



S.E.N.I.O.R. JULY 2017

Plainville Senior Center

Dynamic Past * Vibrant Future



Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville CT 06062 860-747-5728

Free Sign-Up Day is JULY 5. Mega Sign-Up Day is JULY 6 9:15 a.m.- 4:45 p.m. REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday 9:15 a.m.-5:45 p.m.; Tuesday through Thursday 9:15 a.m.- 4:45 p.m.; Friday 9:15 a.m.-12:45 p.m. We accept cash and checks made out to Plainville Senior Center **only**.



HAPPY 30TH ANNIVERSARY, RONDA! - ICE CREAM SOCIAL—JULY 27, 2:30

Please join us in celebrating Ronda's 30th Anniversary of working at the Plainville Senior Center. We are so thrilled to thank Ronda for 30 years of dedicated service to our members and to the community. Ronda joined our staff after finishing college and working at her first job in human services.

The rest is history!! Ronda's creativity has brought our Center to the forefront of programs, services, classes and special events—winning awards and accolades for outstanding and innovative ideas!! Help us thank Ronda for everything she has done for our Center and our members. Call 860.747.5728 or stop by the front desk to sign up for Ronda's Ice Cream Social. **Please sign up by July 25.**



More Special Events See Page 2

SHOPPING BUS SEE PAGE 4

Please Note: The Exercise and Arthritis Program on July 21 is a **LECTURE** *not* an Exercise Class

TAG SALE

August 16-17

Lots of folks have been asking for a Tag Sale and we are pleased to announce that Sally and her band of merry tag sellers will be having one this summer. Clean your closets or attics and put a box of goodies aside for us. Because of space restrictions, please do not bring items until the week before the sale. We do not accept clothing or shoes but will accept household items, jewelry, small furniture, gift items and more. All proceeds of the tag sale go to Dial-A-Ride and Circle Group, programs of the Senior Center. **WE ARE UNABLE TO ACCEPT ANY TAG SALE ITEMS AT THIS TIME DUE TO LIMITED SPACE. Donations will be accepted starting August 7.**



CHORAL GROUP MEETING

Monday, July 24, 1:30 p.m.

Are you a member of the Choral Group? Do you like to sing? Do you enjoy bringing happiness to others? Join us for an organizational meeting of the Choral Group July 24. Please call the Senior Center to sign up in advance as we will be ordering goodies. You do not need to be able to read music. The Choral Group practices one day each month and entertains at area nursing homes three Mondays a months. Transportation is provided to the Nursing Homes.



LINE DANCE PARTY

THURSDAY, JULY 13, 3:00 P.M.

Love to dance? Especially enjoy line dances like the Electric Slide, Macarena, and the stroll? Eileen Cyr & Kathy Ma will lead you through a variety of fun and easy line dances that you might have danced to at weddings or special occasions! Put on your dancing shoes and dance like no one is watching! **The event is free and for members only. Refreshments will be served. Call the Senior Center beginning July 5 to register.**



SAVE THE DATE:

PLAINVILLE SENIOR CENTER CRAFT FAIR
SATURDAY, NOVEMBER 4

If you would like to be a vendor and have a valid State of Connecticut Sales Tax Number, please contact Evelyn or Ronda. Vendor applications are currently being accepted.



PLEASE NOTE

The Senior Center will be **CLOSED** on August 1, 2, 3 for cleaning. There will be **NO** meals, Peak Center or any activities. *Staff will be available by phone.*



THE BEAR REALITY

FRIDAY JULY 7 10:00 A.M.

Felicia Ortiner, a Connecticut Master Wildlife Conservationist (MWC) and a bear enthusiast, will provide education and facts about bears and help dispel myths and common misunderstandings. You will gain a better understanding about the life and behavior of bears and learn how we can co-exist with them. Felicia has been studying bears for over 30 years. **Program is free and open to the public. Sign up has begun.**



Special Events

LEARN TO USE YOUR ANDRIOD— BASED CELL PHONE

TUESDAY, JULY 11, 10:00 a.m.—11:00 A.M.

Instructor: Patti Anne Cook—Senior Center Member and Volunteer. Bring your Android-based phone to learn the basic functions; take and store photos; learn to use Apps properly and manage your data plan. There will be time for questions and answers after class. **Class is free. Sign up has begun. Space is limited to 10.**



ADVANCE DIRECTIVES

FRIDAY, JULY 14, 10 A.M.—11 A.M.

Attorney Denny will be explaining Health Care instructions and Power of Attorney. Assistance with completing these documents will be available. **Sign up begins July 5.**

BOOKS & BAGELS

WEDNESDAY, JULY 19, 9:30 a.m.

The book for July is: In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Berlin by Erik Larson. Books are available at the Plainville Library. **Last Book Club meeting until September.**

PLANTS AND CONTAINER GARDENING

WEDNESDAY, JULY 19 3:00 P.M.

Lorna Delaney, Master Gardener and Director of Recreation for Apple Rehab, will speak on positive gardening practices, maintaining a garden, container design for easy care and proper outdoor placement. Please join Lorna for this informative and engaging discussion. **Class is free and open to the public. Call the Senior Center beginning July 5 to register.**

VEGETARIAN COOKING CLASS

THURSDAY, JULY 20, 2:30 p.m.

Join Rahsee Ramasway as she demonstrates how to make Dokla. Dokla is steamed Indian chickpea savory cake with peppers and onions. Come and enjoy the demo and taste test. The class is free and for members only. Please bring a non-perishable item to be donated to the Plainville Food Pantry. **Call the Senior Center beginning July 5 to register. Limited to 10 participants.**



FREE BALANCE ASSESSMENTS

Thursday, July 20, by appointment

During a ten minute balance assessment, the physical therapist will determine a participant's balance level and risk for falls. If a balance deficit is found, an evaluation will be given to the participant so that they may share this with their primary care physician. This evaluation will provide a recommendation for out-patient physical therapy, which will include strengthening and balance activities focused on improving the individual's balance level as well as decreasing the individual's fall risk. **Call the Senior Center to schedule an appointment. Appointments begin at 1:00 p.m. Open to the public and presented by Apple Rehab Physical Therapist.**

EXERCISE AND ARTHRITIS

FRIDAY, JULY 21, 10 A.M.

