

**NEWS & EVENTS**

**JANUARY 2023**

**Shawn Cohen, Director**

**Ronda Guberman, Assistant Director**

**200 East Street, Plainville, CT 06062**

**860.747.5728**

**[www.plainvillect.com/senior-center](http://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 & more. No question is too small. Call (860)747-5728.

**COME AND GET SOME PORKCHOP LOVE!**

**MONDAY, JANUARY 23, 2023, 10:00 AM FREE! CALL THE SENIOR CENTER NOW TO REGISTER**

Come and meet Porkchop, a pet therapy pig. Porkchop is 11 1/2 years old, weighs 35 pounds and is part potbelly and part Juliana pig. She and her owner, Jess Moffo, are working with the American Mini Pig Association training program. Porkchop will happily sit on laps, accepts hugs and can do a few tricks. Come & enjoy this adorable pet therapy animal!



**PLAINVILLE PART TIME DIAL-A-RIDE DRIVER NEEDED!!**

The Plainville Senior Center and Human Resources Agency (HRA) of New Britain run a coordinated transportation system to provide Dial-a-Ride for Plainville residents 60 and over. Currently, there is an immediate opening for a morning driver Monday through Friday. Drivers must have an F-endorsement (Taxi, Livery, Service Bus/Coach) or a CDL in order to drive the 14 passenger, wheelchair lift equipped bus. Paid training and hourly wage provided. Approximately 19-22 hours per week. HRA fringe benefits provided. The F-endorsement is easier to obtain and can be done in 2 to 4 weeks. Reimbursement for Medical Exam available. Please contact Shawn or Ronda at the Senior Center 860-747-5728. For more information about Human Resource Agency and the application process, contact Nancy Shannon at 860-589-6968 extension 3.

**PLAINVILLE DIAL-A-RIDE CHANGES EFFECTIVE JANUARY 9**

**TEMPORARY SCHEDULE:**

**MONDAY THROUGH THURSDAY FROM 9:00 AM 2:30 PM  
FRIDAYS 9:00 AM—1:00 PM See page 8 for details.**

**NEW ZUMBA GOLD INSTRUCTOR: COME TRY A FREE DEMO CLASS**

**WEDNESDAY JANUARY 18, 9:30—10:30**

**(PLEASE CALL TO REGISTER FOR THE DEMO)**

**8 WEEK SESSION BEGINS WED., JANUARY 25—MARCH 15,  
9:30 AM—10:30 AM**

**COST: \$24.00. SIGN UP BEGINS JANUARY 5TH.**

Our former instructor Amy Gray has retired. Our new instructor is Denise Lipka. Denise says: "I know I have a tough act to follow as I took my first class with Amy 13.5 years ago. Because of Amy's intro to Zumba, I had to become an instructor. I've been teaching Zumba for 13 years. Zumba is my passion and I can't wait to share that joy of with you."

**NATIONAL PARKS: ARIZONA ADVENTURE & LAS VEGAS**

**10/06/2023—10/13/2023 See page 7 for details.** ★

**A VERY COLD WINTER IS PREDICTED!** Be sure that you regularly check your oil, propane, and kerosene gas tanks to be sure that you have enough fuel in your tanks. Do not let your tanks get too low or empty. If you need help paying for fuel, **see page 6** for information about Energy Assistance.

**Income Tax**  
See page 3

**Covid Clinic**  
See page 10

**Memory Screen**  
See Page 2

**Plainville AARP**  
See Page 6

# CLASSES & PROGRAMS

## SILVER SNEAKERS CLASSIC IS BACK!

FRIDAYS, JANUARY 20—FEBRUARY 24

10:00 AM— 10:45 AM

INSTRUCTOR: NANCY PANDOLFO

SIGN UP HAS BEGUN

CLASS IS FREE IF YOU HAVE SILVER SNEAKERS.

COST: \$12.00 IF YOU DON'T HAVE SILVER SNEAKERS.

Join in the fun in this certified Silver Sneakers class.

Exercises are done in a chair and combine cardio and strength training. Beginners welcome.

## QUILTING CLASS—SNOWMEN IN THE STARS

WEDNESDAYS, JANUARY 18—FEBRUARY 8, 2023

9:30 AM—11:30 AM

INSTRUCTOR: DARLENE BACHAND

SIGN UP BEGINS JANUARY 5

COST: \$8.00—Supply list provided at sign up. Sample on display in the showcase.



## NEEDLE FELTING A GNOME WITH A HEART

MONDAY, FEBRUARY 13, 1:30 PM—3:30 PM

INSTRUCTOR: DIANE SHEARD

COST: \$20.00 ALL SUPPLIES INCLUDED.

