

NEWS & EVENTS

JANUARY 2022

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/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, care-giving, financial assistance, Medicare, assistance at home and more. No question is too small. Call (860)747-5728.

****SIGN-UPS FOR INCOME TAX PREPARATION APPOINTMENTS BEGIN JAN. 13. SEE PAGE 2 FOR DETAILS. ****



NUTRITION TRIVA BINGO

TUESDAY, JAN. 18, AT 2:00 P.M.

PROGRAM IS FREE AND IN-PERSON.

CALL THE SENIOR CENTER TO REGISTER.

Test your nutrition knowledge and play Bingo with ShopRite Dietician Jessica! Everything you need to play will be provided, and Jessica will have prizes for BINGO Winners.

COVID-19 BOOSTER CLINIC FOR PLAINVILLE

RESIDENTS 60 & OVER (BY APPOINTMENT ONLY)

WEDNESDAY, JANUARY 12, BY APPOINTMENT ONLY BEGINNING AT 1:30 P.M.

CALL THE SENIOR CENTER BEGINNING JAN. 4 TO SCHEDULE AN APPOINTMENT.

A COVID-19 Booster Clinic will be held for Plainville residents 60 and over by appointment only. The clinic is sponsored by the Plainville-Southington Regional Health District and will be administered by Hartford Health Care. Both Pfizer and Moderna shots will be available. You **must** bring proof of ID (driver's license or piece of mail) and your COVID card or proof of prior COVID vaccines. Individuals who want a first or second COVID-19 vaccination may also get their shot at this clinic.



VALENTINE CUPCAKE DECORATING CLASS

THURSDAY, FEB. 3, 10:00 A.M. COST: \$5.00

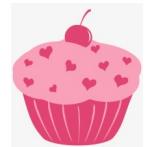
SIGN-UP BEGINS JAN. 6. LIMITED TO 12

STUDENTS. MUST REGISTER BY JAN. 24.

INSTRUCTOR: MINI CAKES DECORATING SCHOOL

Each student will learn to decorate 1 dozen cupcakes (6 chocolate and 6 vanilla) with vanilla buttercream icing.

You will learn how to use a piping bag, mix colors and basic decorating techniques. Everyone will be given a cupcake container to go home with. Learn something new while enjoying delicious cupcakes for yourself or to share!



TOWN OF PLAINVILLE MASK REQUIREMENTS

Due to Plainville continuing to be in the Red High-Transmission Zone for two consecutive weeks, masks are required for all persons in Town buildings. and applies to all regardless of vaccination status. Any individual with COVID-like symptoms or recent exposure to someone testing positive should not enter Town buildings. As of printing of this newsletter on December 22, Plainville continues to see consecutive weeks with an Average Daily Rate of COVID-19 Cases in the Red High-Transmission Zone. Please check the Town's website www.plainvillect.com or postings at the Senior Center entryway for updates. We continue to welcome you to the Senior Center.



INTERESTED IN LEARNING PHOTOGRAPHY? JOIN THE NEW SNAPPY SENIORS PHOTOGRAPHY GROUP! SEE PAGE 13 FOR DETAILS.

PROGRAMS

INCOME TAX PREPARATION — SIGN-UP STARTING JANUARY 13 FOR FEBRUARY APPOINTMENTS

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 2022

(tax returns for calendar year 2021) are **every Tuesday beginning Tuesday, February 1, and ending Tuesday, April 12.** Tax preparation is by appointment only. The Senior Center will begin taking appointments on **Thursday, January 13.** To schedule your Tax Preparation appointment, please call the Senior Center at (860)747-5728 **on or after January 13.**

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 and Advanced Payment of Child Care credits, 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 (Driver's 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 (2020) 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!



IT'S A SNAP TO INCREASE YOUR FOOD BUDGET & EARN A CHANCE TO WIN A FOOD BASKET RAFFLE

TUESDAY, FEBRUARY 8, 10:00 A.M. COST: FREE!

TO REGISTER, CALL THE SENIOR CENTER

OR SIGN UP ONLINE BEGINNING THURSDAY, JAN. 6.

Join Katie Pachkovsky, Community Outreach Coordinator, for a SNAP 101 Information Session. All who attend will be entered to win a healthy food basket!

Katie will explain:

- * What the SNAP program is.
- How to apply for SNAP with the EHC! (End Hunger Connecticut) Call Center.
- What you can and cannot purchase with SNAP benefits.
- Q&A with a focus on frequently asked questions and mythbusting.



MICHAELA'S GARDEN SEED PACKING DAY

MONDAY, JAN. 24, 9:30 A.M. - 12:00 P.M.

