

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.

Mega Sign-Up Day (for free and paid programs) is on Tuesday, January 7 from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. Online registration begins at noon for programs accepting online sign-up. If the Center is closed on Mega Sign-Up Day due to weather or 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., Mon.- Fri. We can only accept cash and checks made out to the Plainville Senior Center.



What's Your 2020 Vision?

At the start of each year, we get a chance to take stock and set goals for ourselves to improve our lives in some small way going forward. Whether your goals are to get out more, to start and **continue** a fitness plan, to learn something new, help others, meet and enjoy new friends, find ongoing support or to just have more fun, the Plainville Senior Center can help you on your journey in 2020. If you haven't visited the Senior Center yet, **take that first step** and stop in! If you're a regular visitor, sign up for something new and **different** this year, or drop in on a weekly table game just for fun. If you have ideas to help us improve in 2020, please let Shawn or Ronda know. As always, we resolve to provide the highest level of service to our Senior Center members! Join us in making 2020 a **happy** and **healthy** year.



Two New Silver Sneakers Classes Coming to Senior Center

FREE DEMO: TUESDAY, JAN. 14, 3:00 P.M.

CLASSES BEGIN ON TUESDAY, JAN. 21

Silver Sneakers offers workouts for people 65 and older, typically paid through certain health insurance. Silver Sneakers will now offer two new classes at the Senior Center, and folks who don't have Silver Sneakers can participate for \$2 per class! The **Chair Aerobics Class** will work on balance, posture, cardio and strength to help keep you active and independent! The **Balance Class** is designed to help with balance as well as tone your legs and work your core. Both classes will meet on Tuesdays starting January 21. Please see page 6 for the schedule and page 7 for additional class information. If you're not sure if you have Silver Sneakers through your insurance, call the 1-800 number on the back of your insurance card and ask if your plan covers the Silver Sneakers program. If it does, **be sure to get your Silver Sneakers number**, which is 16 digits and starts with 2300. You need to bring that number to the demo and the first class you attend. Again, if you do not have Silver Sneakers, you can still participate by paying \$2.00 at each class you attend. **No sign-up needed for these classes—just drop in.**

NEW! BALANCE SCREENINGS OFFERED MONTHLY

As people grow older, they may realize they are sometimes unsteady on their feet. To assess your abilities, Laurel Whalen, a registered physical therapist with Jerome Home Outpatient Rehabilitation will offer free balance screenings on the **third Tuesday of every month, starting Jan. 21** at the Senior Center. The screenings, sponsored by Jerome Home, will run from 10 a.m. to noon. Please sign up for an appointment at the Senior Center by calling 860-747-5728.

DENTAL CLINIC APPOINTMENTS

TUESDAY, JAN. 14—BY APPOINTMENT ONLY

A registered dental hygienist from Community Health Center, Inc. will provide a dental hygiene exam, dental cleaning and x-rays when appropriate. The cost is \$30 for persons without insurance. Help in paying for the clinic (scholarships) may be available for Plainville residents over age 60 who have monthly income below \$1,429 (single) or \$1,928 (married). Contact Stephanie or Ronda at the Senior Center for scholarship information. **To make an appointment or ask questions about an appointment, call Melissa at 860-983-2990.**

CANCELLATION POLICY: The Committee on Aging will be instituting a new cancellation policy in 2020. The Senior Center has experienced a very high number of late cancellations for our Trips, Quick Trips, Outdoor Adventures, classes, and programs. This often results in us having to cancel the activity because minimum participation levels are not met. We urge individuals to be sure they don't have scheduling conflicts before signing up for Senior Center events and activities. More details will follow in the February newsletter.

Save the Date! Downton Abbey Event, See page 4

New Trips Added for 2020! See page 8

Income Tax Sign-up Starts Jan. 15. See page 3

Want a Census job? See page 10

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. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

VETERANS' COFFEE HOUR

TUESDAY, JANUARY 7, 10:30 A.M.

TUESDAY, FEBRUARY 4, 10:30 A.M.

These monthly information and support meetings are conducted by Sherry Vogt, Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Please call the Center at 860-747-5728 to register.



SHAPE A SNOWFLAKE!

THURSDAY, JANUARY 9, 1:00 P.M.

Turn simple plastic baby hangers into a beautiful weather-resistant snowflake that won't melt!! A sample is on display in the Senior Center showcase. The class, taught by Evelyn Morin, will cost \$2.00, due at sign-up. Before the class, participants must purchase 18 white baby hangers (on their own) and bring to the class. Hangers will not be available at the class. Sign-up begins January 7.

SNAPPY SENIORS

THURSDAY, JANUARY 16, 10:00 A.M.

Snappy Seniors, a group that focuses its activities and discussions on photography, typically meets on the third Thursday of the month at the Plainville Library at 10:00 a.m.



ANDROID EDUCATION

THURS., JAN. 16, 23, 30 AT 1:00 P.M.

Did you get something called an "Android" phone or tablet over the holidays? What is an Android anyway and how do you use it? How do you send emails, take photos, and download apps and programs like with Apple? Come find out the answers to these questions and more at our **FREE** Android Education classes with Andrew! Class will be held on the following Thursdays at 1:00 p.m.

- 1/16: Email & Downloading Apps
- 1/23: Taking Photos & Recording Videos
- 1/30: Social Media Part 1 (Facebook, YouTube, Twitter)

Limited to eight participants. Call the Senior Center to register beginning January 7. *Andrew Lasher is a Manchester Community College student and has used Android products since buying his first smart-phone in 2011. He is entirely self-taught with a passion for connecting people with technology.*

LET IT GO: GUIDE TO A SIMPLER, MORE SERENE LIFE

THURSDAYS, JAN. 16 & JAN. 23, 10:00 A.M.

