



S.E.N.I.O.R. JANUARY 2017

Plainville Senior Center

Dynamic Past * Vibrant Future

Shawn Cohen, Director
Ronda Guberman, Assistant Director
200 East Street, Plainville CT 06062

Free Sign-Up Day is January 4. Mega Sign-Up Day is January 5, 9:15 a.m.—4:00 p.m.

REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday through Friday between 9:15 a.m. - 12:00 (noon), and Mondays from 5:00 - 5:30 p.m. We accept cash and checks made out to Plainville Senior Center only.

“THEY CALLED HER RECKLESS”

A TRUE STORY OF WAR, LOVE AND ONE EXTRAORDINARY HORSE

Friday, January 20, 10:00 a.m., Plainville Senior Center

When the U.S. Marine Fifth Regiment’s Recoilless Rifle Platoon acquired a small Korean pony to haul ammunition up the steep hills to the front lines, they got a real-life warhorse, the courageous and indomitable Reckless, who stood with her buddies for two years during the Korean War. Join us to hear Reckless’ story as told by Janet Barrett, author of the first full biography of this amazing warhorse. Enriched by the memories of more than 60 Marines who knew her in Korea and thereafter, “They Called Her Reckless” tells of an incredible human-horse connection, and the power it unleashed. Copies of the book, signed by the author, will be for sale at this event. **Snow Date: Friday, January 27, 2017. This is a free event. Sign up has begun.**



JOIN US FOR FREE FITNESS DEMOS

WITH OUR NEW FITNESS INSTRUCTOR KRISTIN CHAMPAGNE!

Kristin has been a Health and Wellness Professional for over 25 years. Kristin holds a BA in Exercise Physiology from Whittier College and is working towards an MS in Exercise Science. Kristin also holds numerous certifications in Group Fitness and Personal Training. She has been teaching Senior Fitness for 15 years and loves seeing older adults get fit and stay strong. Welcome to the Plainville Senior Center, Kristin!

Kristin will be conducting **free demonstrations** of Functional Fitness and Power Burst classes so that you can try the class before committing to an 8-week series. For 8-week series schedule please see page 3. **Call the Senior Center to register beginning on January 4. FREE DEMO DATES: Beginner’s Functional Fitness: Thursday, January 19 at 11:30 a.m., Intermediate Functional Fitness: Thursday, January 19 at 1:00 p.m., Power Burst: Monday, January 23 at 1:00 p.m.**



STAYING ON YOUR FEET IN THE SNOW

Friday, January 27, 10:00 a.m.



There are a few basic safety measures and precautions we can all do when we are out in ice and snow to prevent falls and injuries. Please join Mark Colello, Good Life Fitness Exercise Physiologist of the Southington Care Center as he discusses ways to keep yourself safe this winter. **The program is free. Call the Senior Center beginning January 4 to register.**



ANN FARGO FAREWELL PARTY

Tuesday, January 24, 1:00 p.m.

Thanks for the Gift of Health, Fitness and Fun Ann Fargo!

Join us as we celebrate with Ann as she embarks on her new life adventure! Ann Fargo is moving to New Hampshire, which has been a life-long dream of hers. Sadly, for us that means that Ann is leaving the Senior Center. For nearly 10 years, Ann has developed and taught a variety of fitness classes (Fargo’s Fit, Power Burst, Upright and Balanced and more), trained hundreds of folks in the PEAK Fitness Center and has researched, coordinated and led the best and most creative Outdoor Adventure trips that a Senior Center could ever ask for! Join us on Tuesday, January 24, at 1:00 p.m. for a light lunch with dessert (of course, because Ann loves her sweets!). If you’d like to attend, **please sign up at the Senior Center beginning January 4th**. Let us know if you’d like to make a treat for the dessert table. In addition, we are making a memory box for Ann, please be sure to write a short note with one of your favorite Ann stories!

JUDY GRENIER FAREWELL PARTY

Monday, January 30, 5:00 p.m. at the Plainville Senior Center



Join us for cake and coffee as we wish Judy Grenier, BCO Dial-A-Ride Dispatcher, the best of luck in her new job. Judy was our DAR Dispatcher for 18 years. **Call the Senior Center to register.**

Senior Center Special Events



BOOKS & BAGELS BOOK CLUB

Wednesday, January 18th, 9:30 a.m.

Save the date for the first meeting of our new Books & Bagels Book Club! Led by Senior Center member, Kathy Marsan. The book club will meet on the 3rd Wednesday of January, February and March 2017. The title of the first book will be ***INFERNO*** by Dan Brown known for his best sellers *The DaVinci Code* and *Angels and Demons*, has again brought his hero, Professor Robert Langdon on another harrowing journey. There is an abundance of subject matter to discuss in this story! Kathleen Marsan is a long time member of the local Book and Beyond Book Club and co-author of *"Beyond the Book; How to Start or Jumpstart Your Book Club"*. A limited number of copies of the book are available at the Senior Center as well as at the Plainville Public Library. Program is free, however, pre-registration is necessary. Space limited to 12. **Sign ups have begun.**

Wednesday, February 8, 9:30 a.m.

THE WHIP, inspired by the true story of Charlotte "Charley" Parkhurst (1812-1879) is an amazing tale of the old West, of a time past when life was difficult and more so if you were a lone woman. Written by Karen Kondazian, the author tells the story of a young woman in Rhode Island whose destruction of her family drove her west to California tracking the man responsible. In an era where it would have been very dangerous to travel alone, she found security dressed as a man. The rest is history, from becoming a renowned stagecoach driver for Wells Fargo, documented as the first woman to vote in America although as "Charley", and a hero to those who knew her. Join us on February 8th at 9:30 am for a rousing discussion on this unusual, complicated, fast-paced epic tale which will equally delight both men and women! The program is free. **Sign up begins January 4th.** Space is limited to 12.

