

Shawn Cohen, Director

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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.

**PLAINVILLE SENIOR CENTER DIAL-A-RIDE**

**DRIVER NEEDED!**



The Plainville Senior Center has an immediate opening for a Dial-a-Ride driver, Monday—Friday. Drivers must have a Public Passenger Endorsement, F-endorsement (no testing required) or a school bus driver's license in order to drive the 14 passenger wheelchair lift equipped bus. Paid training and hourly wage (\$21/per hour). Hours based on demand. Contact Shawn or Victoria at the Senior Center, 860-747-5728 for more information and an application or apply online at [www.plainvillect.com](http://www.plainvillect.com)

**SLEEP TIPS BY DR. WENDY HURWITZ**  
**OPEN TO THE PUBLIC**

*TUESDAY, JAN. 30, 2024 2:30 PM—3:30 PM*

Did you know that during restorative sleep the body not only rests and recharges, it also cleans the brain of toxins & debris, consolidates memories, repairs tissues & organs & grows new cells, including brain cells? Come learn about tips to improve sleep & restorative rest.

\*Dr Hurwitz is a graduate of Yale Univ. Sch. Of Medicine and a nationally recognized expert on stress. A former medical researcher for ABC News, she is an expert in two fields: Mind/Body Medicine and Energy Medicine. Dr. Hurwitz helps organizations and individuals achieve peak performance by enhancing vitality and wellness. She translates the latest and most sophisticated scientific research into practical, easy-to-use techniques people can use to maintain and enhance vitality even under the most trying circumstances.



**VACCINATION CLINIC—OPEN TO THE PUBLIC**

*MONDAY, JANUARY 22, 9:30 AM—12:30 PM*

We will be hosting a COVID, high dose Flu, RSV, Shingles, Pneumonia and Tetanus Vaccine Clinic in partnership with Stop & Shop. Appointments are required and you must bring your insurance card. Sign up at the Senior Center.



**INCOME TAX PREPARATION—APPOINTMENT**

**SIGN UP BEGINS JANUARY 17**

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 (2024 tax returns for calendar year 2023) are **every Tuesday beginning Tuesday, February 6, and ending Tuesday April 9.** Appointments are required. Call the Senior Center beginning **Wednesday, January 17** 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 (2022) tax return. The Tax Counselors and Senior Center staff look forward to another successful year of providing this valuable service!

# CLASSES & PROGRAMS

## QUILTING CLASSES

INSTRUCTOR: DARLENE BACHAND  
WEDNESDAYS, 9:00 AM — 11:30 AM



JAN. 10, 17, 24 COST: \$6.00

**Quilters Tote Bag**—This tote bag will make carrying your cutting mat and rulers so much easier!

JAN. 31 COST: \$2.00

**Stitch 'N Time**—This is time just for you to finish OR start a new project!

FEB. 7, 14, 21, 28 COST: \$8.00

**Orion Star Quilt**—A very pretty variation of a Log Cabin block with a Star in the middle!

## SNAPPY SENIORS PHOTOGRAPHY

THURSDAY, JANUARY 18, 10:00 AM  
CALL TO REGISTER (860)747-5728

Snappy Seniors will hold its first monthly meeting of the calendar year on January 18 at 10:00 am. Anyone wishing to learn how to use a smartphone or other camera is invited to attend and join. This is a good time for people with new cameras to join and share discussions and photos with other photographers. During the next few monthly meetings, on the third Thursday of the month, we will be preparing for our April exhibit at the Plainville Public Library. Call the Senior Center to register.

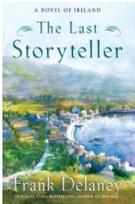
## BOOK BUDS DECEMBER/JANUARY BOOKS: FRIDAY, JANUARY 26, 10:00 AM

COST: FREE! INSTRUCTOR: KATHLEEN MARSAN

**"AMERICAN DIRT" by Jeanine Cummins** is available beginning December 1st at the library's main desk. The author leads us through a world in which freedom of the press can be fatal and a mother's fight for a brighter and safer future.



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And for your January reading pleasure, **"THE LAST STORYTELLER" BY Frank Delaney** will be available at the Library beginning January 2nd. This Irish historical fiction is full of intrigue, drama and love.

Both American Dirt and The Last Storyteller will be discussed at the January meeting.

Join us for coffee and tea and lively discussions. Our group is unique in that a person is not required to attend every month, if the book of the month appeals to you, be sure to sign up as seating is limited (we keep the group small and comfortable). The book is held specifically for our group at the Plainville library and is available as an e-book if you prefer.