Choosing to "let it go" makes us stronger and allows us to focus on what we need to do to be in the present moment.

Continued, next column

LET IT GO (continued)

Each time a new challenge arises, we will recognize how to overcome it, take back the responsibility for our goals and continue on our journey. **During the two sessions we will focus on:**

- What I need to let go of (assessment)
- What I am working on to "Let Go"
- Not letting go = Stress and anxiety
- A personal goal for each day of the week
- Benefits of letting go

Please plan to attend both one-hour sessions. Program is free. Presented by Jo Anne Harrison-Becker, MS, Gerontology. Sign-up has begun.

FRIENDS HELPING FRIENDS

FRIDAY, JANUARY 17, 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 Mama Luke's, Farmington. Sign-up begins Jan. 7.

BOOKS AND BAGELS

WEDNESDAY, JANUARY 22, 9:30 A.M.

What could be better than a shivery tale of psychological suspense to read on a dark winter's evening! For 20 years, the loyal secretary has been there, invisible, discreet, silently watching, the trusted keeper of secrets. Author Renee Knight's storytelling, filled with twists and turns, is definitely mesmerizing. Join our group of mystery sleuths for what will be a spellbinding discussion of ***The Secretary***. Coffee, tea and bagels will be served. The book is available at the Plainville Library. Please sign up soon, as space is limited. Sign-up begins January 7.



PLAINVILLE LIBRARY SERIES CONTINUES AT THE SENIOR CENTER

WEDNESDAY, JANUARY 22, 1:00 P.M.

Plainville Public Library Director Trish Tomlinson will continue her visits to the Senior Center to share how the Library has evolved into a gateway to information and resources available anytime, anywhere, for FREE. Learn how to access and navigate online library resources! January's program is **RB Digital** from *Recorded Books*. This service enables library patrons to access audiobooks, eBooks, magazines, comics, entertainment, educational offerings, and more in one app. Sign-up begins January 7.

WOUND HEALING 101

THURSDAY, JANUARY 23, 10 A.M.

In this FREE educational seminar, learn more about the seven essential steps in wound care and basic diabetic education. Presented by Dr. Nicholas Verdura, Hartford HealthCare Medical Group. Call or **sign up on-line at www.schedulesplus.com/plainville**

Have You Tried Online Sign-up?

www.schedulesplus.com/plainville

More Special Events

CHINESE NEW YEAR LUNCHEON

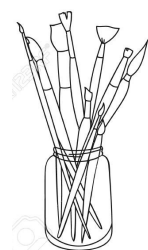
THURSDAY, JANUARY 23, 11:30 A.M.

Celebrate 2020 — the Chinese Year of the Rat — 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 sign-up. Seating is limited to 60, so sign up right away, starting January 7!



PAINT PARTY WITH BECCA

WEDNESDAY, JANUARY 29, 1:00 P.M.



During this paint party with instructor Becca Fazzino, you can create and take home a beautiful painted canvas with an inviting rustic cabin set against a winter background! A sample is on display in our showcase. The \$10.00 fee includes all materials. Sign-up begins January 7.

NZINGA'S DAUGHTERS

THURSDAY, FEBRUARY 6, 2:00 P.M.

Nzinga's Daughters is an ensemble of women who share their gift of song and prose from the east coast of the US to the west coast of Africa. The Daughters perform for schools, colleges, festivals and major cultural venues across New England and West Africa. Their program includes a variety of African, Caribbean and African-American music, drumming, storytelling and poetry. Come be entertained, informed and inspired! Sign-up begins January 7.

ALL ABOUT ARTHRITIS

THURSDAY, FEBRUARY 20, 1:00 P.M.

Learn how dietary factors, free radicals and trauma can cause arthritis, how arthritis is diagnosed, and what you can do to prevent it. Presented by Maquita Sellers, exercise physiologist, GoodLife Fitness. Call the Plainville Senior Center to register, or **sign-up on-line at www.schedulesplus.com/plainville**. Sign-up has begun.

AARP SMART DRIVER CLASS

THURSDAY, FEBRUARY 27, 9:30 A.M.

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Once you complete the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15 for AARP members providing a membership number and \$20 for all others. Limited to 25. Program ends about 1:30 p.m. Bring a bag lunch if you wish. Sign-up begins Jan. 7.

CBD & PAIN MANAGEMENT

THURSDAY, MARCH 19, 1:00 P.M.

Short for Cannabidiol, CBD is one of hundreds of compounds called **cannabinoids** that are found in cannabis plants — the plants that produce marijuana. Unlike the compound THC that is found in marijuana, Cannabidiol (CBD) will NOT produce mind-altering effects. CBD is growing in popularity for people seeking relief from pain and in treating common conditions.

CBD & PAIN MANAGEMENT, *continued*

Come learn what CBD can and cannot do, and find out about various forms of CBD. Presented by Michael Peshka, RN, Hartford Health-Care Pain Treatment Center. *Sponsored by Hartford HealthCare.* Call the Senior Center to register or **sign up on-line at www.schedulesplus.com/plainville**. Sign-up has begun.

Income Tax Preparation — Sign up Starting January 15 for February Appointment

The Plainville Senior Center is pleased to announce that it will once again host AARP Tax-Aide, a free program that provides income tax preparation assistance by certified volunteer tax counselors for low to moderate income taxpayers of all ages with special attention for persons aged 60 and older.

The dates for 2020 (tax returns for calendar year 2019) are every Tuesday beginning February 4 and ending Tuesday April 14. Tax preparation is by appointment only. The Senior Center will begin taking appointments on January 15. To schedule your Tax Preparation appointment please call the Senior Center at 860-747-5728 on or after January 15.