SAMPLE ON DISPLAY IN THE SHOWCASE.

SIGN UP BEGINS JANUARY 5. SPACE IS LIMITED.

Join us as a beginner—or not—in a needle felting class. You will learn, laugh and leave with our own creation: an adorable and individual gnome. Each person will present their own personal flair as you felt away for a couple hours of fun. Supplies will be ready and waiting. Just add your own creativity.



## SNAPPY SENIORS PHOTOGRAPHY

GROUP MEETS THURSDAY,

JANUARY 19, 10:30 AM

CALL TO REGISTER (860)747-5728

Share photos from anytime or place.

Show us something you learned **OR** a special photo

**OR** one of your all time favorites! Bring ideas for future classes, trips and lectures.



## TELEPHONE BINGO IS BACK!

BEGINS THURSDAY JANUARY 12, 1:00 PM –2:00 PM

Peggy Grant will be calling bingo over the telephone and on Zoom so you don't have to leave your cozy home to go outdoors! If you'd like to play, call the Senior Center to register and to get a bingo card. There is no charge to play. Prizes include rolls of toilet paper and other goodies based on availability.

## HEALTHY BRAIN SERIES

THURSDAYS, JANUARY 19—FEBRUARY 16,

2:00 PM - 3:00 PM

FREE! CALL THE SENIOR CENTER TO REGISTER

**Participants are encouraged to attend all 5 sessions**

Presenters: Dementia Specialist, Hartford Healthcare Center for Healthy Aging

Session 1: Activities to challenge your mind

Session 2: Importance of diet and nutrition

Session 3: Finding meaningful engagement as you age

Session 4: Importance of sleep and your brain

Session 5: Lessons for living longer from people who lived the longest



## BOOK BUDS JANUARY BOOK: "BETTER LUCK NEXT TIME" by Julia Claiborn Johnson

FRIDAY, JANUARY 20, 10:00 AM

COST: FREE! FOR MEMBERS ONLY.

INSTRUCTOR: KATHLEEN MARSAN

In "Better Luck Next Time" the reader is transported to the year 1938 and a Dude Ranch named The Flying Leap. This is no ordinary ranch. This ranch serves a purpose for women seeking a quick divorce. Only there is one catch: they have to live in Reno (divorce capital of the world) for a specific period of time to be considered a resident. Join us for a lighthearted discussion over a cup of tea or coffee. The book is available at the library's main desk.



**UKULELE JAM**—Join our group of ukulele enthusiasts to play and sing on Thursdays from 2:00—3:00! Drop in for a great time.

## MEMORY SCREENING

TUESDAY, JANUARY 24

10:00 AM—12:00 PM BY APPOINTMENT

Are you worried about your short-term memory?

Take 10 minutes for a Memory Screening from the Alzheimer's Foundation of America—simple and safe "healthy brain check-ups" test memory and other thinking skills. Open to anyone whether they have current memory concerns, are at risk for Dementia, or just want to see how their memory is now for future comparisons. This is not a diagnosis of any particular illness and is completely confidential. Conducted by Hollis Hartman, Memory Care Advisor, Arden Courts.

## TAKE NOTE

### **SHOWCASE YOUR COLLECTION OR HOBBY!**

If you have a collection or hobby that you'd like to display in our showcase, please call us at the Senior Center to let us know. Displays are typically in the locked showcase for a month at a time.



**January Display by:**

**Karen Orvis**



Karen has a love of the black and white color scheme that comes alive in her panda collection. She has been collecting for over 30 years. From towels to figurines, this amazing collection has something to delight everyone.

### **EGGS! FARM FRESH EGGS!**

Member Priscilla Gundry is bringing in farm-fresh eggs to give out to members for **FREE!** Bring in egg cartons for collection. Limit of 6 per person. Priscilla will drop off the eggs around 9AM on: Jan. 5 & Jan. 26.

### **ADULT COLORING**

**WEDNESDAYS AT 3:00 PM**

Come and color with us!! We have everything you need to color and create: coloring books, colored pencils, pens, markers and more. Connect with other colorists while you enjoy this relaxing, restorative activity.



## HELP WHEN YOU NEED IT

### **I-PHONE OR I-PAD HELP**

**FRIDAYS, JANUARY 13, 20 AND 27  
BETWEEN 10-11:30 AM BY APPOINTMENT ONLY.**

Christine Millette, a Senior Center Volunteer, will answer questions and provide assistance on i-Phones or i-Pads. She cannot assist with Android phones or tablets. She can provide basic assistance with adding contacts, calendar appointments, photos, adding apps, texting & e-mails.