## PRE-DIABETES & DIABETES SUPPORT GROUP & EDUCATION

Monthly Monday Morning Meetings @ 10:00 AM—11:00 AM  
FREE—Sign up required

Whether you are new to or have pre-diabetes or diabetes, if you would like updated information, tips, tricks, support, these sessions are for you!

By: Betsy Gaudian MSN, RN-BC, RDN, CDCES

January 29—Diabetes, What, Why, the Basics

February 26—Nutrition and the DIET to Control Glucose

March 25—Monitoring + CGMs

April 29—Medications and All That Jazz (BP & Cholesterol)

May 20— How to Cope, Emotions, Problem Solving

June 24—Exercise, Open Forum, Resources, Show + Tell

## PEAK MEMBERS GROUP CLASS

Thursdays, Jan. 25—Feb. 29, 6 weeks,  
Choose Session: 1:00—1:45 OR 2:00—2:45  
Cost: \$18.00

TEACHER: NANCY PANDOLFO

Group personal training sessions!

Nancy will coach members and rotate them through the exercise machines while playing a variety of music tunes. This class will be a great motivation to help you reach your New Year's fitness goals.

\*NEW PEAK Center Hours\*

Monday, Tuesday, Wednesday 9AM-3PM

Thursday and Friday 9AM-1PM

## MOVIE MATINEE—'80 FOR BRADY' - WEDNESDAY, JAN. 17, 2:00 PM, FREE

Let's enjoy a fun afternoon of a movie matinee and popcorn.

80 for Brady is inspired by the true story of four best friends who live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.

Please call the Senior Center to register.



## MORE CLASSES & PROGRAMS

### **SENIOR BULLYING WITH THE PINES & BRISTOL HEALTH—SNACK & LEARN**

*TUESDAY, FEB. 13, 1:30 PM—2:30 PM, FREE, SIGN-UP REQUIRED; INSTRUCTOR: HEATHER HITCHCOCK*

Take a moment to picture a bully. Do you see a young kid or adolescent picking on someone smaller than them? What happens when an adult becomes the victim of bullying?

Bullying among senior citizens has been making news in recent years. Sit with Heather Hitchcock, Community Education Manager with Bristol Behavioral Health, as she discusses the realities of bullying among seniors and the impact it has on everyone.

## VETERANS' NEWS & ACTIVITIES

### **HELP FOR VETERANS—TUESDAY, JANUARY 16, 10:00 AM—BY APPOINTMENT**

Our Veterans Service Officer, CT Department of Veteran's Affairs, Jason Coppola, will be at the Senior Center at 10:00 AM BY APPOINTMENT ONLY. To schedule an appointment, call Jason at 203-805-6340.

### **VETERANS' SOCIAL HOUR: TUESDAY, JAN. 23, 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.*

### **PLAINVILLE VETERANS COMMISSION**

**For All Veterans in Financial Need**

*MONDAYS 6:00 PM—7:00 PM*

*Municipal Center, Room 306*

Call Dave Dudek at 860-559-1860 before arrival. For Veterans & spouses of any age.

## HEALTH AND SAFETY AT THE CENTER

### **STAY HEALTHY AT THE SENIOR CENTER** **HEALTH DEPARTMENT RECOMMENDATIONS**

1. Stay home when you are feeling sick.
2. Wash your hands.
3. Cover your cough and wear a mask.
4. Stay up-to-date on vaccinations.

**FREE COVID-19 TESTS:** Every home in the U.S. is eligible to order an additional 4 free at-home tests beginning 11-20. If you did not order tests this fall, you may place two orders for a total of 8 tests. Order yours today and tell a friend to do the same. <http://covidtests.gov/> For those who need assistance ordering, please come to the Senior Center front desk.

### **EMERGENCY PREPAREDNESS PLAN—Do you have an Emergency Plan if the power goes off?**

It is time to review your plans in the event of an emergency. Weather related power outages are always a possibility, especially during the winter season.

\*It's important to have a plan of action that includes an emergency food supply and bottled water for at least a week. Be sure to have medications filled timely so you don't run out. Have a portable radio, flash light and new batteries ready for use. If possible arrange to move in with family members during the emergency. Hospital Emergency departments are not shelters and should be used for medical emergencies only.

\*Community shelters may open in the event of an emergency. However, keep in mind that you have to be able to sleep on a cot and be independent with personal care. Shelters do not have hands on staff available to assist folks.

\*Know where your important documents are, including medical cards, so you can take them with you. Be sure to take your medications and any telephone numbers you may need.

\***File of Life**—Pick up a File of Life at the Senior Center to complete and have handy. If you have a File of Life review the information to be certain it is up to date.

\*Connect with your family, neighbors and friends and friends who are part of your emergency plan. Listen to WTIC AM 1080 for emergency information including the possible opening of shelters.