Important Reminders:

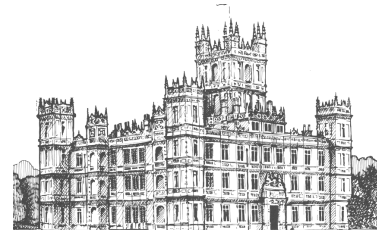
- Please ensure that you have received all critical income and expense documents (e.g., W-2s, 1099-INTs, 1099-DIVs, 1099-Rs, 1099-MISC, Social Security Statements, Brokerage Statements, Health Care Insurance related Statements, Education/Child Care Credit related documents etc.) from employers, government agencies, banks, credit unions or brokerages before you arrive for your appointment. If any of your documents are missing or incorrect, it will delay the preparation of your tax return and may require you to reschedule your appointment.
- If your return will be filed as Married Filing Jointly, both spouses will need to be present for completion and signing of returns.
- Please bring an official government photo ID (Drivers License, Passport) for identity verification by your tax counselor at check-in. If you are a new client, you must also bring social security cards for all persons included on the return for identity verification.
- If you intend to direct any refunds or pay any tax liabilities electronically via a financial institution, please ensure you have your account number and financial institution routing number (e.g., voided bank check) available at the time of your appointment.
- Please bring a copy of your prior year (2018) tax return. This will ensure your tax counselor has any carryover information that would be necessary for preparation of this year's return. In addition it is helpful in identifying any potential missing documents or other information.

The Tax Counselors and Senior Center staff look forward to another successful year of providing this valuable service!

Continued, next column

Save the Date for a “Downton Abbey” Special Event!

If you're a fan of the television series Downton Abbey, if you love British history or follow fashion, save **Thursday, April 16th at 2:00 p.m.** for a very special event at the Senior Center! Details to follow!



Ongoing Support for Veterans

VETERAN APPOINTMENTS WITH JASON COPPOLA

WEDNESDAY, JANUARY 8, 10:00 A.M.

WEDNESDAY, FEBRUARY 5, 10:00 A.M.

Jason Coppola, Veterans Service Officer from the State Office of Advocacy and Assistance, hosts appointments at the Plainville Senior Center on the first Wednesday of the month. You may set up a personal appointment with Jason by calling him at 1-203-805-6340.



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 religious cards or mass 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 receptionist needs to know your name and what you are donating so that we may list your name in this Newsletter. (If you wish your donation to 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, NOV. 16—DEC. 15

Bette Green, Lila Winters, Sally Cobrain, Cil Ferre, Anonymous, Faith Wallace, Stephanie Lombino, Ronni Bonura, Mario Civitillo, Elaine Cyr, Barbara Barton, Bailey Funeral Home, For Goodness Sake, Kathryn Scott, Rosaleen Peters, Charlene Bailey, Polish Care Services, Euro HomeCare

MEMORIAL DONATIONS, NOV. 16—DEC. 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:

- **Michael Heslin**, by Lee Ann Korus
- **Leo Therrien**, by Joyce Cannon, Lorraine Corsini, Rosaleen Peters

DIAL-A-RIDE DONATIONS, NOV. 16—DEC. 15

Sue Piercy, Patricia Cancelli, Circle Group, Barbara Barton, Rosaleen Peters

Volunteer Opportunities!

- ♥ **Bingo Callers:** We are in need of persons willing to call the Bingo numbers at our weekly games each Wednesday at 1:00 p.m! No need to volunteer **every** Wednesday; we will work with your schedule.
- ♥ **Café:** We are still looking for volunteers who like to be around people and work with food, **to be a part of our Café team!** Prep workers, servers, cashiers and dishwashers are needed. Training is provided and you can help as often or as seldom as your schedule allows. Hours vary, Tuesdays and Wednesdays. If interested, call Ronda or Evelyn at 860-747-5728.

Last Call for Lost & Found!

Please take the time to check the “Lost and Found” closet at the Senior Center as soon as possible. Items left in the closet at the close of business on **Jan. 15** will be disposed of. We appreciate your attention to this matter!



Le Petit Cafe

at the Plainville Senior Center

Open Tuesdays & Wednesdays

11:00 a.m. to 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!

The Cafe will be closed until January 21.

Jan. 21 & 22 Grilled Hot Dogs and Baked Beans
Chicken & Rice Soup

Jan. 28 & 29 Steak fajita quesadillas with peppers
and onions
Tortilla Soup



Weekly Tournament Winners PEAK Fitness Center

SETBACK

- DEC 16:** 1ST: Rose Dunlap & Grace Lapila
2ND: Joe Babin & Linda Dominique
3RD: Lynne Krakauskas & Don Vye
- DEC 9:** 1ST: John Sisson & Verna Pekrul
2ND: Sally Miller & Gail Kreneck
3RD: Mary Levanti & Linda Dominique
- NOV 25:** 1ST: Joan Litteral & Gemma Croteau
2ND: John Sisson & Verna Pekrul
3RD: Bob Wallace & Jean Rodrigue

BILLIARDS

- DEC. 19:** 1ST: Stan Funk & Pat Cancelli
2ND: John Gasparini & Bob Michalic
- DEC. 12:** 1ST: Stan Funk & Joe Babin
2ND: John Gasparini & Dan Burgess
3RD: Ellen Couture & Val Dumais
- DEC. 5:** 1ST: Ellen Couture & Bill Allen
2ND: Stan Funk & Val Dumais
- NOV. 27:** 1ST: Stan Funk & Bob Michalic
2ND: John Gasparini & Pat Cancelli
- NOV. 21:** 1ST: Stan Funk & Bob Michalic
2ND: Jon Gasparini & Dan Burgess

Bowling League

Bowlers of the Month for November:

- Men — Peter Zeleniuk & John Kirch
- Women — Betty Kirch



Please call Frank Robinson at 860-747-2918 or e-mail him at fgrahamR@aol.com with questions about the bowling league.