Exercise is crucial for individuals with arthritis. It increases strength and flexibility, reduces joint pain and helps combat fatigue. Please join exercise physiologist Mark Colello as he discusses what you can do to help ease your pain and manage your symptoms. Sponsored by Southington Care Center, GoodLife Fitness Program. **Class is free. Sign up has begun.**



2017 Legislative Post Session Wrap-Up

Tuesday, July 25, 10:00 A.M. – 11:30 A.M.

State Representative William A. Petit & State Senator Henri Martin invite you to come speak with them at the Senior Center about the recently concluded 2017 Legislative Session. Any other state issues that are important to you can also be discussed at this time. **The conversation is free and open to the public. Sign up begins July 5.**

FOCUSED AWARENESS MEDITATION

THURSDAY, AUGUST 10, 10 A.M.

Focused Awareness Meditation is a simple, five-step technique. Come learn how this scientifically based practice can help you to feel more relaxed, focused and calm. Participants are asked to bring a large towel or a small blanket with them for proper positioning in their chair. Your instructor Ann Minor, is a holistic nurse and Meditation Specialist. **Program is free and open to the public. Sign up has begun**

A PLEASANT PAIRING: TEA & FINE CHOCOLATE

TUESDAY, AUGUST 15, 3:00 P.M.

Come join Kim Larkin, a licensed chocolatier, on a Klassic Kreation Workshop! This workshop includes samplings of various chocolates from white to dark, tea, tea infused food, trivia, poetry, antique teapot/lace display, and much more. An educational talk highlighting the history and health benefits of tea and chocolate will be included as well. **Price is \$4.00. Sign up begins July 6. Space is limited. For members only.**



CHAIR YOGA

Mondays, August 8—September 12, 2:30-3:30 p.m.

Each class includes stretching to improve flexibility, simple exercises to improve balance and strength, and breathing and mindfulness techniques. Classes will focus on decreasing the risks of falls and injury and encouraging physical activity outside of class. Funded in part by a Title III Older Americans Act Grant through the North Central Area Agency on Aging. Instructor: Elizabeth Hill **FREE. Limited to 15 participants. Sign-up begins July 6.**

AARP SMART DRIVER COURSE

Tuesday, September 12, 9:30 a.m.—1:30 p.m.

This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance. **COST: \$15.00 for AARP members providing a membership number and \$20.00 for all other attendees. Limited to 25. Bring a bag lunch if you wish. Sign-up begins July 6 for members and July 13 for non-members.**

Craft, Fitness & Technology Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes.

Members may sign-up for new classes beginning on Mega Sign-up Day, June 6 between 9:15 a.m. - 4:45 p.m. If there is room in a class, non-members may sign-up for classes that allow non-members one-week after member sign-up begins. The Drop-in rate for any of the classes (that allow 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 for details.

Class	Time	Sessions (new session sign up begins July 6th)
MONDAY		
Zumba Tone (members only)	9:30 – 10:30	June 5-July 24 (8 weeks) \$24.00. July 31–Sept 25 (8 weeks) \$24.00.
Power Burst (members only)	1:30-2:30	June 5—July 24 (8 Weeks) \$16.00 July 31—August 28 (5 weeks) \$10.00
TUESDAY		
Chair Yoga (members only)	2:30-3:30	August 8—September 12 (6 Weeks) FREE . Limited to 15 participants.
French Class	3:00-4:00	May 16-July 25 FREE . Members only.
WEDNESDAY		
Quilting (members only)	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt
Zumba Gold (members only)	10:30 – 11:30	May 24—July 19 (8 weeks) \$24.00 July 26—Sept 20 (no class August 2) \$24.00. 8 weeks.
THURSDAY		
Ceramics (members only)	9:30 – 11:30	May 25—July 13 (8 weeks) \$32.00 July 20—Sept 14 (no class August 3). \$32.00. 8 weeks.
Beginners Yoga-Class meets at Library. Arrive at 8:45, doors lock at 9:00. (members only)	9:00 – 9:45	July 6—July 27 Pay \$3.00 to Tim at each class. Exact cash or check made payable to Plainville Senior Center. 4 weeks. NO CLASS JULY 13.
Functional Fitness (members only)	1:30 –2:30	June 1—July 20 (8 weeks) \$16.00 July 27—Aug 31 (No class Aug 3) \$10 5 weeks
Knitting & Crochet (members only)	1:00 – 3:00	May 25-July 13 (8 weeks) \$16.00 July 20 - Sept 14 (no class Aug 3). 8 weeks. \$16.00.
FRIDAY		
Intermediate Yoga-- Class meets at Library. Arrive at 8:30, doors lock at 8:45. Members only	8:45 – 9:30	July 7-July 28 Pay \$3.00 to Tim at each class. Exact cash or check made payable to Plainville Senior Center. 4 weeks. Members Only. NO CLASS JULY 14.
Cardio Step & Abs (open to non-members)	10:30 – 11:30	June 2-July 21 (8 Weeks) \$24.00 members, \$48.00 non-members

BEGINNER’S YOGA FOR EVERYBODY

Designed for individuals who are new to yoga. Improve health and cultivate inner peace. Instructor: Tim Molnar. Class is held at Plainville Public Library.

CARDIO STEP & ABS:

Step up your work-out with a 45-minute step/low impact aerobic interval workout to the oldies You can do the step portion without a step if you prefer. Includes 15 minutes of abdominal exercise at the end of each class (standing, sitting or on a mat). Instructor: Eileen Cyr.

CERAMICS

Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty supplies. Class fee includes instruction, glazes and firing. Instructor: Gloria Cerniglia.

CHAIR YOGA

Each class includes stretching to improve flexibility, simple exercises to improve balance and strength, and breathing and mindfulness techniques with a focus on decreasing the risks of falls and injury. Instructor: Liz Hill

FRENCH CLASS

You will learn conversational French as well as have opportunities to attend French cultural events, field trips and more! Instructor: Rachel St. Onge.

FUNCTIONAL FITNESS

This popular exercise class is designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. Instructor: Kristin Champagne.

INTERMEDIATE YOGA FOR EVERYBODY

Designed for those who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. Instructor: Tim Molnar. Class held at the Plainville Public Library.

KNITTING & CROCHET

Finish an old project that’s been hanging around in your closet or start something new! Instructor: Evelyn Morin.

POWER BURST

This class combines intervals of movement including; walking, marching and other forms of low impact movement to benefit the heart, combined with strength training using light weights and bands to help maintain strength and bone density and tone the body. It is a great over all workout. Instructor: Kristin Champagne.

