plainville SENIOR CENTER

NEWS & EVENTS **JANUARY 2019**

Shawn Cohen, *Director* Ronda Guberman, *Assistant Director*

200 East Street, Plainville, CT 06062 **860.747.5728** www.plainvillect.com/senior-center

Monday: 9:00 a.m.– 6:00 p.m. Tuesday-Thursday: 9:00 a.m.– 5:00 p.m. Friday: 9:00 a.m. – 1:00 p.m.

HAPPY NEW YEAR! Mega Sign-Up Day (for free and paid programs) is on Tuesday, January 8 *from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 a.m. during regular Senior Center hours. We accept cash and checks made out to the Plainville Senior Center only.*

New Year, New Goals, New You!

If you haven't stuck with a regular exercise plan lately, **now** is the time to get back on track! The benefits to your body, mind, stress level and energy cannot be overstated. The new year is a perfect time to start taking advantage of everything that regular exercise can offer you, for example:

- Reduced heart disease /blood pressure
- Improved memory
- Increased mobility & flexibility
- Controlled weight
- Better control of diabetes & cholesterol
- Increased energy
- Better sleep
- Self-confidence
- New friends

Enjoy a great workout in our state-of-the-art PEAK Fitness Center. New members receive fitness center training from a professional, certified Exercise Physiologist. It's never too late to start. Turn to page 5 for all you need to know about a PEAK membership!

HOMEMADE RAVIOLI DEMONSTRATION

MONDAY, JAN. 28, 3:00 P.M.
Dan DiFiore of DiFiore Ravioli Shop will demonstrate how to make homemade sausage and spinach ravioli along with a roasted garlic cream sauce. Samples will be served! Cost is $2.00. Sign-up begins January 8. Space is limited to 20 participants.

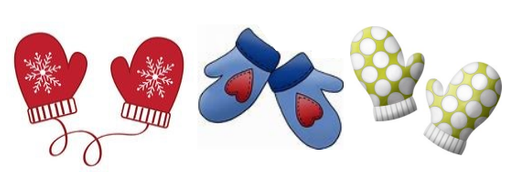
MANAGING NECK AND BACK PAIN

THURSDAY, JANUARY 17, 1:00 P.M.
In this popular free "lunch and learn" program, Presenter David Santoro of Hartford Healthcare will share information about the general causes of back and neck pain and review currently-available non-surgical procedures (diet, exercise, medication management, and other alternatives). Sign-up has begun.

MADAM WALKER, SELF-MADE MILLIONAIRE

THURSDAY, FEB. 21, 11:00 A.M.
Program will be followed by free light lunch.
Most people who have heard of Madam C.J. Walker will tell you one or two things — she was the first black millionaire and she invented the world's first hair-straightening formula and/or the "hot comb." But there's more to the story! Join performance artist Gwendolyn Quezaire-Presutti to hear the full account, as she portrays this remarkable, inspirational character and brings to life her success as a black businesswoman during the worst years of the Jim Crow era. C.J. Walker was brilliant and struggled doggedly to escape poverty and build a better life. She built a successful business and mobilized 20,000 African American women as her employees and paid them a fair wage. Through her philanthropy she reconfigured the philosophy of charitable giving in the black community, and through her political activism she fought against racial injustice. As much as any woman of the 20th century, she paved the way for the profound social change that altered women's place in our society.

For the past 20 years Gwendolyn Quezaire-Presutti has engaged audiences with performances giving voice to real life accounts, struggles, self-determination and triumphs of the women she portrays. In February 2018 she engaged and inspired her audience at the Senior Center with her portrayal of Onee Judge. Gwendolyn is dedicated to studying the character, philosophy, courage and grace that have helped black American women survive and flourish. **Program is free and includes a complimentary light lunch**. Sign-up begins January 8.



Happy New Year!

Home Energy Conservation Program — Please see page 2

Income Tax Assistance Begins Next Month — see page 4

Storm Closing Information Please see page 12

Special Events

CURRENT EVENTS DISCUSSION GROUP
EVERY MONDAY, 10 A.M.
Stay current by joining our lively discussion of local, state and national news as well as current events. We do not discuss politics; rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! Feel free to come and just listen. There is no pressure to participate and new folks are always welcome!

COOKING FOR ONE CLUB
TUESDAY, JANUARY 8, 2:00 P.M.
This group meets on the 2nd Tuesday of each month at 2:00 P.M. at the Senior Center. We are looking for a new group moderator or co-moderator, as Elaine will no longer be leading the group ***(Thank you Elaine for volunteering and getting this program started!).*** Bring your favorite recipes, cooking tips and fun ideas. Free and all members are welcome! Sign-up has begun.

HELP *CHANGE THE SCRIPT* ABOUT OPIOIDS
TUES., JAN. 15, 1:00 PM

Connecticut is among the top ten states with the highest rates of opioid-related overdose deaths. In fact, 1,038 people died of overdoses in 2017 in Connecticut. To help fight the opioid epidemic here in the state, new educational materials are being developed on opioid misuse prevention, safe medication storage and disposal, and more. A representative from Wheeler Clinic will provide new materials for your review and feedback. Free giveaways (adult coloring books, stress stars, etc.) will also be provided. This issue affects every one of us and we want to hear from **you.** Be a part of the solution! (Snow date: Tuesday, January 22nd at 1:00 PM) Sign-up starts January 8.

SNAPPY SENIORS
JANUARY 17, 2019, 10:30 A.M.
The Snappy Seniors Camera Club usually meets on the third Thursday of the month at the Plainville Public Library. Sign-up begins Tuesday, January 8.

FRIENDS HELPING FRIENDS
FRIDAY, JANUARY 18, 11:30 A.M.
This gathering, typically on the third Friday of each month, is for single, widowed or divorced members. Come out and socialize! We will meet at 11:30 a.m. at Great Taste Chinese Restaurant, 597 West Main Street, New Britain. Sign-up begins January 8.

