

Shawn Cohen
Director

Victoria Nadolski
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.

TEA—HEALTH BENEFITS AND PAR-TEA:

BROUGHT TO YOU BY FOR ALL AGES

MONDAY, FEB. 5, 10:30 —11:30 AM



Join For All Ages Co-Founder Deb Bibbins and Gary Sekorski to explore the many health benefits of tea. Enjoy a complimentary cup of tea & a snack and learn how drinking various types of tea can improve your health in a number of ways. Reservations required. ***Plus, you'll learn about For All Ages' free, 12-week Tea @ 3 Intergenerational Friendship Community. See page 3.**

INCOME TAX PREPARATION APPOINTMENT

The Plainville Senior Center will once again host AARP Tax-Aide, and also the Vita Tax Program that provides free income tax preparation assistance by certified volunteer tax counselors for low to moderate income taxpayers. The dates for (2024 tax returns for calendar year 2023) are **every Tuesday beginning Feb. 6, & ending Tuesday April 9. Appointments will also be available Friday mornings 9:00 – 12:00.** Appointments are required. **IMPORTANT REMINDERS: Please note that you must pick up a package prior to your appointment date at the Plainville Senior Center. This package of forms MUST be completed & brought with you to your initial appointment. Failure to present a completed package of forms will cause you to forfeit your appointment.** Please ensure that you have received all income and expense documents, (Social Security Statements, Brokerage Statements, Health Care Insurance-related Statements, 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, you may be required to reschedule your appointment. If your return will be filed as Married Filing Jointly, both spouses need to come to the appointment. Bring photo ID for identity verification. Bring a copy of your prior year (2022) tax return. The Tax Counselors and Senior Center staff look forward to another successful year of providing this valuable service!

PLAINVILLE SENIOR CENTER DIAL-A-RIDE

DRIVER NEEDED! The Plainville Senior Center has an immediate opening for a Dial-a-Ride Drivers must have a Public Passenger Endorsement, F-endorsement (no testing required) or a school bus driver's license in order to drive the 14 passenger wheelchair lift equipped bus. Paid training and hourly wage (\$21/per hour). Hours based on demand. Contact Shawn or Victoria at the Senior Center, 860-747-5728 for more info & an application or apply online: www.plainvillect.com



MIDDLE SCHOOL OF PLAINVILLE RENOVATION PROJECT PRESENTATION

FEBRUARY 7, 2024 12:30 PM AT THE PLAINVILLE SENIOR CENTER

The Town of Plainville is planning a referendum vote on Tuesday, March 19, 2024, regarding the Middle School of Plainville Renovation Project. The Middle School Steering Committee is preparing for the referendum by providing information and important dates for town residents so that they will be informed as to the various events from the beginning to the end of the project. This presentation will include key components of the project, such as rationale, timeline, cost, state funding and project scope. We hope to see you on the 7th!



CLASSES & PROGRAMS

QUILTING CLASSES



INSTRUCTOR: DARLENE BACHAND
WEDNESDAYS, 9:00 AM — 11:30 AM

Orion Star Quilt—A very pretty variation of a Log Cabin block with a Star in the middle!
 FEB. 7, 14, 21, 28 COST: \$8.00

Spring Tulips Table Runner 20' X 50" - Easy to make table runner will look beautiful for the entire Spring & Summer.

March 6, 13 & 20 COST : \$6.00

OPEN SEW—Every Wednesday COST: \$2.00 Work on your own. Limit: 8 participants

SNAPPY SENIORS PHOTOGRAPHY

THURSDAY, FEBRUARY 15, 10:00 AM

This month's topic is How to Crop and Enhance Photos for Prints, using cellphones and the Walgreen's phone, web, and in-store apps. This instruction will prepare photographers for making 5X7 and 8X10 prints to display on mats for the group's April exhibit at the Plainville Public Library and at the Senior Center after that. New members are always welcome to join. To register and for more information, call the Senior Center at 860-747-5728.

SENIOR BULLYING WITH THE PINES & BRISTOL HEALTH—SNACK & LEARN

TUESDAY, FEB. 13, 1:30 PM—2:30 PM, FREE

SIGN-UP REQUIRED; INSTRUCTOR: HEATHER HITCHCOCK

Take a moment to picture a bully. Do you see a young kid or adolescent picking on someone smaller than them? What happens when an adult becomes the victim of bullying? Bullying among senior citizens has been making news in recent years. Sit with Heather Hitchcock,



Community Education Manager with Bristol Behavioral Health, as she discusses the realities of bullying among seniors and the impact it has on everyone.

PRE-DIABETES & DIABETES SUPPORT GROUP & EDUCATION

Monthly Monday Morning Meetings

@ 10:00 AM—11:00 AM FREE—Sign up required

Whether you are new to or have pre-diabetes or diabetes, if you would like updated information, tips, tricks, support, these sessions are for you!

By: Betsy Gaudian MSN, RN-BC, RDN, CDCES

***February 26—Nutrition and the DIET to Control Glucose**

March 25—Monitoring + CGMs

April 29—Medications and All That Jazz (BP & Cholesterol)

May 20— How to Cope, Emotions, Problem Solving

June 24—Exercise, Open Forum, Resources, Show + Tell

VINTAGE VALENTINES AND CHOCOLATE TREAT

WEDNESDAY, FEB. 14, 2:30 PM

COST: FREE! REGISTRATION BEGINS FEB. 5

You're invited to an in-person gathering to 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 Valentine's from your own childhood.