Afternoon Wii Bowling Looking for Players!

Enjoy the thrill of strikes and the challenge of spares and splits — all in the comfort of the Senior Center! Wii Bowling is a fun activity that allows you to play or practice your game using a simulated bowling screen. Compete against others and have fun! Drop in every Tuesday at 1 p.m. in the Computer Lab.

Plainville has Weekly Drop-In Pool Tournaments!

Every Thursday at 12:30 p.m., Senior Center members who enjoy pool gather for informal tournaments at the Center. If you have some experience playing pool, come and join in!



IMPORTANT: WINTER HOURS AT THE PEAK CENTER

These hours are in effect until Friday, March 27.

- Monday — Thursday, 9:00 a.m. to 4:00 p.m.
- Friday, 9:00 a.m. to 12:45 p.m.

13-MONTH PEAK FITNESS SPECIAL!

Last Chance: Join through January 31, 2020

Join for 13 months for the price of 12! \$60.00 for one year, good for new **and** renewing memberships. That's only \$4.61 per month... such a **GREAT** deal!

Our PEAK Center offers:

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.
- Bicycles:** Recumbent bicycle allows you to ride in comfort. There is a seat back for full support. The new Espresso Bike features a fully-immersive 26.5 inch HD touchscreen.
- 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: \$9/one month, \$40/six months and \$60/13 months till Jan. 2020. Registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is due at the time of initial training. Stop by our front desk for a packet that includes a medical approval form.

TALK TO THE TRAINER SESSIONS

MON. JAN. 6, 9:00 A.M.

THURS. JAN. 9, 3:00 P.M.

"Talk to the Trainer" allows PEAK members to ask any question about their fitness plan, progress, new goals, wellness, our equipment, etc. Typically, you can drop by the PEAK Center on the first Monday and first Thursday of each month for expert advice from our Exercise Physiologist Eileen Cyr! Drop by January 6 or January 9!



CONGRATULATIONS to our November Espresso Bike Challenge Winners:

Stephen Bruno, Sally Cobrain, Lori Corsini, Eileen Cyr, Joan McBain, Jeff Morneault and Henrietta Zooleck



Craft, Technology & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We 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, Jan. 7 from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting Jan. 14 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 descriptions are on next page.

Class	Time	Current Session	Next Session—Sign up Jan. 7
MONDAY			
Zumba Tone	9:30 – 10:30	Jan. 13—Feb. 10. No class Jan. 20. 4 weeks, \$12.00	
Acrylic Painting	10:00—12:00		Feb. 10—April 6, 8 wks., \$24 No class Feb. 17
Beginner’s Yoga (At Library)	10:15-11:15	Jan. 6—Feb. 10. No class Jan. 13, Jan. 20. 4 weeks, \$12.00	
Power Burst	1:15—2:05	Jan. 13—Feb. 10. No class Jan. 20. 4 weeks. \$8.00	
Beginner Pilates	2:15-3:05	Jan. 13—Feb. 10. No class Jan. 20. 4 weeks. \$8.00	
TUESDAY			
Interm. Yoga	10:15-11:15	Jan. 14 to Feb. 4. \$12.00, 4 weeks.	
NEW! Balance Class	1:00-1:45	Starts Jan. 21 Ongoing. Drop-in. Free to Silver Sneaker members or pay \$2.00 per class.	
NEW! Chair Aerobics	2:00-2:45	Starts Jan. 21 Ongoing. Drop-in. Free to Silver Sneaker members or pay \$2.00 per class.	
French Class	3:00 - 4:00	Will resume in Spring 2020	
WEDNESDAY			
Quilting	9:30 – 11:30	Open Quilting. Class resumes Jan. 15. \$2.00 per class when not working on Senior Center quilt.	
Zumba Gold	10:00 - 11:00	January 15—Feb. 5. 4 weeks, \$12.00	
THURSDAY			
Ceramics	9:30 – 11:30	Jan. 16—Feb. 6. 4 weeks, \$16.00	
Intro to the Android	1:00	January 16, 23, 30	
Knitting & Crochet	1:00 – 3:00	Jan. 16—Feb. 6. 4 weeks, \$8.00	
Ukulele			Feb. 13—April 2, 8 weeks, \$16.00

Cheer Report

The Plainville Senior Center makes every effort to send **cheer, get well and sympathy** cards to our members who could use a lift of their spirits. If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at 860-747-5728. Cheer cards mean so much to our members and the info helps us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out “cheer” on behalf of the Plainville Senior Center.

Nov. 16—Dec. 15, Get Well & Thinking of You Cards were sent to:

Ida Pedrolini, Leo Therrien, John LoMonte, Merrill Bevan, Madeline Drake, Leonard Wishart, Angela Levandowski, Shirley Guerriero & Tony Guerriero, Joannie Leahy, Shawn & Alan Cohen, Dorothy Hamel, Bob LaBarre, Shirley Hamm, Dan Hurley

Nov. 16—Dec. 15, Sympathy Cards were sent to:

Family of Jeannette Granger, Family of Leo Therrien, Dennis Martin, Rita Rival, Family of Herbert Sunbury, Family of Josephine Kalisz, Family of Mary Ellen Masot, Family of John Cassidy, Family of Carlton Anderson, Family of Jane McGinley

IMPORTANT MEDICARE NOTICE! Starting January 1, 2020, Medicare providers (such as doctors and hospitals) must use each patient’s new “MBI” number on claim forms, even if the service was provided in 2019. (The MBI number is the new personal ID number provided on the latest Medicare cards.) If you are eligible for Medicare and did NOT receive your new Medicare card in 2018-2019, please call 1-800-MEDICARE (1-800-633-4227) **now** to request a new card.

