

NEWS & EVENTS

FEBRUARY 2022

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, care-giving, financial assistance, Medicare, assistance at home and more. No question is too small. Call (860)747-5728.

FREE MASK GIVEAWAY — The Plainville Senior Center is offering two free N95 face masks per person. Stop in today and get yours!

FREE AT-HOME COVID-19 TESTS AVAILABLE ONLINE

Go to: <https://www.covidtests.gov/>. Every home in the U.S. is eligible to order four free tests. Orders will usually ship in 7-12 days. If you don't have a computer or need help, please call Stephanie at the Senior Center.



INSTANT UPDATES

Be sure you are getting the latest information from the Senior Center, by providing us with your email address. Sometimes we get important news to share after the newsletter has gone out or there's something that is so timely, we want to be sure our members get the information right away. We will never give out or sell your email. All personal information (address, phone, e-mail) remains confidential. E-mail us even if you think we have your e-mail address at beamc@plainville-ct.gov to provide your email (include your full name & phone number in the event we have any questions). Check your Spam folder & add the Senior Center to your contact list.



VINTAGE VALENTINES & CHOCOLATES!

MONDAY, FEB. 14, 10:00 A.M. COST: FREE! SIGN-UP HAS BEGUN. You're invited to an in-person gathering and come enjoy some chocolate too. See and hear about a collection of vintage Valentines which are

owned by one of our members, Joyce Goldberg. The oldest one was her mother's first Valentine from 1916. You are certain to recognize many Valentines from your own childhood. Join us on **Monday, Feb. 14, at 10:00 a.m.** To register, call the Senior Center or go online at **www.schedulesplus.com/plainville**.

FREE COVID BOOSTER CLINIC
(OPEN TO THE PUBLIC)

BY APPOINTMENT ONLY, SIGN UP NOW!
FRIDAY, FEB. 18, 9:30 A.M. - 12:00 NOON
CALL THE SENIOR CENTER TO SCHEDULE.

A COVID-19 Booster Clinic, administered by Hartford Health Care & sponsored by the Plainville-Southington Regional Health District, will be held at the Plainville Senior Center & is open to the public. Booster shots, as well as 1st and 2nd doses, are available, either Pfizer or Moderna. You **MUST** bring proof of ID (driver's license or piece of mail) and your COVID card or proof of prior COVID vaccines.



SOMETHING OLD, SOMETHING NEW:
CT WEDDINGS THROUGH THE AGES

THURSDAY, FEB. 17, 10:00 A.M. PRESENTED BY THE CT HISTORICAL SOCIETY. COST: FREE! ATTEND IN PERSON OR ZOOM FROM HOME. SIGN-UP BEGINS FEB. 3.

All who participate will get a free piece of "Wedding Cake" to go! If you decide to participate on Zoom, you can pick up your cake on Feb. 17. We will also have a champagne toast at the end of the program. From colonial to modern times, how did Connecticutans tie the knot? How did some of our cherished wedding customs originate? The CT Historical Society will present their extensive collection of wedding clothing, accessories, photographs & prints to explore what makes a "traditional" wedding. To register, call the Senior Center or go online at **www.schedulesplus.com/plainville**.

PROGRAMS



INCOME TAX PREPARATION

AARP Tax-Aide appointments will be by appointment only **every Tuesday beginning Tuesday, Feb. 1, and ending Tuesday, April 12, at the Plainville Senior Center.** To

schedule your Tax Preparation appointment, please call (860)747-5728.

For other free income tax prep appointments through the **Volunteer Income Tax Assistance Program (VITA)**, call: 1) **United Way of West Central CT** at (860)356-2000 or 2) **Human Resources Agency (HRA) in New Britain and Bristol** at (860) 356-2000 or (860)826-2278.

Dial-a-Ride can also bring you to the United Way or HRA if you need a ride.

IT'S A SNAP TO INCREASE YOUR FOOD BUDGET EARN A CHANCE TO WIN A FOOD BASKET!

TUESDAY, FEBRUARY 8, 10:00 A.M. COST: FREE! SIGN-UP HAS BEGUN.

Join Katie Pachkovsky, Community Outreach Coordinator, for a SNAP 101 Information Session.

All who attend will be entered to win a healthy food basket!

Katie will explain: What the SNAP program is, how to apply for SNAP with the EHC! (End Hunger Connecticut) Call Center and what you can & cannot purchase with SNAP benefits. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**



NEW! UKULELE DROP-IN CLUB

WEDNESDAYS BEGINNING WED., FEB. 9 10:00-11:00 A.M.