PEAK MEMBERS GROUP CLASS

Thursdays, Feb. 1—Mar. 7, 6 weeks,

Choose Session: 1:00—1:45 OR 2:00—2:45

Cost: \$18.00 TEACHER: NANCY PANDOLFO

Group personal training sessions!

Nancy will coach members and rotate them through the exercise machines while playing a variety of music tunes.

NEW PEAK Center Hours

Monday, Tuesday, Wednesday 9AM-3PM

Thursday and Friday 9AM-1PM

HEART HEALTH CHALLENGE

FEBRUARY 1—FEBRUARY 29

Let's have some fun while keeping our hearts strong. All you need to do is record the minutes you spend doing an exercise (walking, hiking, taking a class, skiing, or working out in the PEAK center). Activity log will be provided, have it completed & turned into Victoria by 4PM on February 29. The winner will be announced at the beginning of March.

Winner will receive a Plainville Senior Center Swag Bag!



MOVIE MATINEE—A DOG'S PURPOSE

MONDAY, FEB. 12, 2:00 PM, FREE

SIGN UP BEGINS FEB. 5

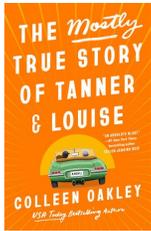
A devoted dog discovers the meaning of its own existence through the lives of the humans. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan. As Ethan grows older & comes to a crossroad, the dog once again comes back into his life to remind him of his true self. *Rated: PG*

MORE CLASSES & PROGRAMS

BOOK BUDS FEBRUARY BOOK: “THE MOSTLY TRUE STORY OF TANNER & LOUISE” by Colleen Oakley

FRIDAY, FEBRUARY 23, 10:00 AM COST: FREE!

INSTRUCTOR: KATHLEEN MARSAN



An age old mystery an elderly woman who’s not ready for “the home” along with a twenty-year-old who is clueless to how to get her life on track and you will laugh, at times roll your eyes at their misadventures, and commiserate with their all too true “aging” issues. This will be of interest book for discussion. Our group is unique in that a person is not required to attend every month, if the book of the month appeals to you, be sure to sign up as seating is limited (we keep the group small and comfortable). The book is held specifically for our group at the Plainville library and is available as an e-book if you prefer.

GAME DAY @ THE PLAINVILLE SENIOR CENTER

WEDNESDAY, FEB. 28, 1:30 PM—FREE

LEADER: EILEEN CYR

Join us for a fun filled afternoon of cornhole, ladder ball and other activities. Sign up required.

CURRENT EVENTS DISCUSSION GROUP

TUESDAYS, 1:00 PM

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!



TEA @ 3—MAKE A NEW FRIEND, TELL STORIES, SHARE INTERESTS BY PHONE OR COMPUTER

For All Ages is CT’s nonprofit dedicated to connecting the generations and inspiring action to end loneliness, reduce ageism, and improve health and well-being. In 2020, For All Ages began offering its free, 12 week Tea @ 3 Intergenerational Friendship Community connecting college students with older adults across the state for a weekly phone call during the college semester. Offered each spring and fall, this innovative program matches a younger and older adult based on common interests. Each pair of ‘Tea-Mates’ enjoys a weekly phone call at a mutually convenient time. Community members receive a weekly email with a brief health-related topic and short video that offers ideas for conversation. Plus, Community members have the opportunity to attend two free live Zoom events that enable them to meet others in the Community, learn about one another, and enjoy some friendly competition for cash prizes. Don’t worry if you don’t have a computer or smart phone, you can use your telephone.

Hundreds of residents across CT have enjoyed participating in this program! Learn more and sign up today at www.forallages.org/tea-at-3. This program is available to college students and CT residents ages 55+. All senior center members are invited to sign up for this spring’s Community.



VETERANS’ NEWS & ACTIVITIES

HELP FOR VETERANS—TUESDAY, FEB. 20, 10:00 AM—BY APPOINTMENT

Our Veterans Service Officer, CT Department of Veteran’s Affairs, Jason Coppola, will be at the Senior Center at 10:00 AM BY APPOINTMENT ONLY. To schedule an appointment, call Jason at 203-805-6340.

VETERANS’ SOCIAL HOUR:

TUESDAY, FEB. 27, 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.**



PLAINVILLE VETERANS COMMISSION

For All Veterans in Financial Need

MONDAYS 6:00 PM—7:00 PM

Municipal Center, Room 306

Call Dave Dudek at 860-559-1860

before arrival. For Veterans & spouses of any age.

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30 PM –2:30 PM

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 & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

GENTLE CHAIR PILATES/BALANCE

MONDAYS, 2:45 PM–3:45 PM

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

CARDIO CHAIR FITNESS TUESDAYS, 1:00 PM–1:45 PM

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 & stretching.

BALANCE CLASS TUESDAYS, 11:45 AM –12:30 PM

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30 AM –10:30 AM

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

SILVER SNEAKERS CLASSIC

FRIDAYS, 10:00 AM—10:45 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

Join in the fun in this certified Silver Sneakers class. Exercises are done in a chair and combine cardio and strength training. Beginners welcome.



