

The Senior Center is currently open! You must call ahead to make a “reservation” prior to coming to the Senior Center. All our programs and activities require advance registration.

Please note that Senior Center programs and activities are subject to change based on state guidelines and COVID cases.

We have been excited about welcoming people back into the building and we will continue to be open with limited activities. Our population is still the most at-risk group for contracting COVID-19 and complications arising out of being infected. Safety, for our members and our staff, will remain our highest priority. It is not only our biggest concern; it is our responsibility. In order to be open, we must abide by state guidelines for three different sectors (per the Governor): Senior Centers, Indoor Recreation and Fitness Centers plus the Plainville-Southington Health District. We, more than anyone, wish we didn't have to do this, but we are determined to follow the guidelines to keep everyone safe and healthy.

Can I just stop by the Senior Center any time I want? Unfortunately, no. State guidelines say that, individuals must make an advance “reservation” to attend a program or service at the Senior Center. This is necessary for contact tracing in the event someone tests positive for COVID-19 and to keep track of the numbers of people in the building. For instance, if you want to speak with Stephanie the Social Worker, you must call for an appointment. If you want to play Bingo, you must call in advance to “register” to play. If you want to play billiards, you must call in advance to reserve the pool table to play. If you want to work out in the PEAK Center, you must call to reserve an appointment. If you want to take a fitness class, you must call in advance to reserve your spot. Each activity will have maximum attendance limits due to social distancing, the size of the room and the activity. Health department guidelines will limit your time at the Center to 1 hour.

MASKS: MASKS ARE MANDATORY. If you are unable to wear a mask, please call Shawn or Ronda at the Senior Center and we will try and make alternative arrangements for you to participate in programs or services virtually. Masks must be worn covering the nose and the mouth completely. Masks with ventilators are not acceptable, unless a paper disposable mask is worn over the ventilator mask.

Social Distancing: Everyone is required to maintain a 6-foot social distance while at the Senior Center (12 feet while exercising in the Fitness Center and during exercise classes).

Hand Sanitizer/Hand Washing: Hand sanitizer will be available at the entrance of every room. Members are required to use the hand sanitizer prior to entering a room. In addition, please wash your hands, frequently, for a minimum of 20 seconds.

Entrance/Exit: The “back” door with the long ramp (near where the Dial-a-Ride vehicle parks during the day) will serve as the only door people can enter. All other doors will be locked. Please leave handicapped parking spaces for those who have trouble walking long distances. See Shawn, Ronda or Tammy for our available spaces.

Check-In: Upon arrival at the Senior Center, all visitors will be required to “check-in” with a staff member/volunteer. The check-in station is located at the coat room. Persons will be required to scan their Senior Center membership card; this is necessary for contact tracing if someone tests positive for COVID and to keep track of the numbers of people in the building. Each person will be required to complete and sign a completed COVID-19 Assessment form and place it in the designated area.

If a person shows up with COVID-19 signs or symptoms, they will be asked to go home immediately. If a person presents COVID-19 symptoms while at the Senior Center, he/she will be asked to go home if they are able or ushered to a holding room and the health department will be notified. 911 will be called if necessary. The holding room will be sanitized after the person is removed.

COVID-19 Screening: Each person entering the Senior Center will be required to complete, sign and date a CDC Facilities COVID-19 Screening. Persons experiencing COVID-19 symptoms will not be allowed to enter. If you have a medical condition with conditions such as chronic cough, chronic diarrhea, chronic headaches, chronic shortness of breath or difficulty breathing, we will require that you obtain a waiver from your medical physician that states [that you have a chronic condition which is not a symptom of COVID-19. These waivers will be kept on file at the Senior Center.](#) Please call the Senior Center to have the waiver sent to you prior to coming to the Senior Center.

Coats: The coat room will be closed. Coat racks will be stationed in the blue room, green room and PEAK Center. Please use these coat racks for your coats or put your coat on your chair.

Visiting: Per state guidelines, people will not be allowed to drop-in and “visit”. We have established “visiting” times throughout the week and you will need to call in advance to reserve a seat to visit. The living room will not be available for sitting and visiting. There are a few seats set up in the living room for individuals to sit and wait for their appointments with the nurse and/or social worker.

