth Anderson, Carol Wright, Diane Carlson, Barbara Barton, Juliette Ouellette, Jeannine Ball, Lori Corsini, Shirley Klockars, Grace Nelson, and Charlotte Politis

## MEMORIAL DONATIONS, DEC. 16—JAN. 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:

- **Robert Centurelli**, by Lorraine Corsini
- **Michael Heslin**, by Lee Ann Korus
- **Donald Liljedahl**, by Antonietta Brino, Carol & Tom Loiselle
- **Peter Pestillo**, by Lucy Pestillo
- **Antoinette Santucci**, by Lucy Pestillo

## DIAL-A-RIDE DONATIONS, DEC. 16—JAN. 15

Marjorie Rio, Carol Wright, Barbara Barton, United Way, Rosaleen Peters

## Want to Volunteer?

### ♥ Selling Coffee at the Sr. Center:

You do not have to make coffee or serve it, just sell it. Monday through Friday, 9:00 a.m. to 1:00 p.m. You can work any day of the week, for one- or two-hour increments.... whatever works for you! If interested, please contact Evelyn or Jan — 860-747-5728.



♥ **Bingo Callers:** We are in need of persons willing to call the Bingo numbers at our weekly games each Wednesday at 1:00 p.m! No need to volunteer **every** Wednesday; we will work with your schedule.

♥ **Café:** We need volunteers who like to be around people and work with food, to **be a part of our Café team!** Prep workers, servers, cashiers and dishwashers are needed. Training is provided and you can help as often or as seldom as your schedule allows. Hours vary, Tuesdays and Wednesdays. If interested, call Ronda or Evelyn at 860-747-5728.

## Le Petit Cafe

at the Plainville Senior Center

**Open Tuesdays & Wednesdays**

11:00 a.m. to 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 tastebuds!

- |              |   |
|--------------|---|
| Feb. 4 & 5   | Italian Melt Panini (salami, pepperoni, roasted red peppers with garlic aioli)<br>Pasta E Fagioli                               |
| Feb. 11 & 12 | Guacamole Grilled Cheese Panini with tomato and bacon<br>Tomato Basil Soup  |
| Feb. 18 & 19 | Steak Fajitas with grilled peppers and onions, salsa and tortilla chips<br>Vegetarian Chili                                     |
| Feb. 25 & 26 | Salad Bar featuring fresh crisp greens, tomatoes, avocado, assorted cheeses, hard boiled eggs, bacon, and more!<br>Clam Chowder |



## Thanks for Your Used Cell Phones, Beverage Cans and Bottles!

We want to thank everyone who brought in their unwanted cell phones for recycling. We receive a credit from the recycling company for each phone we turn in. In January we got a phone credit of \$37.50, and you prevented 68 phones from ending up as toxic waste in landfills! Likewise, we turned in all the cans and bottles that you've recently recycled with us, for a total of \$11.65. The combined amount of \$49.15 was then applied to our Senior Center Dial-A-Ride Program. **Every** little bit helps, so please continue!

Weekly Tournament Winners

PEAK Fitness Center

SETBACK

- JAN 13:

1ST: Bob Albrecht & Rich Nordgren  
2ND: Donna Albrecht & Sandy Tyminski  
3RD: Bernard Grabeck & Stan Funk
- JAN 6:

1ST: Rich Nordgren & Bob Albrecht  
2ND: Mike Chapman & John Gasparini  
3RD: John Sisson & Verna Pekrul
- DEC 30:

1ST: John Gasparini & Mike Chapman  
2ND: Joan Litteral & Vicki Chapman  
3RD: MaryAnn Cunningham & Joe Fortuna
- DEC 23:

1ST: Elaine Chartier & Fran Bolduc  
2ND: Bernard Grabeck & Stan Funk  
3RD: Marla Ludwig & Sandy Tyminski

BILLIARDS

- JAN 23:

1ST: Mike Hermanowski & Val Dumais  
2ND: John Gasparini & Bob Michalik
- JAN 16:

1ST: John Gasparini & Ellen Couture  
2ND: Stan Funk & Joe Babin
- JAN 9:

1ST: Stan Funk & Bill Allen  
2ND: Ellen Couture & Dan Burgess
- JAN 2:

1ST: Mike Hermanowski & Bill Allen  
2ND: John Gasparini & Dan Burgess

Bowling League

Bowlers of the Month for December

- Men —

Rick Seneschal
- Women —

Kathleen Marsan & Joan Gooding



Please call Frank Robinson at 860-747-2918 or e-mail him at [fgrahamR@aol.com](mailto:fgrahamR@aol.com) with questions about the bowling league.

Plainville has Weekly Drop-In Pool Tournaments!



Every Thursday at 12:30 p.m., Senior Center members who enjoy pool gather for informal tournaments at the Center. If you have some experience playing pool, come and join in! Cost is \$5.00 each week; part of each fee goes to the winners, and part goes to a Pool Table Fund to cover the cost of table repair or replacement. Members can play or practice pool most hours during the week when the Senior Center is open, except for Thursdays during tournaments and Tuesday mornings from 9:00 a.m. to 11:30 a.m. when the tables are available to ladies only.



IMPORTANT: WINTER HOURS AT THE PEAK CENTER

- These hours are in effect until Friday, March 27.
- Monday — Thursday, 9:00 a.m. to 4:00 p.m.
  - Friday, 9:00 a.m. to 12:45 p.m.