SILVER SNEAKERS & PLAINVILLE SENIOR CENTER

YOGA/PILATES(YOGA-LATES)

FRIDAYS, 10:50 AM –11:35 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

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

THE PEAK FITNESS CENTER

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 hours: Monday—Wednesday 9:00 AM—3:00 PM Thursday and Friday: 9:00 AM—1:00 PM

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 AM—12:00 PM

INSTRUCTOR: ABBE WADE

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

CERAMICS

THURSDAYS, 9:30 AM —11:30 AM

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 PM – 3:00 PM

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

THURSDAYS, 9:30 AM—11:30 AM

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 and 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 5 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting February 12 if there is still room in the class. The drop-in rate for any 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 Victoria.

CLASS	TIME	CURRENT SESSION	Next Session Registration Begins
MONDAY			
Acrylic Painting	10:00-12:00		Feb. 12—Apr. 8, 8 weeks \$16.00 No Class Feb. 19
Power Burst	1:30—2:30	Jan. 8—Mar. 11, 8 Weeks, \$16.00 No Class Jan. 15, Feb. 12, Feb. 19	
Chair Pilates & Balance	2:45—3:45	Jan. 8—Mar. 11, 8 Weeks, \$16.00 No Class Jan. 15, Feb. 12, Feb. 19	
TUESDAY			
Balance Class	11:45-12:30 *1:30—2:15	Jan. 9—Feb. 20, 6 weeks, \$12.00 No Class Jan. 16 *Time Change 2/6—4/9	Feb. 27—Apr. 2, 6 weeks, \$12.00
Cardio Chair Fitness w/ Nancy	1:00—1:45 *2:20—3:05	Dec. 26—Feb. 6, 6 weeks, \$12.00 No Class Jan. 16 *Time Change 2/6—4/9	Feb. 13—Mar. 19, 6 weeks, \$12.00
WEDNESDAY			
Zumba Gold	9:30 -10:30	Jan. 31—Mar. 20, 8 weeks, \$24.00	
Quilting	9:00-11:30	See page 2	
THURSDAY			
Ceramics	9:30 – 11:30	Jan. 4—Feb. 22, 8 weeks, \$32.00	Feb. 29—Apr. 18, 8 weeks, \$32.00
Watercolor	9:30—11:30	Jan. 25—Mar. 28, 10 weeks, \$30.00	
Knitting/Crochet	1:00—3:00	Jan. 11—Feb. 29, 8 weeks, \$16.00	Mar. 7—May 2, 8 weeks, \$16.00 No Class Mar. 14
FRIDAY			
Silver Sneakers Classic	10:00-10:45	FOR: Silver Sneakers and Yoga—lates Jan. 5—Feb. 16 NO CLASS Jan. 19 Free if you have Silver Sneakers <u>OR</u> \$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	FOR: Silver Sneakers and Yoga—lates Feb. 23—Apr. 5 NO CLASS Mar. 29 Free if you have Silver Sneakers <u>OR</u> \$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.
Yoga-Lates	10:50-11:35		

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.**
- If you have trouble registering online, call us here at the Senior Center (860)747-5728 and we can register you.

OUTDOOR ADVENTURES

WALK AT WEST HARTFORD RESERVOIR

WEDNESDAY, FEBRUARY 7, 1:00 PM MEET AT THE RESERVOIR. FREE

GPS address: West Hartford Reservoir, 1420 Farmington Ave. West Hartford. LEADER: Eileen Cyr

Join us for a fun outdoor adventure trip! We will join members of the Glastonbury Senior Center for an hour-long afternoon hike at the West Hartford Reservoir, enjoying the sights, sounds and smells of this beautiful spot. Participants should be comfortable walking for one hour without stopping, and comfortable hiking through terrain that has some slight inclines and declines. We will be walking on paved surfaces. Please plan to eat lunch before getting on the bus. Please bring water and a snack and wear sturdy shoes or hiking boots and dress appropriately for the weather—plan to bring an extra layer that is easy to put on the take off; wear a warm hat, mittens/gloves, warm socks, and long underwear if needed.



ASHLEY'S RESERVOIR IN HOLYOKE, MA

SATURDAY, FEBRUARY 10, 10:00 AM—3:00 PM

BUS LEAVES PLAINVILLE SENIOR CENR AT 10:00 AM AND RETURNS AROUND 3:00 PM

Explore this beautiful 4.5 mile loop trail near Holyoke, MA. Generally considered an easy, flat route, it takes an average of 1 h 23 min to complete. Lunch to follow at Woodstone Tavern-Elevated dining with a local and inviting atmosphere for family and friends to gather. SNOW DATE: Feb. 24

SCOVILLE RESERVOIR HIKE, WOLCOTT

WEDNESDAY, FEBRUARY 21. Leave Senior Center at 10:30 AM OR meet at Scoville Reservoir at 11:00 AM. Drive on your own.

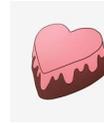
COST: FREE, LEADER: Eileen Cyr, Space is limited,

Enjoy a nice 3 1/2 mile loop (about 1 hour) around Scoville Reservoir in Wolcott. The trail is unpaved. Please wear sturdy walking shoes & clothing suitable for the winter weather. After the hike, enjoy lunch (on your own) at the East Street Eatery.