HOME ENERGY CONSERVATION TIPS THAT CAN SAVE YOU MONEY!
FRIDAY, JANUARY 18, 10:00 A.M.
Energy savings are hiding in your house! Learn how to reduce your monthly heating and electric bills with a Home Energy Assessment from BantamWesson. Find out how our Building Performance Institute certified technicians can seal drafts and cracks, check insulation, test duct work, provide energy-efficient light bulbs and improve water usage.

(Continued...)

HOME ENERGY CONSERVATION (cont'd.)
BantamWesson is an authorized contractor of the State's "Energize Connecticut" program. This event is free. Call the Senior Center to register beginning January 8.

BOOKS AND BAGELS
WEDNESDAY, JANUARY 23, 9:30 A.M.

Books and Bagels is ushering in the New Year with another of Erik Larson's captivating books. **"Dead Wake"** will not disappoint the adventurous reader! Rich in atmosphere, thrillingly told and full of twists and turns, *Dead Wake* captures the sheer drama and emotional power as the reader is ushered aboard the Lusitania. Larson switches the tale between the hunter and the hunted, allowing readers to experience the events which will lead up to the *Lusitania's* tragic and final crossing. Join discussion leader Kathleen Marsan for coffee, tea, bagels and another rousing book discussion. Copies are available at the Plainville Library. Please read the book before the meeting. Sign up begins January 8.

PLAINVILLE LIBRARY SERIES AT THE SENIOR CENTER
TUESDAY, JANUARY 29, 1:00 P.M.
If you thought your public library is just about books, think again! **Plainville Public Library Director Trish Tomlinson will visit the Senior Center** to share how YOUR Library has evolved beyond traditional offerings to become a gateway to information and resources available anytime, anywhere, for FREE. Find out how you can access downloadable e-books, audiobooks, magazines, TV & film through the Library website with just your library card and Internet access. You can learn a foreign language course from home; research your family's ancestry; take an online course in photography, guitar, public speaking — you name it. Trish will reveal what modern treasures and services lie within the Library building and beyond!

This free presentation will introduce the series of hands-on tutorials that will be offered by Library staff at the Senior Center. On the last Tuesday of every month at 1 p.m., come and learn how to access and navigate online library resources from the experts. Upcoming topics include:

- Tuesday, February 26: **Introduction to Overdrive** (downloadable e-books, audiobooks, and magazines)
- Tuesday, March 26: **Introduction to Hoopla** (downloadable e-books, audiobooks, and magazines...plus downloadable comics, TV series and films)

Sign up for one session or all, beginning January 8.

More Special Events, next page

Lewis Mills High School to Host Senior Citizen Prom! *Wednesday, January 30, 4:00-6:00 p.m. at the Lewis Mills High School Cafeteria*
If you would like to have some fun, dance with friends, and have a nice meal, sign up to attend this free event! Contact: Laura Faga at (860) 673-0423 or email: **fagal@region10cct.org**

More Special Events

COUGH & COLD MEDICINES

THURSDAY, JANUARY 31, 10:00 A.M.
Topics of this free program will include what medicines are safe and how to take them. This program will be presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist, Integrated Care Partners, Hartford HealthCare Group and clinical professor at the UCONN School of Pharmacy, and Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist with Hartford HealthCare Integrated Care Partners and assistant clinical professor at UCONN School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. Sign-up has begun.

MAINTAINING A HEALTHY BACK — EXERCISE & EDUCATION STRATEGIES
THURSDAYS, JANUARY 31— MARCH 7 2:00-3:00 P.M
During this free 6-week program, learn about the general causes of back and neck pain and non-surgical procedures that may offer relief. Sessions 1 and 6 will include a pre- and post-assessment of posture and function. You will also receive a report on your progress, a list of educational tips, and a description of exercises taught in class. Limited to 25 participants; **attendance at all sessions is highly recommended.** Presented by David Santoro, MBA, OTR/L with Hartford Healthcare, with assistance from Quinnipiac Master students. This series is co-sponsored by Quinnipiac University and Hartford Health Care. Sign up has begun. Call the Senior Center to register!

SEA SHELL CRAFTS WITH GAIL FARRAR
TUESDAY, FEBRUARY 5 1:00 P.M.
Come and make your own shell projects! Each participant can choose two shell craft projects including a trinket box, ornament or picture frame. Gail will also share her love and knowledge of collecting sea shells. Make something for yourself and another to share! Snow date February 12. Program is free. Please call the Senior Center beginning January 8 to register.

VETERANS' COFFEE HOUR
FEB. 5 AND MARCH 5 at 10:30 A.M.
These monthly information and support meetings are conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. *FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.* ***There will be no meeting in January 2019***. Please call the Center at 860-747-5728 to register. Sign-up has begun.

CHINESE NEW YEAR LUNCHEON

THURSDAY, FEBRUARY 7, 12:00 NOON
Celebrate 2019, the Year of the Pig, at the Plainville Senior Center with a buffet lunch! We will enjoy some of the most popular Chinese dishes, 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, due at registration. Sign up begins January 8.

SMART HEART
FRIDAY, FEBRUARY 8, 9:30 A.M.

What organ works tirelessly for you from the moment you're born, without rest, non-stop? How can you make life easier for your heart — and thereby extend your own? Diet and lifestyle are paramount to a healthy heart, so join Miles Everett, nurse, educator and registered dietitian, to find out how to ***love*** your heart. Program is free. Call the Senior Center beginning January 8 to register.

MIX & MATCH CASSEROLES
THURSDAY, FEBRUARY 28, 10 A.M.
Join Peter Fescoe, Dining Services Director at Mulberry Gardens of Southington will present this program. With Peter's formula you can create hundreds of recipes with just a few basic ingredients! Come and see what you can cook up! Program is free. Sign-up has begun.

AARP SMART DRIVER
TUESDAY, MARCH 12 9:30 A.M. – 1:30 P.M.
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 and $20.00 for all others. Limited to 25. Bring a bag lunch if you wish. Sign-up begins January 8.