Setback/Cards/Mexican train/Maj Jong/Scrabble: Unfortunately, state guidelines do not permit games that cannot be thoroughly cleaned (cards, board games, etc.) to be allowed in the Senior Center. It is also impossible to social distance (6-feet) while playing card and board games.

Meals/Eating/Drinking: Per state guidelines, the congregate meal program (Bonnie’s lunch) is not allowed to operate. Because of social distancing requirements, our Senior Center Le Petit Café, will also not reopen at this time.

We will not be offering coffee or tea. There is one water station available, but you must bring your own water bottle. The water station is in the hallway from the “blue” room to the café. All other water fountains are not available.

Trips: We will not be offering trips until sometime in 2021 (hopefully).

See pages 4 & 5

for information about Billiards, Bingo, Classes, Computers, Open Coloring and the PEAK Fitness Center.



NEWS & EVENTS

JANUARY 2021

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainville-ct.gov/senior-center

Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, caregiving, financial assistance, Medicare options, Medicare Savings Program, Open Enrollment for health insurance, assistance at home and more. No question is too small. Please call Stephanie at 860-747-5728.

PLEASE STAY HOME IF YOU'VE BEEN TRAVELING OUT OF STATE OR IF YOU FEEL SICK

State guidelines mandate that persons traveling out of CT, must quarantine at home for 14 days. Please do not come to the Senior Center, if you are under quarantine or have been exposed to COVID-19. Please do not come to the Senior Center if you feel ill. We cannot transport you on Dial-a-Ride if you feel sick. Please contact your doctor if you feel sick.

STORM CLOSING INFORMATION

Announcements regarding cancellations of activities, programs, classes, PEAK Fitness Center and Dial-a-Ride are made on the following television channels and websites: WFSB, NBC30, and Fox61, as well as radio station WTIC 1080 AM. If Senior Center activities are cancelled, the Center remains OPEN and staff are available by telephone. Please call the Senior Center if you have any questions.

NEW Dial-a-Ride Hours Beginning January 4th

New Dial-a-Ride Hours: Monday, Tuesday, Wednesday, Thursday 9:00—2:00 and Fridays 9:00—1:00. Call 860-589-6968 to schedule a ride for medical, shopping, banking, etc.

GET TESTED FOR COVID-19

At the Plainville Senior Center
Enter on Stillwell Drive

Tuesday, January 12 & January 26

9:00 to 1:00

The testing is **FREE**. No insurance necessary. This is a PCR Test. The results are available 3-4 days after being tested. Drive-In. No need to get out of your car. No appointment necessary!

Community Health Center also does daily testing at 85 Lafayette St., New Britain and 395 North Main Street, Bristol.

INCOME TAX INFO

The AARP Tax Aide program is working to develop a plan for offering income tax preparation service at the Senior Center. At this time, we have no other information. If they are able to provide assistance at the Senior Center, there will be limitations and restrictions. If we get any additional information it will be published in our February newsletter. Starting in February, HRA, in New Britain and Bristol, will be scheduling appointments for free income tax assistance through their VITA Tax Assistance program. **We do not have any other information at this time.**

We will publish information about AARP and HRA income tax assistance in the February Newsletter. **We will not be able to provide information until February.**

CLASS & ACTIVITY DESCRIPTIONS

Even though reservations are needed for classes, pool, crafts, PEAK Center etc. if you feel that you would like to come in the day of an activity please call the Senior Center and we will be happy to see if there is an opening for you!

ZUMBA TONE: Mondays 10:30 -11:15 a.m. Begins January 25th.

Class limited to 4 students. Students must stay within their predesignated 12-foot square. A mask must be worn during class. You must reserve a space for every individual class. We will take reservations on the Wednesday prior to the following Monday's class. Pay \$3.00 at class. Check or exact change a must.

Description: Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**

POWER BURST: Mondays 1:00 p.m. Begins January 25th.

Class limited to 6 students. Students must stay within their predesignated 6-foot square. Masks must be worn at all times. Must reserve a space for every individual class. Call the Senior Center on the Wednesday prior to the following Monday class. Pay \$2.00 at each class. Check or exact change a must.

Description: 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**

BILLIARDS: You must call the Senior Center to reserve a play time. Two players maximum. No spectators. Bring your own cue stick (if possible). Play time is limited to 1 hour. Call the Senior Center or register on line to reserve your space.