Income Tax Assistance at the Senior Center

AARP Tax-Aide, a free program, provides income tax preparation assistance for low to middle-income tax payers of all ages, with special attention to those 60 and older. If married, both husband and wife should be present during an income tax counseling session. Taxpayers must bring all information and documents that have been received that apply to their 2016 income tax including:

- Copies of 2015 income tax return
- Social Security or Individual Taxpayer ID numbers for household members and personal identification
- All check books so that any refund due can be directly deposited
- All documents that relate to deductible expenses
- All 2016 income report forms that have been received
- ⇒ SSA-1099, Social Security Benefit Statement
- ⇒ All statements provided through employer or retirement benefits for 2016
- ⇒ Investment statements for 2016
- ⇒ W-2, Wage, Certain Gambling Winner Forms
- ⇒ Original cost of assets sold during 2016
- ⇒ People who do not itemize and pay property taxes need to bring in their real estate bill. People who have a mortgage should receive a Form 1098 Mortgage and interest statement including property taxes, please bring in all of these forms.

The appointments will be held on Tuesdays, beginning February 7 and running through April 11 from 10:00 a.m. - 2:00 p.m. To schedule an appointment with a certified Tax-Aide counselor or for more information, call the Senior Center, 860-747-5728. You can pick up a completed list of items to bring to your appointment at the Senior Center front desk. Sign-up begins January 4.

VETERAN'S COFFEE HOUR AT THE SENIOR CENTER

Tuesday, January 3 at 10:30 a.m.

Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **Please call 860-747-5728, so we can plan refreshments. FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Coffee Hour will be held the 1st Tuesday of each month at 10:30 a.m. **Call the Senior Center to register.**



MAMMOGRAMS AT THE SENIOR CENTER, "TAKE THE TIME" DIGITAL MOBILE MAMMOGRAPHY

Tuesday, February 28, 2017, 9:00 a.m.—1:45p.m., by appointment, Senior Center Parking Lot

Cost: Insurance is accepted. Free for women with no insurance. No one will be turned away for inability to pay. If a woman has no insurance, Hartford Hospital has donated funds available to pay for her mammogram. **Registration:** Call the Senior Center to register for an appointment. When you come for your appointment, make sure to bring a Photo ID and your health insurance card, if applicable. Walk-ins are welcomed on a first-come first-serve basis until capacity is reached.

ELIGIBILITY FOR A SCREENING MAMMOGRAM: •Women whose last mammogram was more than 12 months ago. •Women who have no breast problems such as suspicious lumps, abnormal swelling, bleeding from nipples, or unusual tenderness. •Women who have not had any type of breast biopsy or breast surgery since their last mammogram. •Women who have not had a history of breast cancer in the past three years.

Craft & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes.

Members may sign-up for new classes beginning on Mega Sign-up Day, January 5 between 9:15 a.m. - 4:00 p.m. or between 9:15 a.m. - 12:00 p.m. on any day following. You may also sign up on Mondays, between 5:00-5:30 p.m. If there is room in a class, non-members may sign-up for classes that allow non-members one-week after member sign-up begins. The Drop-in rate for any of the classes (that allow 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 for details.

Class	Time	Current Session	Next Session Sign up begins January 5
MONDAY			
Zumba Tone	9:30 – 10:30 am	January 23—March 20 (8 weeks) (no class Feb. 20). \$24.00 members; \$48.00 non-members.	
Power Burst	1:00—2:00 p.m.		January 30—March 27 (8 Weeks) (no class 2/20) \$16.00 Members Only
WEDNESDAY			
Quilting	9:30 – 11:30 am	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt	
Zumba Gold	10:30 – 11:30 am	January 18—March 8 (8 weeks). \$24.00 members; \$48.00 non-members	
THURSDAY			
Ceramics	9:30 – 11:30 am	January 19—March 9 (8 weeks). \$32.00 members only	
Beginners Yoga-Class meets at Plainville Library. Arrive at 8:45, doors lock at 9:00	9:00 – 9:45 am	January 19—March 9 (8 weeks). \$24.00 members only.	
Beginners Functional Fit	11:30—12:30 p.m.		January 26—March 16 (8 Weeks). \$16.00 Members Only
Intermediate Functional Fit	1:00 -2:00 pm		January 26—March 16 (8 Weeks) \$16.00 Members Only
Knitting & Crochet	1:00 – 3:00 pm	January 19—March 9 (8 weeks) \$16.00 members only	
FRIDAY			
Intermediate Yoga--Class meets at Plainville Library. Arrive at 8:30, doors lock at 8:45	8:45 – 9:30 am	January 20—March 10 (8 weeks) \$24.00 members only.	
Cardio Step & Abs	10:30 – 11:30 am	January 20—March 17 (8 weeks). (no class Feb. 3). \$24.00 members; \$48.00 non-members.	



LOW INCOME PET STERILIZATION

The Department of Agriculture/Animal Population Control Program (APCP) is providing vaccination and sterilization benefits for your pet (s). If approved, you may be eligible to receive up to two (2) spay/neuter vouchers per household. The voucher provides a one-time benefit of \$50 for a male cat, \$70 for a female cat, \$100 for a male dog and \$120 for a female dog along with two presurgical vaccinations. If you receive assistance from any of the following programs you may be eligible to receive this assistance: SNAP, Medicaid, SAGA, Temporary Family Assistance (TFA), Husky Health, State Supplement. An application is available at the Plainville Senior Center. If you have questions about the program call the Department of Agriculture at 860-713-2507 or send an email to pcp.agr@ct.gov.