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**



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**

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

INTERMEDIATE GENTLE YOGA — LEVEL 2: For experienced students who are ready for the next level. We perform yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor: Jayapraba Mare DiBenigno.** *Class is held at Plainville Public Library.*

INTRODUCTION TO THE ANDROID

If you have a new "Android" phone or tablet, come learn how to use it to send emails, take photos, and download apps and programs like folks do with their Apple I-Phone and I-pads. Come learn the answers to many new users' questions and more at this weekly class. **Instructor: Andrew Lasher**

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**

PILATES (BEGINNER): Basic Pilates puts emphasis on breath, core conditioning and body awareness. Exercises are safe and effective ways to stretch, strengthen and streamline your body without building bulk or stressing your joints. Bring a water bottle and a yoga mat, if you have one. **Instructor: Caroline Dube**



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!

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**

NEW! SILVER SNEAKERS CHAIR AEROBICS: This is a chair workout for people 65 and older. The class works on balance, posture, cardio and strength, and helps keep you active so you can stay independent! Please bring two light free weights to class; everything else is supplied. Free for Silver Sneaker members; \$2.00 per class for non-members. Drop-in only, no sign-up.

NEW! SILVER SNEAKERS BALANCE CLASS: Is balance getting tougher as you get older? This class is designed to help you with balance as well as toning your legs and working your core. The exercises vary from holding a pose to adding movement to a balance move. You will always have a chair next to you to hold onto or grab if you would like to challenge yourself not holding on. Free for Silver Sneaker members; \$2.00 per class for non-members. Drop-in only, no sign-up.

UKULELE: Local musician Sue Hill will teach you how to hold the ukulele, play a few basic chords, and encourage you to strum along while you sing (if you wish)! You'll need your own ukulele(\$29 to \$50 for a starter instrument) and a tuner. **Instructor: Sue Hill**



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**



Housing Info

The Plainville Housing Authority Wait List is closed.
Listed below are local Housing Authorities that you may contact to see if they have openings. Good luck with your search!

CT HOUSING AUTHORITIES

Torrington*	(860) 482-3581
Naugatuck*	(203) 596-2640
Vernon*	(860) 871-0886*
Southington*	(860) 628-5200*

** Accepting Applications for Family and Senior /Disabled Housing*

West Hartford (860) 953-0002

Elms Housing for Homeless Veterans in Bristol

419 West Street
Bristol, CT 06010
(860) 529- 1111

Contacts: www.cthousingsearch.org or (877) 428-8844

Trips

Sign-Up Info

Current Trip

Sign-up: Trip sign-up takes 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. Each month we offer Mega Sign-up for new trips. This month it is on January 7 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 seven days after member sign-up unless otherwise stated.

Cancellations: Call the Senior Center immediately so we can try to find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call Carol Perry at 860-747-6968 that evening or before 9:00 a.m. the day of the trip.*** Carol 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 tell us so we can try to get you a refund. 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.

THE LUCY & DESI MUSEUM & NATIONAL COMEDY CENTER, JAMESTOWN NY

APRIL 13—16, 2020

This trip is full. You may sign up for the reserve list.

New Trip

**STARS OF THE GRAND OLE OPRY,
AQUA TURF CLUB**

*TUES., APRIL 28, Drive on your own
Doors Open at 11:30 A.M.*

Following a delicious lunch at the Aqua Turf Club in Southington, an all-star cast of JUBILEE will present a tribute performance featuring the music of great Grand Ole Opry stars. Enjoy music popularized by Roy Acuff, Patsy Cline, Tammy Wynette, Ray Price, George Jones, Merle Haggard, Charlie Pride and Porter Wagoner. The show will also include the Australian sensation "Jennifer Simmons," who has traveled the world and performed with many Opry stars. JUBILEE'S new male vocalist is Doug Driesel — a phenomenal singer with a five-octave vocal range! Branson's funniest comedian, world class violinist and fiddler, Doofus Doolittle, will share stories from some of his appearances with Roy Clark, Mel Tillis and more. If you like country music and good, clean family entertainment, don't miss this event! Price of \$61 per person includes all this entertainment — and your delicious family-style luncheon at the Aqua Turf, featuring Baked Scrod and Baked Ham with salad, rolls, penne, vegetable and potato, dessert and coffee, plus all meal taxes and gratuities. Sign-up begins January 7.



Trips Planned for 2020

Save the dates and stay tuned for details on these upcoming Plainville Senior Center trips!

- **May 9** — Albany Tulip Festival
- **May 14** — "Abba" at the AquaTurf
- **June 11** — Culinary Institute, Hyde Park, NY
- **June 25** — Salem and Marblehead, MA
- **July 13** — All You Can Eat Lobster, Delaney House
- **July 28-30** — "Queen Esther" at Sight & Sound Theater, PA
- **August 12** — Delaney House Tea & Lady B, Holyoke/Hadley, MA
- **August 13** — Edwards Twins, Aqua Turf
- **August 26** — Lighthouses of Boston Harbor
- **September 10** — "9 to 5" at Westchester Broadway Theater
- **September 27** — Hudson River Cruise
- **October 13** — Ellis Island, NYC
- **October 19** — Daigle's Beer Hall Boys, AquaTurf
- **November 12** — USO Tour, Grand Oak Villa
- **December 15** — Holiday Party with "Steppin' Out" Band, AquaTurf

Please note: The Senior Center, all Senior Center Trips, AND buses are **Scent-Free Zones!** Help us to keep the air we share healthy and fragrance-free for persons with asthma, allergies and any other respiratory conditions. Please don't wear perfume, cologne, aftershave or other fragrances.