DO YOU HAVE ACID REFLUX?
THURSDAY, MARCH 14, 1:00 P.M.
Learn natural ways to prevent heartburn and medications that can help or worsen stomach acid. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist, Integrated Care Partners, Hartford HealthCare Group and clinical professor at the UCONN School of Pharmacy, and Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist with Hartford HealthCare Integrated Care Partners and assistant clinical professor at UCONN School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. Sign-up has begun.

Ongoing Support for Veterans

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments on the first Wednesday of each month at the Senior Center. He will be at the Center on **Wednesday, February 6**. There will be no appointments at the Senior Center in January. Please call Jason directly at 1-203-805-6340 to make an appointment in advance.

Library News

To sign up for or ask questions about any events at the Plainville Public Library, please call the Library at 860-793-1446 or stop by the Reference Desk.

Drop-In Needle Arts
Every Wednesday from 3:30—5:00 p.m. in the Conference Room. Bring your project or start a new one, using our donated supplies.

Income Tax Assistance Comes to the Senior Center: February 5 — April 16

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 2018 income tax, including:

- Personal identification (Photo ID) such as Driver's License or Passport.
- Social Security cards or Individual Taxpayer ID cards for everyone to be included on the return (see article, below)
- 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 last year's (2017) filed federal and state returns and other tax documents.

Appointments will be held on Tuesdays from February 5 through April 16 between 10 a.m. and 2 p.m. 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 8.

Le Petit Cafe

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

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

January 15 & 16	Italian Melt Panini Tomato Basil Soup
January 22 & 23	Chicken, BLT Wrap Chicken Noodle Soup
January 29 & 30	Grilled Pastrami Reuben Vegetarian Chili

Tuesday Shopping Bus

In order to ride the Senior Center's Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over age 60 or a Plainville resident of any age who is disabled. Please be ready at least 15 minutes before departure. We leave on time. Call the Senior Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up. **We can only accommodate eight (8) people on the Tuesday Shopping Bus. Sign up early!** Home pickups start at 11:15 a.m. The bus leaves the shopping center at 3:00 p.m.

- **January 8, 2019 — Bristol Shopping Plaza**
- **January 22, 2019—ShopRite, Southington**
- **February 5, 2019 — Walmart, Bristol**

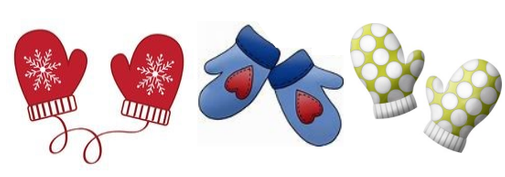
REMINDER: You Must Bring Your Social Security Card or 1099-SSA to Your Tax Appointment at the Senior Center

Our AARP-certified volunteer tax preparers must verify the identity and social security numbers of every person whose name appears on Federal Income Tax returns that are filed. You must bring all relevant Social Security cards with you to your tax appointment. **Social Security Statement 1099-SSA is also acceptable**. You must also bring an official photo I.D., such as a driver's license or passport.

If you do not have your Social Security card, you are strongly encouraged to apply for a replacement card now. Visit a local Social Security office for help in obtaining a new card.

We Welcome New Members for November 2018

Fred Lesiak, Kenneth Pol, Donald Brown, Jacqueline Lavertue, Donna Allen, Joseph Devito, Bonnie Hall, Kathryn Scott, William Maura, James Thieringer, Ronald Patry, John Duchaine and Frances Komacki



Weekly Tournament Winners

SETBACK

NOV. 19: 1ST: Donna Albrecht & Joan Litteral
2ND: John Gasparini & Nancy West
3RD: Marla Ludwig & Harold Bissonette

NOV. 26: 1ST: Gemma Croteau & Mary Levanti
2ND: Jackie D'Addese & Jackie Dionne
3RD: **(TIE)** Barbara Cichon & Gladys DuFour
Shirley Platt & Charlie Stepney

DEC. 3: 1ST: Gail Kreneck & Sally Miller
2ND: Bernard Grabeck & Stan Funk
3RD: John Gasparini & Nancy West

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BILLIARDS

NOV. 15: 1ST: John Gasparini & Mike Hermanowski
2ND: Stan Funk & Tony Lusitani

NOV. 21: 1ST: John Gasparini & Joe Babin
2ND: Rich Nordgren & Mitch Ziolkowski

NOV. 29: 1ST: Tony Lusitani & Mitch Ziolkowski
2ND: Mike Hermanowski & Stan Funk

Bowling League

November Bowlers of the Month:

- Tina Wishart
- Dan Hurley & Albert Deshaies

Please call Frank Robinson at 860-747-2918 or e-mail him at FgrahamR@aol.com if you have any questions about the Bowling League.

PEAK Fitness Center

Did you know that exercise can help you:

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

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 cardio-vascular workout using both upper and lower body.*
- **Bicycle:** *Recumbent bicycle allows you to ride in comfort. There is a seat back 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.*

Membership: 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. When you're ready to sign up, stop by our front desk for a membership packet that includes a medical approval form.

Donations

The Senior Center Always 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! **We do not use blank cards, holiday cards, religious cards, mass cards or birthday cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need! ***Please note:*** *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 this 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 15
Kathleen Bott, Carol Diana, Allyn Kall, Clara Dlugosz, Asuncion Culling, Gail Kreneck, Jackie/CT Solid Surface, Krista Michalik, Anonymous (4), Marge Burris(2), Lynn Gardner, Steve Castiola, Bob Labarre, Allyn & Marti Kall, Choral Group, Angela Civitillo, Susie Woertz/Plainville Food Pantry, Jacqueline Harvey, Maria Wynkoop, Jocelyne Ferrer, Christine Rodrigue, Betty Kreder, Sue Desrochers, Lorraine Demicco, Carol Beam, Chuck Dalpe, Jocelyne Ferrer, Ann Lyons, Judy Meese, Maria Wynkoop, Barbara & Bill Petit, Lucy Silverio, Michele Gnazzo, Pat Cancelli, Barbara Petit, Mary Jane Dumais

MEMORIAL DONATIONS through December 15
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:

- **Leo Civitillo,** by Angela & Mario Civitillo
- **William J. Furlong III**, by Cathy Furlong
- **Stephen Varhol,** by Peter & Laura Varhol