Morin. Sign-up begins January 5.

ZUMBA TONE: The Zumba Toning Program offers the best of both worlds; the exhilarating experience of Zumba with the benefits of safe and effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, improve mobility, posture and coordination. **Instructor: Amy Gray.**



- January 13
- January 27

Bristol Shopping Plaza

Price Chopper/Job Lot, Southington

8:45 a.m.—12:00 p.m.

8:45 a.m.—12:00 p.m.

Sign-up begins on January 4. Call the Senior Center before 11:00 a.m. on the Wednesday before the Shopping Bus date to add your name to the pick-up list.

In order to ride the Friday Shopping Bus you must be a member of the Plainville Senior Center or a Plainville resident over 60, or a Plainville resident of any age who is disabled.

QUICK TRIPS & SATURDAY SHOPPING BUS

These trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts; but passengers must be able to get to and from the bus on their own. **If a wheelchair lift is needed, let us know at sign-up.**

TRIP GUIDELINES—PLEASE NOTE CHANGES:

- **Starting September 1st, all Quick Trips/Saturday Shopping Bus will charge \$8.00 for transportation. This is payable when registering at the Senior Center. No phone reservations will be accepted.**
- **Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given.**
- If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
- You should be at the departure point at least 15 minutes prior to the scheduled leaving time. The bus will not wait for late-comers.
- **We need at least ten participants in order to run a trip. If there are not enough people, we will have to cancel...so, please encourage your friends to join you. (Non-members may sign up one week after members sign-up, if space is available.)**

Saturday, January 7, 2017 Shopping at Boscov’s and Meriden Mall (Meriden) 9:30 a.m.—3:00 p.m.

There is still room on the trip to Boscov’s at the Meriden Mall. Enjoy shopping, then take time for lunch at Ruby Tuesday’s or at the Food Court. \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. **Sign-ups have begun.**

Saturday, January 21, 2017 Mini-Golf at Lessard Lanes/Lunch at East Side 9:45 a.m.—1:30 p.m.

Forget the winter chill and enjoy a round of Mini-Golf at the newly renovated Lessard Lanes. Then enjoy lunch at East Side Restaurant in New Britain. This family-friendly restaurant continues the tradition of serving hearty, generous German-American fare. \$8 for transportation is due at registration. The cost of mini-golf (\$6.60 per person) is payable at Lessard Lanes, and lunch is on your own. Home pick-ups **for those who do not drive** begin at 9:45 a.m., then Senior Center pick-up. Return to Plainville about 1:30 p.m. **Sign-ups begin January 5.**

Saturday, February 4, 2017 Christmas Tree Shop (Manchester) 9:30 a.m.—3:00 p.m.

Join us for a trip to the Christmas Tree Shop, followed by lunch at HomeTown Buffet. \$8 for transportation is due at registration. The cost of lunch is on your own. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. **Sign-ups begin January 5.**

Important Trip Information:

- **Sign-up:** Trip sign-ups take place Monday – Friday, between 9:15 a.m.—12:00 noon and Mondays from 5:00-5:30 p.m. One day a month we also offer **Mega Sign-up Day. This month it is January 5** between 9:15 a.m.—4:00 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (**Not** on the Stillwell Drive side.)
 - **Open to the public:** Trips are open to the public 7 days after member sign-up unless otherwise stated.
 - **Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can **try** to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded, it will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons. **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
 - **Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
 - **Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk.
 - **Before boarding the bus,** get your seat assignment from the bus captain.
- *****Remember, be at your departure location 15 minutes prior to our departure time in order to board the bus.

MEGA SIGN-UP DAY

Mega Sign-up Day is January 5. Sign up for paid trips, classes and activities from 9:15 a.m.- 4:00 p.m. On all other days, paid sign-ups take place from 9:15 a.m.-12:00 noon and Monday evenings, 5:00-5:30 p.m. Please make arrangements to be here during the hours that we offer sign-ups. **We will not take money any other time.** If you cannot be here yourself, you may send money in with someone else. If you have any questions about our policy, please feel free to ask.

Current Trips



LA TRAVIATA-METROPOLITAN OPERA, SATURDAY, APRIL 8, 2017
*Featuring Placido Domingo**

In Verdi's classic work, Parisian courtesan Violetta surrenders her last hope of personal happiness for the sake of her lover Alfredo...La Traviata means "fallen woman" and refers to the main character Violetta. The opera features some of the most challenging and revered music. The aria "Sempre libera" at the end of Act I is especially well known. ***Placido Domingo is scheduled to perform April 8-his performance is subject to change.** Time after the performance for dinner on your own in Lincoln Center area. **COST: \$170 per person. \$110 deposit due at registration. Balance due by March 2, 2017. 22 Seats available. Orchestra Rear Seating. 1:00 p.m. performance. Trip leaves the Plainville Senior Center at 8:45 a.m. and estimated return is 7:30 p.m. Sign ups have begun.**

2017 Upcoming Trips



MYRTLE BEACH, SC
April 30—May 6, 2017 (7 Days/6 Nights)



Depart Senior Center at 7:00 a.m. for the Holiday Inn of Fredericksburg, Virginia; then on to Myrtle Beach the next day. Relax during a four-night stay at The Sea Watch Resort. Enjoy 6 breakfasts, 4 dinners and 3 shows! Take a history tour, a walking tour, a Creek Cruise on a Pontoon Boat, play golf. Tour The Battery, Marion Square, Brookfield Sculpture Garden, the College of the Citadel and many Ante Bellum homes. On the last day enjoy lunch (on your own) at popular Mastoris Restaurant in New Jersey. You will return home at approximately 7:00 p.m. This trip was originally going to take place this past fall and due to a hurricane was unable to take place. **\$1,159.00 double, \$1,479.00 single, and \$1,079.00 triple. Insurance is available. A \$100.00 deposit is due at registration. Full balance due by March 30, 2017. Sign-up begins January 5 and is open to the public. Invite your friends!**

FYI: Reserve Lists for all trips including Quick Trips.