QUILTING

Beginners are always welcome to this class. Beginners will learn proper rotary cutting and sewing techniques. Class participants may also work on the annual Senior Center quilt that is raffled during the Holiday Fair or they may work on their own projects. Instructor: Karen Kebinger.

ZUMBA GOLD

Latin and international dance rhythms create a great cardio workout! Zumba gold adjusts to accommodate participants of all ages and fitness levels. Instructor: Amy Gray

ZUMBA TONE

The Zumba Toning Program combines Zumba with strength training to build muscle strength, increase bone density, improve mobility, posture and coordination. Instructor: Amy Gray



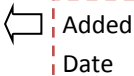
Outdoor Adventure Club

Quick Trips

BLUFF POINT STATE PARK, GROTON

Friday, June 30, 1p.m.-5p.m. Full.

Another date added: **Friday, Sept 22**



Leader: Eileen Cyr. This park encompasses a barrier beach, steep cliffs, forested sections and tidal wetlands on an undeveloped peninsula located between the Poquonnock River and Mumford Cove. We will walk and explore the captivating views of the area for about 1-1.5 hours 2-3 miles depending on your pace. All levels of fitness are welcome and wear appropriate walking sneakers! You can bring walking sticks. You should be able to walk without assistance (no canes/walkers). Wear sunscreen and a hat and bring water. Bring a bagged lunch. **Cost: \$10, includes transportation & leader.** **Leaves Senior Center 12:00 noon Returns 4 pm.**

GREENWAY TRAIL BLAZER BIKE CLUB

Would you like to get the cobwebs off your bike but don't want to bike alone or don't want to ride on the road? Join us on a once a month bike ride exploring the beautiful Greenway Rails to Trails that we have in CT. We will cover up to 10 or more miles depending on the group. Helmets are mandatory! All levels of biking fitness are welcome! Please bring tick spray if you have it! Call the Senior Center to register. **Cost: \$3.00 payable to Eileen Cyr, leader, day of trip.** **Wednesday, July 5, 8am: Southington to Cheshire.** Meet at the Mill St. parking lot in Southington at 8am.



KAYAKING IN CLINTON

Friday, July 21, 8:45a.m.-1:30p.m.

We are headed to Indian River Marina in Clinton for some river/ocean fun! Our goal is to arrive at the marina and launch our rental kayaks by 10am and be out on the water for 2 hours. Come prepared with clothes suitable for being out on the water, sunscreen, a filled water bottle, sunglasses, and a hat for the sun. Bring a bagged lunch and snacks. **Leaves Plainville Senior Center at 8:45am. Return approximately 1:30pm. Instructor: Jared Scoville** **Cost: \$38.00 (Includes transportation, leader and 2 hour kayak rental)**



HOLCOMB FARM

Friday, July 28, 10 a.m.—1:30 p.m.

Holcomb Farm is "A Place to Grow since 1756", is a scenic and historic 367 acre farm located in West Granby, Connecticut. The farm operates as a working farm, as a hub for the Town of Granby community activities, and is a wildlife and nature preserve with hiking trails. We will explore the beautiful hiking trails around the working farm for about an hour and a half about 2 to 3 miles. All levels of fitness are welcome and wear appropriate walking sneakers or hiking boots. Walking poles can be used if you prefer but not necessary. You should be able to walk without assistance (no canes or walkers). Wear bug spray, sun screen and a hat and bring water. **Bring a lunch if you want. Bus leaves from Senior Center at 10:00 a.m. and returns approx. at 1:30 p.m. Leader: Eileen Cyr Cost: \$8.00. Sign-up begins July 6.**



These trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts; but passengers must be able to get to and from the bus on their own. If a wheelchair lift is needed, let us know at sign-up. **TRIP GUIDELINES:** All Quick Trips/Saturday Shopping Bus will charge \$8.00 for transportation. This is payable when registering at the Senior Center. No phone reservations will be accepted. Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. **If you are ill and unable to attend, please call the Senior Center when it is open or call Ceal DiFrancesco after hours (860-747-1927).** You should be at the departure point at least 15 minutes prior to departure. We leave on time. If not enough people sign up, we will have to cancel the trip so please encourage your friends to join you! (non-members may sign up one week after the trip opens).

Home Goods, Target, etc.—SOUTHINGTON

Saturday, July 15, 2017, 9:30 a.m.—2:00 p.m.

Enjoy shopping at the new Home Goods, as well as Target and Lowe's in Southington. Then go to Chip's Restaurant for lunch or their all-day breakfast. Lunch is on your own. \$8.00 transportation is due at registration. Bus will pick up first at the Senior Center at 9:30 a.m., followed by home pick-ups for those who do not drive. **Sign-up begins JULY 6.**

THIMBLE ISLANDS CRUISE—BRANFORD

Saturday, July 29, 2017, 9:30 a.m.—3:00 p.m.

You can't let a summer go by without a cruise to the Thimble Islands! Enjoy a 45-minute narrated cruise through the beautiful and unique islands. Feel the sea breezes, hear the shore birds and soak in the sights aboard the comfy 48-passenger boat Volsunga IV. The cost for the cruise is \$12 for Seniors payable at the boat. Then the group will go to the new Lenny & Joe's at Long Wharf in New Haven for lunch at their water-side restaurant. Lunch is on your own. \$8.00 transportation is due at registration. Bus will pick up first at the Senior Center at 9:30 a.m., followed by home pick-ups for those who do not drive. **Sign-up begins JULY 6.**

Woofstock on the Branford Green

Saturday, August 12, 10:00 a.m.

A fun day visiting all the vendors' booths, listening to the music and watching the Hippie Dog Costume Contest. Prior to visiting Woofstock, the group will have lunch at Lenny & Joe's new waterside restaurant in New Haven. Lunch is on your own. \$8.00 transportation is due at registration. Bus will pick up first at the Senior Center at 10:00 a.m., followed by home pick-ups for those who do not drive. There is no admission; however, the Branford Animal Shelter would appreciate a \$5.00 per person donation to support its animal rescue, rehabilitation and re-homing. Sign up begins July 6. **Sign-up begins early July 6**

SEE PAGE 4 FOR SHOPPING BUS INFORMATION...