Bring your ukulele and come strum along with us! Peggy Grant is going to lead the group. This is not a group for lessons. Sign up in advance. **Call the Senior Center or register online at:**

www.schedulesplus.com/plainville.



CAKE & COCOA IN A MUG

"GRAB 'N GO"

WEDNESDAY, FEBRUARY 9, 2:30 - 3:00 P.M.

COST: FREE! SIGN-UP BEGINS FEB. 3.

Stop by the Senior Center to take home your own mug filled with the dry ingredients necessary to make an individual chocolate cake in the microwave! We will even provide a hot cocoa packet! **Call the Senior Center by Feb. 7 or register online at: www.schedulesplus.com/plainville.**



CELEBRATE CHINESE NEW YEAR... DRIVE—THRU STYLE!

FRIDAY, FEB. 11, 11:30 A.M. COST: \$10.

SIGN-UP BEGINS FEB. 3. MUST REGISTER BY FEB. 9.

Celebrate the **Year of the Water Tiger!** We may not be able to enjoy our annual Chinese luncheon buffet here, but you can still enjoy a delicious meal & a few surprises! **Choose Beef with Broccoli, Chicken with Chinese Vegetables or General Tso's Chicken.** All meals come with an egg roll & pork fried rice. Let us know which meal you would like to order. Then drive to the Senior Center between 11:30 – noon to pick up your meal on Feb. 11. **Payment must be received by Feb. 9. (mail or drop off).**

WHAT GOES WITH VALENTINE'S DAY? CHOCOLATE!!

MONDAY, FEB. 14, 11:00 –11:30 A.M.

COST: FREE! SIGN-UP BEGINS FEB. 3.

Join us for a special Valentine Chocolate Drive-Thru Give-a-Way! **Call the Senior Center by Feb. 9 or register online at: www.schedulesplus.com/plainville.** Hope to see you then!



SCAVENGER HUNT!

WEDNESDAY, FEBRUARY 16, 4:00 P.M. FREE!

SIGN-UP BEGINS FEB. 3, CALL THE SENIOR CENTER TO REGISTER AND A ZOOM LINK WILL BE SENT TO YOU.

Join us for a fun virtual scavenger hunt! We all know that there are lots of surprising things hidden in the depths of our homes, purses and wallets ... let's see if you have all that we announce! Once an item is declared, you'll have 30 seconds to look for the item and show it to the group. Prizes will be awarded for those who find and show the most items!

MEGA SIGN-UP DAY is set for THURSDAY, FEB. 3,

from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash

PROGRAMS

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, FEB. 17, 2:30 P.M. SIGN-UP HAS BEGUN. CALL THE SENIOR CENTER TO REGISTER.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Join us on **Thursday, Feb. 17, at 2:30 p.m.** Relax and socialize with others experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Connecticut State Unit on Aging.



INTERGENERATIONAL

RAINBOW HAPPY HOUR - FEB. 24

Join LGBT adults and allies for an Intergenerational Rainbow Happy Hour on **Thursday, Feb. 24, from 6-7p.m. via Zoom.** Presented by the Moveable Senior Center and the CT Healthy Living Collective. It's a discussion between younger & older LGBT adults & allies. Topics will be based on participant interest and may include ageism, relationships, community, identity and language. Pre-registration is required. **Register at www.cthealthyliving.org.**

ADDITIONAL VIRTUAL PROGRAM: "A RENEWED YOU IN 2022," presented by the Bloomfield Senior Center, **MONDAY, FEB. 28, 3:00-4:00 P.M.** Register by Feb. 22 at www.cthealthyliving.org.

BOOK BUDS

FEBRUARY BOOK: "THE WONDER BOY OF WHISTLE STOP" BY FANNIE FLAGG

FRIDAY, FEBRUARY 25, 10:00 A.M.

COST: FREE! SIGN-UP BEGINS FEB. 3.

INSTRUCTOR: KATHLEEN MARSAN

If you loved Fannie Flagg's "Fried Green Tomatoes," readers will be enthralled with this heartwarming sequel. The book is available at the library.

Call the Senior Center or register online at: www.schedulesplus.com/plainville.



"MORNING MEADOWS" CANVAS PAINTING

MONDAY, FEB. 28, 1:00 P.M. SIGN-UP BEGINS FEB. 3. MUST SIGN UP BY FEB. 18. COST: \$10.00 PER PERSON. IN PERSON OR ON ZOOM.