The Petit Family Foundation will be packaging Michaela's Four O'Clock seed packets on **Monday, January 24, from 9:30 a.m. - 12:00 noon.**

Come and join this worthwhile activity for a great cause! Sign up by calling the Senior Center at (860)747-5728 or registering online at: www.schedulesplus.com/plainville.



VINTAGE VALENTINES

MONDAY, FEB. 14, 10:00 A.M.

COST: FREE! CALL TO REGISTER OR SIGN UP ONLINE BEGINNING JAN. 6.

You're invited to an in-person gathering to see and hear about a collection of vintage Valentines which are owned by one of our members, Joyce Goldberg. The oldest one was her mother's first Valentine from 1916. You are certain to recognize many Valentine's from your own childhood. Please join us on **Monday, Feb. 14, at 10:00 a.m.** To register, call the Senior Center or go online beginning Thursday, January 6.

MEGA SIGN-UP DAY is set for THURSDAY, JAN. 6, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

CLASS DESCRIPTIONS/PROGRAMS

You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for missed classes due to vacations, trips, doctor's appointments, etc.

CERAMICS

THURSDAYS, 9:30 — 11:30 A.M.

INSTRUCTOR: GLORIA CERNIGLIA

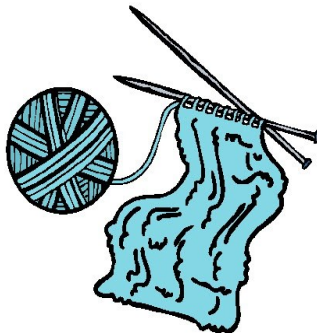
Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

KNITTING/CROCHET

THURSDAYS, 1:00 — 3:00 P.M.

INSTRUCTOR: EVELYN MORIN

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.



BOOK BUDS

JANUARY BOOK: "APE HOUSE" BY SARA GRUEN

FRIDAY, JANUARY 21, 10:00 A.M.

COST: FREE! SIGN-UP BEGINS JAN. 6.

INSTRUCTOR: KATHLEEN MARSAN

This month's story is of Sam, Bonzi, Lola, Mbongo, Jelani, and Makena, bonobo apes who can use American Sign Language and learned to communicate with computers. In a series of mysterious events, the apes find themselves in danger from humans who wish to exploit them and those who erringly misunderstand the importance of these great apes. This read is guaranteed to lend itself to an engrossing discussion! The book is available at the library. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**



CHAIR VOLLEYBALL

MONDAYS, 9:30 A.M.

We use a light beach ball instead of a hard volleyball for this. Join us for a game that will guarantee to have you laughing the morning away! Participants will be on teams of up to 6 players.

No volleyball experience necessary! The only requirement is that

you have to stay in your **CHAIR** while playing!

Volunteers are also needed to help keep score/referee!



CONGRATULATIONS PARTY FOR JUDY HUMPHREY, FOUNDER OF SNAPPY SENIORS CAMERA CLUB

THURSDAY, JAN. 20, 10:00 A.M.

Join us on **Thursday, Jan. 20, at 10 a.m.** to thank Judy Humphrey for 10 incredible years of organizing, leading, coordinating, planning, teaching and facilitating our photography group, Snappy Seniors. Bring a photo to show the group what you learned from Judy or from being a member of Snappy Seniors or tell a story that shows how Judy impacted your photography or all three! You do not need to be a member of Snappy Seniors to attend the party. If you attended the Snappy Seniors Photography Shows at either the Senior Center or the Library, please join in to thank Judy for her many years of hard work, leadership and creativity. Call the Senior Center to let us know you will attend so we can order refreshments.

RAINBOW LUNCH HOUR - JAN. 27

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center and the CT Healthy Living Collective for a Rainbow Lunch Hour on

Thursday, Jan. 27, at noon via Zoom from home or from the Senior Center.

January's topic will be "Read any good books lately?" Pre-registration is required. Bringing your own lunch is optional. If Zooming from home, **register at www.cthealthyliving.org.** **If you are coming to view the program here, call the Senior Center or go online to register at www.schedulesplus.com/plainville.**



MEGA SIGN-UP DAY is set for THURSDAY, JAN. 6, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:00-2:00 P.M.

INSTRUCTOR: CAROLINE DUBE

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.

ZUMBA GOLD

WEDNESDAYS, 9:30 –10:30 A.M.

INSTRUCTOR: AMY GRAY

Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels.

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:15-3:00 P.M.

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress and calms the mind and also builds core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Bring a water bottle.