DIAL-A-RIDE DONATIONS through December 15

Barbara Barton, Marlene Maglio, Joan McBain, Carolyn Baker

Craft, Technology & 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 anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign-up for new classes beginning on Mega Sign-up Day — Tuesday, January 8 from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting January 15 if there is still room in the class. The drop-in rate for any class that allows drop-ins and/or has space available, is $5.00 for Senior Center members and $8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session
MONDAY		
Zumba Tone	9:30 – 10:30 a.m.	Jan. 14—March 18. No class Jan. 21, Feb. 18. 8 wks. $24 members only
Acrylic Painting	10:00 a.m. - 12:00 p.m.	Feb. 25—April 15. 8 wks. $24. Members only.
Beginner Yoga	10:15 - 11:15 a.m.	Jan. 14—March 18. No class Jan. 21 or Feb. 18. 8 wks. At Library. $24 members only
Power Burst 1	1:15 - 2:05 p.m.	Jan. 14—March 18. No class Jan. 21 or Feb. 18. 8 wks. $16 members only
Power Burst 2	2:15-3:05 p.m.	Jan. 14—March 18. No class Jan. 21 or Feb. 18. 8 wks. $16 members only
TUESDAY		
Intermediate Yoga	10:15-11:15	Jan. 15—March 5. 8 wks. $24. Members only. At Library.
Aqua-Arthritis Water Fitness	10:45 - 11:30	January 8 – February 19. 7 weeks. $21.00. Free for YMCA Members. See page 7 for description and special instructions. Class held at YMCA.
WEDNESDAY		
Quilting	9:30 – 11:30	Jan. 16 - ongoing. $2.00 per class when not volunteering to work on Senior Center quilt. Open quilting (no instructor) Jan. 2 and Jan. 9.
Zumba Gold	10:00 -11:00	Jan. 16—March 6. 8 wks. $24. Members only
THURSDAY		
Ceramics	9:30 – 11:30	Jan. 17—March 7. 8 weeks. $32. Members only.
Aqua-Arthritis Water Fitness 2	10:45 - 11:30	January 10 – February 21. 7 weeks. $21.00. Free for YMCA Members. See page 7 for description. Class held at YMCA.
Knit & Crochet	1:00 – 3:00	Jan. 17—March 7. 8 weeks. $16 members only.
FRIDAY		
Chair Yoga 1	9:30-10:30	Jan. 18—March 8. 8 weeks. $16. Members only.
Chair Yoga 2	10:40-11:40	Jan. 18—March 8. 8 weeks. $16. Members only.

Cheer Report

November 16 to December 15, 2018

Get Well & Thinking of You Cards were sent to:

Evelyn Case, Beatrice & Roland Dumont, Roy Kaine, Rita Dewyea, Mary Mastriano, Rosalie Sastre, Ann Krupinski, Sally Cobrain, Ann Campbell, Olga Stepney, Lorraine DeMicco, Elie Miranda, Albert Raymond, Pat Hermanowski, Welliena Saucier

Sympathy Cards were sent to:

Kenneth Pol, Family of Patricia Chambrello, Family of Joan Stenner, Judith Ronewicz, Agnes Oganowski, Family of James Corless, Family of Veronica Linsley, Family of Linda Gagne, Family of John Durbis, Family of Ada Chapman

If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at 860-747-5728. Cheer cards mean *so much* to our members and help us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out "cheer" on behalf of the Plainville Senior Center.

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 unsure whether 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 info.
Instructor: Abbe Wade

AQUA ARTHRITIS WATER FITNESS AT THE Y:
This course is held at the Plainville YMCA pool and offers a gentle range-of-motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of the water. Bring a bathing suit and towel. You may use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. The sessions are made possible thanks to the Main Street Community Foundation Grant, providing for the partnership between the YMCA and Plainville Senior Center to offer quality programs to local seniors.

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

CHAIR YOGA: In this mindful chair yoga class, we will practice gentle postures, breath work and meditation to discover the grace and wisdom of mind-body-spirit in movement and in stillness. **Instructor: Rosalie Tanguay**

GENTLE YOGA FOR BEGINNERS—LEVEL 1
This class is an introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release and is especially good for newcomers to yoga or those who would like a refresher on the basics. ***IMPORTANT:*** *Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details.* **Instructor: Jayaprbaha Mare DiBenigno.** *Class is held at Plainville Library.*

GENTLE YOGA FOR EXPERIENCED — LEVEL 2
This class is for experienced students who are ready for the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. ***IMPORTANT:*** *Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details.* **Instructor: Jayaprbaha Mare DiBenigno.** *Class is held at Plainville Public Library.*

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

POWER BURST: This class includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout. **Instructor: Caroline Dube**

QUILTING: Beginners are always welcome to this class. You will learn proper rotary cutting and sewing techniques. Participants may also work on the Annual Senior Center quilt that is raffled during the Holiday fair, or 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: Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**

From Our Suggestion Box:

A couple of folks have commented on why we don't play a Setback tournament like Bristol does. We have voted several times, asking if setback players in Plainville wish to try Individual Play vs. Partner Play so that people are not turned away due to lack of players. The vote is always defeated — the majority want to play partners. Once again, I urge Plainville players to go and observe Individual Play, and see if you would like to try this game format once a month in Plainville, or even just a couple of times. Some of our faithful players in Plainville also play in Bristol and really like the format.

Thank you for the great comments about our flower gardens, window boxes and potted plants. The pink flowers that bloomed all summer in pots by the Dial-a-Ride benches are called Mandevilla. Someone commented on weeds and dead flowers in the flower pots — please say something to Shawn or Ronda or feel free to help us keep the pots beautiful. Also, please take a minute to thank volunteers Pierre Morin and Bonnie Pelletier for designing, planting, and caring for our gardens and flower boxes all summer long.