INSTRUCTOR: LINDSEY HOTTIN.

Lindsey Hottin, of Lindsey's Craft Studio, will teach the class on Zoom. You can watch from the Senior Center or Zoom from home. Supply kits will include the required acrylic paint colors, a small canvas and brushes. You will need a water cup for rinsing your brushes between colors and paper towels/rags for blotting dry between rinsing. Feel free to add any colors you may have at home.



CLASS DESCRIPTIONS

You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for missed classes due to vacations, trips, doctor's appointments, etc.

CERAMICS

THURSDAYS, 9:30 — 11:30 A.M.

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

KNITTING/CROCHET

THURSDAYS, 1:00 — 3:00 P.M.

INSTRUCTOR: EVELYN MORIN

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



MEGA SIGN-UP DAY is set for THURSDAY, FEB. 3, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:00–2:00 P.M.

INSTRUCTOR: CAROLINE DUBE

Class includes intervals of low-impact movement with walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout.

BALANCE CLASS

TUESDAYS, 2:00–2:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30–10:30 A.M.

INSTRUCTOR: AMY GRAY

Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels.



SILVER SNEAKERS & PLAINVILLE SENIOR CENTER YOGA/PILATES(YOGA-LATES)

FRIDAYS, 11:00–11:45 A.M.

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance. IN-PERSON OR ON ZOOM.

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

CARDIO CHAIR FITNESS WITH NANCY

TUESDAYS, 1:00–1:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

Everything you can do standing, you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching.



THE PEAK FITNESS CENTER IS OPEN NO APPOINTMENTS NEEDED!

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open, and appointments are no longer needed! Work out when you want. New PEAK Center hours are: **Monday—Friday, 9:00 A.M.-1:00 P.M.**

OUTDOOR ADVENTURE CLUB

WINTER SNOWSHOEING OR WALKING AT SESSIONS WOODS

MONDAY, FEBRUARY 21, 10:00 A.M., SIGN-UP BEGINS FEBRUARY 3. COST: \$3.00. Please let us know if you would like to borrow a pair of snowshoes (free). We have 4 pairs of snowshoes available. Join Natalie for a 60-90 minute snowshoeing or walking journey through Sessions Woods (depending on snow). This will be an easy pace on a relatively moderate trail. Please wear multiple layers and bring water with you. Meet at Sessions Woods at 10:00 a.m.



CLASS SCHEDULE Class descriptions on pages 3,4

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, Feb. 3, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **Feb. 10** if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session Payment Due Upon Registration
MONDAY		
Power Burst	1:00-2:00	Jan. 10-March 21. No class Feb. 14 & 21. \$16.00.
Chair Pilates & Balance	2:15-3:00	Jan. 10-March 21. No class Feb. 14 & 21. \$16.00.
TUESDAY		
Cardio Chair Fitness w/Nancy	1:00—1:45	Jan. 11-March 15. No class Feb. 1. \$16.00.
Balance Class	2:00-2:45	Jan. 11-March 15. No class Feb. 1. \$16.00.
WEDNESDAY		
Zumba Gold	9:30 – 10:30	Jan. 19-March 9. \$24.00.
THURSDAY		
Ceramics	9:30 – 11:30	Jan. 13-March 10. \$32.00.
Knitting/Crochet	1:00-3:00	Jan. 13-March 10. \$16.00.
FRIDAY		
Yoga-Lates	11:00—11:45	Jan. 21-March 18. No class Feb. 4. 8 weeks. \$16.00. FREE if you have Silver Sneakers.

HOW TO REGISTER FOR A CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. And You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, you can call us here at the Senior Center (860)747-5728 so we can register you.

SENIOR CENTER SEEKING YARN DONATIONS & VOLUNTEER KNITTERS

The Senior Center is looking for donations of yarn and seeking volunteers who might like to knit lap robes, afghans, hats, mittens and scarves. Please call us at (860)747-5728 for more information.



PROGRAMS, ETC.

FREE VIRTUAL EDUCATIONAL CONFERENCE MARCH 4-5 **FOR INDIVIDUALS LIVING WITH ALZHEIMER'S & DEMENTIA AND THEIR FAMILIES**

The State Unit on Aging, as a Community Partner of the Connecticut Chapter of the Alzheimer's Association, is happy to announce that The Alzheimer's Association will host a free virtual educational conference for individuals living with Alzheimer's and dementia, their caregivers and their families on **March 4-5**. Hear from a panel of individuals living with Alzheimer's, as well as a panel of caregivers who will share firsthand experiences in their journey with the disease and life after a diagnosis. Experts in the field of care and support will share practical and concrete recommendations, resources, and guidance in the care and support for those living a life with dementia. For more information and to register for the event, visit alzfamilyconference.org.