# FITNESS PROGRAMS

## **POWER BURST**

MONDAYS, 1:30 PM –2:30 PM

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 & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

## **GENTLE CHAIR PILATES/BALANCE**

MONDAYS, 2:45 PM–3:45 PM

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

## **CARDIO CHAIR FITNESS** TUESDAYS, 1:00 PM–1:45 PM

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 & stretching.

## **BALANCE CLASS** TUESDAYS, 11:45 AM –12:30 PM

INSTRUCTOR: NANCY PANDOLFO

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

## **ZUMBA GOLD**

WEDNESDAYS, 9:30 AM –10:30 AM

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

## **SILVER SNEAKERS CLASSIC**

FRIDAYS, 10:00 AM—10:45 AM

INSTRUCTOR: NANCY PANDOLFO

**Class is free if you have Silver Sneakers through your health insurance.**

Join in the fun in this certified Silver Sneakers class. Exercises are done in a chair and combine cardio and strength training. Beginners welcome.



## **SILVER SNEAKERS & PLAINVILLE SENIOR CENTER**

### **YOGA/PILATES(YOGA-LATES)**

FRIDAYS, 10:50 AM –11:35 AM

INSTRUCTOR: NANCY PANDOLFO

**Class is free if you have Silver Sneakers through your health insurance.**

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

## **THE PEAK FITNESS CENTER**

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 hours: Monday—Wednesday 9:00 AM—3:00 PM Thursday and Friday: 9:00 AM—1:00 PM**

# CLASS DESCRIPTIONS

## **ACRYLIC PAINTING**

MONDAYS, 10:00 AM—12:00 PM

INSTRUCTOR: ABBE WADE

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

## **CERAMICS**

THURSDAYS, 9:30 AM —11:30 AM

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 PM – 3:00 PM

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**

THURSDAYS, 9:30 AM—11:30 AM

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 and 5

**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 4 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting JANUARY 11 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 Victoria.

CLASS	TIME	CURRENT SESSION	Next Session Registration Begins JANUARY 4
<b>MONDAY</b>			
Acrylic Painting	10:00-12:00		
Power Burst	1:30-2:30	Jan. 8—Mar. 11, 8 Weeks, \$16.00 <b>No Class Jan. 15, Feb. 19</b>	
Chair Pilates & Balance	2:45-3:45	Jan. 8—Mar. 11, 8 Weeks, \$16.00 <b>No Class Jan. 15, Feb. 19</b>	
<b>TUESDAY</b>			
Balance Class	11:45-12:30	Jan. 9—Feb. 20, 6 weeks, \$12.00 <b>No Class Jan. 16</b>	
Cardio Chair Fitness w/ Nancy	1:00-1:45	Dec. 26—Feb. 6, 6 weeks, \$12.00 <b>No Class Jan. 16</b>	
<b>WEDNESDAY</b>			
Zumba Gold	9:30 -10:30	Dec. 6—Jan. 24, 8 weeks, \$24.00	Jan. 31—Mar. 20, 8 weeks, \$24.00
Quilting	9:00-11:30	<b>See page 2</b>	
<b>THURSDAY</b>			
Ceramics	9:30 – 11:30	Jan. 4—Feb. 22, 8 weeks, \$32.00	
Watercolor	9:30 – 11:30	Jan. 25—Mar. 28, 10 weeks, \$30.00	
Knitting/Crochet	1:00-3:00		Jan. 11—Feb. 29, 8 weeks, \$16.00
<b>FRIDAY</b>			
Silver Sneakers Classic	10:00-10:45	FOR: Silver Sneakers and Yoga-lates <b>Jan. 5—Feb. 16</b> <b>NO CLASS Jan. 19</b> Free if you have Silver Sneakers <u>OR</u> \$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	
Yoga-Lates	10:50-11:35		

### 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.**
- If you have trouble registering online, call us here at the Senior Center (860)747-5728 and we can register you.

# OUTDOOR ADVENTURES

## OUTDOOR ADVENTURE: WALK AT WEST HARTFORD RESEVOIR

WEDNESDAY, JANUARY 10, 1:00 PM MEET AT THE RESERVOIR. FREE

GPS address: West Hartford Reservoir, 1420 Farmington Ave. West Hartford. LEADER: Eileen Cyr

Join us on January 10th as we kick off the new year with a fun outdoor adventure trip! We will join members of the Glastonbury Senior Center for an hour-long afternoon hike at the West Hartford Reservoir, enjoying the sights, sounds and smells of this beautiful spot. Participants should be comfortable walking for one hour without stopping, and comfortable hiking through terrain that has some slight inclines and declines. We will be walking on paved surfaces. Please plan to eat lunch before getting on the bus. Please bring water and a snack and wear sturdy shoes or hiking boots and dress appropriately for the weather—plan to bring an extra layer that is easy to put on the take off; wear a warm hat, mittens/gloves, warm socks, and long underwear if needed. Snow date - Jan. 17.