### **DEMENTIA SUPPORT GROUP**

Arden Courts of Farmington—45 South Road, Farmington, CT 06032  
<https://www.arden-courts.org/farmington>  
Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month beginning **January 3rd** at 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM.  
To RSVP call Hollis Hartman 860-543-1010 or [Hollis.Hartman@promedica.org](mailto:Hollis.Hartman@promedica.org).

### **INCOME TAX PREPARATION—APPOINTMENT**

#### **SIGN UP**

**BEGINS JANUARY 18**

The Plainville Senior Center 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. The dates for 2023 (tax returns for calendar year 2022) are **every Tuesday beginning Tuesday, February 7, and ending Tuesday April 11**. Appointments are required. Call the Senior Center beginning **Wednesday, January 18** to schedule an appointment. **IMPORTANT REMINDERS:** Before your appointment, please stop by the Senior Center to pick up a checklist of items required to bring to your appointment and an intake packet that **MUST** be completed before your appointment. Please ensure that you have received all income and expense documents, (Social Security Statements, Brokerage Statements, Health Care Insurance-related Statements, 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, you may be required to reschedule your appointment. If your return will be filed as Married Filing Jointly, both spouses need to come to the appointment. Bring photo ID for identity verification. Bring a copy of your prior year (2021) tax return. The Tax Counselors and Senior Center staff look forward to another successful year of providing this valuable service!



### **FREE COVID-19 TESTS**

Every home in the US is eligible to receive a 3rd round of free at-home COVID-19 tests. Up to 8 kits available. Order yours today and tell a friend to do the same! <https://www.covid.gov/tests>. For those who need assistance ordering, please come to the Senior Center front desk.

# FITNESS PROGRAMS

## **POWER BURST**

*MONDAYS, 1:30–2:30 P.M.*

*INSTRUCTOR: CAROLINE DUBE*

Class includes intervals of low-impact movement with 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.

## **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.

## **ZUMBA GOLD**

*WEDNESDAYS, 9:30–10:30 A.M.*

*INSTRUCTOR: DENISE LIPKA*

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

## **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.

## **BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS**

*MONDAYS, 2:45–3:45 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.

## **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. PEAK Center hours are: **Monday—Thursday, 9:00 AM—3:00 PM and Friday 9:00 AM—1:00 PM.**

# CLASS DESCRIPTIONS

## **ACRYLIC PAINTING**

*MONDAYS, 10:00 A.M.—12:00 P.M.*

*INSTRUCTOR: ABBE WADE*

Instructor Abbe Wade teaches four unique techniques using acrylic paints. Students must provide their own supplies.

## **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, 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.

## **WATERCOLOR CLASS**

*FRIDAYS, 9:30 A.M.-11:30 A.M.*

*INSTRUCTOR: PENNY KINDBLOM*

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.



# CLASS SCHEDULE Class descriptions on pages 2, 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, January 5 between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **January 12** 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	Next Session Registration Begins January 5
<b>MONDAY</b>			
Acrylic Painting	10:00-12:00	Jan. 30—Mar. 27, 8 weeks, \$16.00 <b>No Class Feb. 20</b>	
Power Burst	1:30-2:30	Jan. 23—Mar. 6, 6 weeks, \$12.00 <b>No Class Feb. 13 &amp; Feb. 20</b>	
Chair Pilates & Balance	2:45-3:45	Jan. 23—Mar. 13, 6 weeks, \$12.00 <b>No Class Feb. 13 &amp; 20</b>	
<b>TUESDAY</b>			
Cardio Chair Fitness w/ Nancy	1:30-2:15	Jan. 17—Feb. 21, 6 weeks, \$12	
Balance Class	2:30-3:15	Jan. 17—Feb. 21, 6 weeks, \$12	
<b>WEDNESDAY</b>			
Zumba Gold	9:30 -10:30		Jan. 25—Mar. 15, 8 weeks, \$24.00
Quilting	9:30-11:30		Jan. 18—Feb. 8, 4 weeks, \$8.00
<b>THURSDAY</b>			
Ceramics	9:30 – 11:30	Jan. 19—Mar. 9, 8 weeks, \$32	
Knitting/Crochet	1:00-3:00	Jan. 19—Mar. 9, 8 weeks, \$16	
<b>FRIDAY</b>			
Watercolor	9:30-11:30	Jan. 20—Mar. 24, 10 weeks, \$30 (Includes Watercolor Paints)	
Silver Sneakers Classic	10:00-10:45	Jan. 20—Feb. 24, 6 weeks, \$12 <b>Free if you have Silver Sneakers</b>	
Yoga-Lates	11:00-11:45	Jan. 20—Feb. 24, 6 weeks, \$12 <b>Free if you have Silver Sneakers</b>	

## HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to [www.schedulesplus.com/plainville](http://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. 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. Pay by cash or check made out to the Plainville Senior Center.**

## SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

### CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, January 10** at 10 a.m. at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center 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 on **Tuesday, January 17** at 10:30 AM, 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](http://www.schedulesplus.com/plainville) to register.