VALENTINE'S DAY TRIP & LUNCHEON IN GUILFORD

WEDNESDAY, FEB. 14,
10:30 AM –2:30 PM

COST: \$6.00, Bus will leave PSC at 10:30 AM, Space is limited-
registration is required.



Join us as we celebrate Valentine's Day at the Guilford Community

Center. Enjoy a nice luncheon of manicotti, salad, Italian bread, and a special dessert. There will also be their famous chocolate fountain to smother fruit, pretzels, marshmallows, and other goodies in. Entertainment will be provided by Replay, a local band. They play soft and easy tunes from the 60's and 70's and will include some classic love songs in honor of this holiday.

LET IT SNOW AND LET US SNOWSHOE

Please 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 snowshoeing adventure. We have a few pairs of snowshoes available for folks who need them. We will maintain the list through the winter. If you can join us great, if not, we'll call you for a future trip.



FREE MONTHLY SHOPPING TRIPS

TUESDAY, FEBRUARY 20, 10:00 AM

Walmart in Bristol or Bristol Plaza—you choose. Leaves Senior Center at 10:00 AM (home pick ups before). 2:00 Pick up in Bristol.



THURSDAY, FEBRUARY 1, 11:00 AM

TJ Maxx and Aldi Plaza in Southington. Leaves Senior Center at 11:00 AM (home pick-ups before). 2:30 Pick up in Southington. Home by 3:00 PM.

QUICK TRIPS



EAGLE VIEWING AT SHEPAUG DAM IN SOUTHBURY Saturday, February 17th
 If you are interested, please pick up an information flyer at the Senior Center.
 Sign-up begins Feb. 1st. For Eagle Viewing Only.

SAVE THE DATE: AQUA TURF TRIPS \$54.00 pp
CELEBRATE ITALIA!! AARON CARUSO & THE SAM VINCI BAND: TUESDAY JULY 9th
AMERICAN BANDSTAND TRIBUTE. TUESDAY OCTOBER 8TH
HOLIDAY CLASSICS. TUESDAY DECEMBER 10TH

Sign up dates in later Newsletters



★ ★ NEW TRIPS - SIGN-UP BEGINS FEBRUARY 5 ★ ★

A TASTE OF ITALIAN NEW YORK: SATURDAY, APRIL 20, 2024 COST: \$151.00 pp,
Departs: 8:00 AM from Plainville Senior Center Return: 7:00 PM. Visit 3 NY Food 'Hot Spots' in 1 fun day. Zabar's Upper West Side (Gourmet Market), Carmine's Upper West Side (Family-style restaurant) and Arthur Avenue, Bronx (considered to be the real Little Italy by some). Bring a cooler to take home your favorites. Moderate walking. **SEE FLYER FOR DETAILS.**



SIGHT & SOUND THEATRE PRESENTS DANIEL, Wed.—Fri. JULY 10—12, 2024 COST: \$645 pp double/triple, \$779 pp single, Departs: Plainville (details TBA). Included motorcoach, 2 nights hotels, 2 breakfasts, 2 dinners, sightseeing/admission, Escort, Driver and Tour Director Gratuity, Motorcoach tour to Lancaster, PA, Comfort Suites, Authentic Amish Dinner, Old Windmill Farm visit, explore Kitchen Kettle Village, reserved seats for Daniel, Dinner at Shady Maple Smorgasbord. On the way home, stop in Philadelphia for Independence National Historical Park, National Constitution Center, Historic District and the Liberty Bell. **SEE FLYER FOR DETAILS.**

TROPICANA ATLANTIC CITY, CASINO & SHOW: Wed—Fri. AUGUST 21—23, 2024
COST: \$499 pp double/triple, \$679 PP SINGLE. Departs: Plainville (details TBA)
 Deluxe motorcoach, Tour escort, gratuity, 2 nights hotel, Casino Bonus: \$30 slot play, \$50 food Voucher & Matinee show—'Bachelors of Broadway'. **SEE FLYER FOR DETAILS.**



CURRENT TRIPS

WASHINGTON D.C. APRIL 12—15 COST: \$849 pp double/triple and \$1159 pp single,
\$300 pp deposit due at sign up

Tour during Cherry Blossoms. Includes City Tour of 8 Illuminated Memorials and Highlights of Washington, D.C., Nighttime Illuminated tour of Monuments, free time at Smithsonian Galleries, New National Museum of the Army, Arlington Cemetery, National Harbor and more. **SEE FLYER FOR DETAILS.**



Parking for Trips—Please be advised that parking for overnight or any trip is **at your own risk**. No one is responsible for your car or possessions other than yourself. We encourage you to make other arrangements for transportation or someone to pick up your car. Thank you for your understanding.



ESCORTED VIKING RIVER CRUISE—DANUBE WALTZ:
 APRIL 27—MAY 5, 2024
 FULL—please call Friendship Tours for information and wait list.



IRELAND SAMPLER:
 April 13—20, 2024,
 FULL—please Call Friend-ship Tours for information and wait list.



SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, FEBRUARY 27, 10:30 AM

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 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 register online at www.schedulesplus.com/plainville



CAREGIVING CONNECTIONS

TUESDAY, FEBRUARY 20, 10:00 AM

Join your caring friends at the Senior Center as we support one another on our journeys & recognize the challenges & frustrations of 24/7 caregiving. You must register to attend by calling the Senior Center.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, FEB. 15, 2:00 PM-OPEN TO THE PUBLIC
CALL THE SENIOR CENTER TO REGISTER

Memory Café is a warm and welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, and engaging environment that gives everyone a place to make new friends and interact with other. Enjoy appropriate activities such as crafts, games, music and conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro, Stephanie Soucy or Victoria Nadolski at the Senior Center. 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.

EVERSOURCE ELECTRIC DISCOUNT RATE

A bill discount will be available for residential electric customers starting in December 2023. You must have financial hardship status on your electric account. If you do, there are two tiers of discounts depending on your annual household income or receipt of a public assistance benefit. You may be eligible for a 10% or 50% discount.

To qualify for a 10% discount, your annual income for

Single = up to \$41,553 **OR** Couple= up to \$54,338

Or be eligible for certain public assistance benefits.

To qualify for a 50% discount, your annual income for

Single = Up to \$23,328 **OR** Couple= Up to \$31,552

Or be eligible for certain public assistance benefits.

Call Eversource at 800-286-2828.

They will review and verify your information within 10 business days. If you are eligible, you could start to see a discount on your bill in December 2023.

Please call Stephanie at the Senior Center with any questions 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 \$41,553 (gross) and a family of two could possibly make \$54,338 (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 online at:

<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.

BRING ME BACK HOME

What is the Bring Me Back Home Program? Bring Me Back Home (BMBH) is a new registry for Connecticut residents which allows law enforcement access to information assist in the recovery of missing or wandering persons. The provided information and photo, accessible through the COLLECT criminal justice and safety system, helps first responders and families reunite with individuals living with cognitive challenges, such as Dementia or Autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

How does Bring Me Back Home work? - A family member or guardian registers their person with cognitive challenges through the link, or in person, at your nearest police department. This information is now part of the statewide Bring Me Back Home registry. Law enforcement officers will have access to the confidential and secure information and respond appropriately. **When the person wanders or is missing, individuals should call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program.**

Who is Eligible? - All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost. You can register online at www.ct.gov/BMBH.

*Please call Stephanie at the Senior Center with any questions: 860-747-5728



MORE SUPPORT AND ASSISTANCE

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, 2023. There is no asset limit. **Single \$2,430; Couple \$3,287.** Call Stephanie with any questions or to assist with an application.

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 & so much more. Please call Stephanie at the Senior Center for more information.



COMMUNITY NOTES

BREATH—BODY—MIND WORKSHOP *FREE

Every 3rd Wednesday of the month
(6:00 PM—7:00 PM)

Next Class Date: Feb. 21

At the CT Clearinghouse (334
Farmington Ave., Plainville)



Description: In this workshop you will learn gentle movement and breathing practices. BBM techniques are easy to learn and allow any individual the ability to heal from within. You are welcome to sit in chairs or bring a blanket or yoga mat. The potential benefits include improved mood/stress management, emotion regulation, energy, sleep, and mental focus. Facilitated by Linda Lentini, an experienced Level 4 BBM Teacher. Register at www.ctclearinghouse.org, 959-465-9151 or mltaylor@wheelerclinic.org

HOME FIRE PREPAREDNESS CAMPAIGN—FREE

REDUCING FIRE INJURY/DEATHS ONE HOME AT A TIME

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services IN YOUR HOME (visits last about 20 minutes). You will receive: FREE Installed smoke alarms if needed *Family Disaster Plan Guidance *Valuable emergency preparedness tips/info Register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 & choose option 1 to schedule.

PAWS—SEMI ANNUAL CLOTHING DRIVE

—Plainville PAWS in conjunction with Plainville Animal Control will be hosting a clothing drive. Collecting now until Spring. Donations can be left at the Dog Pound or Plainville PD (19 Neal Ct.) Drop off at 29 Granger Lane, right outside the Plainville Dog Pound. All clothing items and accessories. Items include blankets, towels, sheets, curtains, (No pillows please). Proceeds go to benefit the Plainville Paws & Plainville Pet Pantry.



PLAINVILLE FOOD PANTRY - 54 South Canal Street* 860-747-1919 * www.plainvillefoodpantry.org

The Plainville Community Food Pantry is a non-profit organization that's dedicated to helping those in need. With a wide range of critical services — including food assistance, energy assistance, clothing, crisis intervention, & referral services — we don't just stop at meeting the basic needs of our clients. We support our community's essential needs while promoting dignity and self-sufficiency. We prioritize a client-centered approach that empowers individuals and families by offering choices and access to vital resources. Please donate: Non-perishable food items and personal care items cleaning and paper goods.

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.



MORE COMMUNITY NOTES

THE CONNECTICUT DEPARTMENT OF AGING AND DISABILITY SERVICES' UNIT ON AGING WANTS TO HEAR FROM YOU!

The CT Dept. on Aging & Disability Services' State Unit on Aging (SUA) is updating the strategic plan around services for aging people in CT. To ensure the plan includes priorities important to residents, we have set up several community conversations across CT. Join us for one of these in-person or virtual discussions to hear about the plan, and to give feedback about supports & services & how to improve the quality of life for residents. Registration for the in-person discussions is requested. To register, email us at agingstateplan@ct.gov or call 860-424-511 or 866-218-6631.