## INDOOR MINI GOLF & BOWLING @ LESSARD LANES

WEDNESDAY, JANUARY 24, 10:30 AM

COST: \$14.00 LEADER : Eileen Cyr

Join us for a fun morning! Includes 1 round of 18-hole indoor mini golf, 2 games of bowling/shoes, pizza slice and coffee.



## SCOVILLE RESERVOIR HIKE, WOLCOTT

WEDNESDAY, FEBRUARY 21. Leave Senior Center at 10:30 AM OR meet at Scoville Reservoir at 11:00 AM.

Drive on your own. COST: FREE, LEADER: Eileen Cyr, Space is limited, Sign up Begins January 4.

Enjoy a nice 3 1/2 mile loop (about 1 hour) around Scoville Reservoir in Wolcott. The trail is unpaved. Please wear sturdy walking shoes and clothing suitable for the winter weather. After the hike, enjoy lunch (on your own) at the East Street Eatery.

## GAME DAY @ THE PLAINVILLE SENIOR CENTER

WEDNESDAY, FEB. 28, 1:30 PM—FREE

LEADER: EILEEN CYR

Join us for a fun filled afternoon of cornhole, ladder ball and other activities. Sign up required.

## FUN & GAMES AT THE SENIOR CENTER

## LET IT SNOW AND LET US SNOWSHOE

Please 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 snowshoeing adventure. We have a few 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.



## FREE MONTHLY SHOPPING TRIPS

### THURSDAY, JANUARY 18, 10:00 AM

Bristol Plaza, home of TJ Maxx, Burlington Coat Factory, 5 Below, Dollar Tree, Ocean State Job Lot, Stop & Shop and a variety of restaurants.

Leaves Senior Center at 10:00 AM (home pick ups before). 2:00 Pick up in Bristol.



### THURSDAY, FEBRUARY 1, 11:00 AM

TJ Maxx and Aldi Plaza in Southington.

Leaves Senior Center at 11:00 AM (home pick-ups before).

2:30 Pick up in Southington.

Home by 3:00 PM.

## QUICK TRIPS



### MAGIC WINGS, BUTTERFLY CONSERVATORY & YANKEE CANDLE

SATURDAY, JAN. 20, 2024, LEAVES PLAINVILLE SENIOR CENTER AT 8:30 AM  
& RETURNS APPROX. 4:30 PM

COST: \$26.00 PER PERSON INCLUDES BUTTERFLY ADMISSION & TRANSPORTATION BY  
DIAL-A-RIDE BUS. (COFFEE STOP ON WAY TO BUTTERFLY CONSERVATORY)

**\*2 Seats left at time of printing\***

## NEW TRIPS



### WASHINGTON D.C. APRIL 12—15

Tour during Cherry Blossoms. Includes City Tour of 8 Illuminated Memorials and Highlights of Washington, D.C., Nighttime Illuminated tour of Monuments, free time at Smithsonian Galleries, New National Museum of the Army, Arlington Cemetery, National Harbor and more. Please see flyer for details.

Sign up begins January 16.  
Flyer available on January 15.



### A FEW OF OUR UPCOMING TRIPS:

#### SAVE THE DATES!!

Sign ups in later newsletters—flyers available Jan. 15



**July 10—12:** Sight and Sound Theatre—"Daniel" and "Philadelphia"

**July 17:** Lobster and show at Log Cabin

**August 21—23:** Atlantic City Casino and Show in Prime Time Summer.  
On the Boardwalk with Casino and Food Bonus.

## CURRENT TRIPS

**Parking for Trips**—Please be advised that parking for overnight or any trip is **at your own risk**. No one is responsible for your car or possessions other than yourself. We encourage you to make other arrangements for transportation. Thank you for your understanding.



**TRIP IDEAS:** We would love to have your ideas for trips in Connecticut on the Dial-a-Ride bus. Please stop by the Senior Center for a Quick Trip Survey. We need your ideas!!! Please write your suggestions for Quick Trips on the Mini Bus, day trips by MotorCoach, overnights and extended trips around the world.

### ESCORTED VIKING RIVER CRUISE—DANUBE

#### WALTZ:

APRIL 27—MAY 5, 2024

Call Friendship Tours for possible availability.



### IRELAND SAMPLER:

April 13—20, 2024,  
Call Friendship Tours  
for possible  
availability.



# SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

## GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, JANUARY 16, 10:30 AM

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 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 register online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville)



## CAREGIVING CONNECTIONS

TUESDAY, JANUARY 9, 10:00 AM

Join your caring friends at the Senior Center as we support one another on our journeys & recognize the challenges & frustrations of 24/7 caregiving. You must register to attend by calling the Senior Center.

## MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, JAN. 18, 2:00 PM-OPEN TO THE PUBLIC  
CALL THE SENIOR CENTER TO REGISTER

Memory Café is a warm and welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, and engaging environment that gives everyone a place to make new friends and interact with other. Enjoy appropriate activities such as crafts, games, music and conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro, Stephanie Soucy or Victoria Nadolski at the Senior Center. 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.

## EVERSOURCE ELECTRIC DISCOUNT RATE

A bill discount will be available for residential electric customers starting in December 2023. You must have financial hardship status on your electric account. If you do, there are two tiers of discounts depending on your annual household income or receipt of a public assistance benefit. You may be eligible for a 10% or 50% discount.

**To qualify for a 10% discount, your annual income for**

Single = up to \$41,553 **OR** Couple= up to \$54,338

Or be eligible for certain public assistance benefits.

**To qualify for a 50% discount, your annual income for**

Single = Up to \$23,328 **OR** Couple= Up to \$31,552

Or be eligible for certain public assistance benefits.

Call Eversource at 800-286-2828.

They will review and verify your information within 10 business days. If you are eligible, you could start to see a discount on your bill in December 2023.

Please call Stephanie at the Senior Center with any questions 860-747-5728.

## ENERGY ASSISTANCE

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$41,553 (gross) and a family of two could possibly make \$54,338 (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 online at: <https://hranb-ortal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

## BRING ME BACK HOME

**What is the Bring Me Back Home Program?** Bring Me Back Home (BMBH) is a new registry for Connecticut residents which allows law enforcement access to information assist in the recovery of missing or wandering persons. The provided information and photo, accessible through the COLLEC criminal justice and safety system, helps first responders and families reunite with individuals living with cognitive challenges, such as Dementia or Autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

**How does Bring Me Back Home work?** - A family member or guardian registers their person with cognitive challenges through the link, or in person, at your nearest police department. This information is now part of the statewide Bring Me Back Home registry. Law enforcement officers will have access to the confidential and secure information and respond appropriately. When the person wanders or is missing, individuals should call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program.

**Who is Eligible?** - All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost.

You can register online at [www.ct.gov/BMBH](http://www.ct.gov/BMBH).

Please call Stephanie at the Senior Center with any questions: 860-747-5728



## MORE SUPPORT AND ASSISTANCE

**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, 2023. There is no asset limit. **Single \$2,430; Couple \$3,287.** Call Stephanie with any questions or to assist with an application.

**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 & so much more. Please call Stephanie at the Senior Center for more information.



## COMMUNITY NOTES

### **PAWS—SEMI ANNUAL CLOTHING DRIVE**

Plainville PAWS in conjunction with Plainville Animal Control will be hosting a clothing drive. Collecting now until Spring (Date TBD). Donations can be left at the Dog Pound or Plainville PD (19 Neal Ct.) Drop off at 29 Granger Lane, right outside the Plainville Dog Pound. All clothing items and accessories. Items include blankets, towels, sheets, curtains, (No pillows please). Proceeds go to benefit the Plainville Paws & the Plainville Pet Pantry.



### **WOMEN WITH HEART DISEASE SUPPORT NETWORK**

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference room A, 81 Meriden Ave., Southington. To sign up call: 1.855.HHC.HERE (1-855-442-4373).

### **PLAINVILLE FOOD PANTRY - 54 South Canal Street\* 860-747-1919 \* [www.plainvillefoodpantry.org](http://www.plainvillefoodpantry.org)**

The Plainville Community Food Pantry is a non-profit organization that's dedicated to helping those in need. With a wide range of critical services — including food assistance, energy assistance, clothing, crisis intervention, & referral services — we don't just stop at meeting the basic needs of our clients.

We support our community's essential needs while promoting dignity and self-sufficiency. We prioritize a client-centered approach that empowers individuals and families by offering choices and access to vital resources. The Plainville Community Food Pantry has been providing for our community with the help of generous donors and volunteers. In fact, 75% of our support comes from public contributions, which have allowed us to meet the growing needs of families and individuals in the Plainville community. We are in need of the following items:

Canned Fruit	Rice, Pasta, Sides	Mac & Cheese	Shampoo/Soap
Cake/Brownie Mix	Paper Towels	Pancake Mix/Syrup	Toilet Paper
Instant Potato	Sugar/Flour	Grape/Strawberry Jelly	Deodorant
Hamburger Helper	Cereal/Oatmeal	Children's Snacks/Juice Box	Toothbrushes/Paste
Pasta Sauce			Dish & Laundry Soap

### **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.



## MORE COMMUNITY NOTES

### PLAINVILLE CONSERVATION COMMISSION

This advisory commission has openings for volunteers. They do clean-ups twice a year. Call Marge Burris, Conservation Chair at 860-793-0221 for information or to sign up.

