

NEWS & EVENTS

FEBRUARY 2023

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 & more. No question is too small. Call (860)747-5728.

PLAINVILLE SENIOR CENTER PART TIME DIAL-A-RIDE DRIVER NEEDED!!

The Plainville Senior Center and Human Resources Agency (HRA) of New Britain run a transportation system to provide Dial-a-Ride for Plainville residents 60 and over. There is an immediate opening for a morning driver Monday—Friday. Drivers must have an F-endorsement (Taxi, Livery, Service Bus/Coach) or a CDL in order to drive the 14 passenger, wheelchair lift equipped bus. Paid training and hourly wage provided. Approximately 19-22 hours per week. HRA fringe benefits provided. The F-endorsement can be done in 2 to 4 weeks. Reimbursement for Medical Exam available. Contact Shawn or Ronda at the Senior Center 860-747-5728. For more information about Human Resource Agency and the application process, contact Nancy Shannon at 860-589-6968 extension 3.

TRIP MEETING: Feb. 2, 2:30 PM See pages 8,9 for details on National Parks Trip and Island Hopping Trip.

VETERANS ASSISTANCE APPOINTMENTS WITH ERIC VICKERS—DATE CHANGE FROM FEBRUARY 1 TO FEBRUARY 6
CALL TO SCHEDULE APPTS. AT 203-805-6343.

AARP SMART DRIVER—WED., MARCH 15, 12:30—4:30 PM COST: \$20—AARP MEMBERS. \$25—NON-AARP MEMBERS. SIGN UP BEGINS FEB. 1, NON-MEMBERS CAN SIGN UP BEGINNING FEB. 8. You may qualify for an auto insurance discount by completing the course (check with your auto insurance agent for details).

THE SENIOR CENTER LE PETIT CAFÉ IS OPEN!

Join us for a fresh and delicious lunch, prepared to order on **Tuesdays and Wednesdays, 11:30 - 1:00.**

Homemade soups, our famous grilled cheese sandwiches, BLT's and a new "build your own salad" featuring your choice of fresh greens, tomatoes, hard boiled eggs, chickpeas, peppers, red onion, glazed walnuts and more! Each week we feature a new special in addition to the regular menu. Fresh baked cookies are also available. **CASH OR CHECK ONLY.**



For our loyal café customers... buy 5 paninis, sandwiches, salads or specials and get one free!

FEBRUARY 7 & 8: Superbowl Favorites: Chili (meat & beans) or hot dog & beans (no bun) served w/ corn bread & a side salad

Soup: Cream of Broccoli

FEBRUARY 14 & 15: Eggplant Parmigiana Sandwich

Soup: Borscht (beet soup)

FEBRUARY 21 & 22: Baked Potato Bar (baked potatoes with your choice of crumbled bacon, broccoli, cheddar cheese, sour cream

Soup: Carrot Soup

Due to floor repair work, café may be closed on Feb. 28 and March 1. Call the Center to confirm.



SELF-CARE FOR GOOD HEALTH LUNCH & LEARN—DATE CHANGE FROM MARCH 2 TO MARCH 30
12:00 PM—1:00 PM FREE. **SEE PAGE 4 FOR DETAILS**

Dial-a-Ride Changes
See page 10

Energy Assistance
See page 7

Breakfast Club
See Page 2

Volunteer Gathering
See Page 11

CLASSES & PROGRAMS

NEEDLE FELTING A GNOME WITH A HEART

MONDAY, FEBRUARY 13, 1:30 PM—3:30 PM

INSTRUCTOR: DIANE SHEARD

COST: \$20.00 ALL SUPPLIES INCLUDED.

SAMPLE ON DISPLAY IN THE SHOWCASE.

SIGN UP NOW. LIMITED SPACE.

Join us as a beginner—or not—in a needle felting class. Learn, laugh and leave with your own creation: an adorable and individual gnome. Supplies will be ready and waiting. Just add your own creativity.

QUILTING CLASSES

INFINITY SCARF

WEDNESDAY, FEBRUARY 15,

9:30 AM— 11:30 PM

INSTRUCTOR: DARLENE BACHAND

COST: \$2.00 CLASS SIZE LIMITED TO 10. SIGN UP BEGINS FEBRUARY 1.

This scarf is an easy to make project to add a little fashion to a blouse, sweater, or jacket.



INTRODUCTION TO PAPER PIECING

WEDNESDAY, FEBRUARY 22, 9:30 AM—11:30 AM

COST: \$2.00, CLASS SIZE LIMITED TO 10.

SIGN UP BEGINS FEBRUARY 1.

*This class will show you the simple basics for paper piecing. These easy hearts will prepare you for next months **Victorian Hearts Wall Hanging!***

SEW SIMPLE VICTORIAN HEARTS

WALL HANGING

WEDNESDAY, MARCH 1 & 8

9:30 AM—11:30 AM CLASS SIZE LIMITED TO 10

COST: \$4.00. SIGN UP BEGINS FEBRUARY 1.

Make this Sew Simple wall hanging from the hearts you previously made in the intro to Paper Piecing class (February 22).



ADULT COLORING

WEDNESDAYS AT 3:00 PM

Come & color with us!! We have everything you need to color & create: coloring books, colored pencils, pens, markers and more. Connect with other colorists while you enjoy this relaxing, restorative activity.



