

Free Sign-Up Day AND Mega Sign-Up Day are both on Thursday, July 5 from 9:15 a.m. to 4:45 p.m. Sign-up by phone starts at 9:15 a.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center only.



Don't Miss our Tag Sale & Jewelry Sale!

Thursday & Friday
August 9 & 10

**Early Bird Sale: Thursday, August 9th 9:30 to
10:30 a.m.**

\$1.00 per person entry fee

All proceeds benefit Dial-a-Ride

Can you help?

- If you want to donate, you may drop off items starting August 1. *(Thank you!)*
- We also need **volunteers** to help set up on August 7 & 8, and to help at the sale on August 9 & 10. Please call us to sign up — 860-747-5728.

VETERANS' BENEFITS WORKSHOP

THURSDAY, JULY 12, 10:00 A.M.

If you're a veteran, you won't want to miss this program by Jason Coppola, Veterans Service Officer from the State Office of Advocacy and Assistance.

Jason is very knowledgeable about all the ins and outs of veterans benefits, and will share how he can help veterans who are trying to access federal and state benefits — including financial, medical, home care matters and more. Sign-up has begun.



Renter's Rebate Appointments

The Town of Plainville Assessor's Office is offering help to persons wishing to apply for the Renters' Rebate Program for elderly and disabled renters. Appointments are held at the Plainville Senior Center. Income limits for the Renters' Rebate Program are: for single people \$35,300; and for married couples \$43,000. Please call the Assessor's Office at 860-793-0221 ext. 244 for an appointment.

Sign-Up Assistance for Plainville's "Code Red" Alert System available at the Senior Center

Dispatcher Al Urso of the Plainville Police Department will be available by appointment at the Senior Center **on Monday, July 16 from 10:00 – 12:00** to help Plainville residents in signing up for the "Code Red" town-wide emergency

alert system. This free service notifies residents by landline phone, cell phone, text or email with emergency information as needed. Alerts include notification about weather emergencies, shelter openings, chemical spills, missing persons, public health alerts and more. If you'd like some help in registering, please call the Senior Center to schedule an appointment with Al Urso. Online, go to www.plainvillect.com and click on the **Code Red** link to register.



*Water Fitness Program & Classes
Coming Soon! See Page 13*

FIDDLE CLASS AT THE SENIOR CENTER

Demo: July 24, 1:00 p.m. Class: July 31 – Sept. 4
The Senior Center will host a free fiddle demonstration on **Tuesday, July 24th at 1:00 pm**. You can learn how to begin playing, or start playing again. Group classes will run from Tuesday, July 31 to September 4. While everyone is welcome, this class will focus on true beginners. Fee: \$24.00 for six weeks. Sign up at the Senior Center.



**Learn about our
Big Trips for 2019!
See page 8.**

Special Events

CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news and current events. We do not discuss politics; rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register; just show up! Feel free to come and just listen; no pressure to participate; new folks are always welcome!

FRIENDS HELPING FRIENDS

Friends Helping Friends does not meet in July and August. The next regular meeting will be on the third Friday in September. Stay tuned for location!

SNAPPY SENIORS

The Snappy Seniors Camera Club does not meet in July and August. The next regular monthly meeting will be the third Thursday in September.

BOOKS AND BAGELS

The group does not meet in the summer. Please watch the August newsletter for information about when we start in the fall!

VETERANS' COFFEE HOUR

TUESDAY, JULY 3, 10:30 A.M.

This monthly informational and support meeting is conducted by Wayne Rioux, a Veteran's Liaison for Hartford Health-Care at Home. *FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.* Call the Center at 860-747-5728 to register. Sign-up has begun.

COOKING FOR ONE CLUB

TUESDAY, JULY 10, 2:00 P.M.

This new group will meet on the 2nd Tuesday of each month at 2:00 P.M. at the Senior Center. Join us to share tips, ideas, short cuts and recipes that make Cooking for One "easy-peasy." The program is free and open to members only. Sign-up begins July 5.



BIRDS OF PREY WITH HORIZON WINGS

TUESDAY, JULY 10, 1:00 P.M.

Here's your opportunity to experience the thrill of being up close to a magnificent eagle, hawk, falcon, or owl. Horizon Wings is a non-profit wildlife rehabilitation center based in Ashford that specializes in birds of prey. They will bring several of their extraordinary birds to our Senior Center, including an eagle! All birds in their care are unable to survive in the wild, but have overcome their individual challenges and have adapted to their new lives as feathered ambassadors. Be inspired by their individual stories of survival, explore fascinating facts about each species, and learn what you can do to help them. This intergenerational program will be about one hour long, with opportunity for questions and answers. Sign-up has begun.



MEDICATION MANAGEMENT

TUESDAY, JULY 17, 1:00 P.M.

In this presentation you will get tips and information on how to better understand the medications you take, along with strategies to help you or your loved one remember how and when to take them. Sign-up has begun.

FEED YOUR MIND & NOURISH YOUR SOUL SERIES

SEVERAL DATES—SIGN UP FOR ONE OR MORE!

- **Change and Challenges: Developing Personal Resilience**

Thursday, July 19, 10:00 a.m.

Resilience is a quality that allows some people to be knocked down by life and come back stronger. Resilient people tend to adapt well in the face of adversity and stress. Some factors that might improve resilience are: a positive attitude, optimism, and the ability to regulate emotions. Come discuss ways in which each of us can become more resilient! Presented by Judith A. Stonger, Wheeler Clinic/CT Clearinghouse.