When you sign a Reserve List for a trip that is filled, we will ask whether or not you are a member. If there is a cancellation, we will always **sign-up members from the reserve list first!** Members who sign the reserve list and want to bring a non-member friend should be aware that since we will always sign-up members first, we will skip over the non-members until all members have been contacted.

OPEN TO THE PUBLIC!

JOIN US FOR A 2017 BIG TRIPS MEETING!

January 23, 3:15 p.m., Plainville Senior Center

Come and hear all about some of our BIG TRIP offerings for 2017!


We will cover:

Myrtle Beach	April 30 to May 6
Canadian Rockies	September 2 to September 8
and a new date for: Iceland	October 26 to November 1

(The Iceland trip October 19 to October 25th is filled)

Bring your questions and your travel dreams! Itineraries available at the Senior Center





2017 UPCOMING DAY TRIPS

PLEASE SEE THE TRAVEL RACK AT THE SENIOR CENTER FOR A LIST OF TRIPS



2017 “BIG TRIPS”

Complete itineraries available on the “rack” for trip details

Big trips are open to the public, so invite your friends. All four trips are fully escorted from Plainville back to Plainville.



CUBA CRUISE EXPERIENCE, MARCH 17-24, 2017 Fly to Jamaica to board the cruise ship. This is a walking intensive tour. Full itinerary and details available at the Senior Center. Trip is Full.

WONDERS OF ITALY, APRIL 25—MAY 5, 2017 Visit Rome, Vatican City, and more.

CANADIAN ROCKIES AND VANCOUVER, BRITISH COLUMBIA BY TRAIN, BUS & PLANE SEPTEMBER 2-8, 2017 :
Visit Vancouver, Kamloops, Lake Maligne, Banff and Calgary. The trip includes among other exciting adventures a Snow Coach Ride-Walk on a Glacier, Jasper River Rafting, Cruise on Lake Maligne and Wildlife Safari! All aboard for our relaxing daytime journey on VIA Rail Canada which will take us past snowcapped mountains, glacial lakes, rushing rivers and perfectly pristine Canadian wilderness! This is a walking intensive tour.

ICELAND, OCTOBER 26 TO NOVEMBER 1, 2017, Please see below for details. Open to the Public

ICELAND, October 19 to October 25, 2017 (7 Days/8 Meals) - THIS TRIP IS FULL. Please see the second Iceland Trip below. October 26 to November 1

INCREDIBLE ICELAND!

October 26 to November 1. 2017 (7 Days/8 Meals)

NEW DATE. PLENTY OF ROOM! OPEN TO THE PUBLIC. SAME ITINERARY. SAME PRICE. JUST A DIFFERENT DATE!

HIGHLIGHTS: Full Time Tour Manager...panoramic Reykjavik city tour...Old Town, the Cathedral, the Asmundur Sveinsson Sculpture Museum, the Pearl, the Hofoi House, and the city’s main landmark, the Hallgrimskirkja...Northern Lights (Aurora Borealis) excursion in search of the entrancing and magical display of beautiful colors across the night...stunning landscapes of Iceland’s south coast...region of breathtaking scenery and legendary stories...from the wide plains formed by glacial rivers to the dramatic sea cliffs of Dyrholaey to the spectacular waterfalls of Seljalandsfoss and Skogarfoss...Hekla and Eyjafjallajokul volcanos...village of Vik, arriving at your countryside hotel...hot spring area to see the famous Geysir and Strokkur, a magical hot spring that spouts every few minutes...Onwards to Gullfoss (translated as “Golden Falls”), Iceland’s most famous and impressive waterfall featuring a spectacular double cascade...Thingvellir National park where the ancient Viking parliament met for centuries on the shores of Iceland’s largest lake...witness the geological phenomenon of tectonic plates coming apart...Day of leisure to explore independently or participate in the optional excursion of your choice...world-famous Blue Lagoon is a natural spa based around the unique properties of the geothermal seawater in the Lagoon...the geothermal water originates 2,000 meters below the surface where freshwater and seawater combine at extreme temperatures...you can enjoy a drink while you relax in the Lagoon, position yourself under the waterfall, apply a Silica mud mask, or simply enjoy the healing powers of the Blue Lagoon.

PRICING: Double Occupancy—\$2,999 per person; Single Occupancy: \$3,499 per person.



Open Tuesdays & Wednesdays
11:00 a.m.—1:00 p.m.

Come when you can!
You don't need a reservation!
Open to the public too, so bring
your friends!



Senior Center Cafe

Check the menu board for the
soup and special of the day!

Our volunteers take pride in
preparing your meals fresh
each day!

Featuring home made soups, fresh salads, delicious sandwiches, hot paninis, specials, homemade house salad dressing and fresh baked gourmet cookies!

Below is a sample menu. Stop by the Senior Center for a complete copy of our menu.

SIGNATURE SANDWICHES (served with chips or pretzels)

Classic Grilled Cheese Sandwich \$4.75

A blend of American and cheddar cheese on multi-grain bread with or without sliced tomato.

Grilled Ham and Cheese Panini \$5.75

Grilled ham & melted American and cheddar cheese on multi-grain bread. Served with or without sliced tomato.