CARDIO CHAIR FITNESS WITH NANCY

TUESDAYS, 1:00 —1:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

Everything you can do standing, you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching.

BALANCE CLASS

TUESDAYS, 2:00—2:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

This 45-minute balance class works on balance with holding poses, adding movement, and sometimes one light free weight. Working on balance is perfect for keeping you from slipping and falling and helps work on core and leg strengthening.

STEP AEROBICS WITH NANCY



FRIDAYS, 10:00-10:40 A.M.

INSTRUCTOR: NANCY PANDOLFO

SIGN-UP BEGINS JAN. 6.

Class is free if you have Silver Sneakers through your health insurance. Low Impact Cardio class to burn fat & calories to upbeat music! Steps are provided at the Senior Center.

SILVER SNEAKERS & PLAINVILLE SENIOR CENTER YOGA/PILATES(YOGA-LATES)

FRIDAYS, 11:00—11:45 A.M.

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance. IN-PERSON OR ON ZOOM.

This 45-minute class includes both chair and standing yoga poses, a lot of stretching and Pilates. In Pilates, you will target a specific muscle, squeeze it and work through a motion which also tones your lower body and core.



THE PEAK FITNESS CENTER IS OPEN NO APPOINTMENTS NEEDED!

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open, and appointments are no longer needed! Work out when you want. New PEAK Center hours are: **Monday—Friday, 9:00 A.M.-1:00 P.M.**

CLASS SCHEDULE Class descriptions on pages 3,4

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign up for new classes beginning on **Mega Sign-Up Day, Jan. 6, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **Jan. 13** if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session Payment Due Upon Registration
MONDAY		
Power Burst	1:00-2:00	Jan. 10-March 14. 8 weeks. No class Jan. 17 or Feb. 21. \$16.00.
Chair Pilates & Balance	2:15-3:00	Jan. 10-March 14. 8 weeks. No class Jan. 17 or Feb. 1. \$16.00.
TUESDAY		
Cardio Chair Fitness w/Nancy	1:00—1:45	Jan. 11-March 15. 8 weeks. No class Feb. 1. \$16.00.
Balance Class	2:00-2:45	Jan. 11-March 15. 8 weeks. No class Feb. 1. \$16.00.
WEDNESDAY		
Zumba Gold	9:30 – 10:30	Jan. 12-March 2. 8 weeks. \$24.00.
THURSDAY		
Ceramics	9:30 – 11:30	Jan. 13-March 3. 8 weeks. \$32.00.
Knitting/Crochet	1:00-3:00	Jan. 13-March 3. 8 weeks. \$16.00.
FRIDAY		
Step Aerobics	10:00 –10:40	Jan. 14-March 11. No class Feb. 4. 8 weeks. \$16.00. FREE if you have Silver Sneakers. Sign-up begins Jan. 6
Yoga-Lates	11:00—11:45	Jan. 14-March 11. No class Feb. 4. 8 weeks. \$16.00. FREE if you have Silver Sneakers.

HOW TO REGISTER FOR A CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. And You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, you can call us here at the Senior Center (860)747-5728 so we can register you.

SENIOR CENTER SEEKING YARN DONATIONS & VOLUNTEER KNITTERS



The Senior Center is looking for donations of yarn and anyone who might like to knit lap robes, afghans, hats, mittens and scarves. Please call us at (860)747-5728 for more information.





Trips



PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE & MOTORCOACH TRIPS.

SIGN-UP: Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. One day a month, we also offer **Mega Sign-up Day**. This month it is **Jan. 6** from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign-up.



OPEN TO THE PUBLIC: Trips are open to the public one week (7 days) after member sign-up unless otherwise stated.

CANCELLATIONS: Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call Angela at (860) 839-7346 that evening or before 9:00 a.m. the day of the trip.*** Angela will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can **try** to get a refund for you. We must pay for any number that we guarantee to the tour companies. Once we pay, refunds are not guaranteed. 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. Some insurance policies cover most costs if the cancellation is due to illness, but others may cover a variety of additional reasons.

PARKING: Parking for most trips is at Our Lady of Mercy Church parking lot, directly across South Canal Street from the church. It's the first lot on your right entering South Canal from Broad Street. Park as close to the fence as possible, one car directly behind another. 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. Many overnight trips may provide parking at Our Lady of Mercy Church. Please contact the Senior Center, not OLM, for information.

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 latecomers.***

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

QUICK TRIPS 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. 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.*

QUICK TRIP GUIDELINES: 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 **Angela at (860)839-7346**. 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.

Trips

TRIPS, TRIPS, TRIPS

We are putting trips on hold right now and plan to re-evaluate every month. There will not be any trips in January, but never fear, we will travel again! A trip survey is planned as we get closer to re-starting again.