Not sure what this was referring to since it wasn't signed: *"Keep the Center clean, Ronda and Shawn should keep a better eye on this."* **From Shawn and Ronda:** If you see something, say something! Our maintenance crew will gladly clean. It is amazing how quickly some areas get dirty immediately after cleaning. Also, help us by cleaning up after yourself. Do not leave paper, food wrappers, etc. on the floor. If you can't bend down, ask someone for help. Please let us know if a bathroom is dirty. They are cleaned once or twice each day, so please help us keep the area clean. Thank you!

Trips

Sign-Up Info

Sign-up: Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. Early each month we offer Mega Sign-up for new trips. This month it is on Tuesday, January 8 from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign up.

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 insurance policies cover most 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 cannot wait for late comers.***

FYI: We keep Reserve Lists for all trips including Quick Trips. When you sign up on the Reserve List for a trip that is filled, we will ask if you are a Senior Center member. If there is a cancellation, we always sign up any members from the Reserve List first! Therefore, a member who signs the Reserve List with a non-member friend should be aware that since we always sign up members first, we will skip over non-members on the Reserve List until all the members have been contacted.

Current Trips

GAELIC MEETS GARLIC

TUESDAY, MARCH 19, 10:15 A.M.

This unique day trip takes you to the Grand Oak Villa in Oakville, Connecticut for an entertainment-filled, delicious lunchtime show! George Casey will provide belly laughs with his Irish wit and clean comedy routine. Crooner Tony Riccio will entrance you with his romantic, authentic versions of the great song standards you know and love. Complimentary carafes of red and white wines on the table will accompany a family style meal of Corned Beef & Cabbage, Chicken Parmesan, garden salad, pasta with homemade sauce, roasted potato, vegetable, zeppole dessert and beverage. You'll also enjoy cheese, crackers and pepperoni upon arrival. Cost is $90 per person, which includes transportation and driver gratuity, payable in full at sign-up. Trip leaves from Our Lady of Mercy lot at 10:15 A.M. and returns to lot around 4:15 p.m. Don't hesitate! Space is limited, so please sign up early, beginning January 8.

Turn to page 9 for another great trip!

2019 Trips

Save the dates! Planned for 2019!

- April 26: Winner, Winner, Chicken Dinner (Twin River Casino)
- May 5: Mamma Mia, Warner Theater
- May 14-22: Utah's National Parks
- May 22: All You Can Eat BBQ & Bingo
- June 10-22: Alaska and the Yukon
- June 12: "On Your Feet," Westchester Broadway Theater
- July 10: All You Can Eat Lobster, Delaney House
- July 16: Celebrate Italia
- July 30: Riverboat Cruise on Lake Charggogagoggmanchauggagoggchanbungungamaug
- August 12: Kenny Rogers, Dolly Parton Tribute
- August 21: Friesians of Majesty Horse Show, Vermont
- Sept. 17: Frank Sinatra Tribute
- Sept. 19: Frankie Pizzaro - Platters lead singer
- Sept. 24: Berkshire Gilded Age
- Oct. 6-16: Spain—History to Heart
- Oct. 16: Delaware & Ulster RR — Fall Foliage
- Oct. 20: Barry Manilow Tribute
- Nov. 13-15: Miracle of Christmas Sight & Sound

We are waiting for "shares" and dates:

- Historic Isle of Shoals, NH
- Secrets of Grand Central Terminal
- Shear Madness, Boston
- Circle Line, NYC
- Andy Warhol Exhibit
- United Nations
- Libraries of Manhattan

Big Trips 2019

11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS

OCTOBER 6 — 16, 2019

Explore historic Spanish cities including Cordoba, Toledo, Barcelona, Seville, Madrid and others! Savor the highlights of this beautiful and historical country. In Barcelona on the Mediterranean Sea, explore wonderful plazas, modern squares, works by Gaudi (a UNESCO World Heritage Site) and the Gothic Quarter and Spanish Village. In Seville, visit the burial spot of Christopher Columbus and ride by rail to Madrid, to enjoy an evening Flamenco show. Visit the Prado Museum, the Royal Palace, the Las Ventas Bullring and the Bernabeu Football Stadium. Your visit to Toledo, another UNESCO World Heritage Site, includes a tour of a magnificent Gothic cathedral and a 13th century synagogue. Trip costs include international airfare, 16 meals with wine at dinner, a visit to a Spanish olive orchard, canal cruise, tour of Alhambra Palace and more! Pick up a trip flyer at the Senior Center!

UTAH'S NATIONAL PARKS FROM LAS VEGAS

MAY 14—22, 2019

See the the Grand Canyon, Monument Valley, Route 66 and the "Mighty 5" National Parks — Canyonlands, Arches, Capitol Reef, Bryce and Zion National Parks. Add to that a brief stop in Las Vegas for the trip of a lifetime! Added tours and adventures include: Tour of Antelope Canyon, 4-Wheel Drive Tour of Monument Valley with a Navajo Guide, Dead Horse State Park, Jet Boat Ride on the Colorado River, Red Cliffs Adventure Lodge, 4x4 Jeep Tour of Canyonlands National Park, Moab, Utah Movie Museum and Castle Creek Winery. Fully escorted from Plainville, includes local guides and a professional tour guide throughout and so much more! The trip is open to the public, so invite your friends (airfares are available across the US). Flyers are available at the Senior Center.

ALASKA & THE YUKON

JUNE 10-22, 2019

Fully escorted from Plainville, this trip includes 8 days of land touring and 4 days of cruising on Holland America. Enjoy a ride on the McKinley Explorer Domed Train to Denali National Park, a Tundra Wilderness Tour plus Mt. Denali, stops in Fairbanks and a visit to the Trans-Alaska Pipeline. In Dawson, you'll see old-time wooden boardwalks, frontier-era buildings and the Jack London Museum. On your four-day cruise Skagway to Vancouver, watch for whales, eagles and otters, see Glacier Bay National Park, sheltered fjords, rainforests and wildlife, take in the Saxman Native Village and the Lumberjack Show in Ketchikan and more! The trip is open to the public, with separate airfares are available from around the country. Pick up a brochure at the Senior Center!

Please help us by signing up for Trips, Outdoor Adventures and Quick 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!

Current Trips, cont.