CURRENT EVENTS DISCUSSION GROUP: Tuesdays 1:00 p.m. Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more. Call the Senior Center to sign up.

WALKING: Daily indoor walking. Call the Senior Center or register on line beginning December 1 to reserve your walking time. Limited to 30 minutes and 3 walkers per appointment time. Masks must always be worn, and walkers must adhere to 6-foot social distancing.

COMPUTERS: Advance appointments to use the computers are necessary. For Senior Center members only. Time limit is 1 hour. Individuals must sanitize the keyboard and mouse prior to and after using the computer. Masks must always be worn. Call the Senior Center or register on line to reserve computer time.

VISITING: Per state guidelines, people will not be allowed to drop-in and "visit". We have established "visiting" times throughout the week. Visiting times will be limited to 1 hour per person. Call the Senior Center or register on line to reserve a visiting time (check the calendar for dates and times). Masks must always be worn.

CLASS & ACTIVITIES DESCRIPTIONS

Even though reservations are needed for classes, pool, crafts, PEAK Center etc. if you feel that you would like to come in the day of an activity please call the Senior Center and we will be happy to see if there is an opening for you!

BINGO: Wednesdays 1:00 p.m. Bingo will be allowed for up to 20 people including Bingo volunteers. Paper bingo cards will be used instead of our regular bingo cards. Dabbers will be available to purchase (\$1.00) or you can bring your own. You are not allowed to borrow other people's dabbers. If you forget your dabber, you can purchase another one (\$1.00) from the Senior Center. Bingo will be 1 hour per State guidelines. Call the Senior Center to reserve your space.

OPEN QUILTING: Wednesdays 9:30 – 10:30 a.m. Call the Senior Center or register on line to reserve your space or register on-line. Participants are not allowed to share supplies.

OPEN KNITTING/CROCHET: Thursdays 1:00 – 2:00 p.m. Call the Senior Center to reserve your space. You must call each week to reserve a seat. Participants are not allowed to share supplies.

COLORING CLUB: Wednesdays 3:00—4:00 p.m. Call the Senior Center or sign up on-line to reserve your space. Participants are not allowed to share supplies. The Senior Center has coloring books, colored pencils, crayons, etc. if anyone needs coloring supplies (free).

PEAK CENTER: If you would like to resume your PEAK Fitness Center membership, you must attend a free re-view session with our Fitness Trainer. We must be certain that everyone remembers how to use the equipment safely and correctly. Please call the Senior Center to schedule an appointment. The Fitness Center is open by appointment for people who have gone through the review session. Equipment will be limited and spaced to allow for a 12-foot social distance between individuals. MASKS MUST BE WORN AT ALL TIMES. Participants will be required to sanitize the equipment before using and after using each piece. Spray sanitizer and paper towels will be available. Call the Senior Center to schedule your workout time.

WINTER WORKOUT CHALLENGE



If you're looking for some motivation to **GET MOVING**, and a chance to win a gift certificate to a local restaurant of your choice, then call the Senior Center to join our Winter Workout Challenge. You will need access to YouTube and Zoom in order to participate. Are you up for the challenge? Call the Senior Center today to sign up!

VIRTUAL QUILTING & VIRTUAL KNITTING GROUPS

Although the Senior Center is open and people can come and quilt and knit in person, we're offering an opportunity for people to "visit" on Zoom and share their projects from the comfort of their own homes.



Virtual Quilting: Tuesdays, beginning January 26th at 3:00 p.m.

Virtual Knit/Crochet: Wednesdays, Beginning January 27 at 3:00 p.m.

Call the Senior Center to register and receive the Zoom links.

New Program! Caring and Connecting



Would you like someone to chat with? Perhaps by phone or even email or by letter? We have volunteers who are happy to connect with folks to say "hello" and to help brighten someone's day, especially during these difficult times. Call Morgan at the Senior Center, if you'd like a call or if you would like to volunteer.

PROGRAMS & EVENTS

REMEMBERING G. FOX & CO. ON ZOOM

Wednesday, January 13, 1:00 p.m. Call the Senior Center or register on-line beginning January 5th.