### MEMORY CAFÉ AT THE SENIOR CENTER

*THURSDAY, JANUARY 19 2:00 P.M.*

*CALL THE SENIOR CENTER TO REGISTER. OPEN TO THE PUBLIC.*

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Relax and socialize with others 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. & the CT State Unit on Aging.

### PLAINVILLE AARP CHAPTER #4146

The AARP will be holding their first meeting since the pandemic.

The meeting will be held on **January 18, 2023** at **1:00 PM** at the Faith Bible Church Hall—168 Unionville Avenue, Plainville, CT 06062. Please Join Us. All are welcome.



### BEREAVEMENT SUPPORT WORKSHOP

*STARTING WEDNESDAY, JANUARY 4, 2023*

*AN 8-WEEK PROGRAM PROVIDING PROFESSIONAL AND PEER SUPPORT THROUGH THE WOLFSON PALLIATIVE CARE PROGRAM*

*NO FEE TO PARTICIPATE—Space is limited.*

Two options (choose one):

\* In-person group at Hospital of Central Connecticut, New Britain—3:00 PM—4:30 PM

\* Virtual group via Zoom—5:00 PM—6:30 PM

To Register:

Hartfordhealthcare.org/virtualclasses or 1-855-HHC-HERE (1-855-442-4373) OR call Nadine Toce, LCSW at 860-224-5463

*After registering, you will be contacted by the group leader to confirm interest and eligibility.*

### 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 \$39,791 (gross) and a family of two could possibly make \$51,996 (gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. 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 scheduling an appointment online or to complete an application.

### FOOD SHARE PROGRAM - 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!

**SNAP** stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were INCREASED as of October 1, 2022. There is no asset limit. **Single \$2,265 Couple \$3,052.** Call Stephanie with any questions or to assist with an application.



# OUTDOOR ADVENTURES

## SESSIONS WOODS HIKE, BURLINGTON

SATURDAY, JANUARY 21, 2023

MEET AT THE SENIOR CENTER AT 10:00 AM TO CARAVAN OR MEET AT SESSIONS WOODS AT 10:30 AM.

HIKE LED BY: EILEEN CYR FREE!

CALL THE SENIOR CENTER TO REGISTER BEGINNING JANUARY 5.

Join us for a 1—1.5 hour winter walk/hike at Sessions Woods over mild wooded/gravel trails. Be prepared for the weather and dress accordingly. Layers are recommended as well as sturdy hiking shoes. Join the group for lunch (pay on your own) at 150 Central Restaurant, if you wish, after the hike.

## LET IT SNOW AND LET US SNOWSHOE!

Call the Senior Center to add your name to our impromptu snowshoe adventure list. If it snows and conditions are good for snowshoeing, we will contact you to see if you'd like to go for an impromptu snowshoe adventure. We have 5 pairs of snowshoes available for folks who need them. We will maintain the list through the winter. If you can join us great, if not, we'll call you for a future trip.

## THE CAROUSEL MUSEUM & BRISTOL MEMORIAL PARK

WEDNESDAY, FEBRUARY 22, 2023

MEET AT PLAINVILLE SENIOR CENTER AT 9:30 AM TO CARAVAN TO THE CAROUSEL MUSEUM IN BRISTOL.

COST IS FREE, IF YOU ONLY WANT TO GO ON THE WALK. COST FOR THE MUSEUM IS \$8.00.

PAY ENTRANCE ADMISSION AT THE MUSEUM. SIGN UP BEGINS JANUARY 5. WHEN REGISTERING,

PLEASE LET US KNOW IF YOU'D LIKE TO GO TO THE MUSEUM AND/OR THE PARK.

GROUP LEADER: EILEEN CYR

Join us for a tour of the Carousel Museum in Bristol, which features a collection of more than 200 antique wooden horses and objects from 17<sup>th</sup> century Europe to the modern day. You'll also get to ride the indoor carousel and have time to spend at the Museum of Fire History. Following the tour, we will travel to Memorial Park for a 45 minute-1 hour walk. After burning some calories, we'll go for lunch (pay on your own) at 150 Central Cafe in Forestville.