JESUS – LIVE ON STAGE

JUNE 4-6, 2019

Back for a second season with a new itinerary, this trip to Amish country will be one to remember! Trip includes roundtrip motorcoach transportation and two nights' stay at Comfort Suites Lancaster, which includes indoor pool and fitness center. Enjoy a family style meal at the Homestead of Henry & Linda Stoltzfus, served by the proprietors, along with their stories of Amish life. Tour the family's miniature pony barn, woodworking shop and browse a gift shop filled with baked goods, quillows (quilted pillows) and other handcrafted items. Tour will include a visit to the Sturgis Pretzel Bakery and the Mt. Hope Estate & Winery for a tour and wine tasting. The main event, "Jesus" at the Sight and Sound Theater, is an action-packed musical stage adventure. That evening, dine at Millers Smorgasbord Restaurant. Before departing for home, enjoy a visit to the brand new Museum of the American Revolution, a fantastic experience that includes original artifacts and dynamic presentations that take you on a historical journey through the turbulent creation of a new nation. Cost is $471 per person, double/triple, and $591 single room. Insurance is available and recommended, starting at $38. Call Friendship Tours at 800-243-1630 for insurance details and purchase. Register for the trip at the Senior Center starting January 8. Flyers available at the Senior Center.

Quick Trips

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 of 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 at sign-up.

TRIP GUIDELINES: All Quick Trips charge $8.00 for transportation, payable at registration. No phone reservations are accepted. Refunds are 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 cannot attend, please call the Senior Center when it is open. After hours, you may call Ceal DiFrancesco (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.

UCONN WOMEN'S BASKETBALL AT GAMPEL PAVILION, STORRS, CT

- *SUN., JAN. 13, 2019, 10:30 A.M.*
- *SAT., FEB. 9, 2019, 10:30 A.M.*

These fantastic trips are now open to non-members, so if any of your friends or family are interested in joining you, be sure to act quickly! The cost of $28, due at registration, includes your round-trip transportation and a great seat!

Continued, next page

Quick Trips, cont.

UCONN BASKETBALL, continued
Seats are behind the UCONN basket in the upper level (Section 214, Row K), so there are some stairs to climb. The bus will leave the Senior Center at 10:30 a.m. Both games start at 1:00 p.m. so you may grab a bite at the Student Union, which has a variety of food options, or wait to eat inside Gampel Pavilion. The bus will leave Gampel immediately after the game and arrive back at the Senior Center at about 4:30 p.m. Sign-up has begun. **Note: If you prefer to drive yourself, you may come to the Senior Center and buy just the tickets at $20 each.**

TRI-CITY PLAZA, VERNON & LUNCH AT ANGELINO'S RESTAURANT
SATURDAY, JANUARY 5, 9:15 a.m.—3:30 p.m.
There is still space on the trip to Tri-City Plaza for shopping in all the great stores (TJ Maxx, Home Goods, Dollar Tree, Dress Barn, Price Chopper, etc.) The group will also stop at the Unicorn Polish Bakery and enjoy lunch at Angellino's Italian Restaurant. Lunch is on your own. $8 for transportation is payable at registration. **Home pick-ups for those who do not drive** begin at 9:15 a.m., then Senior Center pick-ups at 9:30 a.m. Return to Plainville by 3:30 p.m. Sign-up has begun.

BRASS MILL CENTER, WATERBURY
SATURDAY, JANUARY 26, 9:15 A.M.

Come with us for a trip to the Brass Mill Center in Waterbury where you'll discover the hottest new brands and find your favorites among the 120 stores, including **Burlington Coat Factory, Macy's, JC Penney, Bath And Body Works, Lenscrafters, GNC, Vitamin World and Sears.** You will have time to enjoy lunch (on your own) at one of a variety of restaurants located in the Center. The fee of $8 for transportation is payable at registration. **Home pick-ups for those who don't drive** begin at 9:15 a.m., then Senior Center pick-up at 9:30 a.m. Return to Plainville at approximately 3:30 p.m. Sign-up begins on January 8.

TOUR PLAINVILLE'S GIFT SHOPS
SATURDAY, FEB. 2, 10:00 A.M.

Join the fun as we take a free trip around Plainville to visit gift shops. Did you know that Plainville has a huge number of wonderful gift shops? Take our mini-bus and don't worry about parking or driving! Our day will begin at one end of Plainville, stop for lunch (on your own) and shopping in downtown Plainville, and then travel to shops on the other side of Plainville. Some suggested stops (in alphabetical order) are: Artisans Marketplace, Birdhouse Jewelry, Blue Barn, Cauldron's Flame, Chestnuts, DBK Jewelry, Flea Market at the Crossing, Flipping and Stones, The Lil' Plant Shop, Martel Music, Unique Finds. If you have more ideas, please let us know! Remember, you can use Dial-A-Ride to go back and visit your favorite shops, Monday through Friday. Sign-up begins January 8.

Outdoor Adventure Club

SESSIONS WOODS SNOWSHOE / HIKE
THURSDAY, JANUARY 17, 12:30 P.M.

Join us for a leisurely walk and hike at Sessions Woods over easy, wooded trails. We will meet at Session Woods in Burlington (parking located at 341 Milford St.) at 12:30 p.m. and hike for approximately 2 or 2.5 miles. Please be prepared for cool temperatures and bring a warm jacket, and some water as well! We will finish the hike around 3:30 p.m. Cost is $3.00, payable to leader Jared Scoville on the day of the hike. Call the Senior Center beginning January 8 to register.

WINTER WALK IN HAMMONASETT BEACH STATE PARK / LUNCH AT LENNY & JOE'S
SATURDAY, JANUARY 19, 2019 9:30 A.M.
We will meet up with the Outdoor Adventure group from the South Windsor Senior Center at the beach for a winter walk around the beautiful Meigs Point at Hammonasset, surrounded by miles of wetland and home to dozens of bird species. After the walk, we'll spend time on one of Connecticut's most popular beaches and enjoy the calming sounds of the ocean. Wear sturdy walking shoes and clothing suited for the weather. Afterwards, we will have lunch (on your own) at Lenny and Joe's. Bring water, snack and necessary medications, if needed. Cost is $8.00 for transportation and leader, due at registration. Leaves from Senior Center at 9:30 a.m. and returns approximately 3:30 p.m. Sign-up has begun.