BREAKFAST CLUB

Join us for an informal breakfast at D'Marie's restaurant, 17 Whiting Street, in Plainville! You'll order (and pay on your own) off the menu. Enjoy breakfast out with a great group of friends. If we have enough interest, we will try and make this a regular event! Call the Senior Center to register up until the day before the breakfast.

WOMEN'S BREAKFAST—Tuesday, February 14, 8:30

MEN'S BREAKFAST—Friday, February 17, 8:30



SILVER SNEAKERS CLASSIC IS BACK!

FRIDAYS, JANUARY 20—FEBRUARY 24

10:00 AM—10:45 AM

INSTRUCTOR: NANCY PANDOLFO

CLASS IS FREE IF YOU HAVE SILVER SNEAKERS.

COST: \$12.00 IF YOU DON'T HAVE SILVER SNEAKERS.

Join in the fun in this certified Silver Sneakers class.

Exercises are done in a chair and combine cardio and strength training. Beginners welcome.

ANIMALS—HUNGERFORD NATURE CENTER

TUESDAY, FEBRUARY 23, 1:30 PM

CALL THE SENIOR CENTER NOW TO REGISTER



Come meet and learn about fuzzy and cute animals. Hungerford Nature Center will bring some adorable animals to our Senior Center. Come join us to meet these little creatures, learn a bit about them and other animals that live at the Hungerford Nature Center.

CHINESE BUFFET LUNCHEON

THURSDAY, MARCH 2, 11:30 AM

COST: \$14.00

SIGN UP BEGINS FEBRUARY 1



We're celebrating the Year of the Rabbit which is a sign of longevity, peace and prosperity in Chinese culture, meaning 2023 is predicted to be a year of hope! Join us for a delicious Chinese buffet lunch featuring lots of favorite dishes including beef with broccoli, vegetable lo mein, General Tso's chicken, fried rice, shrimp with lobster sauce and more! Following lunch, guest speaker Jimmy Ngeow will talk about the Chinese culture and zodiac system.

MORE CLASSES AND PROGRAMS

WOMEN TO WOMEN, AGING GRACEFULLY AND CONFIDENTLY

THURSDAY, MARCH 23, 9:00 AM—2:00 PM

COST: \$10.00 (INCLUDES CONTINENTAL BREAKFAST, LUNCH, GIVE-A-WAY AND MORE!)

SIGN UP BEGINS FEBRUARY 1. SPACE IS LIMITED.

Ladies, join us on March 23, 2023 for the day-long Women's Day Conference. We will start the day with a continental breakfast after which you will be able to pick from 4 different topics pertinent to women as we age gracefully. They will include: The Benefits of Healthy Sleep, Cardiac Health in Women, Urinary Health and Why We Never Mention It, and Brain Health. Our keynote speaker, Heather Hitchcock, Community Education Manager, Bristol Behavioral Health, will present: "Who are Your People and Where are They Hiding?" Why is socialization so important in healthy aging and how you can develop friendships, create joy and find the spark to make life more fun. Following the workshops, we will enjoy a Panera lunch of sandwiches, salad, chips and dessert. One lucky lady will be eligible to have a free makeover (during lunch) by famed celebrity make-up artist and educator, Joby Rogers.



BETTY WHITE, HER LIFE AND TIMES

THURSDAY, MARCH 9, 10:00 AM

Presented by Joe Ouellette

"The History Guy"

Program is free. Please call the

Senior Center to register

beginning February 1. Betty

Marion White Ludden was an American actress and comedian. White was noted for her vast work in the entertainment industry and being one of the first women to work both in front of and behind the camera. Let's share a few moments in laughter. Remember Password, Mary Tyler Moore Show, The Golden Girls, Saturday Night Live, Hot in Cleveland and many more funny moments in our lifetimes.



FALL PREVENTION

MONDAY, FEBRUARY 13 10:00 AM

PRESENTED by: KIM QUINN & KATELYN LEBRETON OT, FOX REHABILITATION FREE.

SIGN UP BEGINS FEBRUARY 1.

Learn the facts about the fear of falling, intrinsic risk factors, environmental safety and interventions of physical and occupational therapy.

BOOK BUDS FEBRUARY BOOK: "ASK AGAIN, YES" by MARY BETH KEANE

FRIDAY, FEBRUARY 24, 10:00 AM

COST: FREE! FOR MEMBERS ONLY.

INSTRUCTOR: KATHLEEN MARSAN

Literary Fiction, Ask Again, Yes, is the ideal read for curling up in a chair and warm blanket as we count down the winter days. A timely story of two families intertwined in both happiness and sorrow, frustrations and satisfaction, fear and trust, hate and love will have the reader questioning, "Are second chances even possible?" Books are now available at the Library front desk.



SNAPPY SENIORS PHOTOGRAPHY

GROUP MEETS THURSDAY, FEBRUARY 16,

10:30 AM

CALL TO REGISTER (860)747-5728

Share photos from anytime or place. Show us something you learned **OR** a special photo **OR** one of your all time favorites! Bring ideas for future classes, trips and lectures.

UKULELE JAM

Join our group of ukulele enthusiasts to play and sing on Thursdays from 2:00—3:00! Drop in for a great time.



TELEPHONE BINGO IS BACK!