* **Nearby conversations held at:** Rocky Hill Senior Center
Wed. Feb. 7, 10AM-12PM, 55 Church Street. Rocky Hill
Virtual: Monday, March 11, 1:00 PM—3:00 PM.
You can also write your comments for Information. Please get a packet at the Senior Center front desk.



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!



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 Wed. 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 call: 1.855.HHC.HERE (1-855-442-4373).

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, 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. RSVP to Hollis Hartman 860-543-1010 or Hollis.Hartman@promedica.org

MEMORY CARE KITS—The Plainville Public Library has themed activity kits to aid people with memory loss, Alzheimer's disease, cognitive impairment, and their caretakers. These kits aim to foster positive experiences, stimulate conversation and ignite memories. *Two-week loan period. Call or visit the Reference Desk for more information.

AARP PLAINVILLE

WEDNESDAY, **FEBRUARY 21**, 1:00 PM
Faith Bible Church, 168 Unionville Ave., Plainville.
Refreshments served!
Reservations/Info: Sharon 860-712-2795



UPCOMING TRIPS:

MARCH 27—Encore Boston Casino (\$20 free slot play bonus) with time at Quincy Market

APRIL 10—NYC Bus Trip—Day on your own in the Big Apple

JUNE 26—Coastal Queen Cruise—Newport Harbor, RI includes lunch at Johnny's Restaurant and time to shop on Bowen's Wharf.

Please contact Sharon for more information.

ALZHEIMER'S ASSOCIATION—CAREGIVER SUPPORT GROUP @ THE PLAINVILLE PUBLIC LIBRARY

Library—56 East Main St., Plainville, CT 06062,
2ND Monday of the month, 6:30 PM—7:30 PM

Build a support system with people who understand. Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia & their care partners to:

- ◆ Develop a support system.
- ◆ Exchange practical information on challenges & possible solutions.
- ◆ Talk through issues and ways of coping.
- ◆ Share feelings, needs and concerns.
- ◆ Learn about community resources.

Contact info: Deborah Stanczykiewicz, 860-729-1648, alzhelp@gmail.com



PLAINVILLE PUBLIC LIBRARY

56 EAST MAIN STREET, PLAINVILLE, CT 06062,
860-793-1446

PLAINVILLECT.COM/LIBRARY *Library cards are FREE to all CT residents *24/7 Access to Databases with your Library Card *Discounted/Free Museum Passes *WI-FI Anytime, Anywhere

AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto o llame al Departamento de Servicios Sociales del Estado de CT al 1-800-626-6632.

HEALTH PROGRAMS AND INFORMATION

NEW INCOME LIMITS:

MEDICARE SAVINGS PROGRAM (MSP)

Singles Range From: \$2,564 to \$2,989

Couples Range From: \$3,468 to \$4,043

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 & 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.



MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD:

January 1—March 31, 2024

The Medicare Advantage Open Enrollment Period (MA OEP) begins 01/01/2024 and ends 03/31/2024. This period allows beneficiaries who are already enrolled in a Medicare Advantage Plan to make certain changes. During the MA OEP, beneficiaries already enrolled in a Medicare Advantage Plan can: 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 2023). 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, call Stephanie at the Senior Center, (860)-747-5728.

LIVE WELL WITH CHRONIC CONDITIONS VIRTUAL WORKSHOP

WEDNESDAYS, FEB. 7 TO MAR. 13

1:00 PM—3:00 PM Join this free 6-week workshop & learn how to better manage your ongoing health condition.

Participants need a computer, tablet or cell phone & a reliable internet connection. Tech training session provided prior to starting the workshop. You will learn: *techniques to deal with frustration & pain *effective communication with family & healthcare professionals *making healthy eating & activity choices *managing stress, *problem solving *action planning.

Contact: Carly Taft at
Carly.taft@ncaact.org
860-724-6443 X 224.



COVID-19 TEST KIT FRAUD ALERT: The US Dept. of Health & Human Services is warning of a fraud scheme involving unsolicited COVID-19 testing kits. Seniors have been receiving unsolicited test kits then finding that their Medicare Summary Notices reveal that Medicare is being billed for reimbursement but Medicare will no longer pay for in-home COVID-19 tests after May 11. Report these supposed “free” kits to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Detailed info can be picked up at the Senior Center.



MEDICARE FRAUD: The best way to stop Medicare fraud? Help prevent it in the first place. Follow these 3 tips to protect yourself from scammers:

1. If you get a call, text or email asking for your Medicare Number, don't respond. Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it.

Remember, **Medicare will never call you** unprompted and ask you for your personal information.

2. Check your Medicare Summary Notices (MSNs) or claims statements carefully. If you see a charge for a service you didn't get or a product you didn't order (like a COVID-19 over-the-counter test), it may be fraud.

3. If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227). Visit Medicare.gov, the official source for Medicare information, to learn more about preventing Medicare fraud.

SCAM ALERT 'NEW MEDICARE

CARD' SCAM—Fraudsters may be calling people claiming they need to verify information & obtain payment information over the phone to receive a new card. If anyone is contacted & 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. Come to the Senior Center to pick up detailed info.