## NEW TRIP

### NATIONAL PARKS: ARIZONA ADVENTURE AND LAS VEGAS

10/06/2023—10-13/2023

Looking for a trip that combines the beauty of our Great National Parks: the Grand Canyon, Sedona, Petrified Forest, ancestral Pueblo dwelling perched on the edge of a volcanic field, Painted Desert, Historic Route 66, a Pink Jeep tour, Red Rocks and Hoover Dam. Lots of outdoor sights away from crowds and Covid, fully escorted so you can relax and enjoy, dip your toe into Las Vegas for shows, sights, shopping and lady luck! Then join the Plainville Senior Center for a trip meeting, Thursday, February 2, 2023 at 2:30 PM. Flyers available now at the Senior Center. You can sign up now—with Friendship Tours—See Shawn for Questions.

### TRAVEL OPPORTUNITY WITH BRISTOL

The Bristol Senior Center has invited us to travel with them. A list of their 2023 trips is available at the Bristol Senior Center. Trip sign-ups begin January 9, 2023 at the Bristol Senior Center.



## MONTHLY SHOPPING TRIPS

### BRISTOL WALMART

**TUESDAY, JANUARY 10.**

HOME PICKUPS BEGIN AT 12:00 PM

SENIOR CENTER PICKUP APPROX. 12:30 PM

Shop for 2 hours. Return time approximately 3:15 PM. Timing depends on number of shoppers signed to attend.

**\*Masks required on bus.**



### GNAZZO & BIG Y, PLAINVILLE

**THURSDAY, JANUARY 26.**

HOME PICKUPS BEGIN AT 12:00 PM

SENIOR CENTER PICKUP AT APPROX. 12:30 PM

Shop for 2 hours. Return time approximately 3:00 PM. Timing depends on number of shoppers signed to attend.

**\*Masks required on bus.**

## IMPORTANT NOTES

### PLAINVILLE DIAL-A-RIDE CHANGES EFFECTIVE JANUARY 9, 2023

TEMPORARY SCHEDULE: Monday, Tuesday, Wednesday and Thursday from 9:00 AM– 2:30 PM  
Fridays 9:00 – 1:00 PM

- ◆ Dial-a-Ride driver, Ralph will be leaving his position on January 6, 2023. We will only have 1 driver (Pierre) until a second driver is hired and trained.
- ◆ Medical/dental appointments will take priority. Hairdresser, shopping, banking, library, etc. will be scheduled as time allows.
- ◆ Rides for medical appointments can be scheduled 3 weeks in advance. Rides other than medical appointments can be scheduled 2 days in advance. Do not wait until the day you need to go somewhere to schedule a ride. All rides must be scheduled through HRA, not the Senior Center. Call HRA 860-589-6968 ext. 1
- ◆ First pickup from home will begin at 9:00 a.m. Do not schedule any appointments before 9:30 a.m. so we have enough time to get you from your home to your destination.
- ◆ We strongly urge everyone to apply immediately for alternative transportation programs so if we are unable to schedule a ride for you, you will have an option to use another service to get to your appointments.
- ◆ **ADA Paratransit Service** provides rides for any purpose. ADA does not travel to Southington; however, they do cover the same towns and travel out of Plainville for any reason and has early morning, evening, and weekend hours. Rides on ADA are free, through March 2023. Stephanie Soucy, Senior Center Social Worker can help you to apply. Allow 7-14 business days for an application to be approved.
- ◆ **Senior Transportation Service (STS)** provides rides for medical appointments only. An application is needed. If you want help applying, call Stephanie at the Senior Center. Rides with STS must be scheduled a minimum of 10 business days prior to the medical appointment. There is a membership fee and a charge for rides. The Senior Center has scholarships available to help pay for the membership fee and rides, for people who qualify. Stephanie can help with scholarship information also.
- ◆ Courteous, respectful behavior is expected of all riders. People who yell, or are rude to the driver, passengers, Senior Center or HRA staff will be at risk for losing Dial-a-Ride privileges.
- ◆ Any questions, call Shawn or Ronda at the Plainville Senior Center, 860-747-5728



#### TRANSPORT WHEELCHAIRS NEEDED

The Senior Center is looking for more transport wheelchairs to loan out. These are so popular, we can't keep up with the need for them. Compared to wheelchairs, transport chairs have smaller rear wheels that cannot be reached while sitting in the chair. Call us at (860)747-5728 to make arrangements to drop off the chair.



#### 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 9AM 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.



# NOTEWORTHY

## GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs in the area or "give a-ways" or last minute trip shares or lectures or important information on community news and fun stuff to do!! On occasion, we send out emails during the month with details.

Would you like to join our email list? Call, send an email or stop by and give us your email address. If you want to email us, send an email to [beamc@plainville-ct.gov](mailto:beamc@plainville-ct.gov).

PLEASE NOTE: we do not share our email address list with anyone.

## DAILY LUNCHES AT THE SENIOR CENTER

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 a.m. to reserve your meals. If you do not reserve your meal in advance, you can try calling the day that you want a meal to see if there is a cancellation. Menu is available at the Senior Center.