In the 1950s, just about every major city had a landmark department store. In Connecticut, it was G. Fox & Co. in Hartford! This presentation will bring you back in time to Fox's heyday, as we go from floor to floor and recall the various departments. You'll also learn about Beatrice Fox Auerbach, the remarkable woman who made every visit to Fox's special. Presented by Taylor McClure, a Museum Educator, Connecticut Historical Society. She teaches educational programs for school and adult groups both at the museum and on location. Taylor is a former high school social studies teacher, with a B.A. in History and a Masters in Teaching from the University of Washington.

GRATITUDE IS THE NEW ATTITUDE!

Wednesday, January 14, 3:00 p.m.

Join us on Zoom or by telephone for a special program on gratitude. We made it to 2021 and that is something to be grateful for! Space is limited. Call the Senior Center beginning January 5th to register and to get the Zoom link or telephone number for the program.



VIRTUAL ADVENTURE—ROCK CLIMBING WITH JARED AT RAGGED MOUNTAIN ON ZOOM

Tuesday, January 19th at 3pm

Call the Senior Center to register beginning January 5th. The Zoom link will be sent to you when you register. Have you ever been rock climbing before?! Or have you ever wondered what rock climbing looks like in a local setting? Join Jared for a virtually guided tour and presentation of one of his rock climbing trips from several years ago. He'll be showing the equipment and strategies he uses, talking about the climbing course he took in West Virginia, and showing video clips and photos of climbing at the 90 foot cliffs at Ragged Mt. There will be time for questions/comments at the end. Don't miss this chance to "be on the cliff" with Jared!

BIRTHDAY BASH ... DRIVE THROUGH TREATS AND OPTIONAL ZOOM PARTY

Throughout 2021, we will be celebrating birthdays with drive-thru treats and virtually! If your birthday is in January, stop by the Senior Center on **Wednesday, January 20th between 2:00 - 3:00** and then join us, if you wish, at 4:00 p.m. on Zoom to celebrate with others celebrating their birthdays this month. If you are unable to drive to the Senior Center, we will be happy to deliver a treat to you (if you live in Plainville). Call the Senior Center by January 15th to register, so we know how many birthday surprises to prepare.



PAPER FOLDING ON ZOOM

Thursday, January 21, 2:00 p.m.

Instructor: Lindsey Hottin, Lindsey's Crafts

Call the Senior Center beginning January 5th to register and get Zoom link. Free!

Learn something new this year! In this class you will learn to create paper flowers perfect for brightening up your table, doorway or decorating a gift package! The Senior Center will provide the supplies ...all you need is a glue gun, regular glue or super glue. Let us know if you prefer white/blue/silver or red/green paper when you register.

PROGRAMS & EVENTS

SPICE IT UP! RECIPES, SAMPLES AND MORE! ON ZOOM

Monday, January 25, 2:30 p.m.

Call the Senior Center by January 19th to register, receive your free spice sample and recipes

Are you tired of eating the same meals over and over? Join us in discovering new and exciting spices and recipes. The Senior Center will provide a complimentary sample of a spice, along with recipes that incorporate that particular spice which you can try at home. This month, join us as we discover turmeric. Turmeric has many positive health properties and can be used for both medicinal and culinary purposes including soups, teas, curries and more! Once you receive your sample, make one of the recipes we provide (or find your own) and then join us on Zoom to talk about the spice, what you created and share recipe ideas with others.

SCONE BAKING CLASS AND TEA PARTY ON ZOOM

Tuesday, January 26, 2:00 p.m.

Instructor: Katie Shepherd, RD, Owner "Food Explorers"

Call the Senior Center beginning January 5th to register. Registration ends January 8th. There is no cost for the program, but you must supply your own baking supplies. You'll need the following ingredients: flour, butter, sugar, powdered sugar, 1 egg, milk, 1-2 blood oranges (or regular oranges), baking powder, salt and chocolate chips/chunks. A cheese grater may make a surprise appearance so see if you have one at home! You'll be guided through the recipe step by step, with plenty of opportunities to ask questions along the way.

You will need to stop by the Senior Center to pick up your "Tea Kit" prior to the class.

Learn to make Blood Orange Chocolate Chunk Scones from scratch! While your scones are in the oven, enjoy a cup of tea and other surprises from your "tea kit" provided by the Senior Center and spend some time "visiting" on Zoom! Fancy hats optional!

