



Plainville Senior Center News January 2018



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Hours

Monday: 9 A.M.—6 P.M.
Tuesday-Thursday: 9 A.M.—5 P.M.
Friday: 9 A.M.—1 P.M.

**Subsidized Housing
open in Middle-
town. See Back of
Calendar!**

Happy New Year! The first Free Sign-Up Day of 2018 is Wednesday, January 3. Mega Sign-Up Day is Thursday, January 4 from 9:15 a.m.- 4:45 p.m. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center **only**.

Income Tax Assistance is Coming to the Senior Center: February 6 — April 10



Once again this year, the Plainville Senior Center is pleased to host AARP Tax-Aide, a free program that provides income tax preparation assistance for low- to middle-income taxpayers of all ages, with special attention to persons aged 60 and older. **Taxes are filed electronically at the session, so if married, both husband and wife must be present during an income tax counseling session.** Taxpayers must bring all information and documents that apply to their 2017 income tax, including:

- Personal identification (Photo ID)
- Social Security or Individual Taxpayer ID numbers for everyone to be included on the return
- Birth dates for you, your spouse and all dependents to be included on the tax return
- Wage and earning, pension or other income statements from all employers/payers
- Interest and dividend statements from banks and financial institutions
- Brokerage statements
- Health insurance exemption certificate, if available
- A blank check for proof of bank account routing for direct deposit
- Total paid for daycare, and the daycare provider's tax ID number such Social Security number or EID
- Forms 1095-A, B or C, Affordable Health Care Statements
- Your Tax Records envelope with 2016's federal and state returns and other tax documents.

Appointments will be held on Tuesdays, beginning February 6 and running through April 10 from 10:00 AM to 2:00 PM. To schedule an appointment with a certified Tax-Aide counselor or for more information, call the Senior Center at 860-747-5728. You may pick up an information sheet in advance at the Center. Sign-up begins January 3.



MONDAY, JANUARY 22, 3:30 P.M.

Come to this meeting at the Plainville Senior Center to learn about the **big trips** being offered in 2018!

- **NEW: Italy! Tuscany to Amalfi**, October 1-11, 2018. Small group travel! Details, page 6.
- **April 23-27: Virginia International Tattoo**
Rosie the Riveter, Norfolk Naval Station, the Botanical Gardens, Ocean-front Rooms and more. More info, page 6.
- **May 6-13: The ARK**
Ohio Amish Country, the ARK, Churchill Downs, Louisville Slugger, Horse Farms, Natural Bridge, Appalachian Mountains & more.
- **July 15-22: Adriatic Cruise** to Italy, Croatia, Greece, Montenegro, Venice, palaces, beaches, UNESCO sites, towns and cities from the 4th Century through today.

ALSO: Vietnam

...and if you missed it last year... **Iceland!**

BeFit: Brain & Body Boosters

This new class will combine simple brain games and cognitive activities with physical movement designed to stretch your brain in a new way! The classes will support overall health and well-being while strengthening the "mental muscle." Research shows that doing brain games while moving can strengthen, improve and even change some regions of the brain. Each week a different topic will be discussed on ways to help improve your brain health.

A free demo class taught by Amy Gray will be offered on Tuesday, January 23, 9:30 a.m. An 8-week class begins Tuesday, February 13, from 9:30 to 10:30 a.m. Cost: \$8. Sign-up for the demo and/or the class begins January 4, 2018. Funding provided in part by the Older Americans Act through the North Central Area Agency on Aging.

Special Events

CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news, and current events. The group does not discuss politics. Rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register in advance. Just show up! Feel free to come and just listen ... no pressure to participate and new folks are always welcome!

WHAT'S A GLUTEN-FREE DIET?

TUESDAY, JANUARY 9, 11:00 A.M.

Learn about gluten-free diets and who can benefit from them. Recipes will be provided. Presented by Mara Davis, Registered Dietitian at Hartford Hospital. Sign-up has begun. Open to the public.

NUTRITION & WELLNESS: A 3-PART SERIES

Please join presenter Brianne DeMarco, RN, MPH from Interim Health Care for three interactive and educational morning programs where you'll learn more about nutrition and how it can positively impact your health.

- Jan. 18, 10 a.m. — *Nutrition for Cognition and Memory*
- Feb. 16, 10 a.m. — *Nutrition for Heart Health*
- March 16, 10 a.m. — *Nutrition for Diabetic Management*

Program is free. Learn a little and have a snack at the same time! Sign-up has begun.

SNAPPY SENIORS

THURSDAY, JAN. 18, 10 A.M., PLAINVILLE LIBRARY

Club members will continue to view the instructional videos at the beginning of the meeting, followed by critique of holiday photos. Reminder to members: If you have not claimed your photos from the last two displays, they are in the Snappy Seniors bin in the closet at the Senior Center.

FRIENDS HELPING FRIENDS

FRIDAY, JANUARY 19, 11:30 A.M.

For singled, widowed or divorced members. Come out and socialize! The January meeting will be at Great Taste, 597 West Main Street, New Britain. Sign-up begins January 3.

BOOKS & BAGELS BOOK CLUB

WEDNESDAY, JANUARY 24, 9:30 A.M.

This book discussion group is led by Senior Center Member & Volunteer Kathy Marsan. January's book will be Isaac's Storm by Erik Larson. Isaac Cline believed no storm could do serious harm to the city of Galveston until a tropical storm quickly became one of the deadliest storms in US history. True to form, author Larson draws us into a fascinating look into the early years of the National Weather Service and the strength of the human spirit in the face of disaster. Based on historical fact, this book won the American Meteorology Society's prestigious Louis J. Battan Author's Award. Several copies of this book, including large print, are on hold at the Plainville Public Library. Sign-up begins January 3.

CARING FOR YOURSELF / CARING FOR A LOVED ONE

THURSDAY, JANUARY 25, 10 A.M.

Caring for a loved one with dementia or a chronic illness can be very rewarding but also involves many stressors affecting body, mind and spirit. One of the keys to managing stress is understanding factors, recognizing the signs, and learning coping strategies. Learn effective ways to care for yourself while providing care for your loved one. Presented by Dorsanee Tinker, RN, Hartford HealthCare at Home. Program is free. Sign-up begins January 3.

THE OPIOID EPIDEMIC: HOW IS IT AFFECTING YOU, YOUR FAMILY AND YOUR COMMUNITY?

THURSDAY, FEBRUARY 8, 10 A.M.