### FOOD SHARE PROGRAM THE SEVENTH DAY ADVENTIST

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



### TAXES—HRA IS LOOKING FOR VOLUNTEERS! (18 years & over)

Volunteer Income Tax Assistance (VITA) Program

Become an IRS Certified Tax Preparer & volunteer to prepare FREE income tax returns for your community! \*No experience need. \*Free Training provided by IRS & HRA.

Tax Sites located in **Plainville**, New Britain, Meriden, Bristol, Farmington, Manchester, Plymouth, Southington, Vernon and Wallingford. To sign up: [www.hranbct.org](http://www.hranbct.org) or email: [vita@hranbct.org](mailto:vita@hranbct.org) for more information.

### 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, 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)

### MEMORY CARE KITS

The Plainville Public Library has themed activity kits to aid people with memory loss, Alzheimer's disease, cognitive impairment, and their caretakers. These kits aim to foster positive experiences, stimulate conversation and ignite memories. \*Two-week loan period Call or visit the Reference Desk for more information.

### AARP PLAINVILLE

WEDNESDAY, JANUARY 17, 1:00 PM  
Faith Bible Church, 168 Unionville Ave., Plainville. Refreshments served!

Reservations/Info: Sharon 860-712-2795

#### **MARCH 27, WED.—Trip to Encore Casino in Boston.**

First stop is Quincy Market for lunch on your own. Followed by time at Encore Casino. Cost of trip will be \$80. You will receive \$20 in slot play. Contact Sharon for more information

#### **APRIL 24, WED.—Trip Blithewold Mansion in Bristol, RI**

Tour the 33 acre seaside estate with over 50,000 daffodils and a magnificent garden. You will have a guided tour of the garden and 45 room mansion with a lovely tea lunch to include Quiche and Assorted finger sandwiches. Cost is \$150. Contact Sharon for more info.



### AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto o llame al Departamento de Servicios Sociales del Estado de CT al 1-800-626-6632.

### ALZHEIMER'S ASSOCIATION—CAREGIVER SUPPORT GROUP @ THE PLAINVILLE PUBLIC LIBRARY

Library—56 East Main St., Plainville, CT 06062,  
2ND Monday of the month, 6:30 PM—7:30 PM

Build a support system with people who understand. Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia & their care partners to:

- ◆ Develop a support system.
- ◆ Exchange practical information on challenges & possible solutions.
- ◆ Talk through issues and ways of coping.
- ◆ Share feelings, needs and concerns.
- ◆ Learn about community resources.

Contact info: Deborah Stanczykiewicz, 860-729-1648, [alzhelp@gmail.com](mailto:alzhelp@gmail.com)



### PLAINVILLE PUBLIC LIBRARY

56 EAST MAIN STREET, PLAINVILLE, CT 06062,  
860-793-1446

[PLAINVILLECT.COM/LIBRARY](http://PLAINVILLECT.COM/LIBRARY) \*Library cards are FREE to all CT residents \*24/7 Access to Databases with your Library Card \*Discounted/Free Museum Passes \*WI-FI Anytime, Anywhere

# HEALTH PROGRAMS AND INFORMATION

## **NEW INCOME LIMITS:**

### **MEDICARE SAVINGS PROGRAM (MSP)**

**Singles Range From: \$2,564 to \$2,989**

**Couples Range From: \$3,468 to \$4,043**

### ***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 & 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.



## **HOME FIRE PREPAREDNESS**

### **CAMPAIGN—FREE**

**REDUCING FIRE INJURY/DEATHS  
ONE HOME AT A TIME**

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services IN YOUR HOME (visits last about 20 minutes). You will receive: FREE Installed smoke alarms if needed

\*Family Disaster Plan Guidance  
\*Valuable emergency

preparedness tips/info Register at [www.redcross.org/ct/schedule-a-visit](http://www.redcross.org/ct/schedule-a-visit) or call 1-877-287-3327 & choose option 1 to schedule.

## **MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD:**

**Jan. 1-Mar. 31, 2024**

The Medicare Advantage Open Enrollment Period (MA OEP) begins 01/01/2024 and ends 03/31/2024. 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 2023). 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.

**COVID-19 TEST KIT FRAUD ALERT:** The US Dept. of Health & Human Services is warning of a fraud scheme involving unsolicited COVID-19 testing kits. Seniors have been receiving unsolicited test kits then finding that their Medicare Summary Notices reveal that Medicare is being billed for reimbursement but Medicare will no longer pay for in-home COVID-19 tests after May 11. Report these supposed “free” kits to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Detailed info can be picked up at the Senior Center.