ATTENTION, GRANDPARENTS, RELATIVES...LET YOUR FAMILIES KNOW ABOUT...

DADDY BOOT CAMP

A Workshop Designed for Expectant & New Dads. Schedule a single session that fits your schedule: **Thursday, April 28** (register by April 14), or **Thursday, June 2** (register by May 19). Both sessions will meet from **5:30-8:30 p.m.** at **Plainville High School, Room 123**, with Coach Smith. Tuition: \$8. Full scholarships for those in need are available upon request. Please call (860)793-3209. Go to [http://www.plainvilleschools.org/departments/adult ed](http://www.plainvilleschools.org/departments/adult%20ed). Participants will also get the book: "Crash Course for Dads-to-Be." Note to New Dads: Please bring your baby! For more information, call Plainville Adult Education at (860)793-3209. Topics include: Baby Blues, Calming a Crying Baby, Dealing with Pets, Dealing with Stress, Developing One's Own Style, Diapering, Safety, Schedules, Q & A.



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.

VIRTUAL MOBILITY ASSISTANCE AVAILABLE FOR RIDERS WHO ARE BLIND OR HAVE LOW VISION

Connecticut now offers a free pilot program, called Aira, to help individuals who are blind or have low vision to ride public transit. The program enables persons who are blind or have low vision to connect with highly trained, live agents in real-time for assistance using the public transportation system and other essential services. The service uses a smartphone's camera to stream live video to an agent who provides the subscriber with instant access to visual information about their surroundings. For more information on this program and instructions for how to sign up, visit ctrides.com/aira-en.



MEGA SIGN-UP DAY is set for THURSDAY, FEB. 3, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

HEALTH MATTERS

MEDICARE ADVANTAGE OPEN ENROLLMENT **JAN. 1-MARCH 31**

The Medicare Advantage Open Enrollment Period (MA OEP) began Jan. 1 and ends March 31. This period allows beneficiaries who are already enrolled in a Medicare Advantage Plan to: 1. Switch to another MA Plan (with or without drug coverage). 2. Return to Original Medicare (this is done by simply enrolling into one of the 27 stand-alone drug plans for 2022). Beneficiaries who do so should also consider purchasing a Medigap plan. During the MA OEP, beneficiaries enrolled in Original Medicare cannot: 1. Switch from Original Medicare Advantage Plan. 2. Switch from one stand-alone drug plan to another. If you have any questions, please call Stephanie at the Senior Center, (860)747-5728.

GET HELP PAYING YOUR WATER BILLS

The Connecticut Low Income Water Assistance Program is now open. Get help paying your water bills. Households with one person who have a maximum annual income of \$39,027 and a two-person household maximum income of \$51,035 can qualify for this one-time benefit. There is no asset limit. Help is available for both drinking water and wastewater bills. To apply online, go to: <https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Highlights/Water-Assistance/CT-Energy-and-Water-Assistance-Application-rev-Nov-2021.pdf> or contact the Human Resources Agency of New Britain (HRA) at (860)356-2000. If you have any questions, contact Stephanie at (860)747-5728.

MEDICARE SAVINGS PROGRAM (MSP) **INCOME LIMITS:**

Singles Range From: \$2,265 to \$2,641
Couples Range From: \$3,064 to \$3,572

There is No Asset Limit nor Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. Department of Social Services 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. Contact her at the Senior Center.

THE NURSE IS IN!

GEORGIA STERPKA, APRN, IS
AVAILABLE BY APPOINTMENT FOR:

REGULAR AND DIABETIC FOOT CARE

Cost is \$18.00 for Plainville resident members and \$28.00 for out-of-town members.

EAR WAX REMOVAL: COST IS \$5.00.

CHOLESTEROL SCREENING -This type of test does not require fasting. Cost is \$12.

FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.

VETERANS' NEWS & ACTIVITIES

INDIVIDUAL APPOINTMENTS FOR VETERANS- WEDNESDAY, FEBRUARY 2, AT THE SENIOR CENTER

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance. Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance, is available on **Wednesday, February 2**, at the Senior Center to help you with all of your veteran benefit needs. Call Jason at (203) 805-6340 to schedule an individual appointment (please leave a message). Jason is scheduled to be at the Senior Center the first Wednesday of each month. In March, Jason will be here on **Wednesday, March 2**.