PLAINVILLE PUBLIC LIBRARY

FREE PASSES AVAILABLE FOR AREA MUSEUMS & ATTRACTIONS!

The Plainville Public Library, 56 East Main Street, offers free passes to area museums and attractions. You can check out passes at the library for two days, including the date of pickup. You can also reserve the passes online and print them from home. Reserve the pass for the date you want to visit the destination, print the pass confirmation page or the pass from the confirmation email/reminder. The pass is only valid for the reserved date of the visit. All passes are sponsored by the Friends of the Plainville Public Library. To go online and reserve your passes go to: <https://www.plainvillect.com/library>. For more information, call the library at (860) 793-1446.

THURSDAY MOVIE MATINEE RETURNS

The Thursday Movie Matinee returns in 2022 at the Plainville Library. Movies will be shown on the second Thursday of the month at 1:00pm in the Peter Chase Auditorium. Registration is not needed for this event. Masks are required. On **Jan. 13, at 1:00 p.m.**, the library will be showing "Respect," a film about the life of Aretha Franklin.

JAZZ AND THE CIVIL RIGHTS MOVEMENT

Master Flutist and lecturer Galen Abdur-Razzaq, from Flute Juice Productions, a musical entertainment company in Orlando, Florida, will perform and discuss the evolution of Jazz during the Civil Rights Movement on **Wednesday, Jan. 12, from 6:30-7:30 p.m. on Zoom**. Participants will be emailed a Zoom link the day before the presentation.

QUICK SENIOR TOURISM STATISTICS

- 57% of Baby Boomers list budget as a factor whenever they make booking decisions.
- 56% of seniors have already planned their tourism destination for the next year.
- 43% of Baby Boomers expect to travel both internationally and domestically within the next year.
- 51% of Baby Boomers plan to visit domestic destinations only.
- 6% of Baby Boomers are only going to visit international destinations over the next year.
- 57% of seniors travel in order to visit their friends and family.
- 11% of seniors enjoy quick weekend getaways.
- 30% of seniors vacation via cruise.
- 25% of seniors will extend their business trip for pleasure.
- 66% of seniors make booking decisions based on informative ads.
- 10% of Baby Boomers plan their vacations based on social media influence.
- Baby Boomers spend about \$1865 on summer vacations.
- Baby Boomers average around 27 vacation days a year.

SOURCE RVANDPLAYA.COM.

NEW LOW-COST PROGRAM ALLOWS ELDERLY, DISABLED TO TRAVEL WITH NO LIMITATIONS

ENCOMPASS is an exciting new program that allows our elderly and disabled community in the Greater Hartford area to travel with no limitations any time, any day, for any reason! For more information, please see the back of the calendar for details.

OVERNIGHT TRIPS & OUTDOOR ADVENTURES

OVERNIGHT TRIPS

AMERICAN QUEEN PADDLEBOAT

MARCH 6-14, 2022.

Cruise from New Orleans to Memphis and let the American Queen introduce you to the American South. From \$3,198 includes air & travel. Flyers available at the Senior Center. One night in New Orleans with sightseeing tour, Nottoway Plantation, St. Francisville, LA, Natchez, MS, Vicksburg, MS, Greenville, TN, Memphis. Transportation to Bradley Airport. Unlimited beverage package. Entertainment, daily lectures by the Riverlorian, award-winning cuisine, gracious service, Friendship Tours escort throughout the trip. Call Friendship Tours at (860)243-1630 to sign up.



COLUMBIA & SNAKE RIVERS ABOARD THE

AMERICAN EMPRESS: ***PLEASE NOTE: DATE HAS CHANGED from Oct. 23-31, 2022, to NEW DATE: July 10-18, 2022.***

Cruise from Spokane to Vancouver, WA. Follow in the footsteps of Lewis & Clark. Cost: Outside cabin with veranda is \$5,398 per person twin including air and taxes. One night Spokane, WA, one night in Vancouver, WA, both with sightseeing tour, Clarkston, WA, Richland, WA, The Dalles, OR, Stevenson, WA, Astoria, OR, Vancouver, WA. Transportation to Bradley Airport. Unlimited beverage package, hop on, hop off tours in each port, entertainment and more.

Call Friendship Tours at (860)243-1630 to sign up.

Outdoor Adventure Club

BLUFF POINT, GROTON HIKE

RESCHEDULED FROM DECEMBER

NEW DATE IS SAT., JAN. 15. AT THE TIME OF PRINTING, THERE WAS ONE SPOT LEFT.