THURSDAY 1:00—2:00 PM

Peggy Grant will be calling bingo over the telephone and on Zoom so you don't have to leave your cozy home to go outdoors! If you'd like to play, call the Senior Center to register and to get a bingo card. There is no charge to play. Playing for fun!

SELF-CARE MATTERS

MAMMOGRAMS

**TUESDAY, APRIL 4, 8:00 AM—2:00 PM
BY APPOINTMENT - CALL THE SENIOR
CENTER TO MAKE AN APPOINTMENT BY
MARCH 17**

Hartford Hospital's Mobile Mammography program will be offering screening mammograms on Tuesday, April 4 between 8:00 AM and 2:00 PM at the Plainville Senior Center. The Mobile Mammography bus will be in the Senior Center parking lot. These mammograms are offered for women over the age of 40 who have not had a screening mammogram in the past 12 months. Hartford Hospital will accept all health insurances and if a woman has no health insurance, donated funds are available to cover the cost of her screening. Appointment and pre-registration is required.

SELF-CARE FOR GOOD HEALTH LUNCH & LEARN

**THURSDAY, MARCH 30, 12:00 PM—1:00 PM FREE.
CALL THE SENIOR CENTER BY FEB. 27 TO REGISTER.**

PROGRAM INCLUDES A COMPLIMENTARY LUNCH (turkey sandwich, chips, pasta salad, cookie & beverage)

Self-care means taking the time to do things that help us



live well and improve our physical and mental health. When it comes to our mental health, self-care can help manage stress, lower risk of illness, and increase energy. Any small act of self-care added to our daily routine can have a positive impact.

Please join us as we welcome Heather Hitchcock, CDP, Community Educator with Bristol Behavioral Health as she discusses simple changes we can make to positively affect our own mental health.



MONEY MATTERS & MORE

SENIOR MEDICARE PATROL (SMP) PRESENTATION & BINGO

**THURSDAY, FEB. 23, 10:00 AM
FREE!! CALL THE SENIOR CENTER TO
REGISTER**

Learn how to protect, detect and report Medicare fraud and abuse while playing bingo & winning prizes.



INCOME TAX PREPARATION—BY AARP TAX AIDE & HRA VITA TAX COUNSELORS

Free income tax preparation assistance by certified volunteer tax counselors for low to moderate income taxpayers. The dates for 2023 (tax returns for calendar year 2022) are **every Tuesday beginning Tuesday, February 7 and ending Tuesday April 11 and Fridays, beginning March 3 and ending April 14.** Appointments are required. Call the Senior Center to schedule an appointment.

IMPORTANT REMINDERS: Before your appointment, please stop by the Senior Center to pick up a checklist of items required to bring to your appointment and an intake packet that **MUST** be completed before your appointment.

HOMEOWNERS TAX RELIEF BENEFITS FOR ELDERLY AND DISABLED

The Town of Plainville Assessment & Collections Department is accepting Homeowners Tax Relief applications for qualified elderly and disabled homeowners. Applications must be filed by **May 15, 2023.** Income limits must not exceed \$40,300 for a single person and \$49,100 for a married couple. The Town of Plainville also sponsors a local option elderly program. Income limits must not exceed \$46,800 for a single person and \$53,000 for a married couple. Applicants must be 65 years or older prior to December 31, 2022 or have a 100% disability rating from the Social Security Administration and must own and reside in the property for which tax relief is being sought. Additional benefits for Veterans are also available. Call the Town of Plainville Assessment & Collections office for information and to schedule an appointment, 860-793-0221 ext. 7136.

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 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: DENISE LIPKA

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.

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:45–3:45 P.M.

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress and calms the mind and also builds core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Bring a water bottle.

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. PEAK Center hours are: **Monday—Thursday, 9:00 AM—3:00 PM and Friday 9:00 AM—1:00 PM.**

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 A.M.—12:00 P.M.

INSTRUCTOR: ABBE WADE

Instructor Abbe Wade teaches four unique techniques using acrylic paints. Students must provide their own supplies.

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, 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.

WATERCOLOR CLASS

FRIDAYS, 9:30 A.M.-11:30 A.M.

INSTRUCTOR: PENNY KINDBLOM

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.