VETERANS' SOCIAL HOUR

TUESDAY, Feb. 22, 10:00 A.M.

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register or register online at: www.schedulesplus.com/plainville.**

FOODSHARE, SUPPORT GROUPS & PROGRAMS

THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

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



CAREGIVING CONNECTIONS - Join your caring friends on **Tuesday, February 8, at 10 a.m.**

at the Senior Center as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. Come share & be nourished. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.



"It's Your Life...Live it Well"

LIVING WELL VIRTUAL & TELEPHONIC WORKSHOPS PLANNED FOR FEB. 7 & FEB. 9

The North Central Area Agency on Aging and the Department of Rehabilitative Services – State Unit on Aging will be offering an upcoming active living virtual workshop on “Living Well with Chronic Conditions” on **Monday, Feb. 7, at 2:00 p.m.** and a “Living Well with Chronic Pain” telephonic workshop on **Wed., Feb. 9, at 11:00 a.m.** Participants will learn about a variety of tools to manage their conditions including Healthy Eating, Exercise, Goal Setting, Stress Management and Self Advocacy. The toolkits can be sent directly to participants at no cost and includes all learning materials necessary. Weekly meetings with a trained Live Well leader enhance the experience and can help alleviate social isolation during the COVID epidemic. Please register a week prior to the start date to ensure materials arrive on time. Participants must be willing to share their name and address and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call. Telephonic: calls are approximately one hour in length and take place conference-call style to 4-6 participants. Virtual workshops take place on Zoom and are about two hours in length. To sign up, please contact Carley Taft, Regional Coordinator, at carley.taft@ncaaact.org or call (860)724-6443, ext. 224. **SAVE THE DATE FOR UPCOMING TELEPHONIC WORKSHOPS: “LIVE WELL WITH DIABETES,” MONDAY, MARCH 7, AT 10 A.M., “LIVE WELL WITH CHRONIC CONDITIONS,” TUESDAY, MARCH 15, 10 A.M.**

GRANDPARENTS RAISING GRANDCHILDREN

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at **10:30 a.m. on Tuesday, February 15**, at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.

UNDERSTANDING PARKINSON’S DISEASE, WEDNESDAY, FEB. 9, 5:00-6:00 P.M. FREE VIRTUAL CLASS HARTFORD HEALTHCARE, DAVID & RHODA CHASE FAMILY MOVEMENT DISORDERS CENTER

PRESENTER: BENJAMIN DORFMAN, MD, BOARD-CERTIFIED NEUROLOGIST, MIDSTATE MEDICAL CENTER
REGISTRATION REQUIRED: CALL 1-855-442-4373 OR GO TO:
HARTFORDHEALTHCARE.ORG/VIRTUALCLASSES.

After you register, you’ll receive an email with easy instructions on joining the virtual class. Join our interactive class right from the comfort of your phone, computer or tablet and learn more about:

- Common motor and non-motor symptoms ■ Diagnosis and stages of the disease
- Latest treatment options ■ Plus, LIVE Q&A with the expert.



David & Rhoda Chase Family
Movement Disorders Center

CARING AND CONNECTING

Would you like someone to chat with? We have volunteers who are happy to connect with folks to say “hello” and to help brighten someone’s day, especially during these difficult times. Call the Senior Center if you’d like to volunteer.

Donations

DECEMBER 16--JANUARY 20

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

GENERAL DONATIONS

Judy Meese, Suzanne Martin, Masako McDonald, Cindy Hanlon, Lorrie Ferland, Ann Marie Nadeau, Catherine Humai, Diane McKernon, Charlotte Politis, Barbara Barton, Judy Humphrey, Vella Panella, Carol Wright, Virginia Salmon, Ron Pekrul, Barbara Petit, Marie Cyr, Rebel Dog Coffee Co., Anonymous, Louise Gendreau, Pat Colombo, Shirly Killoran, Anne Theriault, Gene Woolverton, Roland Therrien, Donna Martin, Anne Wroblewski, Marianne Grace, Lorraine Demicco, Barbara Lumbard, Marci Negro, Sandy Robinson, Amy Foreman - Community Liaison for National Health Care, Matt Daskal, Lenora Beck, Geraldine Wells, Charlene Bailey, Stephen & Sophie Bruno, Rachel Bell, Brenda Levesque, Judith Briggs, Val Dumais, Carrie Zack, Claudette McClenaghan, Marge Burris, Rosaleen Peters, Frank & Donna Grieco, Madeline Drake, Nancy Burns, Kathy Joslyn, Helen Fitzgerald, Jeanette Schmidt, Plainville Middle School Art Club (Laura Meehan & Lori Vigue), Diane Chamberlain.