Tuna Melt Panini \$5.00

Tuna, fresh sliced tomato & melted provolone cheese on a grilled bulky roll

Traditional BLT Sandwich \$4.50

Crispy bacon, fresh lettuce and tomato, mayonnaise, on toasted wheat bread

Harvest Turkey Panini \$5.00

Roasted turkey breast, green apple, honey mustard, melted cheddar on a grilled bulky roll

FRESH SALADS (Choice of dressing & a dinner roll)

Center Salad \$5.00

Fresh organic field greens, tomatoes, cucumbers, carrots, topped with dried cranberries, glazed walnuts and crumbled gorgonzola. Add sliced grilled chicken for an additional \$1.00

Chef Salad \$6.00

Crisp greens topped with a combination of ham, turkey, provolone cheese, hard boiled eggs and crumbled bacon

Tuna Plate \$4.75

Fresh mixed greens, tomatoes, cucumbers, carrots topped with a scoop of tuna

*Our menu has been carefully crafted. Sorry, but we are unable to make substitutions.
All our volunteers have been trained and adhere to strict sanitation and food safe handling practices.*

THE SUGGESTION BOX

Drop your suggestions in our box either signed or unsigned. If you need an answer to a question, please leave a name or number. The box is located at the giveaway area, near the public computers.

LARGE PRINT NEWSLETTERS

If you are in need of receiving a larger print newsletter, please let us know and you can pick it up at the Senior Center. We are unable to mail out these large print newsletters.

PEAK FITNESS CENTER



Hours

Monday - Thursday: 9:00 a.m. - 4:45 p.m.
Fridays: 9:00 a.m. - 1:00 p.m.

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym!

- Cardiovascular equipment includes: Nusteps, treadmills, recumbent bicycles and elliptical cross trainers
- Weight Training includes: Seven pieces of upper and lower body strength training equipment
 - * Chest Press * Leg Press * Tricep Press * Row * Seated Leg Curl * Leg Extension * Abdominal

Stop by the front desk for a membership packet that includes a medical approval form

☆ Membership rates: \$9.00 for 1 month, \$40.00 for 6 months and \$60.00 for one year. A one-time registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), \$17.00 (weights only), is charged at the time of your initial training.

DONATIONS

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

Thank you to all who made donations

GENERAL DONATIONS: November 9—November 30

Rosemarie Morante, Marianne Grace, Judy Meese, Rosaleen Peters (2), PHS Italian Honor Society, Lessard Lanes, Jackie D'Addese (4), John Green, Circle Group (2), Barbara Davison, Patricia Marshall, Jane Mack, Joe & Lise Terrien, Janet Vandrilla, Joseph Babin (2), John Hamm, Joseph Sperduti, Madeline Drake, Anonymous (2), Plainville Water Pollution Control, Lisa Levesque, United Methodist Church, Marianne Obidzinski (2), Sam and Maria Guzzo, Joanne Silveri, Connecticut Solid Surface, The Pines, Family of Dot Stephenson, Audrey Bergenty, Grace Bonola, John Lomonte, Roberta Lemire, George Carden

MEMORIAL 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.

In Memory Of: William "Billy" J. Furlong III: Cathy and William Furlong, **In Memory of Doris Savino:** Thomas and Carol Loiselle, **In Memory of Dorothy Stephenson:** Barbara Wallace, Olga and Charles Stepney, Judith and William Briggs, **In Memory of James and Justina Tella:** Brenda Tella

Dial-A-Ride: Rosaleen Peters, Judith & William Briggs, Fran Martin. **Pool Table Fund:** Maryon & Patricia Hermanowski (In Memory of Bud Moxley).



Cheer Report



DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?

Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. A special thank you to Carol Perry for handling our cheer report.

CHEER REPORT: November 17—December 19

CHEER CARDS: Simone Dallaire, Anneliese Ziegenhagen, Tony Lembo, Alma Barth, Helene Fabian, Regina Albee, Don Rio, Lucy Bull, Pierre Morin, Mary Ann Cunningham

SYMPATHY CARDS: Family of Doris Kannenberg, Family of Georgette Plourde, Mr. and Mrs. John Egri, Mr. and Mrs. Louis Di Francesco, Mr. and Mrs. Charles Moore, Christine Simcik, Diane Satton, Family of Mary Zukis, Family of CT State Representative Betty Boukus, Claudette Norman and Family, Tony Guerriero and Family, Eileen Weber, Family of Elizabeth Salamon, Family of Judith Sheldon-Valencis, Joseph and Rose Plourd, Alma Barth, Laura Panus

WELCOME NEW MEMBERS!

Nancy Dulac, Ellen Fitzgibbons, Benigna Higgins, Rose Hyjek, Evelyn Melillo, Ann Raucci, David Tomasko, Harvey Weich, Maureen Cassidy, Edward Krampitz, Dolores Krampitz, Rick Graff, Joan Litteral, Christine Harvey, Linda Mari, Diane Panella, Roger Ouellette, Lee Akins, Linda Colbert, Elizabeth Uchalik, William Petit, Barbara Petit, Jessie Trotta, Beverly Ketchum

Thank you to everyone who thought of us and donated fabric, yarn, crafts etc. At this time we do not have the space to accept any more donations. Please check back with us in March to see if we have space.



THE SENIOR CENTER NEEDS SYMPATHY, GET WELL AND THINKING OF YOU CARDS

We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you are interested in donating these cards, please bring them to the Senior Center's front desk. We would really appreciate it. At this time, we **cannot** use blank cards, holiday cards, etc. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need!