Programs Survey

Senior Center General Program Survey

We offer many different programs here at the Plainville Senior Center but we are always looking for new ideas. Please circle the items of interest to you and drop off at the front desk or mail to the Plainville Senior Center: 200 East St., Plainville, CT 06062



- Acupuncture
- Archery
- Aroma Therapy
- Balance Classes
- Benefits of Massage
- Bird Watching
- Birdhouse Decorating
- Bonsai Planting
- Candle Making
- Candy Mold Making
- Card Making
- Cell Phone Classes
- Cheese Making
- Composting
- Country Line Dancing
- Cross Stitch
- De-Clutter
- DIY Home Décor
- Dried Fruit Making
- Film Discussion
- Fishing
- Floral Design
- Gardening
- Going Green: Using Green Home Cleaning Products
- Golf Lessons
- Guitar Lessons
- HAM Radio
- Holiday Ornaments
- Homemade Ice Cream
- Horseback Riding
- Italian Language
- Jewelry Making
- Karaoke
- Meditation
- Memory Classes
- Mindfulness
- Mini-Golf
- Mixed Media Art
- Music Appreciation
- Nature Journaling
- Naturopathic Remedies
- Origami
- Papier Mache
- Piano Lessons
- Picture Framing
- Pilates
- Plant Identification
- Polish Language
- Portrait Painting
- Pressed Flowers
- Rug Hooking/Braided Rugs
- Salsa Dancing
- Sand/Rock Art
- Scrapbooking
- Self Defense
- Sewing Lessons
- Sign Language
- Soap Making
- Spanish
- Stained Glass
- Supper Club
- Swing Dance
- Tai Chi/Qigong
- Team Trivia
- Ted Talks
- Therapy Dogs
- Ukulele
- Waltz Lessons
- Weight Loss
- Other: _____
- _____
- _____

What is your favorite activity at the Senior Center?

If you don't come to the Senior Center, what is the main reason why?

How can we improve our center?

If you are homebound, are there any activities you would like to see brought to your home?

Additional Comments/Ideas:

Name

(Optional): _____

Trip Sign-Up Information

Important Trip Information:

Sign-up: Trip sign-ups take place Monday 9:15 a.m. - 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.-4:45 p.m., and Fridays 9:15 a.m.-12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is **JULY 6** between 9:15 a.m.—4:45 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (Not on the Stillwell Drive side)

Open to the public: Trips are open to the public 7 days after member sign-up unless otherwise stated.

Cancellations: Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip.*** Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can try to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons.

Overnight parking: Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.

Medical ID cards: Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.

Disclaimer: The Plainville Senior Center is not responsible in whole or in part to the trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your seat assignment from the bus captain.

Remember, be at your departure location 15 minutes prior to our departure time in order to board the bus. We will not wait for late comers.

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

Current Trips

ALL-YOU-CAN-EAT-LOBSTER & COMEDY SHOW, THE DELANEY HOUSE, HOLYOKE, MA
WEDNESDAY, JULY 12 Leaves OLM
10:30 a.m. — Returns 4:30 p.m.
Trip Filled. Please sign waiting list if interested.

JFK LIBRARY, BOSTON

TUESDAY, JULY 25, 7:30 A.M.

In honor of President Kennedy's centennial in May 2017, the JFK Library will unveil a special exhibition titled "JFK at 100: Milestones and Mementos." The exhibition will chronicle historic milestones in the President's career and administration as well as events of his personal and family life. Following our visit to the Museum we'll spend time at Boston's Quincy Market, an exciting indoor outdoor marketplace featuring great shopping and variety of eateries. (Lunch is on your own). This afternoon enjoy a Boston Harbor Cruise. Discover the historic and contemporary milestones of Boston's inner and outer harbors during this fun, informative, fully narrated, 90-minute tour. DEPART: 7:30 a.m. from Our Lady of Mercy Church. ESTIMATED RETURN: 7:45 p.m. **COST: \$82.00 per person. Sign up has begun.**



BISTRO LUNCH ABOARD THE ICE CREAM TRAIN, NEWPORT, RI:

SATURDAY, AUGUST 12

Trip Filled. Please sign waiting list if interested.

"WHO LOVES YOU": FRANKIE VALLI, AQUA TURF IN PLANTSVILLE:

THURSDAY, AUGUST 17

"What can be better than having the music of Frankie Valli and the Four Seasons Live?" The show consists of four young, hot Broadway veterans recreating the music and stories of the era. Choreography, staging and melodious harmony create a memorable afternoon. Enjoy a delicious family-style lunch at the elegant Aqua Turf Club in Plantsville.

Menu: Garden Salad, Pasta, Chicken Parmigiana, Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert. Coffee and Donuts upon arrival. Open to the Public. Invite your friends! It's a great show! Drive on your own. Arrive at 11:30 a.m. **COST: \$74.00 per person. Sign up has begun.**

DAN CHIHULY EXHIBITION AT THE BOTANICAL GARDENS, NY:

THURSDAY, SEPTEMBER 7

New hand-blown glass sculptures, created especially for NYBG will complement the architecture of the Conservatory, itself a work of glass art. There will also be an exhibition of Chihuly drawings depicting the energy behind his artistic process. Spend time on Arthur Avenue, the "Little Italy of the Bronx", for lunch on your own. Open to the Public. Invite your friends! Once in a lifetime opportunity to see his beautiful glass! **Depart: 7:00 a.m. OLM. Estimated return: 7:00 p.m. COST: \$68.00 per person. Sign up has begun.**

Current Trips Cont...

BENNINGTON POTTERS, VERMONT:

TUESDAY, SEPTEMBER 19, 7:00 A.M.

Bennington Potters, world famous hand-made pottery continues after 68 years. Meet the potters themselves as they describe each step of the many processes. Following our tour we'll visit the Potters Yard store located in 2 historic buildings, a 19th century schoolhouse and an early 20th century grist mill. Lunch will be at the Publyk House featuring "Vermont Dining with a View". Salad Bar, Roast Turkey Dinner with Stuffing, Homemade Meatloaf, or New England Scrod with Vermont Cheddar Cheese and Cracker Crumb Topping, Potato and Vegetable, Seasonal Fruit Crisp and Whipped Cream and Coffee. Make your entrée choice in advance. Following lunch we visit The Apple Barn and Country Bake Shop. We'll have a guided coach tour of their spectacular orchard with views of all Southern Vermont. The barn is filled with VT products, country bake shop, ice cream parlor and of course fresh picked apples. Includes Cider Donut and Hot Cider for everyone! DEPART: 7:00 a.m. OLM. Estimated Return: 7:30 p.m. COST: \$79.00 per person. **Sign up has begun.**



TERRACOTTA WARRIORS, PHILADELPHIA, PA:

OCTOBER 16-17, 2017

DAY 1: Depart aboard our deluxe motor coach for the "City of Brotherly Love", Philadelphia, PA. Overnight accommodations at the HOLIDAY INN EXPRESS MIDTOWN.