Our PEAK Center offers:

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.
- Bicycles: Recumbent bicycle allows you to ride in comfort. There is a seat back for full support. The new Espresso Bike features a fully-immersive 26.5 inch HD touchscreen.
- 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: \$9/one month, \$40/six months and \$60/12 months. Registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is due at the time of initial training. Stop by our front desk for a packet that includes a medical approval form.

TALK TO THE TRAINER SESSIONS

- MON. FEB. 3, 9:00 A.M.  
THURS. FEB. 6, 3:00 P.M.

“Talk to the Trainer” allows PEAK members to ask any question about their fitness plan, progress, new goals, wellness, our equipment, etc. Typically, you can drop by the PEAK Center on the first Monday and first Thursday of each month for expert advice from our Exercise Physiologist Eileen Cyr! Drop by!

Congratulations to the winners of the December Espresso Bike “Ho-Ho-Ho Challenge!”

- Lori Corsini
- Colette Casey
- Louise Kerin

The February Espresso Bike “Happy Heart” Challenge will involve riding many different programmed routes on the Espresso Bike. See details at the PEAK Center!



# Craft, Technology & Fitness Classes

**Please Note:** You can always register for a class, even if the session has begun. We 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, Feb. 5 from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting Feb. 12 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 descriptions are on next page.

Class	Time	Current Session	Next Session—Sign up Feb 5.
MONDAY			
Zumba Tone	9:30 – 10:30	Jan. 13—Feb. 10 \$12	Feb. 24—March 16 \$12
Acrylic Painting	10:00—12:00	Feb. 10—April 6, 8 wks., \$24 No class Feb. 17	
Beginner's Yoga (At Library)	10:15-11:15	Jan. 6—Feb. 10 \$12	Feb. 24—March 16 \$12
Power Burst	1:15—2:05	Jan. 13—Feb. 10 \$8	Feb. 24—March 16 \$8
Beginner Pilates	2:15-3:05	Jan. 13—Feb. 10 \$8	Feb. 24—March 16 \$8
TUESDAY			
Interm. Yoga	10:15-11:15	Jan. 14—Feb. 4 \$12	Feb. 11—March 3 \$12
Silver Sneakers Balance Class	1:30-2:15	Ongoing. Drop-in — No Sign-up. Free to Silver Sneaker members or pay \$2.00 per class.	
Silver Sneakers Chair Aerobics	2:30-3:15	Ongoing. Drop-in — No Sign-up. Free to Silver Sneaker members or pay \$2.00 per class.	
French Class	3:00 - 4:00	Will resume in Spring 2020	
WEDNESDAY			
Open Quilting	9:30 – 11:30	Drop in	
Zumba Gold	10:00 - 11:00	Jan. 15—Feb. 5 \$12	Feb. 12—March 4 \$12
THURSDAY			
Ceramics	9:30 – 11:30	Jan. 16—Feb. 6 \$16	Feb. 13—March 5 \$16
Knitting & Crochet	1:00 – 3:00	Jan. 16—Feb. 6 \$8	Feb. 13—March 5 \$8
Android Help	1:00—3:00	Feb. 6, 13, 20, 27 Free. Drop-in only.	
Ukulele	1:30—2:30	Feb. 13—April 2, 8 weeks, \$16.00	

## Cheer Report

The Plainville Senior Center makes every effort to send **cheer**, **get well** and **sympathy** cards to our members who could use a lift of their spirits. If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at 860-747-5728. Cheer cards mean so much to our members and the info helps us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out “cheer” on behalf of the Plainville Senior Center.

**Dec. 16—Jan. 15, Get Well & Thinking of You Cards were sent to:**

George Fensick, Ann Krupinski, Rita Dewyea, Hazel Decker, Ceal DeFrancesco, Skip Kensel, Evelyn Case, Charles Moore, Katherine Scott, Joyce Cannon, Bob Duval, Marilyn May, Evelyn Stelma, Sally Miller, Wendell Copeland, Sue Dumais, Maria Cutler, John Lomonte, Philip Heim, Joe Beaudin

**Dec. 16—Jan. 15, Sympathy Cards were sent to:**

Family of Carmen Pecorelli, Family of John Egri, Joyce Wollenberg, Evelyn Joseph, Mary Wood, Family of Adam Foster, Family of Therese Sevigny, Family of Ruth Olson, Family of Katherine Swanson, Family of Don Liljedahl, Roger Soucie, Family of Roger Mailot, Family of Frances D’Addese, Jackie D’Addese, Shawn and Alan Cohen, Ruth Anderson



# 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 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**

**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**

**GENTLE YOGA —LEVEL 1:** An introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release; good for yoga newcomers or those who would like a refresher. 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.*

**INTERMEDIATE GENTLE YOGA :** For experienced students who are ready for the next level. We perform yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. 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 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**

**PILATES (BEGINNER):** Basic Pilates puts emphasis on breath, core conditioning and body awareness. Exercises are safe and effective ways to stretch, strengthen and streamline your body without building bulk or stressing your joints. Bring a water bottle and a yoga mat, if you have one. **Instructor: Caroline Dube**



**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**

**SILVER SNEAKERS CHAIR AEROBICS:** This is a chair workout for people 65 and older. The class works on balance, posture, cardio and strength, and helps keep you active so you can stay independent!