ROAD SCHOLAR CATALOGS FOR LOAN - DO YOU LOVE TO TRAVEL AND LEARN?
“Our experiential learning opportunities change lives”

As the leader of the lifelong learning movement, not-for-profit Road Scholar (formerly Elderhostel) is the world’s largest and most innovative creator of experiential learning opportunities. They have guided generations of lifelong learners on transformative learning adventures from San Francisco to Siberia, and nearly everywhere in between. Road Scholar believes in living life to the fullest at every age — by experiencing the world, and not just looking at it. By meeting new people, touching history where it happened and delving deep into the cultures and landscapes explored. The Senior Center has two Road Scholar Travel Catalogs (International and North America) that you can borrow to travel on your own. Also, sign up with Road Scholar for their travel emails at: www.roadscholar.org

AARP Trips

PLEASE NOTE: AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. You must call Sally for more information and to sign up at 860-747-1732.

- January 10, 2017:** Mohegan Sun, \$25.00
March 5, 2017 Women’s Basketball Semi-Final Game, Mohegan Sun, \$75.00
April 18—25, 2017: Outer Banks, NC \$1,524.00 pp double occupancy
May 7, 2017: Follies Broadway Musical at the Warner Theatre, Lunch at San Marino in WTBY, \$98.00
May 24, 2017: Harlem, NY. Visit the Apollo, Sylvia’s for Soul Food and the Garden Conservatory \$112.00 pp

EVERSOURCE URGES CUSTOMERS TO REPORT SCAMMERS & DECEPTIVE MARKETERS

Eversource business and residential customers continue to pick up their phones and open their doors to find individuals on the other side claiming to be “representatives” or “partners” of Eversource. Whether these scammers are using aggressive marketing tactics to sell “discounted power” or threatening to turn off electricity unless an immediate payment is made, the company is warning customers to be cautious. These individuals are not affiliated with Eversource in any capacity and are most likely either scammers or third-party suppliers choosing to use deceptive marketing tactics. For more information contact Eversource or stop by the Senior Center for the full article.

QUESTIONS FOR THE SOCIAL WORKER
Mondays, January 9 and January 23
12:30-1:30 p.m.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer’s help in the community, Caregiving, Homecare, etc. Just stop by Stephanie’s office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. **No pre-registration necessary. No question is too small!**

Grandparents/ Relatives Raising Grandchildren
Tuesday, January 10, 10:30 a.m.
Plainville Senior Center

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Millions of children are living in grandparent-headed households, where the grandparents and relatives are responsible for the needs of children. 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.* **Please call the Plainville Senior Center to register.**

FRIENDS HELPING FRIENDS



Friday, January 20, 11:30 a.m.
Great Taste, New Britain
Sign-up begins January 4

Care & Support



We are here to help!

CAREGIVING CONNECTIONS
Tuesday, January 17, 10:00 a.m.

Everyone has a story to tell...but many do not have someone who will listen. Bring your story to our meeting...we will listen and share survival stories and strategies for caregiving! Resolve to find a way to care for yourself while caring for another that is both self-affirming and even joyful. Caregivers from neighboring towns are welcome. Call Bette with any questions.

BRIGHTER FOCUS
Thursday, January 26, 10:00 a.m.

“It’s never too late to be what you might have been” George Eliot
Begin the new year with a sense of gratitude for our gifts and opportunities. Let’s take advantage of the gift of time and continue to develop a deeper insight into ourselves and strengthen our resolve to live in accord with our authentic self. Come share joy in the new year. All are welcome! Call Bette with any questions.



Announcements

ENERGY ASSISTANCE

The State of Connecticut Energy Assistance Program is available to income eligible residents. This income eligible program is designed to help assist in lowering your winter heating costs. The current income guidelines are \$33,880.70(gross) for single individuals and a family of 2 could possibly make \$44,305.40 (gross) and be eligible for this program. Households that are income eligible may get assistance with oil, propane, kerosene or wood, heating assistance for Natural Gas customers, heating assistance for Electric customers. **If you would like more information or think that you might be eligible, please call the Energy Department for an appointment: Bristol Community Organization, 55 South Street, Bristol, CT 06010, (860) 582-7490.** When you call, make sure you get a list of items you will need to bring to your appointment. If you don't have transportation, call Dial-A-Ride, (860) 589-6968 for a ride to your appointment. Anyone with questions may call Stephanie or Bette at The Plainville Senior Center, (860)747-5728. Those who are homebound may call Stephanie or Bette and make an appointment for them to meet with you.

STORM CLOSING INFORMATION

We would like to update you on the Senior Center's policies for storm cancellations:

- Announcements regarding activity cancellations are made on the television channels and websites of the following networks: WFSB, WVIT, and Fox 61 as well as radio 1080 AM.
- 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.
- If Senior Center activities are cancelled, the Senior Center staff, as town employees, always report to work and the center remains **OPEN**. We are always available to answer questions, provide social services, and talk to caregivers etc. You are welcome to come over, play cards, shoot pool or socialize with friends over a hot cup of coffee. Please be careful on the ice and snow.
- If public schools have a delayed opening, we will open at our regular time of 9:00 a.m. and our schedule will usually not be affected. If you are taking an early class at the Senior Center, please call ahead to see if the instructor will be here, as some instructors live out of town.
- Sometimes public schools have an early dismissal because of their need to safely transport school children on buses. This does NOT necessarily mean the Senior Center activities are cancelled. Please call the Senior Center to see if our afternoon schedule has changed in the event that the weather has deteriorated and schools have been canceled.
- Always check the TV, radio and Internet for Plainville Senior Center closing information, as there are times when the public schools are on vacation or have a holiday break.