Quick Trips

QUICK TRIP GUIDELINES: 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. 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 Carol Perry at 860-747-6968. 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.

HOME GOODS, WALMART, PIER ONE , MARSHALL'S, AND MORE AT OLD SAYBROOK SHOPPING CENTER & LUNCH AT LENNY & JOE'S, MADISON

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



This trip will offer lots of opportunities to shop at the 24 stores in the plaza, and then enjoy a delicious lunch at Lenny & Joe's. Limit of 12 participants. \$8 for transportation is due at registration. Home pick-up **for those who**

do not drive begin at 9:00 a.m., then Senior Center pick-up at approximately 9:30 a.m. Return to Plainville at approximately 3:00 p.m.

Outdoor Adventure

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, and spikes on treads of shoes or snowshoes (depending on weather) are 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 need to borrow a pair of snowshoes. Please bring water, a snack and any medications that you need.

WINTER WALK IN HAMMONASSETT BEACH STATE PARK & LUNCH AT LENNY & JOE'S

SATURDAY, JANUARY 18, 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 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. 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.

Outdoor Adventures cont.

SESSIONS WOODS SNOWSHOE / HIKE, BURLINGTON

TUESDAY, JANUARY 28, 11:00 A.M.

Join us for a moderate-level hike at Sessions Woods over wooded, hilly trails. We will meet at Sessions Woods in Burlington and hike for about 2.5 miles. The parking lot is located at 341 Milford Street, Burlington. Participants must be able to walk one mile without stopping. We will finish around 1:00 p.m. Cost is \$5.00, due at sign-up, which begins Jan. 7.



INDOOR ARCHERY, HALLS ARROW, MANCHESTER

FRIDAY, FEBRUARY 7, 11:00 A.M.



Whether you've practiced archery before or are a beginner, all levels are welcome to join this exciting trip. Cost of \$20 is due at sign-up, and includes instructor, equipment, target shooting and transportation. The bus will leave the 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. Sign-up begins January 7.

FISHER MEADOW, AVON

TUESDAY, FEBRUARY 11, 11:00 A.M.

This is an easy to moderate hike or snowshoe / spikes. Enjoy a 90 minute scenic walk around Fisher Pond. You should be able to walk at least a mile without stopping! Meet at 10:30 a.m. at OLM lot to caravan, or meet up with the group at Fisher Meadow parking lot (800 Meadow Road, Avon) at 11:00 a.m. Let us know when you sign up if you'd like to borrow snowshoes. Cost is \$5.00 due at sign-up. Sign-up begins January 7.

ROARING BROOK NATURE CENTER, CANTON

TUESDAY, FEBRUARY 25, 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, moderate/intermediate hike will bring you through the woods of this 100-acre protected property. You will visit one or more majestic bodies of water and experience a variety of native wildlife, including more than 150 species of birds. If you want to caravan / carpool, meet at OLM church parking lot at 10:30 a.m. If you drive yourself, please meet us at the Roaring Brook Nature Center lot at 11:00 a.m. Cost is \$5.00, due at sign up. Please let us know at sign-up if you need to borrow snowshoes. Sign-up begins January 7.

Outdoor Adventures continue, next page

Remember, your suggestions, ideas, concerns and comments are always welcome! Feel free to talk directly to Shawn or



Ronda or write them down and put them in the Suggestion Box on the counter across from the rest rooms.

Outdoor Adventures cont.

SNOWSHOE AT WHITE MEMORIAL CONSERVATION CENTER FOR BEGINNER / INTERMEDIATE HIKERS

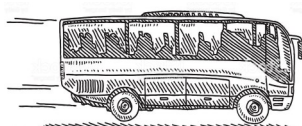
SATURDAY, FEBRUARY 29, 9:00 A.M.

In the beautiful area of Litchfield, Connecticut, White Memorial Conservation Center has a great park to snowshoe and hike. We will go for a 2 – 2 ½ hour snowshoe (which will change into a hike if there isn't enough snow). The park has a trail map with marked trails which we will follow. The terrain is flat to rolling hills. Please dress in layers, bring some water, and bring a snack and lunch! The Senior Center has five pairs of snowshoes available to borrow (first come/first serve). Cost of \$10.00 is due at sign-up. The bus will depart from the Senior Center at 9:00 a.m. and we will return to the Senior Center at approximately 1:30 p.m. Sign-up begins January 7.



Tuesday Shopping Bus

We can only accommodate eight (8) people on the



Tuesday Shopping Bus. Be sure to sign up early! Home pick-ups for all participants begin at 11:15 a.m. We now ask riders

if they prefer to go back home at 1:30 p.m. or 3:00

p.m. Please tell us when you sign up! In order to ride the 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 Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up.

- January 7, 2020—ShopRite, Southington
- January 21 — Price Chopper, Southington

When you go shopping, please keep your receipt handy in your purse, pocket or wallet. Many stores now require customers to show their receipt when they leave the store.



Congratulations to Carol Webster!

Carol Webster won our recent raffle of a stunning Japanese doll, generously donated by a Senior Center member. In ornate, traditional Japanese dress with finely detailed features and accessories, the doll stands nearly two feet tall. Congratulations, Carol!

Please sign up for Trips, Outdoor Adventures and Quick Trips as **EARLY** as possible. This assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!



Plainville Library

Please sign up for all events at the Plainville Library. Call 860-793-1446.