Please bring two light free weights to class; everything else is supplied. Free for Silver Sneaker members; \$2.00 per class for non-members. Drop-in only, no sign-up.

**SILVER SNEAKERS BALANCE CLASS:** Is balance getting tougher as you get older? This class is designed to help you with balance as well as toning your legs and working your core. The exercises vary from holding a pose to adding movement to a balance move. You will always have a chair next to you to hold onto or grab if you would like to challenge yourself not holding on. Free for Silver Sneaker members; \$2.00 per class for non-members. Drop-in only, no sign-up.

**UKULELE:** Local musician Sue Hill will teach you how to hold the ukulele, 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. **Instructor: Sue Hill**

**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**

## SPECIAL DROP-IN PROGRAM FOR ANDROID USERS "ANDROID HELP WITH ANDREW"

Drop in on Thursdays in February from 1:00 – 3:00 p.m. if you'd like free help with your Android phone or tablet. Andrew Lasher is a Manchester Community College student who has lots of knowledge and experience with Android devices. No need to sign up!



# Trips

## Sign-Up Info

## Current Trips

**Sign-up:** Trip sign-up takes 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. Each month we offer Mega Sign-up for new trips. This month it is on February 5 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 seven days after member sign-up unless otherwise stated.

**Cancellations:** Call the Senior Center immediately so we can try to find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call Carol Perry at 860-747-6968 that evening or before 9:00 a.m. the day of the trip.*** Carol 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 tell us so we can try to get you a refund. 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.

### THE LUCY & DESI MUSEUM & NATIONAL COMEDY CENTER, JAMESTOWN NY

APRIL 13—16, 2020

**This trip is full. You may sign up for the reserve list.**

### STARS OF THE GRAND OLE OPRY, AQUA TURF CLUB

TUES., APRIL 28, Drive on your own  
Doors open at 11:30 A.M.



Following a delicious lunch at the Aqua Turf Club in Southington, an all-star cast of JUBILEE will present a tribute performance featuring the music of great Grand Ole Opry stars. Enjoy music popularized by Roy Acuff, Patsy Cline, Tammy Wynette, Ray Price, George Jones, Merle Haggard, Charlie Pride and Porter Wagoner. The show will also include the Australian sensation "Jennifer Simmons," who has traveled the world and performed with many Opry stars. JUBILEE'S new male vocalist is Doug Driesel — a phenomenal singer with a five-octave vocal range! Branson's funniest comedian, world class violinist and fiddler, Doofus Doolittle, will share stories from some of his appearances with Roy Clark, Mel Tillis and more. If you like country music and good, clean family entertainment, don't miss this event! Price of \$61 per person includes all this entertainment and your delicious, family-style luncheon at the Aqua Turf, featuring Baked Scrod and Baked Ham with salad, rolls, penne, vegetable and potato, dessert and coffee, plus all meal taxes and gratuities. Sign-up has begun.

## New Trips



### 72ND ANNUAL ALBANY TULIP FESTIVAL

SATURDAY, MAY 9, 2020

Experience a wonderful afternoon at Albany's Tulip Festival in Washington Park. Immerse yourself in a sea of more than 140,000 colorful tulips! Over 100 different varieties are planted throughout the Park and city. Events celebrating Albany's rich

Dutch heritage combine with live music, craft vendors, a fine arts show and great food. Before our time at the Festival, enjoy a delicious plated lunch at Grandma's Restaurant in Albany, NY. Menu: Tossed green salad, fresh rolls with butter, Choice of Yankee Pot Roast -OR- Roast 1/2 Chicken with apple-walnut stuffing -OR- Baked Haddock -OR- Vegetable Lasagna. Dessert will be a slice of Grandma's Pie. Soft drinks, coffee and tea are also included. Please choose entrée at sign-up. Cost is \$92 per person, due at registration, which begins Wednesday, February 5. Departs 8:00 a.m. from the Senior Center lot, and returns approximately 7:45 p.m.

**Please note:** The Senior Center, all Senior Center Trips, AND buses are **Scent-Free Zones!** Help us to keep the air we share healthy and fragrance-free for persons with asthma, allergies and any other respiratory conditions. Please don't wear perfume, cologne, aftershave or other fragrances.



# Trips, cont.

## DANCING DREAM: ABBA TRIBUTE BAND, AQUA-TURF, SOUTHTON

THURSDAY, MAY 14, 11:30 A.M.

This tribute act will take you back to the days when the Swedish Disco group **ABBA** ruled the music world with its great pop hits and memorable performances. ABBA's music is still so popular and alive, it resonates with audiences of all ages! This tribute band prides itself in honoring the original, fantastic members of ABBA. Experience the glitter and glamour of the 1970s. Coffee and donuts will be available upon your arrival at 11:30 a.m., followed by a delicious lunch, served family-style. The menu includes garden salad, pasta, Chicken Francaise, Salmon with Dill Sauce, vegetable, potato, rolls, dessert and beverage. The cost is \$76 per person due at sign-up. Drive on your own. Sign-up begins February 5.



# Quick Trips, cont.

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.

## TANGER OUTLETS AT FOXWOODS

SATURDAY, FEBRUARY 8, 9:00 A.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 at 9:15 a.m. Return to Plainville by 4:00 p.m. Sign-ups begin Wednesday, February 5.