(snow date Thursday, February 22, 10:00)

The Opioid Epidemic has become a national crisis due to the rapid increase in the use of prescription and non-prescription opioid drugs in the United States. Opioids include painkillers such as oxycodone (commonly sold under the trade names OxyContin and Percocet), hydrocodone (Vicodin), and fentanyl, which is created to resemble other opiates such as opium-derived morphine and heroin. Despite their high risk of addiction and overdose, these substances are popular as formal medical treatments. According to the U.S. Drug Enforcement Administration, "overdose deaths, particularly from prescription drugs and heroin, have reached epidemic levels." Nearly half of all opioid overdose deaths in 2016 involved prescription opioids. Join us for an informative program that will include local experts who will discuss:

- Scope of opioid problem in CT and nationally
- Prevention/how the problem starts/"typical" profile of person overdosing
- Signs of an opioid overdose & how to reverse one
- Laws/steps taken to reduce the opioid epidemic
- Narcan: how to get it and how to use it
- Prescription laws regarding narcotics
- Crime prevention
- How to dispose of unused pills
- How to prevent unused pills from getting into the wrong hands
- Remembrance Quilt Project

Presented by: Aisha Hamid, Connecticut Clearinghouse, Wheeler Clinic, Suruchi Patel, Pharmacist, Plainville Community Pharmacy and a Plainville Police Department representative. Free and open to the public. Sign-up begins January 3.

EXOTIC FRUIT DEMO AND TASTING

FRIDAY, FEBRUARY 23, 10 A.M.

Maybe you're heard of turmeric and all of its amazing health benefits, but have you ever tried it? What about cactus pear or passion fruit? Come join Marisa the dietitian from the Shop Rites of Southington and Wallingford as she presents an exotic fruit demo with fun facts and tastings included! Come try something you haven't tried before! Sign-up begins January 3.

WHAT ARE THE BENEFITS OF MEDITATION?

THURSDAY, MARCH 15, 10 A.M.

At this free program, you will learn how meditation can help you in your everyday life. Presented by Rosalie Tanguay, Holistic Nurse, Jerome Home. Sponsored by Jerome Home. Register at the Senior Center, 860-747-5728. Sign-up has begun.

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 for late sign-ups only. We cannot pro-rate or discount for missed classes due to vacations, trips, doctor's appointments, etc.

Members may sign-up for new classes beginning on Mega Sign-up Day, January 4, between 9:15 a.m. - 4:45 p.m. Non-members may sign up for classes that allow non-members starting January , if there is still room in the class. 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.

CLASS DESCRIPTIONS ARE ON PAGE 4.

Class	Time	Current Session	Next Session Sign-up begins Jan. 4
MONDAY			
Zumba Tone	9:30 – 10:30	Jan. 22—March 19. No class February 19. 8 weeks, \$24. Members only.	
Acrylic Painting	10:00—12:00		February 26 – April 16, 8 weeks; \$24 members; \$48 non-members.
Power Burst	1:30-2:30	Jan 22—March 19. No class February 19. 8 weeks, \$16. Members only.	
TUESDAY			
BeFit	9:30—10:30		Feb. 13 — April 3. 8 weeks, \$8. Members only.
Chair Yoga	3:15—4:00	Jan. 16 — March 6. 8 weeks, \$16. Members only.	
French Class	3:00—4:00	Class will resume in April.	
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	
Zumba Gold	9:30 – 10:30	Jan. 17-March 14. No class January 24. 8 weeks, \$24. Members only.	
THURSDAY			
Ceramics	9:30 – 11:30	Jan. 18—March 8. 8 weeks, \$32. Members only.	
Functional Fitness	1:30 –2:30	Jan. 18—March 8. 8 weeks, \$16. Members only.	
Knitting & Crochet	1:00 – 3:00	Jan. 18—March 8. 8 weeks, \$16. Members only.	
FRIDAY			
Beginner's Bridge	9:30—11:30		Jan. 19 — March 9. 8 weeks, free. Members only.



Beginner's Bridge Lessons

***Fridays, January 19 – March 9, 2018
9:30 – 11:30 a.m.***

Have you ever wanted to learn to play bridge? Barbara Wallace, a Senior Center member and long-time bridge player (since college!) will give Beginner's Bridge lessons at the Senior Center. We are thrilled that she will share her knowledge and experience with others! The program is free and open to Senior Center members only. Space is limited to 8. Bring a pad of paper and a pencil so you can take notes! Sign-up begins January 4.

Chinese New Year Buffet Luncheon

***Thursday, February 15
12 noon***

Come to the Plainville Senior Center to celebrate the Chinese New Year as we ring in the Year of the Dog. A buffet including some of the most popular Chinese dishes will be served, including General Tso's Chicken, Pork Lo Mein, Beef with Broccoli, Sweet and Sour Chicken, Pork Fried Rice and Shrimp with Mixed Vegetables. For members only. Cost is \$10 per person. Sign up begins January 4.



NEW CLASS! SIGN UP FOR THE AARP SMART DRIVER COURSE

THURSDAY, FEBRUARY 22, 1:00—5:00 P.M.

Back by popular demand! This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15.00 for AARP members providing a membership number, \$20.00 for all others. Limited to 25. Bring a bag lunch if you wish. Sign-up begins January 4.

Class Descriptions

ACRYLIC PAINTING: You will learn methods to overcome the challenges of the medium, plus some special techniques. A supply list will be given to you at registration. If you're not sure if this class is for you, we provide beginner kits which include some paints, canvas and drawing pads. Scholarships are available through the generosity of the Plainville Amateur Art Group. Call Ronda for information. **Instructor: Abbe Wade.**

CERAMICS: Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty supplies. Class fee includes instruction, glazes and firing. **Instructor: Gloria Cerniglia.**

CHAIR YOGA: This 45-minute class helps you improve strength and balance and enhances your stretching and relaxation. Modifications are offered for all moves. This program can be adapted for everyone. **Instructor: Kristin Champagne.**



FUNCTIONAL FITNESS: This popular exercise class is designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor: Kristin Champagne**

KNITTING & CROCHET: Finish an old project that's been hanging around in your closet or start something new! **Instructor: Evelyn Morin.**

POWER BURST: This class combines intervals of movement including walking, marching and other forms of low impact movement to benefit the heart, combined with strength training using light weights and bands to help maintain strength and bone density and tone the body. It is a great over all workout. **Instructor: Kristin Champagne.**

QUILTING: Beginners are always welcome to this class. Beginners will learn proper rotary cutting and sewing techniques. Class participants may also work on the annual Senior Center quilt that is raffled during the Holiday Fair or they may work on their own projects. **Instructor: Karen Kebinger.**

ZUMBA GOLD: Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray.**

ZUMBA TONE: The Zumba Toning Program combines Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray.**

Info for Veterans

VETERANS' COFFEE HOUR/PLAINVILLE SENIOR CENTER

There will be **no** Veterans Coffee Hour in January, but here are the dates for the remainder of 2018.