SOUPER SOUP LIVE COOKING CLASS ON ZOOM

Wednesday, January 27, 11:00 a.m.

Call the Senior Center beginning Tuesday, January 5th to have the recipe emailed to you and to receive zoom link instructions.



Margaret Lemrise, one of our café volunteers leads these wonderful and tasty soup classes! This month, learn to make Tomato Basil Soup with Grilled Cheese Croutons.

NEW YEAR, NEW ZOOM SCAVENGER HUNT

Wednesday, January 27, 4:00 p.m.

Join us for a brand new Zoom Scavenger Hunt! This scavenger hunt will definitely require some moving through your home, as it is not limited to items found in one room! So, get ready to move! Also, please have a paper and pencil with you! Call the Senior Center beginning January 5th to register and receive the Zoom link. Space is limited. The winner will receive a prize!



MODERN CALLIGRAPHY CLASS ON ZOOM

Thursday, January 28, 1—2:30 p.m.

Instructor, Debby Reelitz, Calligrapher

Call the Senior Center beginning January 5th to register. Cost is \$8.00 and includes instruction, 2 calligraphy markers and paper. Deadline to register is January 21st. We will contact you to pick up your materials at the Center, once we know we have enough students to offer the class.

Come learn the popular and playful Modern Calligraphy. You will learn where this style comes from, strategies on how to create this lettering style and end with a project. Bring a short quote (3-8 words) with you to class!

MORE EVENTS AND PROGRAMS

COME AND VISIT US!

We'd love to see you and catch up! We have designated certain days and times for "visiting" and invite you to sign up for a time to visit with each other and Senior Center staff! In January, join us on any of the following days: Thursday, January 21, 11:00 a.m., Monday, January 25 @ 1:00 p.m., Thursday, January 28 @ 11:00 a.m. You will need to pre-register, as space is limited. We look forward to seeing you! Call to register beginning January 5th.

DIMENSIONS OF WELLNESS-VIRTUAL CLASS

Monday, February 1, 10:00 am.



This is an interactive and engaging presentation that reviews a wellness model that encompasses the following dimensions of wellness: physical, emotional, intellectual, spiritual, vocational and environmental. It is a guide to help you look closely at your life and recognize and celebrate your unique triumphs and what you're already doing to live your best life. You might be wondering, "What might I like to change or add to my life to enhance my sense of well-being?" Come join us and share ideas on what it means to be fully engaged in life! Presented by Kaitlin Cuas, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Plainville Senior Center.*

REGISTRATION IS REQUIRED. TO REGISTER, call **1.855.HHC.HERE (1.855.442.4373)** or go to **HartfordHealthCare.org/VirtualClasses**. After you register, you'll receive an email with easy instructions on joining the webinar.

VIRTUAL WELLNESS WEDNESDAYS WITH SOUTH WINDSOR SENIOR CENTER

What about those New Year's resolutions? This month we will spend time discussing what your plans are and give you ideas of New Year's resolutions for your best life in 2021. Later in the month we will discuss nutrition & exercise for older adults and the brain changing benefits of exercise. Join one or all! No need to register, just zoom in! Zoom Meeting ID 8908984476; Password 006420

Presented by Susan Gouin, MS, Health Educator. The following programs will begin at 2:30 p.m.

1/6: Inspiring New Years Resolutions; 1/13: Making your plan for a healthier 2021;

1/20: Nutrition & Exercise for Older Adults; 1/27: The Brain Changing Benefits of Exercise.

SENIOR CENTER VIRTUAL PROGRAMS

Senior Centers from across the state are collaborating and sharing a variety of virtual programs with older adults in Connecticut. Have fun! Learn something new! For more information just call the Senior Center!



VIRTUAL BETTER BREATHERS CLUB ON ZOOM

Tuesday, January 12 @ 2:30 p.m.

New members are welcome to the South Windsor Senior Center Virtual Better Breathers Club. This month we will participate in Flexibility exercises especially for COPD. Join Susan, Medical Exercise Specialist, as we engage in exercises that you can do at home every day. Call 860-648-6398 to register. Caregivers are welcome!

VIRTUAL FITNESS PROGRAMS

SILVER SNEAKERS CHAIR

EXERCISE CLASS

Wednesdays at 2:30 P.M.