## THE SENIOR CENTER LE PETIT CAFÉ SPECIALS

Join us for lunch in the café on

**Tuesdays and Wednesdays, 11:30 - 1:00.** Enjoy a new special every week in addition to our regular menu which features our famous grilled cheese sandwiches, BLT's, salads, paninis, and delicious homemade soups! Fresh baked cookies available also!



**CASH OR CHECK ONLY.**

**New!! Café Loyalty Card! Buy 5 paninis, sandwiches, or specials and get one free!**

**Starting in January-*Build Your Own Salad* will be added to the regular menu!**

**JANUARY 3 & 4: CLOSED**

**JANUARY 10 & 11:** Hot Dogs & Sauerkraut

Soup: Chef's Choice

**JANUARY 17 & 18:** Cowboy Quesadilla: BBQ Chicken, Bacon & Melted Cheddar

Soup: Beef Barley Vegetable Soup

**JANUARY 24 & 25:** Taco Salad

Soup: Chicken Tortilla Soup

**JANUARY 31 & Feb. 1:** Curry Chicken Salad Sandwich

Soup: Italian Wedding Soup

## VOLUNTEERS

### PEAK CENTER FLOATER VOLUNTEERS NEEDED

We need floater volunteers to cover shifts when our regularly scheduled volunteers need coverage. We would like to add names to our call list of volunteers who might be able to cover a two-hour shift as needed. Floater volunteers will get a reduced subscription to the PEAK Center. Please see Sharon if interested.

### Attention Fabulous Volunteers! The Volunteer Board is Back!!

We reinstalled the Volunteer Board in the hallway leading from the office to the lounge (opposite the display case). Come & record your volunteer hours on this board each time you volunteer. As you recall, we had to discontinue using the volunteer board during the COVID pandemic because the space where the board was hanging was too narrow to maintain a 6-foot social distance.

Now we can proudly display your generous volunteer hours! Simply find your name (names are listed alphabetically) & record your hours under the date you volunteered. The list currently only includes volunteer names of people who have recorded their hours since the pandemic began in March 2020. Also, talk with Sharon to update any hours you may not have recorded yet. If your name is not listed, simply add it to the end of the list and we will type it in the following month. You can still record your hours online if you prefer (<https://schedulesplus.com/plainville/kiosk>). Every volunteer hour counts and we appreciate all that you do to keep our Center so active!

Every hour counts! We want to make sure we capture all hours for 2022 with a goal to exceed the volunteer hours listed for 2021. If you haven't recorded any hours this year, but you did volunteer some time, please see Sharon or record your hours on the board.

We use the names/hours on the volunteer board to invite volunteers to our annual recognition events. The only way we know who is volunteering is if you record your name and hours.

# HEALTH PROGRAMS AND INFORMATION

## MEDICARE SAVINGS PROGRAM (MSP)

### NEW INCOME LIMITS:

**Singles Range From: \$2,390 to \$2,786**

**Couples Range From: \$3,220 to \$3,754**

### ***There is No Asset Limit nor Estate Recovery***

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share):

The State of CT offers financial assistance to eligible Medicare enrollees. They 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.

## 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. **FREE BLOOD PRESSURE**

**SCREENINGS** Senior Center Members only.

### **SCENT-FREE ZONES!**

Help us keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other medical conditions. Do not wear perfume, cologne, aftershave or other fragrances at the Senior Center or on our bus trips!

## **COVID VACCINE/BOOSTER SHOT CLINIC OPEN TO THE PUBLIC-SIGN UP NOW**

**MONDAY, JANUARY 30, 10:00 - 3:00**

Sponsored by Griffin Health at the Plainville Senior Center. Open to the public 12 years of age and up. Moderna/Pfizer available. First, second vaccines & all boosters. Call the Senior Center, 860-747-5728, to make an appointment. Bring your photo ID, insurance card and COVID vaccine card. Walk-ins welcome!

## **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 ceiling, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.



# VETERANS' NEWS & ACTIVITIES

## **Help for Veterans**

Our new Veterans Service Officer, CT Department of Veterans' Affairs, is Eric Vickers. He will be at the Senior Center January 4, 2023 at 10:00 AM. By appointment only. To schedule an appointment, call Eric at 203-805-6343.