CLASS SCHEDULE Class descriptions on pages 2, 5

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, February 1 between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **February 8** 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	Next Session Registration Begins February 1st
MONDAY			
Acrylic Painting	10:00-12:00	Jan. 30—Mar. 27, 8 weeks, \$16.00 No Class Feb. 20	
Power Burst	1:30-2:30	Jan. 30—Mar. 20, 6 weeks, \$12.00 No Class Feb. 13 & Feb. 20	
Chair Pilates & Balance	2:45-3:45	Jan. 30—Mar. 20, 6 weeks, \$12.00 No Class Feb. 13 & 20	
TUESDAY			
Cardio Chair Fitness w/ Nancy	1:30-2:15	Jan. 24—Mar. 7, 6 weeks, \$12 No Class Feb. 28	Mar. 14—Apr. 18, 6 weeks, \$12.00
Balance Class	2:30-3:15	Jan. 24—Mar. 7, 6 weeks, \$12 No Class Feb. 28	Mar. 14—Apr. 18, 6 weeks, \$12.00
WEDNESDAY			
Zumba Gold	9:30 -10:30	Jan. 25—Mar. 15, 8 weeks, \$24.00	Mar. 22—May 10, 8 weeks, \$24.00
Quilting	9:30-11:30	See page 2	
THURSDAY			
Ceramics	9:30 – 11:30	Jan. 19—Mar. 9, 8 weeks, \$32	Mar. 16—Apr. 20, 6 weeks, \$24.00
Knitting/Crochet	1:00-3:00	Jan. 19—Mar. 9, 8 weeks, \$16	Mar. 23—Apr. 27, 6 weeks, \$12.00
FRIDAY			
Watercolor	9:30-11:30	Jan. 20—Mar. 24, 10 weeks, \$30 (Includes Watercolor Paints)	
Silver Sneakers Classic	10:00-10:45	Jan. 27—Mar. 10, 6 weeks, \$12 No Class Mar. 3 Free if you have Silver Sneakers	Mar. 17—Apr. 28, 6 weeks, \$12 No Class Apr. 7 Free if you have Silver Sneakers
Yoga-Lates	11:00-11:45	Jan. 27—Mar. 10, 6 weeks, \$12 No Class Mar. 3 Free if you have Silver Sneakers	Mar. 17—Apr. 28, 6 weeks, \$12 No Class Apr. 7 Free if you have Silver Sneakers

HOW TO REGISTER FOR A FREE 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. 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.**

SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, February 14** at 10 a.m. at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center to register.

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 on **Tuesday, February 28** at 10:30 AM, 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.

MEMORY CAFÉ AT THE SENIOR CENTER

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

CALL THE SENIOR CENTER TO REGISTER. OPEN TO THE PUBLIC.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. 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. & the CT State Unit on Aging.

LIVE WELL—ACTIVE LIVING TOOLKIT—FREE

*Live Well with Chronic Conditions Telephonic Workshop: February 2, 3:00 PM

*Live Well with Chronic Pain Telephonic Workshop: February 8, 11:00 AM & February 21, 1:00 PM

*Live Well with Diabetes Virtual Workshop: February 9, 10:00 AM

CONTACT: Carley Taft, carly.taft@ncaaact.org OR 860-724-6443

ALZHEIMER'S ASSOCIATION ANNUAL NEW ENGLAND FAMILY CONFERENCE

FRIDAY AND SATURDAY, FEB. 3 AND FEB. 4

The Alzheimer's Association will host a free virtual educational conference for individuals living with Alzheimer's and dementia and their families.

For more information and to register for the event, visit alzfamilyconference.org

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 \$39,791 (gross) and a family of two could possibly make \$51,996 (gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. HRA is located at 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR. Please call 860-356-2000 or go online to:

<https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

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

SNAP stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were INCREASED as of October 1, 2022. There is no asset limit. **Single \$2,265 Couple \$3,052.** Call Stephanie with any questions or to assist with an application.



TRANSPORT WHEELCHAIRS NEEDED

The Senior Center is looking for more transport wheelchairs to loan out. These are so popular, we can't keep up with the need for them. Compared to wheelchairs, transport chairs have smaller rear wheels that cannot be reached while sitting in the chair. Call us at (860)747-5728 to make arrangements to drop off the chair.

OUTDOOR ADVENTURES

THE CAROUSEL MUSEUM & BRISTOL MEMORIAL PARK

WEDNESDAY, FEBRUARY 22, 2023

MEET AT PLAINVILLE SENIOR CENTER AT 9:30 AM TO CARAVAN TO THE CAROUSEL MUSEUM IN BRISTOL. COST: FREE, IF YOU ONLY WANT TO GO ON THE WALK.

COST FOR THE MUSEUM IS \$8.00.

PAY ENTRANCE ADMISSION AT THE MUSEUM. SIGN UP BEGINS JANUARY 5.

WHEN REGISTERING, PLEASE LET US KNOW IF YOU'D LIKE TO GO TO THE MUSEUM AND/OR THE PARK. GROUP LEADER: EILEEN CYR

Join us for a tour of the Carousel Museum in Bristol, which features a collection of more than 200 antique wooden horses and objects from 17th century Europe to the modern day. You'll also get to ride the indoor carousel and have time to spend at the Museum of Fire History. Following the tour, we will travel to Memorial Park for a 45 minute-1 hour walk. After burning some calories, we'll go for lunch (pay on your own) at 150 Central Cafe in Forestville.



SHADE SWAMP SANCTUARY HIKE, FARMINGTON

SATURDAY, FEBRUARY 11, 9:00 AM—11:00 AM

COST: \$3.00. SIGN UP BEGINS FEBRUARY 1

Join Outdoor Adventure Leader, Jared Scoville for this great local hike! This hike is located right off of Route 6 in Farmington. The trail goes past a serene pond and over nice wooded trails. The hike will take us over 1-2 different loops, with only mild rolling hills and inclines at times. Prepare for mildly muddy conditions and wet leaves as well, wearing shoes with good grips. The hike will be approx. 2 –2.5 miles and is appropriate for anyone who actively walks on a regular basis. Parking is at a paved driveway pull off, right off of Route 6. The approx. address for the parking lot is 175 Scott Swamp Road in Farmington. We will finish the hike at approx. 10:30 AM or 11:00 AM.



LET IT SNOW AND LET US SNOWSHOE!