MEMORIAL DONATIONS

In Memory Of: Maryange Boilard by William & Debora Uliasz, Deborah A. Rio.

DIAL-A-RIDE DONATIONS

Verna Pekrul, Barbara Barton.

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

Cheer Report

DECEMBER 16--JANUARY 20

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

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Phyllis Gediman, Evelyn Stelma, Krishna Shrestha, Jeanne Raducha, Pam Kendall, Ronald Patry, Kathleen Cambo, Dave Schmidt, Jeannette Brodeur, Stephanie Soucy, Carol Beam, Elaine Wyzga, Elsie Senaldi, Vivian Arena, Helena Niziolek, Ceal DiFrancesco, Evelyn Case, Cathleen Macca, Hazel Decker, Rose Plourde, Mary Michaud, Stella Massa, Beatrice Dumont, Laurette Ortner, Bill & Judy Briggs, Robin Brown, Marcia Medina, Wendell Copeland, Skip Kensel, Norma Weisenburger, Katherine DeSanty, Edwina Faraci, Carol Wright, Allan Haver, Bob Thaxton.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Joseph Binette, Bernard Berube, Jennie Asensio, Maryange Boilard.

SYMPATHY CARDS WERE SENT TO:

Dorothy Crowell, Shirley Roberts, Jeanette Schmidt, Janice & William Brayne.

The Senior Center ALWAYS Needs Sympathy, Get Well and Thinking of You Cards! We do not use religious cards or Mass cards. If you wish to donate cards, please drop them off at the Senior Center. We appreciate it!



December New Members

David Alvarez, Sandra Alvarez, George Ballas, Carmen Corapinski, John Corapinski, Karen Donovan, Cathy Geis, Sheila Jackson, Mark Kush, Jean Lombardo, Raymond Phillips and Wayne Violette.



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BC= Back of Calendar	



Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle and logo is "cover page."

THIS AND THAT

THE FOLLOWING ACTIVITIES HAVE BEEN SUSPENDED FOR NOW:

- | | | |
|-----------------|--|--------------------|
| * Mahjong | * Setback | * Cribbage |
| * Pinochle | * Bridge | * Charlemagne |
| * Mexican Train | * Chair Volleyball | * Pool Tournaments |
| * Scrabble | * Women's & Men's
Brush-Up Pool Lessons | |

VOLUNTEERS WANTED TO ASSEMBLE THE NEWSLETTER

- No experience necessary. You can help with folding, collating, stapling and stuffing envelopes. Contact the Senior Center at (860)747-5728 to sign up. It's just a once a month commitment that takes just a few hours.

DECEMBER SETBACK TOURNAMENT WINNERS

- DEC. 20:** 1st: Donna Albrecht & Anne Theriault,
2nd: Sally Miller & Gail Kraneck,
3rd: Mary Levanti & Carol Diana.
DEC. 27: 1st: Peggy Grant & Alyce Lembo,
2nd: Sally Miller & Gail Kraneck,
3rd: Bernard Grabeck & John Gasperini.



DIAL-A-RIDE DRIVERS NEEDED!

The Plainville Senior Center is looking for on-call drivers for our Dial-a-Ride Program. Drivers must have a CDL or F-endorsement in order to drive our wheelchair lift-equipped bus. Training and hourly wage provided. Hourly range between \$15.50—\$16.61. Hours are on-call to assist when regularly scheduled drivers are out or when the schedule is busy and more drivers are required to assist with rides. F-endorsement is now easier to obtain and can be done without going to DMV and can be completed in two weeks. Contact Shawn or Ronda at the Senior Center for more information or visit www.plainvillect.com for an application.

AARP SAFE DRIVING COURSE AVAILABLE ONLINE



Become a Safer & More Confident Driver! The course is now 100% online and self-paced. Learn about skills and strategies you can use on the road every day. Discover defensive driving techniques to help you deal with aggressive drivers. Explore local laws and traffic rules for drivers. Get tips for proper maintenance of

your vehicle so it's safe before you drive. Go to: <https://campaigns.aarp.org/driversafetycourse> to sign up. If you don't have access to a computer, you can call us here at the Senior Center to reserve a computer. We can help you sign up and you can take the class here online.