LEAVES SENIOR CENTER 9:30 A.M.

RETURNS APPROXIMATELY 2:30 P.M.

COST: \$10.00.

Join Eileen Cyr for a 3-mile (roundtrip) coastal walk on gravel roads to the shore. Bluff Point has always been a favorite destination of the Outdoor Adventure Club! Lunch will be on your own at the Mystic Diner. Please bring your diabetes medication, asthma medication, or any medication you need to take before the walk.



FREE SUPPORT GROUP FOR INDIVIDUALS WITH PARKINSON'S DISEASE & THEIR CAREGIVERS

Fourth Friday of every month at 10:15 a.m. at the Wallingford Senior Center, 238 Washington St., Wallingford. Also available at the Wallingford Senior Center on Tuesdays & Thursdays from 1:00 -2:30 p.m. are exercise classes designed for individuals with Parkinson's Disease. Seven weeks (14 classes) for \$20 or drop in and try for \$3 a class. Classes involve balance, speech, boxing & yoga! Please call Phyllis for information at (203)265-0223 or Anne Bernick at annebernick@wallingfordct.gov. You must be fully vaccinated to attend.



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 Plainville residents 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. Please call Stephanie Soucy at the Senior Center for more information.

MEGA SIGN-UP DAY is set for THURSDAY, JAN. 6, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

HEALTH MATTERS

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD JAN. 1-MARCH 31, 2022

The Medicare Advantage Open Enrollment Period (MA OEP) begins 1/1/22 and ends 3/31/22. 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 2022). 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. If you have any questions, please call Stephanie at the Senior Center, (860)747-5728.

GLASSES & EYE EXAMS AVAILABLE FOR THOSE IN NEED

National Vision Inc. has brought an eye exam and eyeglasses voucher program to two area Walmart stores in Connecticut.

This program provides complimentary eye exams and/or eyeglasses. If

you are having an issue paying for an eye exam and/or eyeglasses, please contact Stephanie at the Senior Center for further details. This program is limited to people who have no insurance and are in need.



MEDICARE SAVINGS PROGRAM (MSP) INCOME LIMITS:

Singles Range From: \$2,265 to \$2,641
Couples Range From: \$3,064 to \$3,572

There is No Asset Limit nor Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. Department of Social Services 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. Contact her at the Senior Center.

VIRTUAL MOBILITY ASSISTANCE AVAILABLE FOR RIDERS WHO ARE BLIND OR HAVE LOW VISION

Connecticut now offers a free pilot program, called Aira, to help individuals who are blind or have low vision to ride public transit. The program enables persons who are blind or have low vision to connect with highly trained, live agents in real-time for assistance using the public transportation system and other essential services. The service uses a smartphone's camera to stream live video to an agent who provides the subscriber with instant access to visual information about their surroundings. For more information on this program and instructions for how to sign up, visit ctrides.com/aira-en.



GET HELP PAYING YOUR WATER BILLS

The Connecticut Low Income Water Assistance Program is now open. Get help paying your water bills. Households with one person who have a maximum annual income of \$39,027 and a two-person household maximum income of \$51,035 can qualify for this one-time water assistance benefit. There is no asset limit. Help is available for both drinking water and wastewater bills. To apply online, go to: <https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Highlights/Water-Assistance/CT-Energy-and-Water-Assistance-Application-rev-Nov-2021.pdf> or contact the Human Resources Agency of New Britain (HRA) at (860)356-2000. If you have any further questions or need help applying, contact Stephanie at (860)747-5728.

THE NURSE IS IN!

GEORGIA STERPKA, APRN, IS
AVAILABLE BY APPOINTMENT FOR:

REGULAR AND DIABETIC FOOT CARE

Cost is \$18.00 for Plainville resident members and \$28.00 for out-of-town members.

EAR WAX REMOVAL: COST IS \$5.00.

CHOLESTEROL SCREENING -This type of test does not require fasting. Cost is \$12.

PROGRAMS, ETC.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, JAN. 20, 2:30 P.M. SIGN-UP HAS BEGUN. CALL THE SENIOR CENTER TO REGISTER.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Join us on **Thursday, Jan. 20, at 2:30 p.m.** Relax and socialize with other people experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Connecticut State Unit on Aging.



SETBACK PLAYERS WANTED!

If you enjoy playing Setback, come join us for our weekly Setback Tournaments on Mondays at 12:30 p.m. We play several games and the winners are those with the highest scores. If you don't have a partner to play with, we'll find one for you. Setback, also called Pitch (or "High Low Jack"), is an American trick-taking card game derived from the English game of All Fours which dates back from the 17th century.