## EAGLE WATCH AT SHEPAUG DAM, SOUTHBURY

SATURDAY, FEBRUARY 22, 9:30 A.M.

We have made a reservation for an Eagle Watch at Shepaug Dam. Possibly the largest concentration of wintering eagles in Connecticut can be seen perching, fishing or flying. The location at the Housatonic Hydroelectric Station provides visitors with a panoramic view over the Housatonic River. Each winter, Bald Eagles gather near the dam to hunt for fish. We are scheduled for a one-hour presentation by volunteers from the CT Audubon Society, who are there to assist viewers, provide information and answer questions. Although there are spotting telescopes and binoculars available, you are encouraged to bring your own binoculars, as well. It is strongly suggested that you dress warmly in several layers of clothing and dress with more layers than you may think you need. Whenever looking for wildlife, there's no guarantee that you will see a great deal, but the staff is 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 at 9:45 a.m. Return to Plainville by 3:00 p.m. Sign-ups begin Wednesday, February 5.



## CHRISTMAS TREE SHOP / RED ROBIN RESTAURANT, MANCHESTER

SATURDAY, MARCH 7, 9:15 A.M.



Time to look for all the bargains at the Christmas Tree Shop, then enjoy lunch at Red Robin. \$8 for transportation is payable at registration. Home pick-ups **for those who do not drive** begin at

9:15 a.m., then Senior Center pick-up at 9:30 a.m. Return to Plainville by 3:00 p.m. Sign-ups begin Wednesday, February 5.

*More Trips, next page*



# Trips Planned for 2020

Save the dates and stay tuned for details on even more upcoming Plainville Senior Center trips!

- **June 11** — Culinary Institute, Hyde Park, NY
- **June 25** — Salem and Marblehead, MA
- **July 13** — All You Can Eat Lobster, Delaney House
- **July 28-30** — "Queen Esther" at Sight & Sound Theater, PA
- **August 12** — Delaney House Tea & Lady B, Holyoke/Hadley, MA
- **August 13** — Edwards Twins, Aqua Turf
- **August 26** — Lighthouses of Boston Harbor
- **September 10** — "9 to 5" at Westchester Broadway Theater
- **September 27** — Hudson River Cruise
- **October 13** — Ellis Island, NYC
- **October 19** — Daigle's Beer Hall Boys, AquaTurf
- **November 12** — USO Tour, Grand Oak Villa
- **December 15** — Holiday Party with "Steppin' Out" Band, AquaTurf

# Quick Trips

**QUICK TRIP GUIDELINES:** 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. 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 Carol Perry at 860-747-6968.

*Continued...*

# Outdoor Adventure

## 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, and spikes on treads of shoes or snowshoes (depending on weather) are 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 need to borrow a pair of snowshoes. Please bring water, a snack and any medications that you need.



## INDOOR ARCHERY, HALLS ARROW, MANCHESTER FRIDAY, FEBRUARY 7, 11:00 A.M.

Whether you've practiced archery before or are a beginner, all levels are welcome to join this exciting trip. Cost of \$20 is due at sign-up, and includes instructor, equipment, target shooting and transportation. The bus will leave the Senior Center lot at 11:00 a.m. and travel to Shady Glen Restaurant in Manchester for lunch (on your own). We will then travel to Halls Arrow for one hour. Sign-up has begun.

## FISHER MEADOW, AVON

TUESDAY, FEBRUARY 11, 11:00 A.M.

This is an easy to moderate hike or snowshoe / spikes. Enjoy a 90 minute scenic walk around Fisher Pond. You should be able to walk at least a mile without stopping! Meet at 10:30 a.m. at OLM lot to caravan, or meet up with the group at Fisher Meadow parking lot (800 Meadow Road, Avon) at 11:00 a.m. Let us know when you sign up if you'd like to borrow snowshoes. Cost is \$5.00 due at sign-up. Sign-up has begun.

## WINTER WALK IN HAMMONASETT BEACH STATE PARK & LUNCH AT LENNY & JOE'S

SATURDAY, FEBRUARY 15, 9:30 A.M.

We will meet up with the Outdoor Adventure group from the South Windsor Senior Center at the beach for a winter walk around Meigs Point at Hammonasset, surrounded by miles of wetland and home to dozens of bird species. After the walk, we'll spend time on one of Connecticut's most popular beaches and enjoy the calming sounds of the ocean. Wear sturdy walking shoes and clothing suited for the weather. Afterwards, we will have lunch (on your own) at Lenny and Joe's. Cost is \$8.00 for transportation and leader, due at registration. Leaves from Senior Center at 9:30 a.m. and returns approximately 3:30 p.m. Sign-up has begun.

## CHOTKOWSKI CONSERVATION AREA HIKE FOR BEGINNER/INTERMEDIATE HIKERS

SATURDAY, FEBRUARY 22, 10:00 AM

Come join us for this hybrid hike through multiple parks! We will walk through the fields of Chotkowski Conservation Area, then also walk through sections of Kensington Orchards and Bicentennial Park...all in Berlin! This hike will take us through both wooded and open field trails.

*Continued...*

## Chotkowski Conservation Area, continued

This is an appropriate hike for someone who comes on Outdoor Adventures regularly. The hike will take us approximately two-and-a-half to three hours. Bring very warm clothes and dress in layers! A snack and water are also recommended to help keep you warm. We will drive separately (or caravan from the Senior Center at 9:45 a.m.) to the parking lot in Berlin. The parking lot is located at approximately 1247 Chamberlain Highway in Berlin, which is about a 15-minute drive from the Senior Center. Cost is \$5.00, due at sign-up, which begins February 5.