This class is free for people with Silver Sneakers through their health insurance. If you do not have Silver Sneakers, please contact the instructor, Nancy Pandolfo, to make arrangements to pay for the class. If you are 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. New Silver Sneakers students must sign a waiver prior to taking the class. You can pick up a waiver at the Senior Center. Please email Nancy Pandolfo, Instructor, if you would like to take her class or if you have any questions: Fitness123@live.com. This is a ZOOM program.

CHAIR YOGA with DIANA GUNTER

South Windsor Senior Center

Instructor

Every Thursday at 12:00 noon on Zoom.



Zoom Meeting ID: 8993401834 Password: breathe

YOGA-LATES FITNESS CLASS ON ZOOM

Fridays at 11:00 A.M.

Taught by Nancy Pandolfo. Call the Senior Center to register and receive Zoom link. This is a combo class of Yoga poses and Pilates core training which incorporates balance, stretching and relaxed breathing. This is a chair class using light weights (if desired). For all fitness levels.

NEW! CARDIO CHAIR FITNESS WITH NANCY ON ZOOM

Mondays and Wednesdays 10:00 A.M.



Call the Senior Center to register and receive the Zoom link.

Everything you can do standing you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching all from the comfort of your own home!

Instructor: Nancy Pandolfo

CURRENT EVENTS DISCUSSION GROUP

Meets at the Senior Center on Tuesdays @ 1:00

Call the Senior Center to register. Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more.

 Our Facebook page is up and running! Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle and our logo is our "cover page".



NEW MEMBERS: Carolyn D'Ambrosio, Virginia Worrell, Rose Staudt, Frank Colao, Joanne Forcella, John Procko, Joan Procko, Claire Barrington, Susan Dumay Caputo, Arturo LoPizzo, Santina LoPizzo and John Blackmore

WELCOME TO NEW STAFF MEMBER MORGAN POETA!

Hi my name is Morgan Poeta and I am the new volunteer coordinator for the Plainville Senior Center. I would love to meet all of you in person but unfortunately that is not possible right now. I work Mondays-Thursdays in the afternoon; feel free to give me a call to say hi and introduce yourself. I am learning about all of the wonderful programs that are offered here at the Senior Center and am very eager to have the opportunity to meet all of you. Keep warm and stay safe! Morgan Poeta



NEW MOBILE FOODSHARE SITE IN PLAINVILLE

NORTON PARK, 15 Norton Park Road

Mondays: January 11 and January 25

11:00 A.M.—11:30 A.M.

Perishable foods including fresh fruits, vegetables, dairy, meat and bread. This service is available to everyone 16 years and older. No identification needed. Please remember to bring your own bags. For the entire Mobile Food Share schedule visit: www.Foodshare.org/mobile. To check for other locations around Plainville and/or cancellations visit the website or call 860-856-4321. Text FOODSHARE to 85511 to receive the mobile schedule and cancellations alerts directly to your phone.

The Food Share program at the Seventh Day Adventist Church is available on Wednesdays for Plainville individuals needing assistance with food. For more information about eligibility and hours contact: Laurie (860) 747-5867. Drive up and a volunteer will put the groceries in your car!

ZOOM HELP AVAILABLE BY PHONE THROUGH THE SENIOR CENTER

More and more programming and classes are now being offered virtually. If you have a smart phone, tablet or computer, you can take advantage of many programs on Zoom. If you haven't given it a try or need help learning how to use it, call the Senior Center! We will schedule an individual telephone appointment for you to "meet" with Tammy to learn how to use Zoom or to answer any questions you might have if you've used Zoom before but would like to learn more. We will provide you with written step-by-step instructions prior to your telephone appointment. Call the Senior Center to schedule your telephone appointment, 860-747-5728.

CAREGIVING CONNECTIONS

Tuesday, January 12, 10:00 A.M.



Join your caring friends **IN PERSON** as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. It is critical to give and receive support from others who truly understand. Come share and be nourished. Caregivers from neighboring towns are welcome! Call the Plainville Senior Center at 860-747-5728 to register. Masks must always be worn and social distancing must be followed. You must register to attend.



GRANDPARENTS RAISING GRANDCHILDREN

Tuesday, January 19, 10:30 A.M.