PLAY PINOCHLE WITH US ON TUESDAYS!

Come join us for Pinochle every Tuesday at noon. This is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck. It is derived from the card game Bezique where players score points by trick-taking and also by forming combinations of cards into melds.

LADIES BILLIARDS BRUSH-UP GROUP

Ladies, if you've never played pool before or you haven't played in a while and want to work on your game, come each Tuesday at 10 a.m. and Ellen will help you. Other dates and times may be available. Come be a part of our group. See our new table! Call the Senior Center at (860)747-5728 to register.

MENS BILLIARDS BRUSH-UP GROUP

Guys, if you want to brush up on your pool skills or even if you've never played before, John can help you on Thursdays at 11:00 a.m. Other dates and times may be available. Call the Senior Center to register.

VOLUNTEERS WANTED

TO ASSEMBLE THE NEWSLETTER

No experience necessary. You can help with folding, collating, stapling and stuffing envelopes. Contact the Senior Center at (860)747-5728 to sign up. It's just a once a month commitment that takes just a few hours.

LIKE TO SING? JOIN THE PLAINVILLE SENIOR CENTER CHORAL GROUP!

The group is always looking for new members. They perform at area nursing homes. Transportation is available. The Choral Group will be rehearsing on **Friday, Jan. 7, at 9:30 a.m.** here at the Senior Center. Come sing with the group & make new friends!



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.

MEGA SIGN-UP DAY is set for THURSDAY, JAN. 6, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

FOODSHARE, SUPPORT GROUPS & PROGRAMS

HOSPITAL OF CENTRAL CT, WOLFSON PALLIATIVE CARE DEPARTMENT OFFERING BEREAVEMENT GROUP IN-PERSON & ON ZOOM

The Wolfson Palliative Care Dept. at the Hospital of Central Connecticut will be offering both a virtual bereavement group (Zoom) and an in-person bereavement group for anyone in the community who is struggling with the death of a loved one. There is no cost to attend these sessions, but pre-registration is required. The group will begin on **Wednesday, Jan. 12**, and is run for eight weeks. The afternoon group is an in-person group at the hospital and meets from 3:00 – 4:30 p.m. The evening group is virtual via Zoom and meets from 5:00-6:30 p.m. The group is a closed group – once the sessions begin, new members will not be allowed. If you know anyone who might benefit from participating in the group, call Nadine P. Toce, LCSW, at (860)224-5463 or by email at Nadine.Toce@hhchealth.org for more information and/or to register. The other sessions will be held on **Jan. 19, Jan. 26, Feb. 2, Feb. 9, Feb. 16, Feb. 23 and March 2**.



THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

This program is offered Wednesdays for Plainville residents needing assistance with food. For more information about eligibility and hours, contact: Laurie at (860) 747-5867. Drive up, and a volunteer will put the groceries in your car!

CAREGIVING CONNECTIONS - Join your caring friends on **Tuesday, January 11, at 10 a.m.** at the Senior Center as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. Come share & be nourished. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.

GRANDPARENTS RAISING GRANDCHILDREN

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at **10:30 a.m. on Tuesday, January 18**, at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.

CARING AND CONNECTING

Would you like someone to chat with? 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 the Senior Center if you’d like to volunteer.

CAREGIVER RESPITE PROGRAMS AVAILABLE

According to the North Central Agency on Aging:

- * 6 in 10 caregivers report working while caregiving (61 percent) and the majority have experienced at least one work-related impact (61 percent).
- * 1 in 5 caregivers report high financial strain as a result of caregiving;
- * 3 in 10 have stopped saving (28 percent) and:
- * 1 in 4 have taken on more debt (23 percent).

What can you do to assist your friends, colleagues and family members who need some help? The Caregiver Respite Programs are here to provide families with some necessary space to breathe. **Please call Stephanie at (860)747-5728 for more information.**

Donations

NOVEMBER 16--DECEMBER 15

The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made out to the Plainville Senior Center. The deceased person's name will be listed in the Memorial Book displayed in our Lounge, along with the donor's name. Memorial donations are used to enhance the operation of the Senior Center.

GENERAL DONATIONS

Rita Susco, Georgia Sterpka, Rose Hyjek, Ashley Johnson.

MEMORIAL DONATIONS

In Memory Of: Francis Badon by Olga & Charles Stepney.

In Memory Of: Patricia "Pat" Cancelli by Sally Cobrain.

In Memory Of: William "Billy" J. Furlong III by Cathy & William Furlong.