Donations

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

GENERAL DONATIONS

Kathy Joslyn, Barbara Barton, Madeline Blake, Geraldine Wells, Family of Lucy Dubois, Cathy Marsan, Robert & Grace Nelson, Dianne Lewis, Glennis Wheeler, Dale Nightingale, Judith Briggs, Bill Briggs, Linda Prior, Mary-Ellen Hebert, Geraldine Wells, Brett (Grandson of Ceil DiFrancesco), Rosaleen Peters, Catherine Humai, Brenda Livingston

DIAL-A-RIDE DONATIONS

Barbara Barton, Fran Martin, Rosemarie Babin, Ginny Worrell, Charlotte Politis in Memory of Marlene Hoerle, Diane Chamberlain, Susan Cavanna, Geraldine/Gloria Gagnon, Douglas Kaller, Diane Guerriere, Rosaleen Peters, Anonymous

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.

MEMORIAL DONATIONS IN MEMORY OF: DONALD BEAM

Rosaleen Peters

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.

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Sharon Denniss, Carole Dimock, Rose Labidis, Juliana Rudolph, Robin Brown, Dianne Misko, Lillian Elliott, Dawn Dallas, Kathryn Scott, Orlando Estrella, Lucille Brousseau, Georgia Jewell, George Kaminski, Beatrice Dumont, Skip Kensel, Jeanine Martino, Helena Niziolek, Maryana Merzlyak, Fran Martin, Cheryl & Fred Lesniewski

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Josephine Forcella, Dorothy DiCarlo, Mark McLellan, Donald Soucy, Frank Colao, Naomi Goldsmith, Brian McCarthy, Charlotte Karabin, Mary Vasile, John Palmisano, Joan Marsh, Rose Mercer, Arnold Andre, Georgia Jewell, Stephanie Soucy

SYMPATHY CARDS WERE SENT TO:

Lila Winters, Steven Sheron, Pat & John Gacek, Shirleen Deschaine, Mary Trombley, Sue DesRochers, Carol Mazzalupo, Cynthia Staire

DECEMBER NEW MEMBERS



Mildred 'Mickey' and Paul Doroghazi, Lou Fabrizio, Laurie Foster, Jean Iris, Cristina Kot, Roberta Lauria, Barbara Levesque, Donna Marckese, Carol Paradis, Barbara Roussel, Barbara Senatore and Donna Szydlo

HEALTH AND SAFETY AT THE CENTER

STAY HEALTHY AT THE SENIOR CENTER HEALTH DEPARTMENT RECOMMENDATIONS

1. Stay home when you are feeling sick.
2. Wash your hands.
3. Cover your cough and wear a mask.
4. Stay up-to-date on vaccinations.



FREE COVID-19 TESTS: Every home in the U.S. is eligible to order an additional 4 free at-home tests beginning 11-20. If you did not order tests this fall, you may place two orders for a total of 8 tests.

Order yours today and tell a friend to do the same. <http://covidtests.gov/> For those who need assistance ordering, please come to the Senior Center front desk.

INDEX

AARP Plainville Chapter	11
Acrylic Painting	5, 6
Alzheimer's Assoc.—Library	11
Ayuda	11
Balance Class	5, 6
Book Buds	3
Breath-Body-Mind Workshop	10
Bring Me Back Home Program	9
CT Dept. of Aging	11
Cardio Chair Fitness	5, 6
Caregiving Connection	9
Ceramics	5, 6
Chair Pilates & Balance Class	5, 6
Class/Activity/Schedule	2, 5, 6
COVID Test Kits—Free	13
Current Events	3
Daily Lunches at the Senior Center	4
Dementia Support Group	11
Diabetes Support Group	2
Dial-a-Ride Driver Needed	1
Donations	13
E-mail Notifications	4
Emergency Preparedness Plan	14
Energy Assistance/Eversource Discount	9
Food Share	11
Game Day	3
Grandparents Raising Grandchildren	9
Health Dept. Recommendations	13
Heart Health Challenge	2
Heavy Cleaning Help	10
Home Fire Preparedness	10
Income Tax Preparation	1
Knitting/Crochet	5, 6
Language Interpreters Needed	4
Library Card	11
Live Well w/ Chronic Conditions	12
Medicare Advantage Open Enrollment	12
Medicare Data Breach Info	4
Medicare Savings Program	12
Medical Scam Alert/Fraud Alert	12
MEGA SIGN-UP DAY	6, 14
Memory Café	9
Memory Kits-Library	11
Middle School Renovation Project	1
Movie Matinee	2
Members: New, Cheer	13
Nursing Information/Health Info	12
Outdoor Adventure	7
PAWS Clothing Drive	10
PEAK Fitness Center	5
PEAK Group Class	2
Plainville Food Pantry	10
Pool Table Schedule/Info	14
Power Burst	5, 6
Quilting	2, 6
Refund Policy	14
SNAP	10
Senior Bullying Lunch & Learn	2
Shopping Trips	7
Showcase Your Collection/Hobby	4
Silver Sneakers Classic	5, 6
Snappy Seniors Photography	2
Storm Closing Information	10
Tea: Par-Tea / Tea @ 3	1, 3
Tournaments Winners	14
Transportation	BC
Trips/Quick Trips	8
Veterans' News & Activities	3
Vintage Valentines	2
Volunteers Info	4
Watercolor Class	5, 6
Women with Heart Disease Support	11
Yoga-Lattes	5, 6
Zumba Gold	5, 6

FUN AND GAMES

WEEKLY SETBACK TOURNAMENT WINNERS

DEC. 18 : 1st: Verna Pekrul/Bernard Grabeck 2nd: Linda Dominique/
Mary Levant 3rd: Mark Dunn/Robert Albrecht

JAN. 8 : 1st: Janet Sanborn/Lynn Foxx 2nd: Robert Albrecht/Mark Dunn
3rd: Mary Levanti/Linda Dominique

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.