- **Mon., January 6 at 6:30 p.m., How to Hygge:** Hygge (pronounced HUE-GAH) is a Danish cultural ideal that encompasses cozy contentment and simple pleasures. Gitte Boswell will teach participants how to incorporate Hygge into their lives for the winter season and beyond. Registration is preferred.
- **Thurs., Jan. 9 at 1:00 pm & Sat., Jan. 25th at 1:30 pm,** featured movie: ***Downton Abbey*** (subject to change). No registration needed.

Ornaments Wanted!

We are planning to have a second Christmas tree to decorate our Fair in 2020! Do you have any ornaments to donate? Feel free to bring them to the Senior Center during January!



We welcome new members!

These folks joined the Center in November 2019!

Brenda Quenneville, Donald Ouellette, Nancy Grieco, Patricia Steeves, Todd Wentworth, Mark Stowell, Catherine Mahar Camerato, Philip Heim, Mark Stowell and Larry Pottle

For the first time, in 2020 the U.S. Census Bureau will accept responses online.

The process will be quick and secure. You can respond to the census in less time than it takes to finish your morning coffee! You'll still be able to respond by mail. To learn more about what to expect, visit **www.2020census.gov**. The Senior Center will offer computer kiosks and assistance to anyone wishing to fill out their census forms, either online or on your paper forms. Stay tuned!

**Shape
your future
START HERE >**

**United States®
Census
2020**

CENSUS EMPLOYMENT

Here's your chance to be a part of history! For the 2020 Census, the U.S. Census Bureau is recruiting thousands of people for temporary jobs across the country. Local jobs pay \$19 - \$21 per hour. Go online to:

www.2020census.gov/jobs

Transportation

DIAL-A-RIDE

DIAL-A-RIDE PHONE: (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.

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m. to 8:00 p.m.**

Hours may change depending on usage of the CT Transit buses. *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). There is a wheelchair lift, if needed.

Continued, next column

ADA Para-Transit, *continued*

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 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 you submit your application, call 860-724-5340, ext. 1 to set up a face-to-face interview. A medical form will be sent to your doctor if needed. The approval process generally takes two to four weeks. It is wise to get pre-approved, even if you don't need the service now. Please call Customer Service at 860-724-5340 ext. 3046 with any complaints or issues.

Once 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).

2019 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 will be in January 2020. 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@ghtd.org** at least 48 hours before the meeting.



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

Senior Transportation Services — a New Option for Rides

Senior Transportation Services, Inc. (STS) is now available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. The mission of this organization is to provide community-supported, affordable out-of-town medical transportation to older adults. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. STS works to help families coordinate their loved one's transportation needs by working one-on-one with individuals to ensure that family needs are met. There is an annual membership fee and cost (based on mileage) to use STS. Financial assistance is available for individuals who cannot afford the fees. STS is funded in part by grants from the Bristol Main Street Community Foundation and the North Central Area Agency on Aging. To discuss riding or volunteering with Senior Transportation Services, please call **860-224-7117**.

This & That

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.

AARP Trips...Call Sally Miller!

- **St. Patrick's Celebration** — Aqua Turf, March 17, 2020. \$50 per person; drive on your own.
- **Broadway Show**—Choice of *West Side Story* or *TINA-The Tina Turner Musical*. March 25, 2020. \$267 per person.
- **All Shook Up** — Westchester Theatre, April 23, 2020. \$122 per person.
- **Historic South Trip** — Savannah, GA, Beaufort, S.C., Charleston, S.C. April 18-25, 2020. 8 days, includes 14 meals, admission to all sites, round-trip transportation and more. \$1,745 pp dbl / \$2,185 single
- **Baltimore Lobster Feast** — July 24-26, 2020. From \$535 pp double.

Call Sally Miller at 860-747-1732 for info and reservations. *AARP Trips are not sponsored by the Senior Center, so we do not have details or collect payments.*

CHORAL GROUP The Choral Group will meet at the Senior Center on Friday, January 3 and Friday January 31 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!

CONGREGATE MEAL PROGRAM

You may stop by the Big Kitchen to pick up the January calendar. Lunch reservations must be made at least one day ahead by calling Bonnie at 860-747-5728. **You may call only between 10:00 a.m. and 11:45 a.m. to make a reservation or speak with Bonnie.** A suggested donation is \$2.50.

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of persons who depend on electricity to maintain optimum health. We update this list during the year to 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 can help you plan for power outages and weather emergencies. Please call us at 860-747-5728.

SNAPPY SENIOR MEMBERS IN NEW BRITAIN EXHIBIT

Snappy Seniors members Bonnie Carilli and Judy Humphrey each have two photos on display in the **Joy of Art** Exhibition at the Hospital for Special Care, 2150 Corbin Ave., New Britain. The photos will be displayed until January 30, 2020.

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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 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 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 Pro-Health Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any out-standing balance over \$5.00. In most cases, patients will not pay more than \$5.00 for the service.

FREE BLOOD PRESSURE DROP-IN CLINICS

- **Wednesday, Jan. 8,** 12:30 to 1:30 p.m.—by Hartford HealthCare
- **Monday, Jan. 27 ,** 12:00 to 12:30 p.m. — by our Nurse

CHOLESTEROL SCREENING

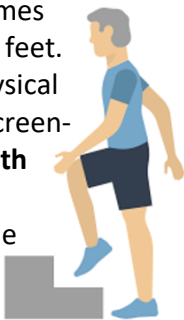
Learn your total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose numbers. This test does not require fasting. Knowing these numbers and taking appropriate health measures are first steps toward a healthier you! Call 860-747-5728 for an appointment with the Senior Center nurse. Cost: \$12.