INDOOR ARCHERY AT HALLS ARROW (MANCHESTER) & LUNCH AT SHADY GLEN
FRIDAY, JANUARY 25, 2019, 11:00 A.M.

The bus will leave the Senior Center at 11:00 a.m., and we will travel to Shady Glen Restaurant for lunch (on your own). Shady Glen is a vintage 50's-style eatery with classic cheeseburgers, homemade ice cream and more! After lunch we'll go to Halls Arrow for one hour. The instructor fee, equipment, target shooting, and transportation are all included in the price of $20, which is due at registration. Whether you've practiced archery before or are a beginner, all levels are welcome. Sign-up begins January 8.

CASE MOUNTAIN SNOWSHOEING/HIKE
SATURDAY, JANUARY 26, 9:30 A.M.
This short but unique mountain hike involves a 2.8 mile round trip that offers really nice views over the city of Hartford. With extensive trails and a view that few local mountains offer, it is a hike worth checking out! The trail is rated "moderate" over both dirt and gravel trails. Part of the hike crosses the blue-blazed Shenipsit Trail. In total, the hike should take approximately 2.5 hrs. Bring a bagged lunch, snack, some water, and a craving for some nice views! The van will depart from the Senior Center at 9:30 a.m. and return at approximately 2:00 p.m. Cost: $8.00 due at registration. Sign up begins January 8th.

Transportation

DIAL-A-RIDE

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 $1.00 donation for each way is suggested, but not required.*

ADA Para-Transit

Another option with more hours and destinations

The Americans with Disability Act (ADA) Paratransit Service provides more hours and more destinations than the Senior Center's Dial-A-Ride service and even runs on Sunday! It is another option for seniors and persons with a disability who cannot drive.

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 usage of the CT Transit buses. ADA can transport you to many more towns during 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).

Continued…

Your suggestions, ideas, concerns and 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.

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.

You Must be Pre-Approved — How to Apply:

The application process is now part of the Greater Hartford Transit District. The on-line application can be found 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 as well. 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.

Once you are approved, you can reserve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m. to 5:00 p.m. So give it a try — broaden your horizons, go shopping or 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).

2018 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 date of the next meeting is January 9, 2019. Free ADA Transportation is available to attend the Forum. Please 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** at least 48 hours before the meeting.

You may call Bette or Stephanie at 860-747-5728 with any questions you may have about transportation.

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BC: Back of Calendar

This & That

AARP Trips ... Call Sally Miller!

- No casino trips in January and February
- March 12, 2019 — MGM Casino Springfield MA. Leaves OLM at 9 a.m. and leaves Casino at 3:00 p.m. Cost is $25; no promotional package included at this time. Reservations: Sally Miller at 860-747-1732.
- **April 1-9, 2019**, New Orleans Tour, $2,299.

For information on these trips or to sign up, please call Sally Miller at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Center. You cannot sign-up or pay for them at the Center.

STORM CLOSING INFORMATION

Our policy is to cancel activities when the Plainville Public Schools are closed. When this happens we cancel meals, Dial-a-Ride, Peak Center, and all classes and activities.

- Announcements regarding cancellations are made on the television channels and websites of the following networks: **WFSB, WNBC** and **Fox 61** as well as radio **WTIC 1080 AM.**
- If Senior Center activities are cancelled, the Center remains **OPEN**.
- If public schools have a delayed opening, we open at our regular time of 9:00 a.m. and our schedule is usually not affected. If you are taking an early class, please call ahead to confirm.
- Sometimes public schools have an early dismissal. This does NOT necessarily mean the Senior Center activities are cancelled. Please call the Senior Center to see if our afternoon schedule has changed.

CHORAL GROUP The next rehearsal dates are Friday, January 4 and Friday, February 1, 2019 at 9:30 a.m.

SENIOR CENTER DISPLAY CASE
If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for 2019!

CONGREGATE MEAL PROGRAM
You may 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. WE CANNOT TAKE ANY CALLS BETWEEN 11:45 A.M. AND 12:15 P.M. AS WE ARE SERVING LUNCH. **You may call between 10:15 a.m. and 11:45 a.m. OR between 12:15 and 12:45 p.m. only**. A suggested donation is $2.50.

FREE UPRIGHT PIANO
Interested person must make arrangements to have it moved. Contact Shawn or Ronda at the Senior Center, if interested.

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 during 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 health and safety. Please call the Center at 860-747-5728 to have your name added to the At-Risk List. Our social workers Bette and Stephanie can help you develop a plan for power outages/ weather emergencies. Please call 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 Senior Center members who live in Plainville and $28.00 for out-of town Senior Center members**. You may pay with cash or check made out to the Plainville Senior Center. 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 in to the Senior Center to pick up an instruction sheet that explains how to prepare, as well as paperwork to fill out and bring to your appointment. This service is provided by ProHealth Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any outstanding balance over $5.00. In most cases, patients will not pay more than $5.00 for the service.

FREE BLOOD PRESSURE SCREENING

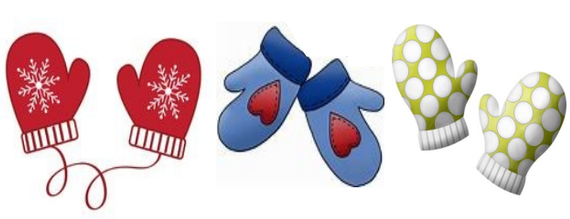
- **Monday, Jan. 28,** 12—12:30 p.m. (with our Nurse)

CHOLESTEROL SCREENING

A quick appointment and a prick of your fingertip can tell you your total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose numbers. This test does not require fasting. Knowing these numbers and taking appropriate health measures are great steps toward a healthier you! Call the Senior Center for an appointment with our nurse. Cost is $12.00.