Call the Senior Center to add your name to our impromptu snowshoe adventure list. If it snows and conditions are good for snowshoeing, we will contact you to see if you'd like to go for an impromptu snowshoe adventure. We have 5 pairs of snowshoes available for folks who need them. We will maintain the list through the winter.



QUICK TRIPS—There will be **NO Quick Trips** at this time until a new driver is hired. If you know someone who would like to drive, please contact Ronda or Shawn.

CURRENT TRIP

NATIONAL PARKS: ARIZONA ADVENTURE AND LAS VEGAS 10/06/2023—10/13/2023

Looking for a trip that combines the beauty of our Great National Parks: the Grand Canyon, Sedona, Petrified Forest, ancestral Pueblo dwelling perched on the edge of a volcanic field, Painted Desert, Historic Route 66, a Pink Jeep tour, Red Rocks and Hoover Dam. Lots of outdoor sights away from crowds and Covid, fully escorted so you can relax and enjoy, dip your toe into Las Vegas for shows, sights, shopping and lady luck! Then join the Plainville Senior Center for a trip meeting, Thursday, February 2, 2023 at 2:30 PM. Flyers available now at the Senior Center. You can sign up now—with Friendship Tours—See Shawn for Questions.

MONTHLY SHOPPING TRIPS

BRISTOL WALMART

FRIDAY FEBRUARY 10

HOME AND SENIOR CENTER PICKUPS BEGIN 9:45 AM Shop for APPROX 2 hours. Return pickups from store begins approximately 12:45 PM. Timing depends on number of shoppers signed to attend.

***Masks required on bus.**



BRISTOL SHOPPING PLAZA

FRIDAY FEBRUARY 24

HOME AND SENIOR CENTER PICKUPS BEGIN 9:45 AM Shop for APPROX 2 hours. Return pickups from store begins approximately 12:45 PM. Timing depends on number of shoppers signed to attend.

***Masks required on bus.**

NEW TRIPS

ST. PATRICK'S DAY CELEBRATION AT THE AQUA TURF

FEATURING: THE MCLEAN AVENUE BAND & IRISH STEP DANCERS!!

TUESDAY, MARCH 14, 11:00 AM—3:30 PM

COST: \$52.00 TO DRIVE ON YOUR OWN.

SIGN UP BEGINS FEB. 1

(May have Bus). Padriag Allen and the McLean Avenue Band have taken the Irish American music and entertainment scene by storm with their wonderful arrangements of pop, rock and folk songs, intertwined with traditional Irish toons and upbeat melodies!

MEAL: Corned Beef & Cabbage/Baked Scrod
Complimentary Coffee & Donuts/Complimentary Glass of Beer or Wine/Complimentary Door Prizes.



CAPTAIN JP CRUISE—LOCKS AND LUNCH—SATURDAY, JUNE 24, 2023

COST: \$126.00 PER PERSON

SIGN UP BEGINS FEB 1

DEPARTURE: SENIOR CENTER

Enjoy a 3-hour cruise to the locks north of Troy, NY. Complete buffet with onboard entertainment as we sail along.



ISLAND HOPPING-NANTUCKET & MARTHA'S VINEYARD: FRIDAY—SUNDAY, AUGUST 18—20

COST: \$729 PER PERSON DOUBLE/TRIPLE - \$919 PER PERSON SINGLE DEPARTURE: SENIOR CENTER

Deposit: \$200 per person by May 19, 2023

Day 1: JFK Museum, 2 Nights at the HOLIDAY INN CAPE COD HYANNIS.

Day 2: Daytrip to Nantucket Island, Ferry Guided Tour, Free time for lunch, shopping or biking before return to mainland.

Day 3: Ferry to Martha's Vineyard. Guided tour Highlights include Victorian cottages and quaint shoppes.

UPCOMING TRIPS: Just a few of the trips we are planning-more info in future newsletters

Motor Coach Tours

- May 31: Salem and Marblehead
- August 3: Lake George Luncheon Cruise
- October 17: Covered Bridges of New Hampshire

**SAVE
THE DATE!**



Aqua Turf Parties—(Drive on your own until we hire another DAR Driver)

- August 15: "Come Fly With Me" - Journey Through the Decades—Music from Sinatra, Kenny Rogers, Tim McGraw, Dionne Warwick, Dianna Ross, & Roberta Flack
- September 12: Donna Summers Tribute
- November 8: Elvis is in the Building!
- December 12: Holiday Classics with Downtown 6 Band! Sing-a-long from The Glamour Girls & Santa George & Mrs. Claus!