NEW! BALANCE SCREENINGS OFFERED MONTHLY

As people grow older, they may sometimes realize they are more unsteady on their feet. To assess your abilities, a registered physical therapist will be offering free balance screenings on the **third Tuesday of every month starting Jan. 21** at the Senior Center.

Laurel Whalen, RPT/CLT of Jerome Home Outpatient Rehabilitation will provide the screenings from 10 a.m. to noon.

Jerome Home is sponsoring. Please sign up for an appointment at the Senior Center by calling 860-747-5728.



Energy Assistance

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$35,116 (gross) and a family of two could possibly make \$45,920 (gross) and qualify for the program. Asset Limit for homeowners is \$15,000 and \$12,000 for renters. For more information or to see if you are eligible, call the HRA Energy Department at 860-356-2000. HRA is located at 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** See Stephanie with any questions.

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAY, JAN. 6 & JAN. 27, 12:30 P.M.

We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters or if you need to find help in the community or home-care. Stop by Stephanie's office to have a private chat. **This service is only for Plainville residents, age 60 and over.** No sign-up needed and no question too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center — 860-747-5728 — to schedule a time that's convenient for you.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, JANUARY 21, 10:30 A.M.

If you are raising a grandchild or other young relative, you are not alone. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act. Sign-up begins January 7.

CAREGIVING CONNECTIONS

TUESDAY, JANUARY 14, 10:00 A.M.

Join your caring friends as we support each other on our journeys. We recognize the challenges and frustrations of 24/7 caregiving... it is critical to give and gain support from others who truly do understand. Come share and be nourished! Caregivers from neighboring towns are welcome.

WINTER JACKETS/COATS FOR VETERANS

**VETERANS STRONG COMMUNITY
CENTER**

.....
**STOP IN OR GIVE US A CALL IF YOU OR
A VETERAN IN NEED WOULD LIKE A NEW
WINTER COAT**

860.584.6258

.....
**111 NORTH MAIN STREET, BRISTOL, CT
06010**

MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS EFFECTIVE MARCH 1, 2019

QMB (Q01)	Single \$2,196.51/ mo	Couple \$2,972.99/mo
SLMB (Q03)	Single \$2,404.71/mo	Couple \$3,254.79/mo
ALMB (Q04)	Single \$2,560.86/mo	Couple \$3,466.14/mo

There is No Asset Limit nor Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP.

JANUARY 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Café, CL: Com-puter Lab OS: Old Store K: Kitchen L: Library *By Appt.			JAN. 1 New Year's Day Senior Ctr. Closed	2 Walking 9:00 or 4:00 10:00 Mex. Train CL 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 Scrabble C	3 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Group BR	4
5	6 *9:00 NURSE Walking 9:00 or 4:00 9:00 Talk to Trainer 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 12:45 Bowling	7 MEGA SIGN-UP *9:00 NURSE Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Vet. Coffee Hr. CR 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL	8 Walking 9:00 or 4:00 9:30 Open Quilting CR 10:00 Vet Appts. With Jason Coppola CL 12:30 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR	9 *9:00 NURSE Walking 9:00 or 4:00 10:00 Mex. Train CL 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 Scrabble C 1:00 Shape a Snowflake CR 3:00 Talk to Trainer	10 9:00 Walking GR 9:00 Mahjong GA	11 9:00 Old Saybrook Shopping, Lenny & Joe's
12	13 *9:00 NURSE Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Curr. Events OS 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst BR 2:15 Beg. Pilates BR No Beginner's Yoga	14 *9:00 NURSE Walking 9:00 or 4:00 Dental Clinic Appts.* 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Caregivers CR 10:15 Inter. Yoga L 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 3:00 Silver Sneakers Demo Class BR	15 Walking 9:00 or 4:00 9:15 Income Tax Sign-Up Begins 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	16 Walking 9:00 or 4:00 10:00 Mex Train CL 9:30 Ceramics CR 10:00 Let it Go, GR 10:00 Snappy Srs. L 12:30 Pool Tourn. 12:30 Pinochle CL 12:30 Bridge OS 1:00 Android Ed. CR 1:00 Knit & Crochet GR 1:00 Scrabble C	17 9:00 Walking GR 9:00 Mahjong GA 11:30 Friends Helping Friends	18 9:30 Hammonasset Walk and Lenny and Joe's, Madison
19	20 MLK Holiday Senior Center Closed	21 *9:00 NURSE Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Balance Screen CL 10:00 Cribbage GA 10:15 Inter. Yoga L 10:30 Grandparents, CR 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:00 Balance Class BR 2:00 Chair Aerobics BR	22 Walking 9:00 or 4:00 9:30 Books & Bagels GA 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Plainville Library Series, BR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	23 *9:00 NURSE Walking 9:00 or 4:00 10:00 Mex. Train CL 9:30 Ceramics CR 10:00 Let it Go, GR 10:00 Wound Heal. 11:30 Chinese Lunch GR 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Android Ed. CR 1:00 Knit & Crochet BR 1:00 Scrabble C	24 9:00 Walking GR 9:00 Mahjong GA	25
26	27 *9:00 NURSE Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 BP Clinic 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst BR 2:15 Beg. Pilates BR	28 *9:00 NURSE Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 11:00 Sessions Woods 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:00 Balance Class BR 2:00 Chair Aerobics BR	29 Walking 9:00 or 4:00 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Paint Party CR 1:00 Open Paint BR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	30 Walking 9:00 or 4:00 10:00 Mex. Train CL 9:30 Ceramics CR 12:00 COA 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Android Ed. CR 1:00 Knit & Crochet GR 1:00 Scrabble C	31 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Group BR	FEB. 1