February 6	August 7
March 6	September 4
April 3	October 2
May 1	November 6
June 5	December 4
July 3	

These informational and support meetings are conducted by Wayne Rioux, a Veteran's Liaison for Hartford Health-Care at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Call the Center at 860-747-5728 to register. *February sign-up has begun.*

VETERANS' CAREGIVER SUPPORT

Did you know that Veterans who require a caregiver may be eligible for up to 30 days of respite care each year? Care can be offered in a variety of settings: in your home, at a VA community living center, at a VA-contracted community residential care facility, or at an adult day health care center. To see if you are eligible for respite care services, call the Caregiver Support Line at **1.855.260.3274.**

ROLL CALL — WEST HARTFORD SENIOR CENTER EVERY MONDAY, 10 AM

A program of sharing led by a WWII veteran. Refreshments are served. For more information, call 860-561-7583. The senior center is at 15 Starkel Road in West Hartford.

PLAINVILLE VETERAN'S MEMORIAL WALL

A moveable memorial wall has been created in the Plainville Municipal Center near the Town Clerk's office to provide a place to honor the military service of deceased veterans by their friends and family members. Brass Plates (1" X 3") engraved with the veteran's rank, name and branch of service can be purchased. The fee is just to cover the cost of the engraved plate; no extra funds are being charged. To purchase a plate, please fill out a form available at the Municipal Center or at the Plainville Senior Center. Cost of the plate is \$8.00.

We Welcome New Members for November

Joyce Abele, Kathleen Buerremeyer, Debra (Debbie) Cawley, Francis (Frank) Cawley, Margaret Delibero-Minor, Scott Doyle, John Green, Larry Harper, Ruby Parsons Harper, Garth Herrick, Linda Johnson, Lynn Kurtz, Robert Lewis, Mark Lyons, Deborah Malasky, Cynthia Manchak, Paul Mayotte, Ronald Michaud, Caroline Miller, Arthur Minor, Purnima Mody, Emilienne (Emi) Peterson, Robert Peterson, Kyla Petit, Peter Shugrue, Donna Twiggs



Big Trips 2018

We have some great trips planned for 2018! Trip brochures are available at the Senior Center. ***Come to the Big Trips meeting on January 22 at 3:30 to get all the details!***

- **Journey to the Ark, May 6—13** An 8-day trip to see a full size replica of Noah's Ark, Kentucky Horse Farms, Ohio Amish Country, Frank Lloyd Wright's home *Falling Waters*, Louisville, Churchill Downs & Museum, Louisville Slugger, Ohio River Lunch Cruise, Appalachian Mountains of West Virginia, Natural Bridge, and White Sulphur Springs.
- **France Hidden Canals, June 26—July 4*** Cruise Loire Canal — fly to Paris and then tour Nevers Marseilles Les-Aubigny, Chapelle Montlinard, Menetreol-Sous-Sancerre, Lere, Briare.
- **Adriatic Cruise, July 15—22** Venice, Italy; Dubrovnik, Croatia; Kotor, Montenegro; Corfu, Greece; Split, Croatia; and back to Venice.
- **France Hidden Canals, August 28—September 6*** Cruise the Doubs & Saone Rivers — fly to Paris then onto Besancon, Arc-et-Senans, Dole, Saint-Jean-de-Losne, Petit-Ouges, Dijon and more.
- **Vietnam, September 20—30** Ho Chi Minh City, Holong Bay Junk Cruise, Hanoi, Train to Danang, Hoi An. Visit local-home factory, markets, hands-on traditional fishing and more.
- **NEW! Italy, October 1—11** We have been invited to join a senior group from Berlin, CT on a "small group" trip to Italy. Eleven-day tour, Tuscany to Amalfi including Florence, Leaning Tower of Pisa, Rome, Vatican City, Isle of Capri and more!

**The France Hidden Canal Cruises are on 22 passenger barges that travel areas not accessible to larger river-boats. Bikes are available on board if you wish to ride from town to town.*

Save the Dates: 2018-2019 Trips!

These additional trips are being planned. More info and sign-up to come!

2018

April 10: Newport Playhouse, Exit Laughing
May 6: World Trade Ctr and 9/11 Museum, NYC
NEW! May 21: Edward's Twins, Aqua Turf
June 14: Statue of Liberty & Ellis Island
NEW! June 23: Brooklyn's Best
July 9: All You Can Eat Lobster, MA
July 22: Stageloft Theater, Four Weddings & an Elvis
August 16: Bobby Rydell at the Aqua Turf
August 27: Boston Lighthouse Cruise
NEW! September 9: Georgia O'Keefe, NYC Botanical Gardens
September 27: Turkey Train, Winnepesaukee RR
October 23: Kruckers Octoberfest, NY
October 19—26: Iceland #1
November 2-9: Iceland #2
November 12: Bob Hope's USO Style Show, Aqua Turf

2019

March 14—April 1, 2019 — Equator & Panama Canal (Chile, Peru, Ecuador, Costa Rica, Panama Canal, Columbia, Miami)

Quick Trips

NOTE: Senior Center Quick Trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or Our Lady or Mercy Church (OLM), depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts. **Passengers must be able to get to and from the bus on their own.** If you need a wheelchair lift, tell us when you sign-up.

TRIP GUIDELINES: All Quick Trips 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 when it is open or call Ceal DiFrancesco after hours (860-747-1927). Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens.

Please help us by signing up for trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!

UConn Women's Basketball Game, Gampel Pavilion, Storrs, CT

THURSDAY, JANUARY 18, 4:00—11:00 P.M.

Now is your chance to see the #1 ranked women's basketball team and their all-star roster play on their home court at Gampel Pavilion. The team will be playing the University of Tulsa Golden Hurricanes. The cost for the tickets and transportation is \$19, which is payable at registration. The seats are located behind the basket in the upper level, so there are some stairs to climb. The bus will leave the Senior Center at 4:00 p.m. The game is at 7:00 p.m., which means you will have time to get something to eat at the Student Union, which has a variety of food options. The bus will leave Gampel immediately after the game. Sign-up has begun.

PEACE ON EARTH: CRÈCHES OF THE WORLD, KNIGHTS OF COLUMBUS MUSEUM, NEW HAVEN, CT

SATURDAY, JANUARY 27, 9:30 A.M.—2:00 P.M.

For the 13th consecutive year, the Knights of Columbus Museum is displaying Peace on Earth: *Crèches of the World*. It features many items from the museum's own collection, including recent acquisitions of Polish szopki, stone sculptures from Zimbabwe, and Hummel figurines. Also included are crèches on loan from Glencairn Museum (Pennsylvania), the International Marian Research Institute at the University of Dayton (Ohio), the Loyola University Museum of Art (Illinois), and Saint Joseph's Oratory of Mount Royal (Québec). Also on display are two dozen Christmas trees decorated with ornaments and trim created by Connecticut elementary school children. Afterward, the group will lunch at the Colony Diner in Wallingford (on your own). Transportation fee of \$8 is due at registration. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up begins at approximately 9:45 a.m. Return to Plainville about 2:00 p.m. Sign-up begins January 4.