IMPORTANT NOTES

PLAINVILLE DIAL-A-RIDE CHANGES EFFECTIVE JANUARY 9, 2023

TEMPORARY SCHEDULE: Monday—Thursday from 9:00 AM– 2:30 PM Fridays 9:00 – 1:00 PM

- ◆ Dial-a-Ride driver, Ralph will be leaving his position on January 6, 2023. We will only have 1 driver (Pierre) until a second driver is hired and trained.
- ◆ Medical/dental appointments will take priority. Hairdresser, shopping, banking, library, etc. will be scheduled as time allows.
- ◆ Rides for medical appointments can be scheduled 3 weeks in advance. Rides other than medical appointments can be scheduled 2 days in advance. Do not wait until the day you need to go somewhere to schedule a ride. All rides must be scheduled through HRA, not the Senior Center.
Call HRA 860-589-6968 ext. 1
- ◆ First pickup from home will begin at 9:00 a.m. Do not schedule any appointments before 9:30 a.m. so we have enough time to get you from your home to your destination.
- ◆ We strongly urge everyone to apply immediately for alternative transportation programs so if we are unable to schedule a ride for you, you will have an option to use another service to get to your appointments.
- ◆ **ADA Paratransit Service** provides rides for any purpose. ADA does not travel to Southington; however, they do cover the same towns and travel out of Plainville for any reason and have early morning, evening, and weekend hours. Rides on ADA are free, through March 2023. Stephanie Soucy, Senior Center Social Worker, can help you to apply. Allow 7-14 business days for an application to be approved.
- ◆ **Senior Transportation Service (STS)** provides rides for medical appointments only. An application is needed. If you want help applying, call Stephanie at the Senior Center. Rides with STS must be scheduled a minimum of 10 business days prior to the medical appointment. There is a membership fee and a charge for rides. The Senior Center has scholarships available to help pay for the membership fee and rides, for people who qualify. Stephanie can help with scholarship information also.
- ◆ Courteous, respectful behavior is expected of all riders. People who yell, or are rude to the driver, passengers, Senior Center or HRA staff will be at risk for losing Dial-a-Ride privileges.
- ◆ Any questions, call Shawn or Ronda at the Plainville Senior Center, 860-747-5728

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 9AM 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.



EGG DISTRIBUTION ON HOLD UNTIL SPRING

The chickens are on a sabbatical! Since egg laying diminishes with the loss of daylight, the chicks are not producing as many eggs. We expect the chickens to be back to their regular egg-laying schedule in the Spring and will let you know when they are. A big thank you to Priscilla Gundry and daughter, Laura Van Linter for sharing their farm fresh eggs with us!



NOTEWORTHY

GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs in the area or “give a-ways” or last minute trip shares or lectures or important information on community news and fun stuff to do!! On occasion, we send out emails during the month with details. Would you like to join our email list? Call, send an email or stop by and give us your email address. If you want to email us, send an email to beamc@plainville-ct.gov.

PLEASE NOTE: we do not share our email address list with anyone.

DAILY LUNCHES AT THE SENIOR CENTER

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860) 747-5728 between 10:00-10:30 AM to reserve your meals. If you do not reserve your meal in advance, you can try calling the day that you want a meal to see if there is a cancellation. Menu is available at the Senior Center.

SHOWCASE YOUR COLLECTION OR HOBBY!

If you have a collection or hobby that you'd like to display in our showcase, please call us at the Senior Center to let us know. Displays are typically in the locked showcase for a month at a time.

February Display: Joyce Goldberg-Valentines

Joyce is excited to display her collection of vintage Valentines again this year. The oldest one was her mother's first Valentine from 1916. You are certain to recognize many Valentines from your own childhood!



VOLUNTEERS

PEAK CENTER FLOATER VOLUNTEERS NEEDED

We need floater volunteers to cover shifts when our regularly scheduled volunteers need coverage. We would like to add names to our call list of volunteers who might be able to cover a two-hour shift as needed. Floater volunteers will get a reduced subscription to the PEAK Center. Please see Sharon if interested.

VOLUNTEERS, FOR ALL THAT YOU DO, LET US CELEBRATE YOU!

MONDAY FEBRUARY 13, 10:00 AM—12:00 PM

“Volunteers do not necessarily have the time; they just have the heart.” - Elizabeth Andrew
We love our volunteers who give of themselves to help our Center be the very best!

Did you know that 184 volunteers reported 10,232 volunteer hours in 2022. We have had a 54% increase over last year's volunteer hours.

If you volunteered in 2022-2023, we want to thank you from the bottom of our heart!!

Let's celebrate! Please join us for an informal, free social gathering of light refreshments and free raffle-prize give-a-ways. Drop by anytime between 10:00AM—12:00 PM, but please sign up in advance. **CALL THE SENIOR CENTER TO RESERVE YOUR SPOT TODAY.**

Do we have all your hours for 2022? If you haven't reported or recorded your hours for 2022, please call Sharon right away so we can capture your hours. Thank You!

Attention Fabulous Volunteers! The Volunteer Board is Back!!

Please be sure to record your hours. You can use the board or online if you prefer (<https://schedulesplus.com/plainville/kiosk>). Every volunteer hour counts and we appreciate all that you do to keep our Center so active!

VETERANS' NEWS & ACTIVITIES

VETERANS' SOCIAL HOUR

TUESDAY, FEBRUARY 28, 10:00 AM

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



HELP FOR VETERANS

Our new Veterans Service Officer, CT Department of Veterans' Affairs, is Eric Vickers. He will be at the Senior Center February 1, and March 1, 2023 at 10:00 AM. By appointment only. To schedule an appointment, call Eric at 203-805-6343.

HEALTH PROGRAMS AND INFORMATION

MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS:

Singles Range From: \$2,390 to \$2,786

Couples Range From: \$3,220 to \$3,754

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share): The State of CT offers financial assistance to eligible Medicare enrollees. They 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.