If you are raising a grandchild or other young relative, you are not alone. Join us **on ZOOM** for our Grandparents/Relatives Raising Grandchildren Information and Support Meeting. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Please call the Plainville Senior Center at 860-747-5728 to register and receive the Zoom link. *Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act.*

TELEPHONE BINGO

Thursdays at 1:00 P.M.



If you miss **BINGO** then join us for a weekly game over the phone or on Zoom so you can see other friends. Give us a call to register, so we can provide you with the call-in/Zoom information; we will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes could include toilet paper, lottery tickets, paper towels.

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist individuals with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceilings, washing walls and so much more. If this is something that you would be interested in or like more information about, please call Stephanie Soucy at the Senior Center.



VETERAN'S BENEFITS

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance.



Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance is available by phone to help you with all your Veteran Benefit needs. You can reach Jason at 203-805-6340 (please leave a message).

STAY CONNECTED!



Want to "stay connected" while staying home and staying safe? The CT Department of Aging and Disability Services has a new grant program called "Stay Connected" that will provide technology such as laptops and tablets to older adults and individuals with disabilities who are increasingly socially isolated because of COVID-19. The grant even provides training on how to use the devices. You do not need to be a "techie" to give it a try. If you would like to be screened for the program, please call your local Area Agency on Aging at 1-800-994-9422 and ask for the "Stay Connected Program" in the CHOICES Department.



VETERANS! ARE YOU IN NEED OF A WINTER JACKET OR COAT?

The Veterans Strong Community Center can help! Please call 860-584-6258 to schedule an appointment....We need your name and jacket size. We are located at 111 North Main Street in Bristol

MICHAELA'S GARDEN SEED PACKING DAY at the SENIOR CENTER

Monday, January 11th, 10:00 a.m.

The Petit Family Foundation will be packaging Michaela's Four O' Clock seed packets. Come and join this easy yet worthwhile activity for a great cause.

Please call the Petit Foundation directly at 860-479-1436 to register to volunteer.

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD

The Medicare Advantage Open Enrollment Period (MA OEP) begins 1/1/21 and ends 3/31/21. This period allows beneficiaries who are already enrolled in a Medicare Advantage Plan to make certain changes.

During the MA OEP, beneficiaries already enrolled in a Medicare Advantage Plan can:

1. Switch to another MA Plan (with or without drug coverage). 2. Return to Original Medicare (this is done by simply enrolling into one of the 27 stand-alone drug plans for 2021. Beneficiaries who do so should also consider purchasing a Medigap plan).

During the MA OEP, beneficiaries enrolled in Original Medicare cannot: 1. Switch from Original Medicare Advantage Plan. 2. Switch from one stand-alone drug plan to another.

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 \$36,171 (gross) and a family of two could possibly make \$47,300 (gross) and qualify for the program. Asset Limit for homeowners is \$15,000 and \$12,000 for renters. HRA is located at 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR. Please call 860-356-2000 or go online to:

<https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with making an appointment online.

Donations

MEMORIAL DONATIONS NOVEMBER 19-DECEMBER 21



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:

RITA DEWYEA: Sheila Boisjolie, Deanna D. Wright, Florence Macleod, Philip & Judy Macleod, Susan Desrochers, Rose Berlani, Val & Sue Dumais, Veronica Rubin, Joan Foley, Mr. & Mrs. Charles Morrone, Jean Nickerson, Byron Treado, Diane Macleod, Kim White, Jaelith Webster, Kyllen Riley, Sylvia Riley.

ANTHONY FAMIGLIETTI: Verna Pekrul. **PETER PESTILLO:** Lucy Pestillo; **ANTOINETTE SANTUCCI:** Lucy Pestillo. **CARLO COLAGIOVANNI:** Lisa Gottier, Stephen Colagiovanni. **GEORGE SOMERS:** Marjorie Rio

GENERAL DONATIONS, NOVEMBER 19-DECEMBER 21

Joann Hatch, Michael McClellan (In Memory of Linda Catucci), Anonymous (In Memory of Rita Dewyea), Barbara Wallace, Frank Broderick, Geraldine Wells, Family of Donna Hiltpod, Rosaleen Peters, Paul Catanzaro, Mary Trombley, Stephen & Sophie Bruno, Gladys Berry, Barbara Crombie & the Group, Chris Swiatek, Allyn & Marti Kall, Charlotte Politis, Sally Cobrain, Rowena Simard in Memory of Welliena Saucier, Jadwiga Marco

DIAL-A-RIDE DONATIONS NOVEMBER 19-DECEMBER 21

Madeline Drake, Sandra Michalik, Rosemarie Babin, Diane Sperry, Louise Gendreau, Dorothy Hill, Pat Cancelli

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.