More Quick Trips, page 7

Trip Sign-Up Information

Sign-up: Trip sign-ups take place Monday 9:15 a.m. - 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.-4:45 p.m., and Fridays 9:15 a.m.-12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is **January 4** between 9:15 a.m.—4:45 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 one week (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 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 that you return.

Medical ID cards: Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.

Disclaimer: The Plainville Senior Center is not responsible in whole or in part to trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your seat assignment from the bus captain. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We will not wait for late comers.***

FYI: We keep 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 always sign up members first, we will skip over the non-members until all members have been contacted.

Current Trips

VIRGINIA INTERNATIONAL TATTOO

April 23—27, 2018

Featuring more than eight nations and 1,000 performers, the Virginia International Tattoo is the largest of its kind in America. Military bands, drill teams and performers from the United States and military units from around the world perform in Scope Arena and compete to be the best. The 5-Day motor-coach tour includes four nights at an oceanfront inn and eight meals (dinners and breakfasts). You'll enjoy a guided tour of the Military Aviation Museum to view hangars of WWI and WWII restored aircraft — the world's largest collection of these planes. "Rosie the Riveter" will describe days gone by and discuss her own wartime experiences while you enjoy a full southern buffet dinner. Other highlights are the Norfolk Naval Station, Norfolk Botanical Gardens and VIP seats for the Tattoo. **NOW! 5% PRICE DISCOUNT — Costs: \$1,139 single; \$919 pp double; \$845 pp triple.** A \$100 deposit is required at sign-up. Optional travel insurance is available and recommended. A full itinerary is available at the Senior Center. Sign-up has begun. Open to the public.

SALEM CROSS INN — Traditional New England

FRIDAY, FEBRUARY 23, 2018

The Inn is a restored 18th Century farmhouse on 600 acres of countryside in West Brookfield, MA.

- Welcome Cider Reception with Cheese & Crackers
- Apple Pie Demonstration
- Sleigh Ride over the beautiful Salem Cross property
- Full-course luncheon: Homemade Soup du Jour, choice of: Broiled Scrod with cracker crumb topping **or** Rustic Chicken with herb-breaded stuffing. Also included: vegetable, potato, deep-dish apple pie with whipped cream, and coffee.

The bus leaves Our Lady of Mercy Church at 8:45 AM and returns approximately 4:30 PM. Cost is \$99 per person. Sign-up has begun.

New Trip

IRISH COUNTRY CABARET SHOW, CASTLE OF KNIGHTS, CHICOPEE, MA

TUES., MARCH 13, 10 AM TO 4:30 PM*

Don't miss this Irish Country St. Patrick's celebration starring internationally acclaimed singer/songwriter Deirdre Reilly. Deirdre is known for her powerful voice and is a hit with audiences of all ages. This upbeat show will feature classic Irish songs, traditional country tunes, world-class Irish dancers, a spectacular band and Hal Roach, a top-notch comedian. You'll go on a musical journey through songs, stories and the lilt of Irish laughter. In addition to the cabaret show, your package includes an elegant luncheon at the Castle of Knights, including meal tax and gratuities. Choose from Corned Beef or Baked Scrod. Your lunch also includes soup, rolls, vegetable, potato, dessert and coffee or tea. Cost is \$78 per person. The bus is planned to leave Our Lady of Mercy at 10 a.m. and return at 4:30 p.m.* Sign up begins January 4. ***Times are approximate right now based on our share of the trip.**

ICELAND TRIP PHOTO EVENT! — TUESDAY, JANUARY 30 AT 1:00 P.M.

Join the Iceland Travelers as they share photos of their unforgettable trip to Iceland! Please call the Plainville Senior Center to sign up: 860-747-5728.

More Quick Trips

FILM SCREENING OF GINA'S JOURNEY: THE SEARCH FOR WILLIAM GRIMES

FORMAN SCHOOL VISUAL AND PERFORMING ARTS CENTER, LITCHFIELD, CT

SUNDAY, FEBRUARY 4, 10:00 A.M. — 4:00 P.M.

Please join the Litchfield Historical Society in welcoming Regina Mason, international speaker, author, playwright, and producer, for a screening of her award-winning documentary, *Gina's Journey: The Search for William Grimes*. The film follows Ms. Mason's path as she traces the steps of her ancestor, William Grimes, who traveled the Underground Railroad from Georgia to freedom in Connecticut. Grimes spent time in Litchfield, owned several businesses and befriended many of the students who attended the Litchfield Law School. In 1825, Grimes published his story, the first fugitive slave narrative in U.S. History, written while in Litchfield. This event is generously sponsored by the Connecticut Community Foundation. The \$8 transportation fee is due at registration. There is no charge for the program. The group will then go to Twin Colony Diner in Torrington to eat (on your own). The bus will begin home pick-ups at 10:00 a.m. and leave the Senior Center at approximately 10:15 a.m.—returning to Plainville about 4:00 p.m. **Sign-up begins January 4.**

FANTASY TRAINS AND CHRISTMAS CANDY BOXES EXHIBIT, MATTATUCK MUSEUM, WATERBURY, CT

SATURDAY, FEB. 10, 9:30 A.M. — 2:00 P.M.

Take a trip back in time to view an exhibit of vintage candy boxes and containers dating back to the 1920's. The history of holiday candy in America is one that can bring back fond memories for almost anyone. Read personal candy history and stories that reflect our families and our heritage. In an adjoining gallery, visitors will see an exhibit of found-object sculptures titled "Fantasy Trains". Using wood, metal, string, stone and various found objects, Alexander Shundi has created a fantasy world of trains. Following the visit to the Museum, the group will go to The John Bale Book Company and Café for lunch (on your own). Admission to the Museum is \$7 for Seniors. The \$8 fee for transportation is due at registration. The bus will begin home pick-ups at 9:30 a.m. and leave the Senior Center at approximately 9:45 a.m. and return to Plainville by 2:00 p.m. **Sign-up begins January 4.**

Tuesday Shopping Bus

In order to ride the Senior Center's Tuesday 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. **Home pick-ups begin at 11:30 a.m. and pick-up from the store will be at 3:00 p.m.** Please be at the departure point at least 15 minutes before departure. We leave on time. Call the Senior Center before 11:00 a.m. on the Thursday before the Shopping Bus date to add your name to the pick-up list.

January 2, 2018 Aldi's, Southington

January 16, 2018 ShopRite, Southington

January 30, 2018 Walmart, Bristol

Outdoor Adventure Club

INDOOR ARCHERY AT HALLS ARROW (MANCHESTER)

FRIDAY, JANUARY 26, 11 A.M. — 3 P.M.