## ROARING BROOK NATURE CENTER, CANTON

TUESDAY, FEBRUARY 25, 11:00 A.M.



Join Eileen Cyr for a nature walk (or snowshoe) through one of the four Roaring Brook Nature Center trails. This scenic, moderate/intermediate hike will bring you through the woods of this 100-acre protected property. You will visit one or more majestic bodies

of water and experience a variety of native wildlife, including more than 150 species of birds. If you want to caravan / carpool, meet at OLM church parking lot at 10:30 a.m. If you drive yourself, please meet us at the Roaring Brook Nature Center lot at 11:00 a.m. Cost is \$5.00, due at sign up. Please let us know at sign-up if you need to borrow snowshoes. Sign-up has begun.

## SNOWSHOE AT WHITE MEMORIAL CONSERVATION CENTER FOR BEGINNER & INTERMEDIATE HIKERS

SATURDAY, FEBRUARY 29,  
9:00 A.M.

White Memorial Conservation Center in the Litchfield area offers a great park in which to snowshoe and hike. We will go for a 2 – 2 ½ hour snowshoe (which will change



into a hike if there isn't enough snow). The park has a trail map with marked trails which we will follow. The terrain is flat to rolling hills. Please dress in layers, bring some water, a snack and a lunch! The Senior Center has five pairs of snowshoes available to borrow (first come/first serve). Cost of \$10.00 is due at sign-up. The bus will depart from the Senior Center at 9:00 a.m. and we will return to the Senior Center at approximately 1:30

Please sign up for Trips, Outdoor Adventures and Quick Trips as **EARLY** as possible. This assures that we won't have to **cancel** a trip, which affects everyone who has already signed up. Thank you!





# National Arts Program, cont. from p. 1

Entrants may submit **two entries**, which must fit into one of the following listed categories.

**Painting:** oils/acrylics; **Sculpture;** **Works on Paper:** watercolor, ink, marker, digital, pencil, pastel, etc.; **Craft:** ceramics, glasswork, jewelry, fiber; wood carving; **Photography:** black & white or color; **Mixed Media:** artwork that combines more than one medium)

All entries submitted must be the original work of the applicant completed within the last three years.

The **Awards Reception and Presentation** will be held at Capital Community College on February 22 starting at 11am. (You can arrive earlier to view the exhibit.)

Prizes will be awarded by classification:

- Adult (Amateur, Intermediate and Professional): Prizes range from \$150 to \$350
- Youth / Teen : Prizes range from \$50 to \$150\*
- A Best of Show Award of \$400
- An Art Education Award of \$200

### Key Dates for Plainville Sr. Center Members Only:

**Wed. Feb. 5:** The Plainville Senior Center will run a free bus so that all participating members can **deliver their artwork** to the Avon Old Farms site. We will not handle your artwork; you must bring it on the bus and bring it off the bus. Our bus will leave the Senior Center at 3:30 p.m. and return at approximately 5:00 p.m.

*\*If you bring artwork on your own, we would appreciate it if you would let us know so we can include your name in our newsletter article. Please see online website for information about where, when and who to contact if you bring artwork on your own.*

**Sat., Feb. 22:** The Senior Center will run a free bus to the **Opening Reception** at Capital Community College in Hartford. Our bus will leave the Sr. Center at 9:45 a.m. to allow time before the 11:00 awards. This bus is for registered entrants only. Family or friends of entrants can sign a reserve list for a ride to the reception for \$5.00/person. You will be notified ahead of time if you have won a prize.

**Fri., March 6 :** The Center will run a free bus to retrieve artwork from the exhibit at Capital Community College. Time to be announced. We will not handle your artwork for the return trip; you must bring it on the bus and bring it off the bus in Plainville. )

Every attempt will be made to preserve, secure and protect each entry submitted; but neither the National Arts Program, Community Renewal Team, Plainville Senior Center nor Capital Community College can be held responsible for damages, loss of art entries, or changes/cancellation of this exhibit due to low participation or unforeseen circumstances.

**Contact Information:** Ilana Bernstein at Community Renewal Team (CRT) of Connecticut at 860-560-5657 or email her at [bernsteini@crtct.org](mailto:bernsteini@crtct.org).

**Pick up a packet at the Senior Center front desk for all rules and registration materials! Sign up for all free**

# Ongoing Support for Veterans

**VETERAN APPOINTMENTS WITH JASON COPPOLA**  
WEDNESDAY, FEBRUARY 5, 10:00 A.M. and  
WEDNESDAY, MARCH 4, 10:00 A.M.

Jason Coppola, Veterans Service Officer from the State Office of Advocacy and Assistance, hosts appointments at the Plainville Senior Center on the first Wednesday of the month. You may set up a personal appointment with Jason by calling him at 1-203-805-6340.

### NEW LAW BENEFITS CERTAIN VIETNAM AND KOREA-ERA VETERANS

If you served in the offshore waters of the Republic of Vietnam between January 9, 1962 and May 7, 1975, you are considered a **Blue Water Navy** (BWN) veteran. The new Blue Water Navy Act of 2019 went into effect on January 1, 2020 and extends the presumption of herbicide exposure (such as Agent Orange) to BWN veterans who served as far as 12 nautical miles offshore from Vietnam and have since developed one of 14 conditions related to exposure. These conditions include Type 2 diabetes, Parkinson's, coronary artery disease, many forms of cancer, and others. If you have one of these illnesses, you may now be eligible for disability compensation and other benefits.