Weekly Tournament Winners



BILLIARD WINNERS

November 10: 1ST: Stan Funk/Tony Lusitani, **2ND:** Mike Hermanowski/Rich Nordgren

November 17: 1ST: Stan Funk/Don Carlson, **2ND:** Val Dumais/Jerry Possum

November 23: 1ST: Ellen Couture/Patty Cancelli, **2ND:** Ed Zareck/Val Dumais

SETBACK WINNERS

November 14: 1ST: Marla Ludwig/Harold Bissonette, **2ND:** Madeline Drake/Judy Wallace, **3RD:(Tie):** Carol Diana/Barb Cichon and Lucy Pavano/Bill Miller

November 21: 1ST: Bob Albrecht/Ron Roper, **2ND:** Carol Diana/Barb Cichon, **3RD:** Grace Lapila/Rose Dunlap

November 28: 1ST: Olga and Charlie Stepney, **2ND:** Joan Noyes/Adele Mancini, **3RD:** Marie Cassidy/Carol Diana

Wii BOWLING WINNERS

November 8: 1ST: Linda Dominique, **2ND:** Georgia Jewell, **3RD:** Lynne Krakauske

November 15: 1ST: Linda Dominique, **2ND:** Georgia Jewell, **3RD:** Lynne Krakauske

November 22: 1ST: Jim Calderone, **2ND:** Linda Dominique, **3RD:** Georgia Jewell

November 29: 1ST: Georgia Jewell, **2ND:** Linda Dominique, **3RD:** Lynne Krakauske

PM Wii

October 18: 1ST: Roseanna Garcia, **2ND:** Sally Miller, **3RD:** Nina Thone

October 20: (Tournament vs. Glastonbury) 1ST: Roseanna Garcia, **2ND:** Sally Miller, **3RD:** Linda Dominique

October 25: 1ST: Roseanna Garcia, **2ND:** Donna Lundy, **3RD:** Sally Miller

November 1: 1ST: Donna Lundy, **2ND:** Nina Thone, **3RD:** Sue Mongillo

November 2: (Tournament vs. Rocky Hill) 1ST: Roseanna Garcia, **2ND:** Sue Mongillo, **3RD:** Barb Cichon

November 8: 1ST: Roseanna Garcia, **2ND:** Carol Perry, **3RD:** Sue Mongillo

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We refresh this list throughout the year so we can be certain that such folks will be safe during a power outage/weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728, if you wish to have your name added to the At-Risk List. Bette and Stephanie are available to help you develop a plan for power outages/ weather emergencies.



Transportation



DIAL-A-RIDE, (860) 589-6968

Monday

9:00 a.m.-5:30 p.m.

Tuesday-Thursday

9:00 a.m. - 4:30 p.m.

Friday

9:00 a.m.-12:30 p.m.

Dial-a-Ride can provide transportation to medical and social service appointments, and to visit loved ones in nursing homes in Plainville, Bristol, New Britain, Southington, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. In addition, the drivers cannot help with groceries or packages or help you walk. However, the bus is wheelchair equipped. Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A donation of \$1.00 for each way is suggested, but not required.*



ADA FARES INCREASE



Effective December 4, 2016, the fare increased from \$3.00 to \$3.50 for each one-way trip. In addition, the 10-ride discount ticket books increased from \$24.00 to \$28.00 which means that each ride would be \$2.80 for a one-way trip, (a savings of \$.70 per ride). The discount ticket book can be purchased at Stop and Shop.

The ADA Participation Group forum meets on the second Wednesday of every other month from 5:00 p.m. to 6:00 p.m. These forum meetings are held at the Greater Hartford Transit District, One Union Place, Hartford, CT. The next ADA Participation Group forum will be held on January 11, 2017 from 5:00 p.m. to 6:00 p.m.

Need a Ride? Americans with Disability Act (ADA) Paratransit Service Adds More Hours and Service on Sunday!

The ADA Paratransit ride service travels anywhere for any reason to 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.

Plainville hours, except for major holidays, **Monday-Friday, 5:45 a.m.-midnight, Saturdays, 6:15 a.m.-midnight and Sundays, 7:40 a.m.-7:00 p.m.** Some of these hours may change, dependent on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3.50* and discount ticket books can be purchased at Stop and Shop. **A driver can assist you door-to-door.** There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

The application process is now part of the Greater Hartford Transit District. The on-line application can be located at www.ctada.com. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We also have copies of the application here at the 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 Paratransit rider.

After the online or paper application is submitted, the next step is to call 860-724-5340 ext 1 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 4 weeks. Even if you don't see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 3046.

Rides are reserved by calling **860-724-5340 x1**, 7 days a week, 8:00 a.m.—5:00 p.m. **So give it a try, broaden your horizons, go shopping, visit a friend. Sunday's service can take you to church or schedule a medical appointment to a destination not covered by Dial-A-Ride.** If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext 3043).

Still have Questions about our transportation services? Call Bette or Stephanie at 860-747-5728.



Nursing and Other Services

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Outdoor Adventure

Wednesday Walk in Woods

Wednesday, January 25

Session Woods, Bristol

Sign up begins January 4

\$3.00 payable to Eileen Cyr, leader, day of walk. Meet at Sessions Woods parking lot at 9:00 a.m.

Enjoy some fresh air and an easy one hour winter walk. Expect some hills (and one steep hill).

Regular Foot Care and Diabetic Foot Care

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. Cost is \$18.00 Plainville resident members and \$28.00 for Out of Town Plainville Senior Center Members and must be paid with exact change or by check only (made out to the Plainville Senior Center). Neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Foot care is for Senior Center members only.**

Ear Wax Removal

Call the Senior Center to make your ear wax removal appointment

At least one week prior to your appointment, you must come into the Senior Center for an instruction sheet explaining the prep procedure and pick up the paperwork that must be filled out and brought in at the time of your appointment.