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

IMPORTANT INFORMATION REGARDING WALK/ SNOWSHOE TRIPS

Every walk/snowshoe trip in the woods is along forest trails that include rocks and some gentle hills. Warm outdoor clothing (layers are suggested) good walking shoes, spikes on treads of shoes or snow shoes, weather dependent, is required. If you do not have a walking stick or snowshoes, we have a limited number available to borrow on a first come first serve basis. Let us know when you register if you'd like to borrow a pair of snowshoes. Please bring your own water and snack.

Friday, January 12th: Cross Country Ski or Snowshoe at Winding Trails, Farmington 10:00 A.M.

Weather permitting we will go out for two hours of cross country skiing or snow shoeing at Winding Trails. You will be able to rent skis there, unless you already have your own. The trail pass costs \$10, and ski rental from Winding Trails costs an additional \$19. Meet at Winding Trails at 10a.m., and we will finish the adventure around 12:30 or 1p.m. Address is 50 Winding Trails Drive, Farmington. Leader is Jared Scoville. Sign-up begins January 4.

Friday, January 19 : Snowshoeing at White Memorial Conservation Center, Litchfield 9:00 A.M.

Enjoy a 2 to 2.5-hour snowshoe (which will change into a hike if there isn't enough snow) through the Conservation Center. The terrain is flat to rolling hills. Following the adventure, we will stop for lunch at Bohemian Pizza (on your own). Snowshoes are available to borrow through the Senior Center. The van will depart from the Senior Center at 9 a.m., and will return to the Center at approximately 3:00. Leader is Jared Scoville. Cost \$10.00 (includes leader and transportation). Sign up begins January 4.

Wednesday, January 31: Roaring Brook Nature Center, Canton 11:00 A.M.

Join Eileen Cyr for a nature walk (or snowshoe) through one of the four Roaring Brook Nature Center trails. This scenic hike will bring you through the woods of this 100-acre protected property. You will visit one or more majestic bodies of water as well as experience a variety of native wildlife including over 150 species of birds. Meet at OLM Church at 11:00 a.m. if you are carpooling. If you drive yourself, please meet us at the Roaring Brook Nature Center parking lot at 11:30 a.m. Cost: \$3.00 (pay Eileen on day of trip). Sign up begins January 4.

Save the date: February 14 — Hike or snowshoe at Hillstead Museum Trails, Farmington!

Weekly Tournament Winners

SETBACK

November 20

- 1ST: Marla Ludwig & Jennie Asensio
- 2ND: Tony Lusitani & Fran Bolduc
- 3RD: Lynn Krakauske & Wendell Copeland

November 27

- 1ST: Bernard Grabeck & Stan Funk
- 2ND: Shirley Platt & Lee Mills
- 3RD: Grace Lapila & Rose Dunlap

December 4

- 1ST: Charlie Stepney & Olga Stepney
- 2ND: Bob Albrecht & Ron Roper
- 3RD: Jeanne Raducha & Terry Pedrolini

December 11

- 1ST: John Gasparini & Nancy West
- 2ND: Joan Noyes & Mary Ann Cunningham
- 3RD: Sandy Tyminski & Claudette Lucente

AM WII BOWLING

Nov. 7:

- 1ST: Lynne Krakauske
- 2ND: Jim Calderone
- 3RD: Donna McCluster

Nov. 14:

- 1ST: Lynne Krakauske
- 2ND: Louise Kerin
- 3RD: Jim Calderone

Nov. 21

- 1ST: Louise Kerin
- 2ND: Lynn Krakauske
- 3RD: Margaret Albrecht

Nov. 28

- 1ST: Lynn Krakauske
- 2ND: Jim Calderone

PM WII BOWLING

NOV. 7:

- 1ST: Sally Miller
- 2ND: Sally Miller
- 3RD: Sally Miller

Nov. 14:

- 1ST: Barbara Cichon
- 2ND: Sue Mongillo
- 3RD: Sue Mongillo

NOV. 21:

- 1ST: Pat Burris
- 2ND: Barb Cichon
- 3RD: Carol Perry

Dec. 5:

- 1ST: Donna Lundy
- 2ND: Donna Lundy
- 3RD: Bev Heslin

WII BOWLING TOURNAMENT NOV. 28

Rocky Hill 4,443 pts. / Plainville 4,286 pts.

BILLIARDS

November 22:

- 1ST: Joe Beaudin & Tony Lusitani
- 2ND: Stan Funk & Lee Akins

November 30:

- 1ST: Jeanne Shugrue & Mitch Ziolkowski
- 2ND: Joe Beaudin & Tony Lusitani

December 7:

- 1ST: Joe Beaudin & Bob Ryer
- 2ND: Val Dumais & Mitch Ziolkowski

December 14:

- 1ST: Stan Funk & Tony Lusitani
- 2ND: Jeanne Shugrue & Mitch Ziolkowski

PEAK FITNESS CENTER

Did you know that exercise can help you:

- Boost your energy
- Live longer
- Sleep better
- Gain self-confidence
- Socialize with others
- Maintain better control of diabetes & cholesterol
- Reduce heart disease /blood pressure
- Improve your memory
- Increase your mobility & flexibility
- Control your weight



Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.



Cardiovascular Equipment:

- **Treadmills:** Walk at your own pace.
- **NuStep:** Seated “stair stepper” which offers a low-impact cardiovascular workout using both upper and lower body.
- **Bicycle:** Recumbent bicycle allows you to ride in comfort. There is a back to the seat for full support.
- **Elliptical Cross Trainer:** Provides a total body workout with minimal impact.

Weight Training Equipment: Seven-piece circuit of upper and lower body strength training equipment.

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

Membership rates: Costs are \$9/one month, \$40/six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training.

Bowling League

November Bowlers of the Month: Jan Desblois and Dan Hurley

The Plainville Senior Center Bowling league is looking for new bowlers and meets Mondays beginning at 12:45 at Lessard Lanes, 136 New Britain Avenue, Plainville. The cost is \$9.50 per person, per week and includes three games of bowling, automatic scoring and free beverage. Adult bowlers over age 55, of all abilities, including beginners, are welcome to join. **For more information or to join the league, contact Frank Robinson, Bowling League President, at 860.747.2918.**

Le Petit Cafe

At the Plainville Senior Center
Open TUESDAYS and WEDNESDAYS
11:00 a.m.—1:00 p.m.
No reservations needed!

***Please note: The Café will be closed
January 2, 3, 9 & 10***

Le Petit Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. Le Petit Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, handcrafted foods that are sure to wow your taste buds!