DAY 2: This morning we're off to see the TERRACOTTA WARRIORS at the FRANKLIN INSTITUTE. Silent, steadfast and secret, an army of over 8,000 terracotta statues stood guard at the tomb of China's first emperor for over 2,000 years before being discovered in 1974. Head for home this afternoon with memories of this great experience. COST: \$307.00 per person double/triple, \$387.00 per person single. Cost includes Deluxe Motor coach, 1 Night Hotel, 1 Breakfast, 1 Dinner, Admissions, gratuities for Driver and Tour Guide. Open to the Public. Invite your friends to this wonderful trip! **Deposit: \$100 per person by July 24. Final Payment: August 28. Sign up has begun.**



Departing from OLM.

JACK-O-LANTERN SPECTACULAR—PROVIDENCE, RI:

WEDNESDAY, OCTOBER 18

Experience the glow of thousands of pumpkins, set in a magical display of artistry during this Early Evening Spectacular. Take a leisurely walk through the 1/4 mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old-time favorites and everything in between. Prior to the spectacular, enjoy free time at Providence Place Mall for shopping and dining. Note: There is a moderate amount of walking on this trip.



Cost: \$62 per person. Depart: 12:30pm from the Senior Center.

Estimated Return: 10:30pm. Sign up has begun.

New Trips

HOUSE OF SEVEN GABLES, SALEM, MA

SUNDAY, OCTOBER 22, 7:45 A.M.

The name Salem is forever linked to the Witchcraft Hysteria of the 1690s. Spend Halloween in this wonderful town and learn how the Witches got their names. A special interior tour of Salem's premier historic site The House of the Seven Gables. This is the oldest surviving 17th century wooden mansion in New England and the inspiration of author Nathaniel Hawthorne. Enjoy lunch at Victoria's Station set on Pickering Wharf. Menu: Mixed Green Salad, Choice of Teriyaki Chicken, New England Baked Haddock, Steak Tips, or Vegetarian Pasta Primavera served with mashed red potato and NY Cheesecake for dessert. Entrée choice in advance. **Cost: \$92 per person. Depart: 7:45 a.m. from the Plainville Senior Center. Estimated Return: 8:00 p.m. Sign up begins July 6**



FRIENDSHIP TOURS 40TH GALA, AQUA TURF

MONDAY, NOVEMBER 20, 11:30 A.M.

The Friendship family is celebrating 40 years of traveling together and they are throwing a party for all their friends. This will be a fabulous afternoon party with hot hors d' oeuvres, a champagne toast, and live entertainment. John Timpanelli & Leesah Stiles, will bring an exciting show of the Best of Broadway, love songs and comedy routines. **Cost: \$36 per person. Drive on your own. Sign up begins July 6**

CHRISTMAS WITH THE STARS, EDWARD TWINS, NORTHAMPTON, MA

WEDNESDAY, NOVEMBER 29

Your day begins with a luncheon at the beautifully decorated Hotel Northampton that includes Soup du Jour and your choice of Grilled Salmon or Chicken Piccata with chefs choice of vegetable & potato and Tavern's Famous Bread Pudding. Then you will enjoy your favorite Holiday songs performed by Celine Dion, Pavarotti, Streisand, Cher, Stevie Wonder, Kermit the Frog & more. **Departs OLM at 10:00 a.m. Returns approx. 5:30 p.m. Cost: \$89 per person. Sign up begins July 6**

2017 Big Trips

Canadian Rockies and Vancouver, British Columbia by Train, Bus & Plane

September 2-8, 2017

TRIP IS FULL. Please sign reserve list if interested.

ICELAND: *October 19 to October 25, 2017 and October 26 to November 1, 2017— BOTH TRIPS ARE FULL. Please sign reserve list if interested.*

UPCOMING TRIPS FOR 2017

Not for sale yet but please save the date!

September 26: Churches of Manhattan (Cancelled)

December 10: Christmas in Newport *Please note date change

Weekly Tournament Winners

BILLIARD WINNERS

- May 8:** 1ST: Lee Akins/Ed Zareck
2ND: Ellen Couture/Tony Lusitani
- May 18:** 1ST: Lee Akins
2ND: Stan Funk
3RD: Joe Babin
- May 25:** 1ST: Mitch Ziolkowski
2ND: Ellen Couture
3RD: Ed Zareck
- June 1:** 1ST: Stan Funk
2ND: Ellen Couture
3RD: Tony Lusitani



SETBACK WINNERS

- June 5:** 1ST: Roger Willequer/Ron Roper
2ND: Marla Ludwig/Harold Bissonette
3RD: Tony Lusitani/Fran Bolduc
- June 12:** 1ST: MaryAnn Cunningham/Jennie Asensio
2ND: Lee Mills/Sandy Tyminski
3RD: Verna Pekrul/John Sisson
- June 19:** 1ST: Marla Ludwig/Harold Bissonette
2ND: John Daversa/Bernard Grabeck
3RD: Anne Theriault/Donna Albrecht

Wii BOWLING WINNERS AM:

- June 6:** 1ST: Lynne Dominique
2ND: Rose Marie Machowski
3RD: Jim Calderone
- June 20:** 1ST: Linda Dominique
2ND: Georgia Jewell
3RD: Lynne Krakauske
- June 27:** 1ST: Lynne Dominique
2ND: Linda Dominique
3RD: Jim Calderone

Bowling League

Ready, Set, Bowl!!

The Plainville Senior Center Bowling League

Monday, August 28th

The League welcomes new bowlers and meets Mondays beginning at 12:45 p.m. at the newly renovated Lessard Lanes, 136 New Britain Avenue, Plainville. The **cost is \$9.50** per person, per week and includes three games of bowling, automatic scoring and free weekly beverage. Adult bowlers, age 55 and over, of all abilities, including beginners, are welcome to join this exciting league. **For more information or to join the league, contact Frank Robinson, Bowling League President, at 860.747.2918.**

Summer Concert Series

2017 NORTON PARK SUMMER CONCERTS - 6:30 p.m. (Norton Park is located at 197 South Washington St., Plainville, CT)

- Wednesday, July 5: Nzinga Daughters/Rhythm & Blues
- Tuesday, July 11: Riverboat Ramblers/Dixieland Jazz
- Tuesday, July 18: Simply Swing/
10 Piece Orchestra
- Tuesday, July 25: 102nd Army Band Connecticut Military
- Tuesday, August 1: Old Tyme Fiddlers

PEAK FITNESS CENTER

There are many benefits to exercise, such as: Boosting your energy, reducing heart disease, living longer, sleeping better, improved memory, increased mobility & flexibility and more self-confidence. Come down to the Peak Center to enjoy some of these amazing benefits!