DEMENTIA SUPPORT GROUP

Arden Courts of Farmington—45 South Road, Farmington, CT 06032

<https://www.arden-courts.org/farmington>

Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month beginning **January 3rd** at 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM.

To RSVP call Hollis Hartman 860-543-1010 or Hollis.Hartman@promedica.org.

WOMEN WITH HEART DISEASE SUPPORT NETWORK

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference room A, 81 Meriden Ave., Southington. To sign up for the support group call :

1.855.HHC.HERE (1.855-442-4373)

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.

FREE COVID-19 TESTS

Every home in the US is eligible to receive a 3rd round of free at-home COVID-19 tests. Up to 8 kits available. Order yours today and tell a friend to do the same! <https://www.covid.gov/tests>.

- ♦ For those who need assistance ordering, please come to the Senior Center front desk.



SCAM ALERT

BEWARE OF THE 'NEW MEDICARE CARD' SCAM

Fraudsters may be calling people claiming they need to verify information and obtain payment information over the phone to receive a new card. This scam may be even more effective since the fraudsters obtained PPI (Personally Identifiable Information) and may use that information to gain trust.

If anyone is contacted and shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422.

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist Plainville residents with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceiling, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.

Donations

DECEMBER 20-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

Amy West –Toffolon School 4th Grade, Barbara Barton, Catherine Humar, Our Lady of Mercy, Marianne Tababa, Rachel Bell, Diane Chamberlain, Dan Hurley & Ginny Worrell, Toffolon 5th Grade, Toffolon 4th Grade, Brenda Levesque, Polish Care Services, Fran Gallagher, Judy & Bill Briggs, Geraldine Wells, Marge Burris, Anonymous, Mary-Ellen Hebert, Mary Bardani, Carolyn Zenuh, Barbara Barton, Gary & Janice Eischenhauer, Val Dumais

MEMORIAL DONATIONS

IN MEMORY OF STEPHEN J. BRUNO:

Sophie Bruno

IN MEMORY OF PATRICIA CANCELLI:

Christine Pringle

IN MEMORY OF GAIL DAIGLE:

Catherine Camerato

IN MEMORY OF HAZEL DECKER:

Lawrence E. Morse

IN MEMORY OF ANNMARIE GISELE

DUBE-LIZOTTE: Elaine Cyr, Dan & Joan Ciesielski
Lawrence E. Morse

IN MEMORY OF MICHAEL HESLIN:

Lee Ann & Kenneth Korus

IN MEMORY OF JAMES & JUSTINA TELLA:

Brenda Tella

IN MEMORY OF MICHAEL HESLIN:

Lee Ann & Kenneth Korus

Cheer Report

DECEMBER 20-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:

Sandy Robinson, Carol Wright, Donald Beam, Leona Bisson, Elie Miranda, Mary Lou Cassile, Lynn Gagnon, Barbara Levesque, Ann Campbell, Paul Lickwar, Geraldine Malicki, Norma Weisenburger, Ceal DiFrancesco, Beatrice Dumont, Joe Maitz, Skip Kense, Richard Celden, Jeanine Martino, Helena Niziolek, Carol & Don Beam, Phil Heim, Corinne Trepanier, Sally Miller, Bev Heslin, Laverne Merolli, Kathryn Scott

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Dominic Ragaglia, Gail Daigle, Avis Buchanan, Robert Tabor, Elizabeth Lackey, Stefano Santacroce, Virginia Giroux, Gilbert Plourde, Ronald Patry, David Barker, Joseph Maitz

SYMPATHY CARDS WERE SENT TO:

Marlene Maglio, Georgia Sterpka and Family

*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!*

Thinking of You



DIAL-A-RIDE DONATIONS

Barbara Barton, Susan Cavanna, Bob & Diane Guerriere

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.



NOVEMBER NEW MEMBERS
Barbara Abbott, John Griffen, Kenneth Kayser, Renee Ludwiczak, Marlene Nagel, Marion Pearson, Alejandro Soler, Maria Soler, Louise Thiessen, Philip Turro and Joan Vallee

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FUN AND GAMES

SETBACK WEEKLY TOURNAMENT WINNERS

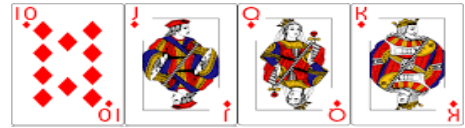
DEC 19: 1st: Sally Miller & Pearl DiBenigno 2nd: Mary Ann Cunningham & Liz Aloï 3rd: Mary Levanti & Linda Dominique

JAN 9: 1st: Fran Bolduc & Jackie Lemelin 2nd: Linda Dominique & Mary Levanti 3rd: Donna Albrecht & Sandy Tyminski

WEEKLY POOL TOURNAMENT WINNERS

JAN. 5 : 1st: John Gasparini 2nd: Bob Korpita 3rd: Stan Funk

JAN. 12: 1st: Bob Korpita 2nd: Stan Funk



POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play –NO need to sign up, just show up.

EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.

Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.

FREE/GIVE-A-WAY ITEMS AT THE SENIOR CENTER

The Senior Center has 2 areas that have items such as books, magazines, cards, trinkets, puzzles, etc. that people can have for free. There is a counter in the lounge (next to the computer stations) & a table in the green room. We have had a recent problem with people taking items (food, decorations, etc.) that are not meant to be taken. If you see something anywhere else in the building, do not assume it is meant to be given away. It belongs to the Senior Center. If you are unsure, please ask a staff member.