Le Petit Café Specials for January

January 16 & 17	Minestrone Soup Grilled chicken, pesto and sundried tomato Panini
January 23 & 24	Chicken Chili Chicken Waldorf Salad on a Croissant
January 30 & 31	Lentil Soup BBQ Meatloaf Sandwich

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 1 could possibly make \$34,366.28 (gross) and a family of 2 could possibly make \$44,940.52 (gross) and be eligible for the program. For more information or to see if you are eligible, call the HRA Energy Department at 860-582-7490. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR.

AARP Trips

In January 2018, there will be no AARP Casino Trip.

Tuesday, **February 6**, the Casino Trip will go to Foxwoods. Cost is \$25 per person, payable in advance. Bus departs Our Lady of Mercy parking lot at 8 a.m. sharp.

Get your game on! See UConn vs. Tulane, 12:00 noon game time, Saturday, **January 27th**. \$60 per person.

From **April 14 to 24**, *Tour the Historic South*, including Savannah and Charleston. \$1,600 per person/double.

Ireland Trip, May 16 to 24. Fly from Bradley to Dublin. Only \$2,850 per person/double.

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

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAY, JAN. 8 and MONDAY, JAN. 22, 2018



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 9, 10:30 A.M.

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. Sign-up begins January 3.

CAREGIVING CONNECTIONS

TUESDAY, JANUARY 16, 10 A.M.

As the new year dawns we look forward to reconnecting with our caregiving friends! We all love survival stories so come and share your holiday tales with us. Let's set realistic goals for ourselves, as it is important to give good self-care as we care for another. New Years' is a great time to renew our commitment to live in the present with patience and peace! Caregivers from neighboring towns are welcome. Call Bette with any questions or concerns.

BRIGHTER FOCUS

THURSDAY, JANUARY 25, 10 A.M.

...the quality of one's night depends on the thoughts of the day... As we know, it is very important to fill our days with positive life-affirming thoughts so that we will get a good night sleep! Let's start the year with a fresh resolve to slow down, go deep and discover more about ourselves and the wonderful world we live in. Brighter Focus is open to all Senior Center members.



MICHAELA'S GARDEN PROJECT NEEDS A HELPING HAND!

We're looking for volunteers to help count and pack Four O'Clock seeds for Michaela's Garden Project. Please stop by the Senior Center to help on either or both of these dates:

- Wed., January 17 from 9:30—11:30 A.M.
- Wed., January 24 from 9:30—11:30 A.M.

DONATIONS

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

GENERAL DONATIONS, November 16—December 19

Carol Wright, Rosaleen Peters (2), Anonymous (9), Ronald Michaud, Ann Marie Heering, Fran Martin (2), Bill and Barbara Petit, Louise Gendreau, CT Solid Surface/Jackie Rioux, Circle Group (3), Frank Battista, United Methodist Church Youth Fellowship Group, Madeline and Richard Drake, Sharon Simpson, Ann Lyons, Jane Mack, Mary Jane Snow, Jocelyne Ferrer(2), Olga Callendar, Lila Winters, Emi Peterson, Frank Robinson, Maria Wynkoop, Lynne Krakauske(2), Elizabeth Essel, Sandy Cumiskey, Barbara Barton, Pam Jackson (In Memory of Larry Wright), Jackie D'Addese, Lillian Ouellette, Pat Cancelli, Sally Cobrain, Lucy Silverio, Kindergarten Daisy Troop from Noah Wallace School, Farmington/Leader Karen Formica, Toffolon School Fifth-Graders/Teachers Sue Fabrizio, Jes Hartung, Jill Limberger, Gemma Croteau, Brenda Tella, Barbara Barton, In Memory of Jeffrey Briggs, In Memory of Doris Gates/Gail Gates

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 Raymond Corsini:** Carol & Tom Loiselle
- **In Memory of William J. Furlong III:** Pina & Joe Fortuna
- **In Memory of Nancy Muir:** Carol & Tom Loiselle
- **In Memory of James & Justina Tella:** Brenda Tella

DIAL-A-RIDE DONATIONS

Fran Martin, Lorraine Genovese, United Way/Anonymous, Sue Denham, Rosaleen Peters, Barbara Barton, Louise Gendreau, Mary Jane Nolan, Dorothy Hamel



Indoor Mini Golf League for Seniors

Lessard Lanes, 136 New Britain Ave., Plainville

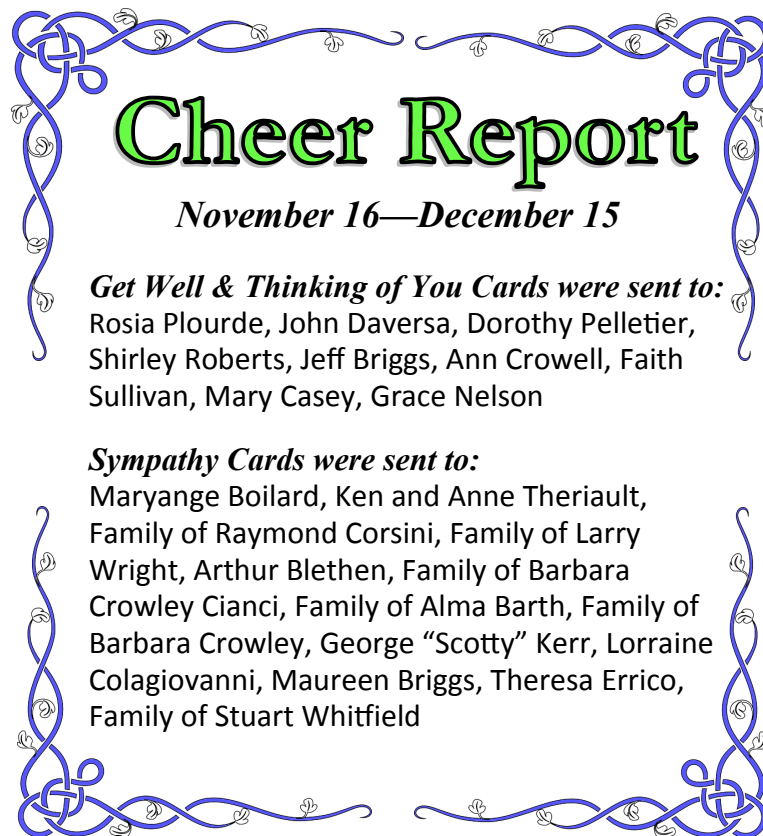


Tuesdays at 9:30 a.m.

\$6.00 per Week Includes:

1 Round of 18-Hole Indoor Mini Golf
Free Coffee, Individual Awards
End of Session Holiday Party

Call Lessard Lanes to Register: 860-747-1657



Cheer Report

November 16—December 15

Get Well & Thinking of You Cards were sent to:

Rosia Plourde, John Daversa, Dorothy Pelletier, Shirley Roberts, Jeff Briggs, Ann Crowell, Faith Sullivan, Mary Casey, Grace Nelson

Sympathy Cards were sent to:

Maryange Boilard, Ken and Anne Theriault, Family of Raymond Corsini, Family of Larry Wright, Arthur Blethen, Family of Barbara Crowley Cianci, Family of Alma Barth, Family of Barbara Crowley, George "Scotty" Kerr, Lorraine Colagiovanni, Maureen Briggs, Theresa Errico, Family of Stuart Whitfield

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. As always, a special **thank you** to **Carol Perry** for overseeing our cheer report.