If you're a Veteran who served in the Korean Demilitarized Zone (DMZ) between September 1, 1967 and August 31, 1971, you also may qualify for compensation and benefits for yourself and family members. Contact Jason Coppola to discuss eligibility and to complete an application. If you have been denied in the past for any Agent Orange exposure, Jason may help you determine if reapplying could be of benefit to you. You may set up a personal appointment with Jason by calling him at 1-203-805-6340.

### OPERATION WARM HEARTS HAS WARM WINTER COATS FOR VETERANS

Ocean State Job Lot has donated 10,000 free, new winter coats to Connecticut veterans.

Two hundred are specifically earmarked for Bristol/ Plainville vets. If you are a veteran living in Bristol, Burlington, Harwinton, Plainville, Plymouth, Thomaston or Wolcott and need a warm coat, bring your veteran I.D to Veterans Strong Community Center, 111 North Main Street in Bristol. Hours are Monday—Thursday, 8:00 a.m. to 4:00 p.m. and Friday, 8:00 a.m. to 2:00 p.m.

IDs that are accepted: DD 214; Military Retired I.D.; VA ID; CT Driver's License with Flag; USAA Members; American Legion, DAV, VFW, AMVETS, VVA, Jewish War Veterans, Marine Corps League, Order of Purple Heart, or National Sojourners membership cards.





# Shopping Bus

We can only accommodate eight (8) people on the Tuesday Shopping Bus. Be sure to sign up early! Home pick-ups for all participants begin at 11:15 a.m. We now ask riders if they prefer to go back home at **1:30 p.m. or 3:00 p.m.** Please tell us when you sign up! In order to ride the 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 Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up.

- February 4, Walmart, Bristol
- February 18, Bristol Shopping Plaza
- March 3, ShopRite, Southington

***When you go shopping, please keep your receipt handy in your purse, pocket or wallet. Many stores now require customers to show their receipt when they leave the store.***



## Plainville Library

***Please sign up for all events at the Plainville Library. Call 860-793-1446.***

- **Wednesday, February 12 at 6:30 pm.** New Britain Symphony Orchestra — *Voice, Piano, and Harp*, Registration requested. Enjoy this Valentine-themed performance while sampling refreshments provided by the New Britain Symphony Orchestra.
- **Thursday, Feb. 13 at 1:00 pm & Sat., Feb. 29 at 1:30 pm.** Movie: *Judy*. No registration required.
- **Wednesday, February 5 at 6:00 pm.** No registration required. Movie: *Joker*
- **Thursday, February 27 at 6:30 pm.** Puzzle Craft — Open to teens and adults. Create a picture frame, wreath, or wall art from puzzle pieces. Registration is required.



**Irish-Themed Gathering at "Work Space," 903 Main St. Manchester**  
Thursday, March 12 at 5:30 p.m.

**Movie Screening: *The Queen of Ireland*** begins at 6:00 p.m. followed by coffee, cocktails and conversation. Plainville will run a bus from the Senior Center, leaving at 4:15 p.m. and returning about 9:30 p.m. \$8 for cost of bus. Sign-up begins Feb. 5. This film follows Ireland's most famous drag queen and self-styled, accidental activist. *Lesbian, Gay, Bisexual, and Transgender adults and allies of the LGBT community are invited to join the LGBT Moveable Senior Center, a partnership among senior centers in Greater Hartford to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging.*

**Census Takers = \$23.50/Hour**

## Be a Census Taker

- Extra Income
- Flexible hours
- Weekly pay
- Paid training

Apply Online

**2020CENSUS.GOV/JOBS**

For more information or help in applying, please call 1-855-JOB-2020.



## Welcome!

***These folks joined the Center in December 2019!***

Jesse Byrd, Rita Collins-Maglio, Bill Allen, Jennifer Tessier, Mark McLellan, Lynne Pernell, Susan Herman, Donna Meade, Wanda Santana, Raymond Furman, Suk Cousineau

***Remember, your suggestions, ideas, concerns and comments are always welcome! Feel free to talk directly to***



***Shawn or Ronda or write them down and put them in the Suggestion Box on the back counter across from the rest rooms.***

**Shape  
your future  
START HERE >**

**United States®  
Census  
2020**

***FAST FACT: The 2020 Census will affect public transportation in your community for the next 10 years and beyond.***

In mid-March, homes across the country will begin receiving invitations to complete the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail. The Plainville Senior Center will offer computer kiosks and assistance to anyone wishing to fill out their census forms, either online or on your paper forms. *Stay tuned!*



# Transportation

## DIAL-A-RIDE

**DIAL-A-RIDE PHONE: (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.

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m. to 8:00 p.m.**

Hours may change depending on usage of the CT Transit buses. *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). There is a wheelchair lift, if needed.

*Continued, next column*

## ADA Para-Transit, *continued*

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 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](http://www.ctada.com)**. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We 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 you submit your application, call 860-724-5340, ext. 1 to set up a face-to-face interview. A medical form will be sent to your doctor if needed. The approval process generally takes two to four weeks. It is wise to get pre-approved, even if you don't need the service now. Please call Customer Service at 860-724-5340 ext. 3046 with any complaints or issues.