NOVEMBER 14— DECEMBER 17 GET WELL & THINKING OF YOU CARDS WERE SENT TO:

58 Cards sent to Nursing Homes for Thanksgiving, Robert Baker, Kenneth Wholey, Joan Keough, Carol Beam, Robert Kopinsky, Cathleen Macca, Ann Smedick, Hazel Decker, Ceal DiFrancesco, Evelyn Case, Agnes Ogonowski, Rosaleen Peters, Helena Niziolek, Tammy Roth, Huguette Veilleux, Russell and Colette Casey

NOVEMBER 12- DECEMBER 17 SYMPATHY CARDS WERE SENT TO:

Tammy Roth, Ann Smedick, Family of Neil Santacroce, Richard Orzolek, Family of Elaine Langley, Angie Bradt, Family of Benigna Higgins, Family of Rita Dewyea, Family of Nello Volpe

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 drop them off at the Senior Center (ring door bell). We appreciate it! **We do not use religious cards or mass cards.** If you know someone who needs a smile, please let us know! **Please note:** When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. (If you wish your donation to remain anonymous, please let us know.) We do our best not to leave any donor's name off the list; but if we do, please let us know so we can include it in the next Newsletter.

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VOLUNTEERING



MEALS-ON-WHEELS VOLUNTEER DRIVERS NEEDED

Why not join a fulfilling opportunity by volunteering to deliver Meals-On-Wheels to homebound older adults in Plainville! The meals are delivered between 10:00 a.m. to 12 Noon Monday through Friday. Volunteers use their own vehicles, however mileage reimbursement is available. Training is provided. Please call Ronda at the Plainville Senior Center at 860-747-5728 if you are interested or have questions about the this important volunteer opportunity.

VOLUNTEERS NEEDED

Are you looking for something to do with your time? Why not give Volunteering at the Plainville Senior Center a try?

We are looking for volunteer help in the following areas:

GREETERS/CHECK-IN : Greet members coming into our Center. Following the CDC/State guidelines, you will have our guests fill out the COVID-19 Screening Form, have them scan their membership card and direct them to their appointments, classes, etc.

We are looking for both weekly volunteers as well as floaters to fill in when needed. Morning hours are 9-1pm and afternoon hours are 1-4pm Monday through Thursday. Friday hours are 9-1pm.

CARING AND CONNECTING THROUGH PHONE CALLS, EMAILS OR

LETTERS: We are starting a new program called "Caring and Connecting through Phone Calls, Emails or Letters" so we are looking for volunteers to make telephone calls, send e-mails or letters to our members who are looking for some pleasant conversation, chatting on the phone, connecting with people. You will make calls from your home so you stay safe. So many people are feeling alone during this especially difficult time and would appreciate having a friendly conversation to brighten their day. Maybe you can connect with people who share your same interests and hobbies. If you or someone you know would like a call just give us a call at the Senior Center and if you would like to volunteer to place a friendly call, please call the Senior Center and let us know!

UR COMMUNITY CARES

We help fill in the gaps of traditional at-home care services by mobilizing residents to care about and connect with each other. Our goal is to link people who can help to those who need help-whether it's for one hour per week or month or year. Examples of some services that can be provided are: dust, iron, sweep/vacuum, change linens/make bed, clean kitchen, wash dishes, pet care/walk pets, water plants, yardwork, socialization, deliver groceries, medical appointments. **HOW TO PARTICIPATE**: Using our secure website, interested Volunteers and Community members each create an online profile and upload an ID-type photo (to allow one another to be recognized upon arrival for the in-home visit). When a Community Member submits a request for a Community Deed, local registered Volunteers are notified by email/text then sign into their account to view and accept or decline it. Please call Stephanie at the Plainville Senior Center for more information.