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 wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **At this time, we cannot use blank cards, holiday cards, mass cards or birthday cards, etc.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need!

Plainville Library

MUSIC OF NAT KING COLE

On Saturday, February 17th at 2:00 PM, John Brighenti and Orice Jenkins will perform the music of Nat King Cole. John, a graduate of Hartt School of Music, studied with some of the greats, including Ray Cassarino, Lennie Tristano and Jerry Bergonzi. He played piano with the Glenn Miller Orchestra, lounge groups, jazz ensembles, and vocalists throughout New England and the U. S. Singer-songwriter Orice Jenkins' first love is Hip-Hop and his second is jazz. After five years working as a musician at the Goodspeed Opera House, he is now the musical director for R&B veteran Kenny Hamber and the gospel group VOICES LLC. He and Brighenti will perform an educational presentation on the life and music of Cole as an expression of interest in the jazz tradition and African-American history. For more information, contact the Library at 860-793-1446.



Your suggestions, ideas, concerns, comments are welcome! Feel free to talk directly to Shawn or Ronda or write them down and put in the suggestion box on the counter across from the rest rooms.



Transportation



DIAL-A-RIDE ADA PARA TRANSIT

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



2017 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting is on January 10, 2018 at 5 p.m. The Forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation about the ADA Paratransit Service.

Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: pwilliams@hartfordtransit.org. Comments are due 48 hours before the Forum.

HEAT & AIR CONDITIONING

We have many requests each day to change the temperature in our building. If you are not comfortable, please come to the front desk right away and we will have the group or class or event vote (3 choices: "too hot", "too cold", or "just right") majority wins. We will change the temperature or not, depending on the vote. Please remember that we are an older building so some parts of a room (under a vent, for instance) might be colder or in winter, warmer. Also, you are welcome to bring a sweater or dress in layers to help you be more comfortable.

Do You Need a Ride?

Americans with Disability Act (ADA) Paratransit Service provides more hours, more destinations and even runs on Sunday!

The ADA Paratransit ride service 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 still may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 p.m.**

Some of these hours may change, depending 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 in a book of ten for \$28 (only \$2.80 each). **A driver can assist you door-to-door if you make arrangements ahead of time.** 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 found online 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 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 Para-transit 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 two to four 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**, seven 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 service can take you to religious services. You can schedule an appointment at a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

Have questions about transportation services? Call Bette or Stephanie at 860-747-5728.

This & That

INDEX

AARP Drivers Course	3
AARP Trips	9
ADA Transportation/Group Forum	11
Alzheimer's Support Group	*BC
At-Risk List	*BC
BeFit	1
Beginner's Bridge	3
Benefits of Meditation	2
Big Trips Meeting	1
Bladder Cancer Support Group	*BC
Blood Pressure Clinics	*BC
Books & Bagels	2
Bowling League	8
Brain & Body Aerobics Demo	1
Breathing Support Groups	*BC
Bridge Lessons	3
Brighter Focus	9
Café	9
Caregiving Connections	9
Caring for Yourself/a Loved One	2
Cheer Report	10
Chinese New Year Lunch	3
Class Descriptions	4
Congregate Meal Program	12
Choral Group	12
Craft Classes	3,4
Current Events Discussion	2
Dial-A-Ride	11
Display Case	12
Donations	10
Ear Wax Removal	*BC
Energy Assistance	9
Exotic Fruit Demo	2
Fitness Classes	3,4
Foot Care	*BC
Free Sign Up Day	1
Friends Helping Friends	2
Gluten Free Diet	2
Grandparents/Relatives Raising Grandchildren	9
Heat and Air Conditioning	11
Iceland Photo Event	5
Income Tax Assistance	1
Indoor Mini Golf League	10
Meals on Wheels Volunteers	12
Medicare MSP Program Change	*BC
Mega Sign-Up Day	1
Michaela's Garden Volunteers	9
New Members	4
Nurse Information	*BC
Nutrition/Wellness Series	2
Opioid Epidemic	2
Outdoor Adventure	7
ParaTransit	11
PEAK Fitness Center	8
Plainville Library News	10
Questions for the Social Worker	9
Quick Trips	6,7
Save the Dates for Trips	7
Scent-free Zone	*BC
Shopping Bus	7
Snappy Seniors	2
Storm Closing Information	12
Subsidized Housing	*BC
Suggestion Box	10
Tournament Winners	8
Transportation	11
Trips	5,6
Veterans Info	4
Veterans Coffee Hour	4
Wii Bowling Tournament	8

*BC = Back of Calendar

STORM CLOSING INFORMATION

Here are 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, WNBC, 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.



CHORAL GROUP REHEARSALS

Everybody who loves to sing is invited to attend! **Upcoming Choral Group**

Rehearsal Dates: Fridays, January 5, February 2 and March 2 at 9:30 A.M.



SENIOR CENTER DISPLAY CASE

Bonnie Carilli, a Senior Center member and active volunteer, has created the beautiful photographic display in our Senior Center display case for the month of January. **"Here, There and Everywhere"** includes scenes from her many travels, as well as Plainville and Connecticut locations. Thank you Bonnie! If **you** have a collection, hobby or artwork you would like to put on display, stop by the front desk to reserve a time period.



CONGREGATE MEAL PROGRAM: JANUARY 2018

Please stop by the big kitchen to pick up the January calendar. Reservations for a meal must be made at least one day ahead by calling Bonnie in the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon.

A suggested donation is \$2.50.



Meals on Wheels Volunteers Needed!

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Mon. through Fri., typically from 10 A.M. to 12 noon. You can deliver one or more days per week, or you can be on call to cover for other volunteers during an illness or scheduled vacation. Mileage reimbursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior Center for more information: 860-747-5728.





Nursing, Insurance Info, Etc.

REGULAR AND DIABETIC FOOT CARE

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. **Cost is \$18.00 for Plainville resident members and \$28.00 for Out of Town 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. **Senior Center members only.**



EAR WAX REMOVAL

Call the Senior Center to make your appointment for ear wax removal. At least one week before your appointment, you must come into the Senior Center for an instruction sheet that explains the preparation procedure and pick up the paperwork that you must fill out and bring in to your appointment.