**MEDICARE FRAUD:** The best way to stop Medicare fraud? Help prevent it in the first place. Follow these 3 tips to protect yourself from scammers:

**1. If you get a call, text or email asking for your Medicare Number, don't respond.** Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it. Remember, **Medicare will never call you** unprompted and ask you for your personal information.

**2. Check your Medicare Summary Notices (MSNs) or claims statements carefully.** If you see a charge for a service you didn't get or a product you didn't order (like a COVID-19 over-the-counter test), it may be fraud.

**3. If you suspect fraud, report it at 1-800MEDICARE (1-800-633-4227).** Visit [Medicare.gov](http://Medicare.gov), the official source for Medicare information, to learn more about preventing Medicare fraud.

## **SCAM ALERT 'NEW MEDICARE**

**CARD' SCAM-**Fraudsters may be calling people claiming they need to verify information & obtain payment information over the phone to receive a new card. If anyone is contacted & 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.

## Donations

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

Dr. William Petit, Rosaleen Peters, Jennie Wayne, Masako Bellomo, Kim Eshoo, Dale Nightingale, Jesse Corciullo, Kathy Joslyn, Carol Conroy, Judith Briggs, Lillian Ouellette, Paula Maglio, Virginia Lennon, Polish Care Services, Marcia Prokop, Marie Middleton, Brenda Tella, Marge Burris, Frank Robinson, Roland Therrien, Gladys Berry, Mary Ann Lonski, Diane Therrien, Lois Schmidt, Peggy Palaia, Sharon Simpson, Catherine Humai, Chris Doucette, Anonymous

### DIAL-A-RIDE DONATIONS

Rosaleen Peters, Donna Klos, Anonymous

**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.**



### NOVEMBER NEW MEMBERS

Valentina Apostol, Clifford/Edith Bishop, James Bonnie, Judy Bosco, Michael Buckler, Elizabeth/Timothy Davis, Carlos Diaz, Michael Fangiullo, Beth Fraychak, John Gill, Rita Gresko, Linda Harris, Eric Izdebski, Donna Mazur, Sandra Melninkaitis, Jeff Nadeau, Christine Nadolski, Gail Ouellette, John/Rose Ann Pompile, Edgar Simard & Janice Waryas

## DONATIONS NEEDED

### STAND UP WALKERS NEEDED

The Senior Center is in need of Stand Up Walkers. Anyone who has one to donate, please let someone at the front desk know.

**TRANSIT WHEELCHAIRS NEEDED-**The Senior Center keeps a few wheelchairs on hand for members to borrow for short periods of time. Maybe you need to stay off your feet for a week or you want to bring grandma to your daughter's graduation. We need transit wheelchairs for our inventory. A transit wheelchair is light weight and does not have a big wheel that the wheelchair user moves to self-propel the wheelchair. Instead, the front wheels are small and someone needs to push the wheelchair user wherever they go. It is easily folded and put in a car. Please give us a call if you have a transit chair in good condition that you wish to donate.

## Cheer Report

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

### GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Tom Loiselle, Charlotte/Richard Politis, Frank Hock, Lynn Fox, Phylis Gediman, William Langley, Rita Susco, Beatrice Dumont, Skip Kensel, Richard Belden, Jeanine Martino, Helena Niziolek, Maryana Merzlyak, Fran Martin, James Consalvo, Robert Proulx, Sandy Robinson

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

Fran Rose, Carol Accousti, Alice Roy, Donald Soucy

### SYMPATHY CARDS WERE SENT TO:

Josephine Forcella, Dorothy Di Carlo, Mark McLellan, Frank Colao, Naomi Goldsmith

### MEMORIAL DONATIONS

#### IN MEMORY OF: CAROL ACCOUSTI

Joan Ciesielski

#### IN MEMORY OF: DONALD BEAM

Rosaleen Peters

#### IN MEMORY OF: PATRICIA CANCELLI

Sally Cobrain

#### IN MEMORY OF: BARRY CRESWELL

Susan Desrochers

#### IN MEMORY OF: WILLIAM J. FURLONG III

Cathy Furlong

#### IN MEMORY OF: JAN LONSKI

Mary Ann Lonski

#### IN MEMORY OF: JOSEPHINE LONSKI

Mary Ann Lonski

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# FUN AND GAMES

## WEEKLY SETBACK TOURNAMENT WINNERS

**NOV. 20** : 1st: Maryann Cunningham/Elizabeth Aloï 2nd: Alyce Lembo/ Elaine Chartier 3rd: Tom Wichrowski/Huguette Veilleux  
**NOV. 27** : 1st: Maryann Cunningham/Elizabeth Aloï 2nd: Robert Albrecht/Mary Dunn 3rd: Mary Levanti/Linda Dominique  
**DEC. 4** : 1st: Sandy Tyminsky/Donna Albrecht 2nd: Verna Pekrul/Bernard Grabeck 3rd: Linda Dominique/Mary Levanti  
**DEC. 11** : 1st: Peggy Grant/Gail Kraneck 2nd: Bernard Grabeck/Verna Pekrul 3rd: Janet Vandrilla/Francoise Bolduc & Linda Dominique/Mary Levanti

## POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play —NO need to sign up, just show up.  
 EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.