HOURS:

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



Enjoy a great work out in our state-of-the-art fitness center that is comparable to a commercial gym!

- Cardiovascular equipment includes:** Nusteps, treadmills, recumbent bicycles and elliptical cross trainers
- Weight Training Equipment includes:** Seven pieces of upper and lower body strength training equipment
- Chest Press * Leg Press * Tricep Press * Row * Seated Leg Curl * Leg Extension * Abdominal

Stop by the front desk for a membership packet that includes a medical approval form

Membership rates: \$9.00 for 1 month, \$40.00 for 6 months and \$60.00 for one year. A one-time registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), or \$17.00 (weights only), is charged at the time of your initial training.

LBGT Events

No LBGT event in July.

Next Event:

August 17, 3:00-6:00 at the Avon Senior Center.
Details to follow in the August Newsletter.

Shopping Bus

In order to ride the Friday Shopping Bus, you must be a member of the Plainville Senior Center or a Plainville resident over 60, or a Plainville resident of any age who is disabled.

Friday Shopping Bus

July 14, 2017:

Price Chopper/Job Lot, Southington

8:15 a.m.—11:45 a.m.

July 28, 2017: Shop Rite, Southington

8:15 a.m.—11:45 a.m.

Sign-ups begin on July 5, 2017. Call the Senior Center before 11:00 a.m. on the Wednesday before the Shopping Bus date to add your name to the pick-up list.



Center Cafe



Open TUESDAYS and
WEDNESDAYS
11:00 A.M.-1:00 P.M.



The Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. The Center Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, handcrafted foods that are sure to wow your taste buds!

CHECK OUT OUR JULY SPECIALS!

- July 4:** Closed
- July 5:** Turkey Gobbler Panini: Roasted turkey, stuffing, cranberry sauce
- July 11-12:** Ham & Swiss cheese panini.
- July 18-19:** Pulled Pork Sandwich served with coleslaw.
Watermelon, feta and mint salad
- July 25-26:** Fresh tomato, mozzarella and basil caprese salad.
Harvest Turkey Panini: Roast turkey, green apple and cheddar cheese.



2017 AARP Trips

- September 22:** Scallop Festival Cape Cod
- Feb. 13-Feb.24, 2018:** Eastern Caribbean Cruise

PLEASE NOTE: AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. Costs are per person. You must call Sally for more information and to sign up at 860-747-1732.

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, JULY 10 & JULY 31, 12:30 P.M.



Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer's help in the community, Caregiving, Homecare, etc. Just stop by Stephanie's office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. No pre-registration necessary. No question is too small!

SOCIAL SERVICES, MEDICARE & MEDICAID SERVICES ANNOUNCEMENT

To combat fraud and illegal use: *NEW MEDICARE CARDS WILL NO LONGER CONTAIN SOCIAL SECURITY NUMBERS*. New cards will use a unique, randomly – assigned number called a Medicare Beneficiary Identifier (MBI) to replace the Social Security-based Health Insurance Claim Number (HICN). CMS will begin mailing new cards in April 2018. There will also be a 21-month transition period where providers will be able to use either MBI or the HICN. Personal identity theft affects a large and growing number of seniors. People age 65 or older are increasingly the victims of this type of crime.

SENIOR FARMER'S MARKET NUTRITION PROGRAM

Plainville Seniors who are 60 years of age and older, and who are income eligible (see income limits below) may see Bette or Stephanie to receive this benefit. This year folks will receive 6 \$3.00 checks to be used to purchase fresh fruits, vegetables, fresh cut herbs and honey at the authorized CT Farmer's Markets.

The income levels for 2017:

Single: \$22,331 yearly or \$1,860.91 monthly

Couples: \$30,044 yearly or \$2,503.66 monthly

The checks will be distributed on a first come first served bases. **See Bette or Stephanie with any questions.**

VA CAREGIVER SUPPORT

Did you know that Veterans who require a caregiver may be eligible for up to 30 days of respite care each year? Care can be offered in a variety of settings: in your home, at a VA community living center, at a VA-contracted community residential care facility, or at an adult day health care center. To see if you are eligible for respite care services, call the Caregiver Support Line at 1.855.260.3274.

Special Events

INTERGENERATIONAL BINGO

TUESDAY, AUGUST 22, 1:00 P.M.

Kids of all ages welcome (with an accompanying adult. Join us for an afternoon of bingo, prizes, fun and ice cream sundaes. **Program is FREE. Call the Senior Center beginning July 5 to register.**

GROWING OLDER CAN BRING NEW PURPOSE, WHAT IS YOURS?

THURSDAY, SEPTEMBER 7, 3:00

Growing older changes things: our physical beings, our outlook on life, our wisdom. Does that mean your purpose has to change along the way? We're older, but we aren't finished....there is still work to do. It might look different than we thought it would, but that's okay. Join Southington Care Center exercise physiologist Mark Colello as he discusses how physical changes can affect our mindset and vice versa. Celebrate how what you have to offer can change along this journey called life. **Call the Senior Center beginning July 5 to register for this free program. Open to the public.**

DONATIONS

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist). We do our best not to leave any donor's name off the list, but if we do, please let us know so we can include it in the next Newsletter.

GENERAL DONATIONS: May 16—June 12

Sandra Therrien, Cindi Whitham, Fran Martin, Sara Ingham, Leosina Celli, Carol Yount, Family of Pat Donnolly, Circle Group (2), Joan St. Pierre, Sandra Kaminski, Stan Funk (2), Lola Wishart, Pat Backus, Family of Mario Tacinelli, Dale Nightingale, Grace Bonola, Jackie Harvey, Regina McNamara, Joanne Cephas, Joe Babin, Tammy Roth, Rosaleen Peters, Marianna Obidzinski, Carol Nicolucci

MEMORIAL 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.