FREE BLOOD PRESSURE SCREENINGS

- Thursday, Jan. 18, 1:00—2:00
(provided by Hartford Health Care)
- Monday, Jan. 29, 12:00—12:30
(with our Nurse)

PLAINVILLE SENIOR CENTER AT-RISK LIST

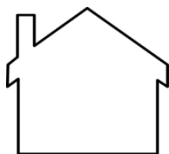
The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We update this list throughout the year so we can be sure that such folks will be safe during a power outage/weather event. It is everyone's personal responsibility to have a plan in the event of a 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 to add your name to the At-Risk List. Our social workers Bette and Stephanie can help you develop a plan for power outages/weather emergencies.

THE SENIOR CENTER IS A SCENT- FREE ZONE!

Help us keep the air we share at the Senior Center healthy and fragrance- free. The chemicals used in scented products make some people sick, especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, aftershave or other fragrances while at the Senior Center.

Subsidized Housing Opportunity

Shiloh Manor Senior Apartments in Middletown is now accepting applications for 1-bedroom apartments for senior citizens age 62 and older, and disabled. Rent is low due to federal assistance; no resident will pay more than 30% of his or her monthly income. For more information, or to receive an application, please contact Property Manager Blossom E. Rose at 860-344-1349 Option #1, or email blossom@faithassetmgt.com.



CHANGES TO THE MEDICARE SAVINGS PROGRAM (MSP)

The State of Connecticut recently sent letters to MSP participants (the program that helps pay Medicare premiums, co-pays and deductibles for income eligible individuals) alerting folks that recent proposals to change the income guidelines in the program have been delayed until March 1, 2018. The Department of Social Services (DSS) will keep beneficiaries informed as the process is put into place. If you have any questions about your MSP benefits, please call Bette or Stephanie at the Senior Center, 860-747-5728.

In addition, our State Senator Henri Martin and our Representative William Petit want to hear from anyone who will be affected by these MSP income changes and how it will impact you personally. Senator Martin can be reached at 300 Capitol Avenue, Hartford, CT 06106, phone 1-800-842-1421, or email Henri.Martin@cga.ct.gov. Representative Petit can be reached at Room 4200, 300 Capitol Avenue, Hartford, CT 06106, phone 1-800- 842-1423 or (860) 240-8700 or email William.Petit@cga.ct.gov.

BLADDER CANCER SUPPORT GROUP

SATURDAY JANUARY 6, 2:00 P.M.

UConn Health Center, Onyiuke Dining Room

Patients, family members and caregivers are invited to join others whose lives have been touched by bladder cancer. This support group, established in partnership with the Bladder Cancer Advocacy Network, usually meets on the first Saturday of each month and is the only group of its kind in New England. Call 888-901-BCAN for more information.

ALZHEIMER'S SUPPORT GROUP

Mulberry Gardens of Southington

Second Tuesday of Every Month 10:30—11:30 a.m.

Living with Alzheimer's disease or a related memory disorder is challenging. Mulberry Gardens proudly offers a support group for families and caregivers. Topics include Communication Techniques, Caregiver Support, Wandering and much more!

BREATHING SUPPORT GROUPS

Bristol Hospital

The **Breathing Better Group** meets every third Friday from January through October at Bristol Hospital. The group is for everyone with a pulmonary illness such as COPD, asthma or CHF, along with family and caregivers. A light lunch is provided. Registered nurses and respiratory therapists are on hand to answer questions. All free of charge. Call 860-585-3580 to register and get more information.

Breathmakers, a pulmonary support group at The Hospital for Special Care in New Britain, meets the fourth Thursday of each month from March through November and is open to anyone who struggles with their breathing. Sessions run from 11 am to 1 pm and about 60 people attend each meeting, which usually includes a lecture/education program and a light lunch. Registration is required. Contact Stephanie Alderman at 860-827-4735 or email SAlderman@hfsc.org. All are welcome.

JANUARY 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: GR: Green Room, BR: Blue Rm, GA: Game Room, CR: Craft Room C: Café, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library, *By Appt. Only	1 Senior Center Closed for New Years Day	2 Café Closed *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR	3 FREE SIGN-UP DAY Café Closed 9:00 Walking GR 9:30 Open Quilt CR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	4 MEGA SIGN-UP DAY 9:00 Walking GR 9:30 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS	5 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Group BR 10:00 Pinochle CL	6
7	8 *9:00 NURSE 9:00 Walking GR 10:00 Current Events OS 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling League	9 Café Closed *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Grandparents Raising Grandchildren GR 11:00 Gluten-free Diet CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR	10 Café Closed 9:00 Walking GR 9:30 Open Quilt CR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	11 *9:00 NURSE 9:00 Walking GR 9:30 Mexican Train GA 11:00 COA CR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS	12 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 10:00 Winding Trails Snowshoe/Hike	13
14	15 Martin Luther King Day Senior Center Closed	16 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling BR 10:00 Caregivers GA 10:00 Ladies Billiards 10:00 Cribbage CL 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:15 Chair Yoga BR	17 9:00 Walking GR 9:30 Quilting CR 9:30 Zumba Gold GR 9:30 Michaela's Garden Seeds BR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	18 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Nutrition for Cognition GR 10:00 Snappy Seniors L 12:30 Pool Tournament 12:30 Pinochle CL 1:00 BP Clinic 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR 4:00 UCONN Wm. BsktBall	19 8:45 Int. Yoga L 9:00 Snowshoeing, White Mem., Litchfield 9:00 Walking GR 9:00 Mahjong GA 9:30 Beg. Bridge OS 10:00 Pinochle CL 11:30 Friends Helping Friends	20
21	22 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR 3:30 Big Trip Meeting CR	23 *9:00 NURSE 9:00 Walking GR 9:15 AM Wii Bowling BR 9:30 BeFit Demo., GR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 PM Wii Bowling BR 1:00 Bridge OS 3:15 Chair Yoga BR	24 9:00 Walking GR 9:30 Books & Bagels GA 9:30 Quilting CR 9:30 Michaela's Garden Seeds GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	25 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 9:30 Mexican Train OS 10:00 Caring for Yourself/Loved One GR 10:00 Brighter Focus GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR	26 8:45 Int. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:30 Beg. Bridge OS 10:00 Indoor Archery, Manchester 10:00 Pinochle CL	27 9:30 Creches of the World
28 Feb. 4 10 a.m. Gina's Journey, Forman School, Litchfield	29 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Mahjong GA 12:00 Blood Pressure 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	30 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 1:00 Iceland Photo Event GR 3:15 Chair Yoga BR	31 9:00 Walking GR 9:30 Quilting CR 9:30 Zumba Gold GR 11:00 Roaring Brook Snowshoe/Hike, Canton 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	February 1 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR	February 2 9:00 Walking GR 9:00 Mahjong GA 9:30 Beg. Bridge OS 9:30 Choral Group BR 10:00 Pinochle CL	February 3