**LADIES BILLARD OPEN PLAY Tuesdays from 10AM—12PM**

## 2023 DIAL-A-RIDE FUNDRAISER RESULTS

THANK YOU TO EVERYONE WHO DONATED THEIR TIME AND TALENTS TO MAKE THIS YEAR'S MINI FAIR A GREAT SUCCESS. We are excited to announce our fundraiser was able to raise \$1,233.91 for the Plainville Dial-A-Ride.

Jewelry Sales	\$654.90
Raffles	\$102.00
Hats/Scarves	\$213.00
Cookies	\$159.01
Money Tree	<u>\$105.00</u>
<b>TOTAL</b>	<b>\$1,233.91</b>

**CONGRATULATIONS TO ALL WINNER!** Money Tree: Frank Robinson, White Afghan: Debbie Messier, Purple Afghan: Sharon Corlette, Table Runners: Masako McDonald, & Mary Ferone. The Food Basket winner will be announced after New Years. **THANK YOU AGAIN!**

## REFUND POLICY

**NEW** Effective January 1, 2024, there will be a slight change to our refund policy. If you are receiving a refund for a program of \$10.00 or less, we will add a credit to your account, instead of issuing a refund check. This will allow you to use the credit towards other programs.

## MEGA SIGN-UP DAY JANUARY 4, 9:15 AM—4:45 PM

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 & checks made out to Plainville Senior Center only.



**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 Victoria at 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. **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 Victoria 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](http://Encompass.M7Ride.com).**

## ADA Paratransit



### ANOTHER OPTION WITH MORE HOURS & DESTINATIONS

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

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride.

Plainville hours, except for major holidays, are:  
**Monday-Friday 5:35 AM—Midnight**  
**Weekends 6:00 AM—Midnight**

**FARES:** Each ride is \$3.50 each way and discount ticket books can be purchased at *Shop & Stop* or on-line at [hartfordtransit.org/ada-paratransit-services](http://hartfordtransit.org/ada-paratransit-services) for \$28.00 for a book of 10 tickets (\$2.80 each).

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://ghdtonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours 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 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>31</b> <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	<b>1</b>   	<b>2</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:45 Balance (GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	<b>3</b> 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	<b>4</b> <b>9:15 MEGA SIGN-UP</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc.(CA) 1:00 Scrabble (CA)	<b>5</b> 9:15 Walk (GR) 9:30 Choral Gr. (BR) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	<b>6</b>
<b>7</b>	<b>8</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 12:30 Setback (GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	<b>9</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Caregiv. (CR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	<b>10</b> 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 OA-WH Reserv. 1:00 Bingo (GR) 1:15 Charlem. (CA)	<b>11</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 11:45 COA (GA) 12:30 Pool Tourney 12:30 Pinoc.(CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	<b>12</b> 9:15 Walk (GR) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	<b>13</b>
<b>14</b>	<b>15</b>   	<b>16</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Help* (CL) 10:30 Grandparents (CR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR)	<b>17</b> 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 2:00 Movie Matinee (BR)	<b>18</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:00 Snappy Sen.Photo (GR) 10:00 Shopping Bus 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:00 Memory Café (CR)	<b>19</b> 9:15 Walk (GR)	<b>20</b> 8:30 QT: Butterfly & Candle
<b>21</b>	<b>22</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 9:30 Vax Clinic* 12:30 Setback (GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	<b>23</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Social (BR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	<b>24</b> 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 10:30 Mini-golf/Bowl. 1:00 Bingo (GR) 1:15 Charlem. (CA)	<b>25</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00/2:00 PEAK Group	<b>26</b> 9:15 Walk (GR) 10:00 Book Buds (OS) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	<b>27</b>
<b>28</b>	<b>29</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Diabetes (GR) 12:30 Setback (GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	<b>30</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:30 Sleep Tips (BR)	<b>31</b> 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	<b>1</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:00 Shopping Bus 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00/2:00 PEAK Group	<b>2</b> 9:15 Walk (GR) 9:30 Choral Gr. (BR) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	<b>3</b>