Energy Assistance

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make $34,366 (gross) and a family of two could possibly make $44,941 (gross) and be eligible for the program. For more information or to see if you are eligible, call the HRA Energy Department at 860-356-2000. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR. See Bette or Stephanie with any questions.



Care & Support
We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, JAN. 7 and JAN. 28, 12:30 P.M.

When you have questions, we have answers! We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find Alzheimer's help in the community or homecare. Stop by Stephanie's office to have an individual chat with her. *Please note:* this service is for Plainville residents 60 and over only. No sign-up needed and no question is too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center to schedule a time that's convenient.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, JAN. 8, 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 households where grandparents and relatives are responsible for their needs. Come and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. Sign-up has begun.

CAREGIVING CONNECTIONS

TUESDAY, JANUARY 15, 10:00 A.M.

Start the year off among fellow caregivers! Come sit, breathe deeply, and exhale all the left over holiday stress! It is time to share holiday survival stories as well as to refresh ourselves as we stand at the threshold of a brand new year! Caregivers from neighboring towns are welcome. Call Bette with any questions or concerns. Sign-up has begun.

BRIGHTER FOCUS

THURSDAY, JANUARY 24, 10:00 A.M.

The new year is dawning … there is nothing better than a fresh start! Come join us as we set out to enjoy the new year with a renewed commitment to keep a bright focus and enrich our lives and the lives of others. With steadfast hope and courage we will calm our fears, soldier on and embrace each new opportunity. All members are welcome to join Brighter Focus. Call Bette for further information. Please sign up starting January 8.

NEW: Free Opioid Education & Family Support Group

Wheeler Clinic has just started hosting ***Change the Script***, an educational and supportive group for family members and loved ones of individuals using opioids or struggling with an opioid disorder. The group meets at 334 Farmington Avenue, Plainville on Thursdays from 6:00 p.m. to 7:00 p.m. All are welcome! (ages 16 and older) Please Contact Aisha Hamid for more information. Call 860.793.4625 or by email at: **ahamid@wheelerclinic.org.**

JANUARY 2019

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.		**Jan. 1** **New Year's Day** **Senior Center Closed**	**2** 9:00 Walking GR 9:30 Open Quilt CR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR 4:00 Walking BR	**3** 9:00 Walking GR 9:30 Mexican Train GA 12:30 Pool Tournament 12:30 Bridge OS 12:30 Pinochle CL 1:00 Scrabble C 4:00 Walking BR	**4** 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Grp 12:00 Pinochle L	**5** Tri-City Shopping Plaza & Angellino's Rest. Vernon 9:15 a.m.
	7 ***9:00 NURSE** 9:00 Walking GR 10:00 Curr. Events OS 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 4:00 Walking BR	**8** **MEGA / FREE SIGN-UP DAY** ***9:00 NURSE** 9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Grandparents GR 10:45 Aqua Fitness, YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling BR 2:00 Cooking for One C 4:00 Walking GR	**9** 9:00 Walking GR 9:30 Open Quilt, CR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR 4:00 Walking BR	**10** ***9:00 NURSE** 9:00 Walking GR 9:30 Mexican Train, GA 10:45 Aqua Fitness 2, YMCA 12:00 COA CR 12:30 Pool Tournament 12:30 Bridge OS 12:30 Pinochle CL 1:00 Scrabble C 4:00 Walking BR	**11** 9:00 Walking GR 9:00 Mahjong GA 12:00 Pinochle L	**12**
13 UCONN Basketball Storrs 10:30 a.m.	**14** ***9:00 NURSE** 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	**15** ***9:00 NURSE** 9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:00 Caregivers GR 10:45 Aqua Fitness at YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Change the Script: Opioids C 1:00 Wii Bowling BR 1:00 Bridge OS 4:00 Walking GR	**16** 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold, GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne, C 3:00 Coloring Club, GR 4:00 Walking BR	**17** 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train, GA 10:30 Snappy Srs., L 10:45 Aqua Fitness 2 at YMCA 12:30 Sessions Woods 12:30 Pool Tournament 12:30 Pinochle CL 12:30 Bridge OS 1:00 Managing Neck & Back Pain BR 1:00 Scrabble C 1:00 Knit & Crochet GR 4:00 Walking BR	**18** 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:00 Energy Conservation CR 10:40 Chr Yoga 2 GR 11:30 Friends Helping Friends 12:00 Pinochle L	**19** Winter Walk at Hammonasset Beach, Madison 9:30 a.m.
20	**21** **Martin Luther King Holiday** **Senior Center Closed**	**22** ***9:00 NURSE** 9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fitness YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling BR 4:00 Walking GR	**23** 9:00 Walking GR 9:30 Bks & Bagels GA 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	**24** ***9:00 NURSE** 9:00 Walking GR 9:30 Mexican Train CL 9:30 Ceramics CR 10:00 Bright Focus GA 10:45 Aqua Fitness 2 at YMCA 12:30 Bridge OS 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit & Crochet GR 4:00 Walking BR	**25** 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 11:00 Halls Archery 12:00 Pinochle L	**26** Brass Mill Shopping Ctr. Waterbury 9:15 a.m Case Mtn. Hike 9:30 a.m.
27	**28** ***9:00 NURSE** 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:00 BP Clinic 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 3:00 Ravioli Dem. C 4:00 Walking BR	**29** ***9:00 NURSE** 9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fitness YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Plainville Library Series GR 1:00 Bridge OS 1:00 Wii Bowling BR 4:00 Walking GR	**30** 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold, GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne, C 3:00 Coloring Club, GR 4:00 Walking BR	**31** 9:00 Walking GR 9:30 Mex. Train GA 9:30 Ceramics CR 10:00 Cough & Cold, GR 10:45 Aqua Fitness 2 at YMCA 12:30 Bridge OS 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit & Crochet, GR 2:00 Maintaining a Healthy Back BR 4:00 Walking GR	**Feb. 1** 9:00 Walking GR 9:00 Mahjong, GA 9:30 Choral Grp 9:30 Chr Yoga 1, GR 10:40 Chr Yoga 2, GR 12:00 Pinochle L	**Feb. 2** Tour Plainville Gift Shops 10:00