Once 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 next meeting will be in March 2020. 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@ghtd.org](mailto:pwilliams@ghtd.org)** at least 48 hours before the meeting.



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

## Senior Transportation Services — a New Option for Rides

Senior Transportation Services, Inc. (STS) is now available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. The mission of this organization is to provide community-supported, affordable out-of-town medical transportation to older adults. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. STS works to help families coordinate their loved one's transportation needs by working one-on-one with individuals to ensure that family needs are met. There is an annual membership fee and cost (based on mileage) to use STS. Financial assistance is available for individuals who cannot afford the fees. STS is funded in part by grants from the Bristol Main Street Community Foundation and the North Central Area Agency on Aging. To discuss riding or volunteering with Senior Transportation Services, please call **860-224-7117**.

# 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.**



- 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.

### **AARP** Trips...Call Sally Miller!

- **St. Patrick's Celebration** — Aqua Turf, March 17, 2020. \$50 per person; drive on your own.
- **All Shook Up** — Westchester Theatre, April 23, 2020. \$122 per person.
- **Historic South Trip** — Savannah, GA, Beaufort, S.C., Charleston, S.C. April 18-25, 2020. 8 days, includes 14 meals, admission to all sites, round-trip transportation and more. \$1,745 pp dbl / \$2,185 single
- **Bar Harbor, Maine** — Includes Perkins Cove and Seal Watching, June 15-17. \$629 per person, double.
- **Baltimore Lobster Feast** — July 24-26, 2020. From \$535 pp double.

Call Sally Miller at 860-747-1732 for info and reservations. *AARP Trips are not sponsored by the Senior Center, so we do not have details nor collect payments.*

### CHORAL GROUP

There is no February rehearsal. The Choral Group will next meet at the Senior Center on Friday, March 6.

### SENIOR CENTER DISPLAY CASE

If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period!

### CONGREGATE MEAL PROGRAM

You may stop by the Big Kitchen to pick up the February calendar. Lunch reservations must be made at least one day ahead by calling Bonnie at 860-747-5728. **You may call only between 10:00 a.m. and 11:45 a.m. to make a reservation or speak with Bonnie.** A suggested donation is \$2.50.

### PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of persons who depend on electricity to maintain optimum health. We update this list during the year to 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 can help you plan for power outages and weather emergencies. Please call us at 860-747-5728.

### Thank you for the Christmas Tree Ornaments!

After putting out a call in January for donations of ornaments, we received **so many** ornaments and decorations; we are extremely grateful! We now have plenty of Christmas decorations, so **thank you** once again.



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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 Senior Center members who live in Plainville and \$28.00 for out-of-town 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 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 Pro-Health Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any out-standing balance over \$5.00. In most cases, patients will not pay more than \$5.00 for the service.

## FREE BLOOD PRESSURE DROP-IN CLINICS

- **Wednesday, Feb. 12,** 12:30 to 1:30 p.m.—by Hartford HealthCare
- **Monday, Feb. 24,** 12:00 to 12:30 p.m. — by our Nurse

## CHOLESTEROL SCREENING

Learn 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 first steps toward a healthier you! Call 860-747-5728 for an appointment with the Senior Center nurse. Cost: \$12.

## NEW! BALANCE SCREENINGS OFFERED MONTHLY

As people grow older, they may sometimes realize they are more unsteady on their feet. To assess your abilities, a registered physical therapist will be offering free balance screenings on the **third Tuesday of every month** at the Senior Center. Laurel Whalen, RPT/CLT of Jerome Home Outpatient Rehabilitation will provide the screenings from 10 a.m. to noon. Jerome Home is sponsoring. Please sign up for an appointment at the Senior Center by calling 860-747-5728.



# Energy Assistance

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$35,116 (gross) and a family of two could possibly make \$45,920 (gross) and qualify for the program. Asset Limit for homeowners is \$15,000 and \$12,000 for renters. For more information or to see if you are eligible, call the HRA Energy Department at 860-356-2000. HRA is located at 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** See Stephanie with any questions.

# Care & Support We are here to help!

## QUESTIONS FOR THE SOCIAL WORKER

**MONDAY, FEB. 10 & FEB. 24, 12:30 P.M.**

We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters or if you need to find help in the community or home-care. Stop by Stephanie's office to have a private chat. **This service is only for Plainville residents, age 60 and over.** No sign-up needed and no question too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center — 860-747-5728 — to schedule a time that's convenient for you.

## CAREGIVING CONNECTIONS

**TUESDAY, FEBRUARY 11, 10:00 A.M.**

Join your caring friends as we support each other on our journeys. We recognize the challenges and frustrations of 24/7 caregiving... it is critical to give and gain support from others who truly do understand. Come share and be nourished! Caregivers from neighboring towns are welcome.

## GRANDPARENTS RAISING GRANDCHILDREN

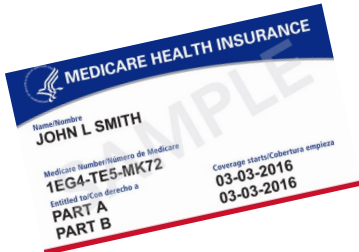
**TUESDAY, FEBRUARY 25, 10:30 A.M.**

If you are raising a grandchild or other young relative, you are not alone. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act. Sign-up begins February 5.