## **VETERANS' SOCIAL HOUR**

**TUESDAY, JANUARY 24, 10:00 AM**



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

## Donations

NOVEMBER 21-DECEMBER 19

*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

Linda Raynis, Steve Castiola, Denise Roberge, Beverly Toews, Iva Dube, Edith Hemingway, 5th Graders, Mrs. Fabrizio, Mrs. Quirion at Toffolon School, Anonymous, Jeanette Schmidt, Judy & Bill Briggs, Michelle Macko, Sally Cobrain, Rita Susco, Allen & Joan Gridley, Henrietta Zooleck, Dennis Vidal, Plainville Funeral Home, Janet Bevan, Cathy Ryan, Lois Schmidt, Diane Voitkevics, Brenda Tella, Lillian Ouellette, Robert & Regina Berube, Joseph St. Pierre, Julia Green, Paul Lickwar, Anna Raimondi, Lenora Beck

### DIAL-A-RIDE DONATIONS

Carol Perry, Anonymous, Marci Negro, Beverly Toews, Verna Pekrul

### MEMORIAL DONATIONS

#### IN MEMORY OF: ALOYSIUS BINKOWSKI

Kathy Binkowski

#### IN MEMORY OF: PATRICIA 'PAT' CANCELLI

Sally Cobrain, Kent Rancourt

#### IN MEMORY OF: WILLIAM 'BILLY' FURLONG III

Cathy & William Furlong

#### IN MEMORY OF: ELAINE WYZGA

Sonia Sperduti

***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 21-DECEMBER 19

*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:

George McConnon, Bonnie Pelletier, Bruce Morris, Wayne Weinhofer, Skip Kensel, Lucille Martin, Ann Duggan, Sandy Therrien, Beverly Farnham, David Barker, Paul LaBarre, Joyce Hendrick, Norma Weisenburger, Ceal DiFrancesco, Beatrice Dumont, Joe Maitz, Helena Niziolek, Richard Belden, Ann Campbell, Diane Sperry, Carol & Don Beam, John Zavaski, Jonathan Hough, Helga Schramma, Sue Piercy, Mary Lou Cassile

### SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Jane Ann Mercure, Venera Gibilisco, Eltha Cole, Denis Vidal, Donald Strickland

### SYMPATHY CARDS WERE SENT TO:

Claudette Carveth, Francine Andros, Jean Kelly, Denise Lepak, Cynthia Rogers, Sherry Cole

### SCAM ALERT

#### BEWARE OF THE 'NEW MEDICARE CARD' SCAM

Fraudsters may be calling people claiming they need to verify information and obtain payment information over the phone to receive a new card. This scam may be even more effective since the fraudsters obtained PPI (Personally Identifiable Information) and may use that information to gain trust.

If anyone is contacted and shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422.

Come to the Senior Center to pick up detailed information.



### NOVEMBER NEW MEMBERS

William Ball, Diane Bulawa, Christine Chabre, Ronald Chasse, Jesse Corciullo, Ronald Cousins, Marilyn Hansen, Arthur Kristoff, Judith Markie, James Mikishka, David Nagel, Laurie Peterson and Sergio Sciucca.

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## THIS AND THAT

### SETBACK WEEKLY TOURNAMENT WINNERS

**NOV. 21:** 1st: Donna Albrecht/Sandy Tyminski 2nd: Verna Pekrul/Bernie Grabeck 3rd: Madeline Drake/Pearl DiBenigno  
**NOV. 29:** 1st: Iva Dube/Joe Babin 2nd: Mary Levanti/Linda Dominique 3rd: Elaine Chatrier/Barbara Martello  
**DEC. 5 :** 1st: Jackie Lemelin/Fran Bolduc 2nd: Mary Ann Cunningham/Liz Aloï 3rd: Sally Miller/Sandra Colella  
**DEC. 12 :** 1st: Donna Albrecht/Sandy Tyminski 2nd: Linda Dominique/Mary Levanti 3rd: Jackie Lemelin/Fran Bolduc

### FREE/GIVE-A-WAY ITEMS AT THE SENIOR CENTER

The Senior Center has 2 areas that have items such as books, magazines, cards, trinkets, puzzles, etc. that people can have for free. There is a counter in the lounge (next to the computer stations) and a table in the green room. We have had a recent problem with people taking items (food, decorations, etc.) that are not meant to be taken. If you see something anywhere else in the building, do not assume it is meant to be given away. It belongs to the Senior Center. If you are unsure, please ask a staff member.

### CONGRATULATIONS

#### KEEP WARM RAFFLE WINNER

1ST Place: Masako McDonald  
 2nd Place: Louise Gendreau  
 3rd Place: Iva Dube  
 4th Place: Jackie Lemelin



We have some ongoing raffles to benefit Dial-a-Ride. Check at the greeter desk for the latest and greatest raffle!!