Donations From: *Mary Jane Dumais, Lee Ann Korus (2), Lucy Pestillo, Barbara & David Barton, Bernard Grabeck*

DIAL-A-RIDE DONATIONS

Walt Reckert, Jayne-Marie Perzan, Anonymous, Sally Cobrain, Pat Cancelli, Rosaleen Peters

Cheer Report

WELCOME NEW MEMBERS FOR MAY!

Ronald Grenier, Gloria Cassidy, Colleen Shover, Carla Simmons, Celestia Simmons, Anthony Lauria, Sharon Fenn, Diane Biskupiak, Lawrence Biskupiak, Marjorie Folsom, June Corriveau, Philip Corriveau, Ann-Marie Carlson, Robert Ferguson, Linda Ferguson



DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?

Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. A special thank you to **Carol Perry** for handling our cheer report.

CHEER REPORT: May 16—June 12

CHEER CARDS: Chris Stankevich, John Green, Sue Dumais, Vincent Moreno, George Somers, Barbara Martello, Len Wishart, Elizabeth Kallenbach, Elizabeth Sheddan, Bob Galka, Helen Bergenty, Betty Kirch, Majorie Folsom, Gladys Roy

SYMPATHY CARDS: Family of Martin Thibault, Family of Howard Philbrick, Betty Petraniuk, Family of Helen Guenther

THE SENIOR CENTER NEEDS SYMPATHY, GET WELL AND THINKING OF YOU CARDS

We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you are interested in donating these cards, please bring them to the Senior Center's front desk. We would really appreciate it. At this time, we cannot use blank cards, holiday cards, etc. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need!





Transportation

DIAL-A-RIDE



ADA PARA TRANSIT

DIAL-A-RIDE, (860) 589-6968

Monday 9:00 a.m.-5:30 p.m.

Tuesday-Thursday 9:00 a.m.-4:30 p.m.

Friday 9:00 a.m.-12:30 p.m.

Dial-a-Ride can provide transportation to medical and social service appointments, and to visit loved ones in nursing homes in Plainville, Bristol, New Britain, Southington, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. In addition, the drivers cannot help with groceries, packages or help you walk. However, the bus is wheelchair equipped. Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A donation of \$1.00 for each way is suggested, but not required.*



2017 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. The forums are held on the second Wednesday of every other month from 5:00 p.m. to 6:00 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting will be held on Wednesday, July 12, 5:00 p.m. to 6:00 p.m. The forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation related to the ADA Paratransit Service**. ADA Transportation is available free of charge to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride to the Forum. Future 2017 Forum Dates: July 12, September 13 and November 8. Up to 48-Hours in advance of the forum, written participation related to the ADA Paratransit Service may be mailed to the GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or emailed to: pwilliams@hartfordtransit.org

THE SUGGESTION BOX

Drop your suggestions in our box either signed or unsigned. If you need an answer to a question, please leave a name or number. The box is located at the giveaway area, near the public computers.



Need a Ride? Americans with Disability Act (ADA) Paratransit Service Adds More Hours and Service on Sunday!

The ADA Paratransit ride service travels anywhere, for any reason to 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. **Plainville hours**, except for major holidays, **Monday-Friday, 5:45 a.m.-midnight, Saturdays, 6:15 a.m.-midnight and Sundays, 7:40 a.m.-7:00 p.m.** Some of these hours may change, depending on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3.50 and discount ticket books can be purchased at Stop and Shop. **A driver can assist you door-to-door.*** There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

The application process is now part of the Greater Hartford Transit District. The on-line application can be located at www.ctada.com. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We also have copies of the application here at the 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 Paratransit rider. After the online or paper application is submitted, the next step is to call 860-724-5340 ext 1 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 4 weeks. Even if you don't see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 3046. Rides are reserved by calling **860-724-5340 x1**, 7 days a week, 8:00 a.m.—5:00 p.m. So give it a try, broaden your horizons, go shopping, visit a friend. Sunday's service can take you to church or schedule a medical appointment to a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext 3043).

Still have Questions about our transportation services? Call Bette or Stephanie at 860-747-5728.

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This & That

LOOKING FOR CAFÉ VOLUNTEERS

Do you enjoy working with food? Are you a “people person”? If so we are looking for volunteers for food prep, serving and cashiering in the Café on Tuesdays and Wednesdays. If interested, please see Ronda.



SENIOR CENTER DISPLAY CASE

July: Be sure to stop by the Senior Center display case to see the beautiful art of Carol Webster. Do you have a collection, hobby or art work you would like to put on display? If so, stop by the front desk to make a reservation for our display case.



SENIOR CENTER SCRAPBOOK

Senior Center member, Marge Burris, has volunteered to record our history in the Senior Center's Scrapbook. If you have any printed photos or newspaper clippings that you would like to be put in, please give them to Marge. Thank you Marge!

CONGREGATE MEAL PROGRAM: JULY 2017

Please stop by the kitchen to pick up the July calendar. Reservations for a meal must be made at least one day ahead by calling the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon.

A suggested donation is \$2.50.

IT MAY BE HOT OUTSIDE, BUT IT’S COOL IN HERE

Is it one of those hot days, and you just can’t get comfortable? Well, come to the Senior Center and enjoy the air conditioning. Join in on one of our planned activities, catch up with some friends, read a book, do a puzzle or just relax and enjoy a little cool air. Come in and find out why the Plainville Senior Center is the “coolest” center around.



SCENT FREE ZONE AT THE PLAINVILLE SENIOR CENTER

Help us keep the air we share at the Senior Center healthy and fragrance free. The chemicals used in scented products make some people sick, especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, aftershave or other fragrances while at the Senior Center.



GREAT DISCUSSIONS

Tuesday, July 25, 7:00 p.m. — 9:00 p.m.

Plainville Public Library

This group discussion is open to anyone who is interested in learning more about foreign policy. **For more information contact the Library’s Reference Desk at 860.793.1446**

FRIENDS OF THE LIBRARY PRESENT: PAPER CRAFTING CARDS

Tuesday, July 18, 6:30 p.m. —8:30 p.m. Please call the Plainville Public Library for more information.

PLAINVILLE VETERAN’S MEMORIAL WALL

A moveable memorial wall has been created in the Plainville Municipal Center near the Town Clerk’s office to provide a place to honor the military service of deceased veterans by their friends and family members. Brass Plates (1” X 3”) engraved with the veteran’s rank, name and branch of service can be purchased. The fee is just to cover the cost of the engraved plate, no extra funds are being charged. To purchase a plate, please fill out a form available at the Municipal Center or at the Plainville Senior Center. **The cost of the plate is \$8.00.**



Nursing and Other Services

REGULAR FOOT CARE AND DIABETIC FOOT CARE

Please note fee increase.