## IMPORTANT MEDICARE NOTICE!

Starting January 1, 2020, Medicare providers (such as doctors and hospitals) must now use each patient's new "MBI" number on claim

forms, even if the service was provided in 2019. (The MBI number is the new personal ID number provided on the latest Medicare cards.) If you are eligible for Medicare and did NOT receive your new Medicare card in 2018-2019, please call 1-800-MEDICARE (1-800-633-4227) **now** to request a new card.



## MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS EFFECTIVE MARCH 1, 2019

QMB (Q01)	Single \$2,196.51/ mo	Couple \$2,972.99/mo
SLMB (Q03)	Single \$2,404.71/mo	Couple \$3,254.79/mo
ALMB (Q04)	Single \$2,560.86/mo	Couple \$3,466.14/mo

### ***There is No Asset Limit nor Estate Recovery***

The State of CT offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP.

# FEBRUARY 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<div><div>KEY:</div><div>GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Café, CL: Computer Lab OS: Old Store K: Kitchen L: Library</div><div>*By Appt.</div></div>						FEB. 1
	3 <b>*9:00 NURSE</b> Walking 9:00 or 4:00 9:00 Talk to Trainer 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst BR 2:15 Beg. Pilates BR	4 <b>*9:00 NURSE</b> Walking 9:00 or 4:00 *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage CL 10:15 Interm. Yoga L 10:30 Vet. Coffee Hr. GA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Balance Class BR 2:30 Chair Aerobics BR	5 <b>MEGA SIGN-UP</b>  Walking 9:00 or 4:00 9:30 Open Quilting BR 10:00 Zumba Gold GR 10:00 Vet Appts. With Jason Coppola CL 1:00 Open Paint BR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR 3:00 Bus to Drop Off Art, Avon Old Farms	6  Walking 9:00 or 4:00 9:30 Ceramics BR 10:00 Mex. Train CL 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit / Crochet GR 1:00 Android Help GA 2:00 Nzinga's Daughters BR 3:00 Talk to Trainer	7  9:00 Walking GR 9:00 Mahjong GA 11:00 Indoor Archery at Halls Arrow	8  9:00 Tanger Outlets at Foxwoods
9	10 <b>*9:00 NURSE</b> Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Acrylic Ptg. BR 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst BR 2:15 Beg. Pilates BR 3:30 Big Trip Discussion	11 <b>*9:00 NURSE</b> Walking 9:00 or 4:00 *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Caregivers CL 10:15 Inter. Yoga L 11:00 Fisher Meadow 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Balance Class BR 2:30 Chair Aerobics BR	12  Walking 9:00 or 4:00 9:30 Open Quilting BR 10:00 Zumba Gold GR 12:30 BP Clinic 1:00 Open Paint BR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	13 <b>*9:00 NURSE</b> Walking 9:00 or 4:00 9:30 Ceramics CR 10:00 Mex Train CL 12:30 Pool Tourn. 12:30 Pinochle CL 12:30 Bridge OS 1:00 Android Help GA 1:00 Knit & Crochet GR 1:00 Scrabble C 1:30 Ukulele BR	14  9:00 Walking GR 9:00 Mahjong GA	15  9:30 Hammonasett Walk, Lenny & Joe's
16	17  <b>Presidents Day Holiday</b>         <b>Senior Center Closed</b>	18 <b>*9:00 NURSE</b> Walking 9:00 or 4:00 *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Balance Screen CL 10:00 Cribbage GA 10:15 Inter. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Balance Class BR 2:30 Chair Aerobics BR	19  Walking 9:00 or 4:00 9:30 Books & Bagels GA 9:30 Open Quilting CR 10:00 Zumba Gold GR 1:00 Plainville Library Series, BR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 2:00 Easel Calendar Class BR 3:00 Coloring Club CR	20  Walking 9:00 or 4:00 9:30 Ceramics CR 10:00 Mex. Train CL 10:00 Bright. Focus GA 10:00 Snappy Srs. L 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Android Help GA 1:00 All About Arthritis BR 1:00 Scrabble C 1:30 Ukulele CR	21  9:00 Walking GR 9:00 Mahjong GA 10:00 Diet and Your Health GR 11:30 Friends Helping Friends	22  9:30 Eagle Watch at Shepaug Dam, Southbury   9:45 A.M. Bus to Art Show Rec., Hartford   10:00 Chotkowski Conservation Hike
23	24 <b>*9:00 NURSE</b> Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 BP Clinic 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst BR 2:15 Beg. Pilates BR	25 <b>*9:00 NURSE</b> Walking 9:00 or 4:00 *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:30 Grandparents, CR 11:00 Roaring Brook 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Balance Class BR 2:30 Chair Aerobics BR	26  Walking 9:00 or 4:00 9:30 Open Quilting CR 10:00 Zumba Gold GR 1:00 Paint Your Pet BR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club CR	27 <b>*9:00 NURSE</b> Walking 9:00 or 4:00 9:30 AARP Smart Driver GR 9:30 Ceramics CR 10:00 Mex. Train CL 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Android Help GA 1:00 Knit & Crochet GR 1:00 Scrabble C 1:30 Ukulele CR	28  9:00 Walking GR 9:00 Mahjong GA 10:00 Creaking & Cracking GR	29  9:00 White Memorial Center