Blood Pressure Clinics at the Senior Center

Many thanks to The Pines of Bristol, Hartford Health Care Senior Services and The Summit for Offering their Services

Tuesday, January 10, 1:00 pm—2:00 pm (Hartford Health Care)

Wednesday, January 19, 11:00 am—12:00 pm (The Summit in Plantsville)

Monday, January 30, 12:00 pm—12:30 pm (Georgia, Senior Center Nurse)

Blood Pressure Clinics are for Senior Center members only.

FLU SHOTS AVAILABLE FOR HOMEBOUND CLIENTS

If you are a Plainville resident over 60 and homebound, our APRN Georgia can come to you! Please call the Center to make an appointment, 860-747-5728. Georgia will call you back with a date and time! Please leave your name, phone number and address when requesting an appointment.



Choral Group

Friday, January 6, 9:45 a.m.

Mark your calendar for future dates: February 3, March 3, April 7



INDOOR MINI GOLF LEAGUE FOR SOCIAL SENIORS

Tuesday Mornings at 9:45 a.m. January 10-March 14

COST: \$5.50 per person/per week. Includes 1 round of 18 hole indoor mini golf on our brand new course, free coffee, individual awards. **Pick up a sign-up form at the Senior Center or call Lessard Lanes, 860-747-1657 and join the fun!!**

SNAPPY SENIORS

Thursday, January 19, 10:00 a.m. Plainville Library

Any Senior Center member with a camera and an interest in photography may join the Snappy Seniors by coming to a monthly meeting. Call the Senior Center beginning January 4th, if you wish to attend.

CONGREGATE MEAL PROGRAM: January 2017

Please stop by the kitchen to pick up the January calendar. **Reservations for a meal** must be made at least one day ahead by calling the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. A suggested donation is \$2.50.



January 2017

Plainville Senior Center , 200 East Street, Plainville CT 06062 Phone 860-747-5728

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 HAPPY NEW YEAR! 	2 SENIOR CENTER CLOSED	3 *9:00 Nurse 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veterans Coffee 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR	4 9:00 Walking GR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR FREE SIGN UP DAY	5 *9:00 Nurse 9:00 Walking GR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Scrabble C 1:00 Bridge OS MEGA SIGN UP DAY	6 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group BR 10:00 Canasta OS 12:00 Pinochle L	7 Shopping at Boscov's and Meriden Mall
8	9 *9:00 Nurse 9:00 Walking GR 10:00 Current Events OS 12:30 Mahjong GA 12:45 Bowling 12:30 Setback GR 12:30 Questions for the Social Worker	10 *9:00 Nurse 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Grandparents CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Blood Pressure 1:00 Bridge OS 1:00 Adv. Wii Bowling GR	11 9:00 Walking GR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	12 9:00 Walking GR 10:00 Mexican Train GA 12:00 Comm. on Aging CR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Scrabble C 1:00 Bridge OS	13 8:45 Shopping Bus 9:00 Walking GR 9:00 Mahjong GA 10:00 Canasta OS 12:00 Pinochle L	14
15	16 MLK KING DAY SENIOR CENTER CLOSED	17 *9:00 Nurse 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage OS 10:00 Caregiving GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR	18 9:00 Walking GR 9:30 Quilting CR 9:30 Books/Bagels GA 10:30 Zumba Gold BR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR	19 *9:00 Nurse 9:00 Begin Yoga L 9:00 Walking GR 9:30 Ceramics CR 10:00 Mexican Train GA 10:00 Snappy Seniors L 11:30 Begin. Func Fit Demo GR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Int. Func. Fit Demo BR 1:00 Scrabble C 1:00 Knit & Crochet GR 1:00 Bridge OS 2:30 Band / Dancing BR	20 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Canasta OS 10:00 Reckless 10:30 Cardio Step GR 11:30 Friends Helping Friends 12:00 Pinochle L	21 Mini Golf Lessard Lanes
22	23 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:30 Mahjong GA 12:45 Bowling 12:30 Setback GR 12:30 Questions for Social Worker 1:00 Power Burst Demo BR 3:15 Big Trips Meeting	24 *9:00 Nurse 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Ann Fargo Party 1:00 Bridge OS 1:00 Adv. Wii Bowling BR	25 9:00 Walking GR 9:00 Walk in Woods 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR	26 9:00 Begin Yoga L 9:00 Walking GR 9:30 Ceramics CR 10:00 Mexican Train GA 10:00 Brighter Focus GA 11:30 Begin.Func. Fit GR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Int. Func.Fit BR 1:00 Scrabble C 1:00 Knit & Crochet GR 1:00 Bridge OS 2:30 Band/Dancing BR	27 8:45 Shopping Bus 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Stay on Your Feet CR 10:00 Canasta OS 10:30 Cardio Step GR 12:00 Pinochle L	28
29	30 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Blood Pressure 12:30 Mahjong GA 12:45 Bowling 12:30 Setback GR 1:00 Power Burst BR 5:00 Judy Grenier Party	31 *9:00 Nurse 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR	FEB 1 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR	FEB 2 *9:00 Nurse 9:00 Begin Yoga L 9:00 Walking GR 9:30 Ceramics CR 10:00 Mexican Train GA 11:30 Begin. Func. Fit GR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Knit & Crochet GR 1:00 Int. Func.Fit BR 1:00 Scrabble C 1:00 Bridge OS 2:30 Band / Dancing BR	FEB 3 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group BR 10:00 Canasta OS 10:30 Cardio Step GR 12:00 Pinochle L	FEB 4 Christmas Tree Shop Manchester

KEY:
GR: Green Room, **BR:** Blue Room, **GA:** Game Room, **CR:** Craft Room, **C:** Café, **CL:** Computer Lab, **OS:** Old Store, **L:** Library