In Memory Of: Anna Vandersteenen by Martha & Allyn Kall, Richard & Lisa Negron, Geri Walsh, Tammy Hickey.

DIAL-A-RIDE DONATIONS

Fran Martin, Marci Negro, Marjorie (Sue) Piercy, United Way.

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.

Cheer Report

NOVEMBER 16--DECEMBER 15

*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.*

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Marguerite Clancy, Bonnie Carilli, E. Margaret Dubay, Skip Kensel, Janet Bartels, Marie Bowyer, Scott Steele, Helene Fabian, Cheryl Lesniewski, Brenda Levesque, Sharon Jalowiecki, Richard Vieira, Norma Weisenburger, Elaine Wyzga, Elsie Senaldi, Vivian Arena, Helena Niziolek, Evelyn Case, Cathleen Macca, Hazel Decker, Ceal DiFrancesco, Rose Plourde, Mary Michaud, Stella Massa, Beatrice Dumont, Laurette Ortner, Bill & Judy Briggs, Robin Brown, Marcia Medina, Wendell Copeland, Karen Donovan, Kathy DeSanty, Myrtle Jandreau, Dave Schmidt, Carol Wright, Sandra Robinson, Donna Cook, Helen Bonner.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Joan Litteral, Laurea Esau, Wanda Thompson.

SYMPATHY CARDS WERE SENT TO:

Lucy Silverio, Jean Kelly, JoAnn Janick, Leona Bisson.

The Senior Center ALWAYS Needs Sympathy, Get Well and Thinking of You Cards! We do not use religious cards or Mass cards. If you wish to donate cards, please drop them off at the Senior Center. We appreciate it!



November New Members

Luci Bradford, William Bradford, Sharon Carbone, Evelyn Cintron, Patrick Durrant, Patricia Lavertue, Marie Merriam, Diana Murphy, Jane Napieracz, Laura Nazario, Rinette Pelletier, Rick Plonka, Janice Shaw, Gregory Szach and Karel Zettergren.



VETERANS' NEWS & ACTIVITIES

INDIVIDUAL APPOINTMENTS FOR VETERANS- WEDNESDAY, JANUARY 5, AT THE SENIOR CENTER

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 on **Wednesday, January 5**, at the Senior Center to help you with all of your veteran benefit needs. Call Jason at (203) 805-6340 to schedule an individual appointment (please leave a message). Jason is scheduled to be at the Senior Center the first Wednesday of each month. In February, Jason will also be here on **Wednesday, February 2**.

VETERANS' SOCIAL HOUR

TUESDAY, JAN. 25, 10:00 A.M.

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register or register online at: www.schedulesplus.com/plainville.**



PLAINVILLE VETERANS' MEMORIAL WALL

A Memorial Wall has been created to provide a place to honor the military service of deceased veterans by their friends and family members. Brass plates engraved with the Veteran's rank, name and branch of service can be purchased for \$14. Contact the Senior Center for an order form.



ETC.

CALLING ALL SNAPPY SENIORS AND ALL THOSE WHO ARE INTERESTED IN LEARNING AND SHARING PHOTOS AND FUN

Do you own an i-phone, tablet or camera? Do you want to get together with a group of members who enjoy being with each other, traveling in luxury (the Senior Center bus) to interesting places in Connecticut, taking photos of places, people, animals, birds and Mother Nature's beauty? You do not need any prior photography experience or special camera equipment as we have found that our phones take beautiful photos and we have videos by professional photographers that will give us a lot of information and guidance.

This is our monthly plan (subject to discussion): We would start to meet at **9:30 a.m. on Jan. 27, 2022 (the 4th Thursday of the month)** at the Senior Center for a group meeting and plan our road trip; the next month (February), take our road trip and the third month (March), we are free to take photos on our own; the fourth month (April), we would again meet on the 4th Thursday of the month, April 21, to share our photos,

ask questions and share ideas and plan our next road trip, the following month (May), we take our road trip, and so forth.

Good news: There is no need to have your photos printed to share them. Just bring your SD card or flash drive to the meeting and we can show your photos on a large screen TV. Unfortunately, we don't know how to get photos off a MAC, but you can try e-mailing any phone photos to yourself and we can put them on a computer.

If you are interested or have any suggestions, please contact the Senior Center at (860)747-5728 to sign up. We can also put you in touch with John or Peggy Clancy who are organizing the group.



NEW! SETBACK BRUSH-UP GROUP

If you've never played the card game Setback and want to learn or just want to brush up on your skills, two of our Senior Center members are ready to help you. Alyce is available to help you any time and Peggy is available on Wednesday mornings. Contact the Senior Center at (860)747-5728 to register. And don't forget to come join our weekly Setback Tournaments on Mondays at 12:30 p.m.