QUILT RAFFLE

Enter our raffle to win a beautiful quilt made and donated by Senior Center Member, Linda Altmeyer. Tickets are 3 for \$1.00 and donations benefit Dial-A-Ride. Drawing will be held on Friday, February 24. The quilt is on display at the Greeters Desk.



MEGA SIGN-UP DAY FEBRUARY 1, 9:15—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.



DIVERSE UNIVERSE

RAINBOW LUNCH

LGBT adults & allies can join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Pre-registration required. For more information please call Karen Green (860)589-6226, ext. 2226. **Register at: www.ctthealthyiving.org. To view the program here, call the Senior Center.**

Transportation

Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, **call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.**

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. **We ask that you be ready on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.

SENIOR TRANSPORTATION SERVICES

ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. 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. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. For help in paying for the service call Stephanie or Ronda at (860)747-5728. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



ADDITIONAL TRANSPORTATION OPTIONS

ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 days a year without restrictions.

Eligibility: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.90 per additional mile after that.

Call Encompass at (860)444-4444 or visit online at Encompass.M7Ride.com.

ADA Paratransit



ANOTHER OPTION WITH MORE HOURS & DESTINATIONS

FREE FARES UNTIL MARCH 31, 2023

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 AM—Midnight

Weekends 6:00 AM—Midnight

There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

You Must be Pre-Approved — How to Apply:

The online application can be found at www.ctada.com. **You can also call the Senior Center at (860)747-5728 for an appointment with Stephanie who can assist with the online application process.** Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Para-Transit rider.


CANCELLATIONS: please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghdtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours please call the dispatch department).

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call **(860)247-5329, extension 3086.**

FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 9:00 NURSE* 9:15 Walk (GR) 10:00 COVID Clinic* 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	31 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Cardio Chr (BR) 2:30 Balance (BR)	1 MEGA SIGN-UP 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilt (CR) 10:00 Veterans Help (CL)* 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	2 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Knit/Crochet (GR) 1:00 Scrabble (CA) 1:00 Tele. Bingo 2:00 Ukulele Jam 2:00 Healthy Brain(BR) 2:30 Trip Meeting (CR)	3 9:15 Walk (GR) 9:30 Choral (BR) 9:30 Watercolor (CR) 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	4
5	6 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	7 9:00 NURSE* 9:15 Walk (GR) 10:00 Income Tax (GR)* 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Cardio Chr (BR) 2:30 Balance (BR)	8 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilt (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	9 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 COA (CR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Knit/Crochet (GR) 1:00 Scrabble (CA) 1:00 Tele. Bingo 2:00 Ukulele Jam 2:00 Healthy Brain (BR)	10 9:15 Walk (GR) 9:45 Shopping Bus 9:30 Watercolor (CR) 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	11 9:00 AM— 11:00 AM Shade Swamp Sanctuary Hike in Farmington
12	13 9:00 NURSE* 9:15 Walk (GR) 10:00 Volunteers Gathering (CA) 10:00 Acrylic Paint. (CR) 10:00 Fall Preven- tion (GR) 12:30 Setback (GR) 1:30 Needle Felt. (CR)	14 8:30 Women's B'fast 9:00 NURSE* 9:15 Walk (GR) 10:00 Income Tax (GR)* 10:00 Ladies Pool 10:00 Cribbage (GA) 10:00 Caregiving (CR) 12:30 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Cardio Chr (BR) 2:30 Balance (BR)	15 9:15 Walk (BR) 9:30 Quilt (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	16 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:30 Snap. Seniors (GR) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00 Tele. Bingo 2:00 Memory Café (CR) 2:00 Ukulele Jam 2:00 Healthy Brain (BR)	17 8:30 Men's B'fast 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	18
19	20 SENIOR CENTER CLOSED 	21 9:00 NURSE* 9:15 Walk (GR) 10:00 Income Tax (GR)* 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 Current E.(GA) 1:00 Bridge (OS) 1:30 Cardio Chr (BR) 1:30 Circle Grp (CR) 2:30 Balance (BR)	22 9:15 Walk (BR) 9:30 Quilt (CR) 9:30 Zumba (GR) 9:30 Carousel Museum 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	23 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:00 Medicare Patrol 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00 Tele. Bingo 1:30 Animal Visit (BR) 2:00 Ukulele Jam	24 9:15 Walk (GR) 9:30 Watercolor (CR) 9:45 Shopping Bus 10:00 Silver Sneak. Classic (GR) 10:00 Book Buds (OS) 11:00 Yoga-L(GR)	25
26	27 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	28 9:00 NURSE* 9:15 Walk (GR) 10:00 Income Tax (GR)* 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet. Social Hr.(BR) 10:30 Grandparents (CR) 12:30 Current E.(GA) 1:00 Bridge (OS)	1 9:15 Walk (BR) 9:30 Quilt (CR) 9:30 Zumba (GR) 10:00 Veterans Help (CL)* 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	2 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Chinese Buf. (GR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge /Scrabble 1:00 Knit/Crochet (GR) 1:00 Tele. Bingo 2:00 Ukulele Jam	KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINT MENT NEEDED	