### MEGA SIGN-UP DAY JANUARY 5, 9:15—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.



## DIVERSE UNIVERSE

### FREE NCAAA WORKSHOPS ON RELIGIOUS PERSPECTIVES & CULTURAL DIVERSITY IN AGING

**Wed., Jan. 25, 2023, 1 - 2 p.m.** "Toward an Ethic of Multifaith Collaboration" virtual via Zoom. Free registration:  
 link: <https://www.hartfordinternational.edu/ncaaa-series>.  
 For more information, contact Eric Rodko at [Eric.Rodko@ncaaact.org](mailto:Eric.Rodko@ncaaact.org).

### RAINBOW LUNCH

LGBT adults & allies can join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Pre-registration required. For more information please call Karen Green (860)589-6226, ext. 2226. **Register at: [www.cthealthyliving.org](http://www.cthealthyliving.org).** To view the program here, call the Senior Center.



# Transportation

## Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, **call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.**

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. **We ask that you be ready on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.

## SENIOR TRANSPORTATION SERVICES

### ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. 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. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. For help in paying for the service call Stephanie or Ronda at (860)747-5728. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



## ADDITIONAL TRANSPORTATION OPTIONS

### ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 days a year without restrictions.

**Eligibility:** Eligible applicants must be at least 60 years of age or have a disability.

**Trip Cost:** Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.90 per additional mile after that.

**Call Encompass at (860)444-4444 or visit online at Encompass.M7Ride.com.**

## ADA Paratransit



### ANOTHER OPTION WITH MORE HOURS & DESTINATIONS

**FREE FARES UNTIL MARCH 31, 2023**

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 AM—Midnight**

**Weekends 6:00 AM—Midnight**

There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

### You Must be Pre-Approved — How to Apply:

The online application can be found at [www.ctada.com](http://www.ctada.com). **You can also call the Senior Center at (860)747-5728 for an appointment with Stephanie who can assist with the online application process.** Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Para-Transit rider.



**CANCELLATIONS:** please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghdtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours please call the dispatch department).

### FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call **(860)247-5329, extension 3086.**

# JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<b>2</b> <b>SENIOR CENTER</b> <b>CLOSED</b> 	<b>3</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR)	<b>4</b> 9:15 Walk (BR) 10:00 Veterans Help (CL)* 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	<b>5</b> <b>MEGA SIGN-UP</b> 9:15 Walk (GR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 2:00 Ukulele Jam	<b>6</b> 9:15 Walk (GR) 9:30 Choral (BR)	7
8	<b>9</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 12:30 Setback (GR)	<b>10</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Caregiving (CR) 12:00 Shopping Bus 12:30 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR)	<b>11</b> 9:15 Walk (BR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	<b>12</b> 9:15 Walk (GR) 10:00 Mex. Train (CL) 12:00 COA (CR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Tele. Bingo 2:00 Ukulele Jam	<b>13</b> 9:15 Walk (GR) 10:00 I-Phone/I-Pad help (CA)*	14
15	<b>16</b> <b>SENIOR CENTER</b> <b>CLOSED</b> <b>MKL DAY</b> 	<b>17</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Ladies Pool 10:00 Cribbage (GA) 10:30 Grandparents (CR) 12:30 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR)	<b>18</b> 9:15 Walk (BR) 9:30 Quilt (CR) 9:30 Zumba Demo (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	<b>19</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train(CL) 10:30 Snappy Seniors 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00 Tele. Bingo 2:00 Memory Café (CR) 2:00 Ukulele Jam 2:00 Healthy Brain(BR)	<b>20</b> 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 I-Phone/I-Pad help (CA)* 10:00 Book Buds (OS)	<b>21</b> 10:00 Sessions Woods Hike
22	<b>23</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Porkchop 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	<b>24</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet. Social Hr. 10:00 Memory Screen* 12:30 Current E.(GA) 1:00 Bridge (OS) 1:30 Cardio Chr (BR) 1:30 Circle Grp (CR) 2:30 Balance (BR)	<b>25</b> 9:15 Walk (BR) 9:30 Quilt (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	<b>26</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:00 Shopping Bus 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00 Tele. Bingo 2:00 Ukulele Jam 2:00 Healthy Brain(BR)	<b>27</b> 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 I-Phone/I-Pad help (CA)* 10:00 Silver Sneak. (GR) 11:00 Yoga-L(GR)	28
29	<b>30</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Covid Clinic 10:00 Acrylic Paint. 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	<b>31</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 Current E.(GA) 1:00 Bridge (OS) 1:30 Cardio Chr (BR) 1:30 Circle Group (CR) 2:30 Balance (BR)	<b>1</b> 19:15 Walk (BR) 9:30 Quilt (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	<b>2</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00 Tele. Bingo 2:00 Ukulele Jam 2:00 Healthy Brain(BR)	<b>KEY:</b> GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	