INDEX

Balance Class	4
Bereavement Group	11
Billiards Brush-Up Groups	10
Book Buds	3
Booster Shot Clinic	1
Cardio Chair Fitness	4
Caregiver Respite Program	11
Caregiving Connections	11
Caring and Connecting	11
Ceramics	3
Chair Pilates & Balance Class	4
Chair Volleyball	3
Cheer Report	12
Choral Group	10
Class/Activity/Schedule	3,4,5
Congratulations Party	3
Donations	12
Drivers Needed	14
Drop-In Activities	14
Foodshare Info.	11
Glasses & Eye Exams	9
Grandparents/Grandchildren	11
Heavy Cleaning Help	8
Health Matters	9
How to Register	5
Income Tax Prep	2
Knitting/Crochet	3
Medicare Advantage	9
Medicare Savings Program	9
MEGA SIGN-UP DAY	2,3,8,10
Memory Café	10
Michaela's Seed Packing Day	2
New Members	12
Newsletter Volunteers	10
Nursing Information	9
Nutrition Trivia Bingo	1
Outdoor Adventure Club	8
Parkinson's Support Group	8
PEAK Fitness	4
Pinochle	10
Plainville Mask Requirements	1
Plainville Public Library Events	7
PowerBurst	4
Rainbow Lunch Hour	3
Setback	10,13,14
Silver Sneakers/Yoga-Lates	4
SNAP Info. Session	2
Snappy Seniors	13
Step Aerobics	4
Storm Closing Information	10
Transportation	BC
Trips	6,7,8
Valentine Cupcake Class	1
Veterans' News & Activities	13
Vintage Valentines	2
Virtual Mobility Assistance	9
Water Assistance Program	9
Yarn Donations	5
Zumba Gold	4
BC= Back of Calendar	

THIS AND THAT

DROP-IN ACTIVITIES! COME JOIN US!

Below is a schedule of drop-in activities that you are welcome to join:

Mahjong: Mondays 12:00 noon

Setback Tournament: Mondays, 12:30 p.m.

Cribbage: Tuesdays, 10:00 a.m.

Pinochle: Tuesdays, 12:00 noon

Current Events: Tuesdays, 1:00 p.m.

Bridge: Tuesdays, 1:00 p.m.

Open Quilting: Wednesdays, 9:30-11:30 a.m.

Open Painting: Wednesdays, 1:00 p.m.

Bingo: Wednesdays, 1:15 p.m.

Charlemagne: Wednesdays, 1:15 p.m.

Coloring Club: Wednesdays, 3-4 p.m.

Mexican Train: Thursdays, 10:00 a.m.

Pool Tournament: Thursdays, 12:30 p.m.

Pinochle: Thursdays, 12:30 p.m.

Telephone Bingo: Thursdays at 1 p.m.—call ahead to receive call-in or Zoom information and a Bingo card.

Bridge: Thursdays, 1:00 p.m.

Scrabble: Thursdays, 1:00 p.m.

Mahjong: Fridays, 9:00 a.m.

Walking—Daily at 9:15 a.m. (check calendar for changes).

Computers—Daily for members only.



SETBACK WEEKLY TOURNAMENT WINNERS

NOV. 22: 1st: Stan Funk & Bernard Grabeck, 2nd: Sally Miller & Gail Kreneck, 3rd: Sandy Tyminski & Fran Bolduc.

NOV. 29: 1st: Donna Albrecht & Annie Theriault, 2nd: Gail Kreneck & Sally Miller, 3rd: Stan Funk & Bernard Grabeck.

DEC. 6: 1st: John Gasparini & John Sisson, 2nd: Carol Diana & Mary Levanti, 3rd: Rose Dunlap & Grace Lapila.

DEC. 13: 1st: Donna Albrect & John Gasparini, 2nd: Charlie Stepney & Elaine Chartier, 3rd: Verna Pekrul & Anne Theriault.

Dial-a-Ride Drivers Needed!

The Plainville Senior Center is looking for on-call drivers for our Dial-a-Ride Program. Drivers must have a CDL or F-endorsement in order to drive our wheelchair lift-equipped bus. Training and hourly wage provided. Hourly range between \$15.50—\$16.61. Hours are on-call to assist when regularly scheduled drivers are out or when the schedule is busy and more drivers are required to assist with rides. F-endorsement is now easier to obtain and can be done without going to DMV and can be completed in two weeks. Contact Shawn or Ronda at the Senior Center for more information or visit www.plainvillect.com for an application.