LADIES BILLARD OPEN PLAY Tuesdays from 10AM—12PM

EMERGENCY PREPAREDNESS PLAN—Do you have an Emergency Plan if the power goes off?

It is time to review your plans in the event of an emergency. Weather related power outages are always a possibility, especially during the winter season.

*It's important to have a plan of action that includes an emergency food supply and bottled water for at least a week. Be sure to have medications filled timely so you don't run out. Have a portable radio, flash light and new batteries ready for use. If possible arrange to move in with family members during the emergency. Hospital Emergency departments are not shelters and should be used for medical emergencies only.

*Community shelters may open in the event of an emergency. However, keep in mind that you have to be able to sleep on a cot and be independent with personal care. Shelters do not have hands on staff available to assist folks.

*Know where your important documents are, including medical cards, so you can take them with you. Be sure to take your medications and any telephone numbers you may need.

***File of Life**—Pick up a File of Life at the Senior Center to complete and have handy. If you have a File of Life review the information to be certain it is up to date.

*Connect with your family, neighbors and friends and friends who are part of your emergency plan. Listen to WTIC AM 1080 for emergency information including the possible opening of shelters.

REFUND POLICY

NEW Effective January 1, 2024, there will be a slight change to our refund policy. If you are receiving a refund for a program of \$10.00 or less, we will add a credit to your account, instead of issuing a refund check. This will allow you to use the credit towards other programs.

MEGA SIGN-UP DAY FEBRUARY 5, 9:15 AM—4:45 PM

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 & checks made out to Plainville Senior Center only.



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. **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 Victoria 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



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

FARES: Each ride is \$3.50 each way and discount ticket books can be purchased at Shop & Stop or on-line at hartfordtransit.org/ada-paratransit-services for \$28.00 for a book of 10 tickets (\$2.80 each).

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://ghtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours call the dispatch department).

***Effective Jan. 8, 2024,** all passengers traveling on the Greater Hartford Transit District's ADA Paratransit vehicle must wear a seatbelt/lap belt. Documents must be provided for disability exemption to pwilliams@ghtd.org or mbanker@ghtd.org or by mail.

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 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	29 9:00 NURSE* 9:15 Walk (GR) 10:00 Diabetes (CR) 12:30 Setback (GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	30 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:30 Sleep Tips (BR)	31 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	1 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:00 Shopping Bus 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00/2:00 PEAK Group	2 WEAR RED 9:00 Income Tax* 9:15 Walk (GR) 9:30 Choral Gr. (BR) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	3
4	5 MEGA SIGN-UP 9:00 NURSE* 9:15 Walk (GR) 10:30 Tea Benefits (GR) 12:30 Setback (GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	6 9:00 NURSE* 9:15 Walk (GR) 9:30 Income Tax* 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Balance (BR) 2:20 Cardio Chr (BR)	7 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 12:30 Middle Sch. Renovation Project (BR) 1:00 WH Hike 1:00 Bingo (GR) 1:15 Charlem. (CA)	8 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 11:45 COA (GA) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00/2:00 PEAK Group	9 9:00 Income Tax* 9:15 Walk (GR) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	10 10:00 OA-Ashley's Reservoir
11	12 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback GR) 2:00 Movie (BR)	13 9:15 Walk (GR) 9:30 Income Tax* 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Senior Bulling (BR) 1:30 Balance (BR) 2:20 Cardio Chr (BR)	14 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 10:30 Valentine Trip 1:00 Bingo (GR) 1:15 Charlem. (CA) 2:30 Vintage Valentine (BR)	15 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 10:00 Snappy Seniors Photography (GR) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:00 Memory Café (CR) 1:00/2:00 PEAK Group	16 9:00 Income Tax* 9:15 Walk (GR) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	17 Quick Trip-Eagle Viewing
18	19 <div style="text-align: center;">  </div>	20 9:00 NURSE* 9:15 Walk (GR) 9:30 Income Tax* 10:00 Shop. BUS 10:00 Caregiv. (CR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Help* (CL) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Balance (BR) 2:20 Cardio Chr (BR)	21 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 10:30 Scoville Hike 1:00 Bingo (GR) 1:15 Charlem. (CA)	22 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00/2:00 PEAK Group	23 9:00 Income Tax* 9:15 Walk (GR) 10:00 Book Buds (OS) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	24
25	26 9:00 NURSE* 9:15 Walk (GR) 10:00 Diabetes (GR) 10:00 Acrylics (CR) 12:30 Setback (GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	27 9:00 NURSE* 9:15 Walk (GR) 9:30 Income Tax* 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Social (BR) 10:30 Grandparents (CR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Balance (BR) 2:20 Cardio Chr (BR)	28 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Game Day (BR)	29 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00/2:00 PEAK Group	1 9:00 Income Tax* 9:15 Walk (GR) 9:30 Choral Gr. (BR) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	2