The Senior Center offers appointments for regular and diabetic foot care. Foot care is **provided** by an APRN and includes a foot inspection and nail cutting. **Cost is \$18.00**

for Plainville resident members and \$28.00

for Out of Town Plainville Senior Center Members and must be paid with exact change or by check only (made out to the Plainville Senior Center). Neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Senior Center members only.**



EAR WAX REMOVAL

Call the Senior Center to make your ear wax removal appointment. At least one week prior to your appointment, you must come into the Senior Center for an instruction sheet explaining the prep procedure and pick up the paperwork that must be filled out and brought in at the time of your appointment.



BLOOD PRESSURE CLINICS

Many thanks to Apple Rehab, The Pines of Bristol, and Hartford Health Care Senior Services for Offering their Services

Thursday, July 13, 1:00—2:00 (Hartford HealthCare)

Tuesday, July 18, 11:00—12:00 (Apple Rehab)

Wednesday July 19, 11:00—12:00 (The Summit)

Wednesday, July 26, 11:00—12:00 (The Pines of Bristol)

Blood Pressure Clinics are for Senior Center members only.



PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We refresh this list throughout the year so we can be certain that such folks will be safe during a power outage/weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728, if you wish to have your name added to the At-Risk List. Bette and Stephanie are available to help you develop a plan for power outages/ weather emergencies.

SCAMS

Just another reminder that telephones scams are abundant in our area! The caller states s/he is from the IRS Investigation Unit and that you owe considerable dollars in back taxes. The caller goes on to request a partial payment immediately or you will be taken to court. You may receive multiple calls from different cities. The callers are persistent. If you have caller ID do not answer calls from numbers you do not recognize. If you do pick up, hang up!

THE TRUTH

The IRS does not make calls to tax payers!!

The caller is a fraud attempting to scam you.

Do not give any of your personal information to any caller.

If you have any questions please see Bette or Stephanie.

DENTAL CLINIC

The Community Health Center is sponsoring a dental clinic at their location, 85 Lafayette Street, New Britain. The dental clinics will be held, by appointment, on Friday, July 14 and Friday, July 28. Free Dial-a-Ride transportation is available to Plainville Senior Center members who live in Plainville. The fee for the comprehensive dental cleaning is \$30.00. Please call Melissa at 860.253.9024 Ext 2270 to schedule an appointment. We have made arrangements for this dental clinic to be held at the Community Health Center because their mobile dental clinic is currently not able to provide service at the Plainville Senior Center, as they had in the past.



MEDICAL EQUIPMENT/SUPPLIES NEEDED

The Hospital of Special Care Equipment Exchange is looking for donations of durable medical equipment and supplies: canes, walkers, tub and transfer seats, shower chairs, manual wheelchairs (regular and transfer) commodes and raised toilet seats. They cannot accept electric devices (scooters, electric wheelchairs and hospital beds). Equipment is accepted during weekday business hours. Please call 860-612-6302 to make sure the item is needed. They are located at Special Care Equipment Exchange (a tan house next door to Hospital for Special Care) 2120 Corbin Avenue, New Britain.



MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS EFFECTIVE MARCH 1, 2017

The new income limits for the Medicare Savings Program have been announced.

QMB (Q01) Single \$2,120.55/mo.

Couple \$2,854.83/mo.

SLMB (Q03) Single \$2,321.55/mo.

Couple \$3,125.43/mo.

ALMB (Q04) Single \$2,472.30/mo.

Couple \$3,328.38/mo.

There is No Asset Limit for MSP. There is No Estate Recovery. The State of CT DSS offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and the Medicare part D premiums for qualifying folks. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying folks are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS) paying a maximum of \$3.30 for generic medications and \$8.25 for brand name medications. The financial benefits of this program are substantial! Please see Bette or Stephanie to review your eligibility for MSP.



July 2017



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	KEY: GR: Green Room, BR: Blue Room, GA: Game Room, CR: Craft Room, C: Café, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library, *: By Appointment					1
2	3 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	4 CLOSED Happy 4th of July 	5 8:00 Bike Club 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR FREE SIGN UP	6 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR MEGA SIGN UP	7 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Bear Reality BR 10:00 Pinochle CL 10:30 Cardio Step GR	8
9	10 9:00 Walking GR 9:30 Zumba Tone GR 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for the Social Worker 1:30 Power Burst BR	11 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Android Phone CR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 3:00 French Class GA	12 7:30 Lobster Trip 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	13 9:00 Walking GR NO Beginners Yoga 9:30 Ceramics CR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle CL 1:00 Blood Pressure 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR 3:00 Line Dance Party BR	14 8:15 Shopping Bus NO Inter. Yoga 9:00 Walking GR 9:00 Mahjong GA 10:00 Advance Directives BR 10:00 Pinochle CL 10:30 Cardio Step GR	15 9:30 Home Goods/Target
16	17 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	18 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 11:00 Blood Pressure 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 3:00 French Class GA	19 9:00 Walking GR 9:30 Books & Bagels GA 9:30 Quilting CR 10:30 Zumba Gold GR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Gardening Talk BR	20 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle CL 12:30 Knit & Crochet GR 1:00 Balance Assessments GA 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR 2:30 Veg. Cooking K	21 8:45 Kayaking 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Exercise & Arthritis Lecture BR 10:00 Pinochle CL 10:30 Cardio Step GR	22
23	24 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR 1:30 Choral Group Meeting CR	25 7:30 JFK Library *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Legislative Talk GR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 3:00 French Class GA	26 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	27 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle CL 1:00 Canasta GR 1:00 Scrabble GR 1:00 Bridge OS 1:00 Knit & Crochet C 1:30 Functional Fit GR 2:30 Ronda's Party BR	28 8:15 Shopping Bus 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 10:00 Holcomb Farm 10:30 Cardio Step GR	29 9:30 Thimble Islands
30	31 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for the Social Worker 1:30 Power Burst BR	1 CLOSED FOR CLEANING *9:00 Nurse	2 CLOSED FOR CLEANING	3 CLOSED FOR CLEANING *9:00 Nurse 9:00 Beginners Yoga L	4 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL	5