- **Growing Older Can Bring New Purpose**

Friday, July 27, 9:30 a.m.

We may be older, but not finished...there is still work to do! Join Mark Colello, Exercise Physiologist with Southington Care Center as he discusses how physical changes affect our mindset and vice versa. Celebrate how what you have to offer can change along this journey called Life. Complimentary breakfast will be served.

- **Relax the Body, Quiet the Mind**

Tuesday, August 14, 11:00 a.m.

Improve your physical and mental health by reducing stress through exercise, social support, activity and relaxation. Presented by Christine Solimini-Swift, Exercise Physiologist at The Orchards of Southington. A complimentary light lunch will be served. Co-sponsored by Hartford HealthCare Senior Services.

- **Laughter Yoga**

Thursday, September 20, 11:00 a.m.

Laughter Yoga is a fun way to gain the many health benefits of laughter through a series of "laughter exercises" and yogic breathing. Developed in 1995 in India, Laughter Yoga lowers stress, strengthens the immune system, boosts energy, and releases endorphins through hearty aerobic laughter. Presented by Judith Stonger, Certified Laughter Professional. Complimentary light lunch will be served.

All programs are free. Register for any or all programs. This breakfast/lunch series is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Connecticut State Unit on Aging. Sign-up has begun.

More programs, next page

More Special Events

STAY SAFE ONLINE!

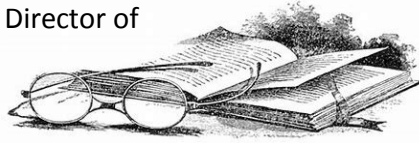
WEDNESDAY, JULY 18, 3:00 P.M.

Senior Center volunteer and trainer Evelyn Morin will lead this program with tips to stay safe online. You will learn how to create strong passwords, how to be a selective sharer, and best ways to keep your personal information private. Free of charge. Sign-up begins July 5.

POETRY WITH PETER

MONDAY, JULY 23, 10:30 A.M.

Peter Chase, former Director of the Plainville Library and member of the Plainville Choral



Society, will do a poetry reading at the Senior Center featuring historic poems about Plainville and growing older. Some of the Plainville poems were written by Anna J. Granniss, a long-ago Plainville resident who wrote poetry about working in the textile mills here in town. Many poems are from her 1893 book of verse, Skipped Stitches. Peter will also sing a historical tune, "The Farmington Canal," that was featured in the Choral Society's spring 2018 program. Participants are encouraged to bring their own poetry to read and share with the group. Sign up has begun.

ADVENTURES OF THE BACKPACKIN' GRANNY

WEDNESDAY, JULY 25, 3:00 TO 4:00 P.M.

What would your life look like if you were fearless? This presentation is about one woman's adventure when she decided to visit West Africa for a vacation with no more than just her backpack, earning her the nickname "Backpackin' Granny." She is now the founder of a non-profit organization called Bright Star Vision, which was inspired by the people she met there and the children's enthusiasm and eagerness to read, learn and do well in school. Come and be inspired about what one person can do when determined to make a difference for others. Call the Senior Center beginning July 5th to register.

INDIAN BUFFET LUNCHEON

THURSDAY, JULY 26, 12:00 NOON

Enjoy a variety of delicious Indian foods right here at the Senior Center! Contrary to what a lot of people think, Indian food is not spicy; it's delicious and full of flavor! Join us for a feast that will include: Vegetable Samosas (triangular pastry stuffed with potatoes and peas); Gobi Manchurian (fresh cauliflower tossed with tomato, garlic and green herbs); Vegetable Pullo (rice pilaf cooked with mild spices and vegetables); Chicken Tikka Masala (boneless chicken in tomato cream sauce); Chicken Malai Kebab (boneless chicken marinated in mild sour cream and yogurt); Matar Paneer (green peas and cottage cheese cooked in thick curry sauce, with fresh tomatoes); Garlic Naan and Salad. Cost is \$13.00 per person. Sign up has begun.



ADIOS, COCO CHANEL! LEARN TO MAKE YOUR OWN HERBAL FRAGRANCE

MONDAY, JULY 30, 3:00 P.M.

Presented by Ehris Urban, owner of Grounded Holistic Wellness, and Velya Jancz-Urban. Ditch your store-bought perfume! Most contain chemicals that do not have to be disclosed on the label. Experiment with base fragrances, mid-tones and top notes; create your signature scent! Ehris grew up in a family that was passionate about holistic medicine. She is a master herbalist and holistic nutritionist, a Flower Essence Therapy practitioner and graduate of the New England School of Homeopathy. Velya Jancz-Urban lives her life by the saying, "There is no growth without change." She is a teacher, public speaker, former Brazilian dairy farm owner and expert on New England's colonial women. Cost is \$15.00. Sign-up has begun.



AARP SMART DRIVER

TUESDAY, AUGUST 21 1:00 P.M.

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15.00 for AARP members providing a membership number, \$20.00 for all others. Limited to 25. Sign-up begins July 5.

BENEFITS CHECK-UP

WEDNESDAY, AUGUST 22, 11:00 A.M. — 1:00 P.M.

Benefits Enrollment Centers (BECs) located around the country help people determine their eligibility for state and local benefits, like the Medicare Savings Program, SNAP, heat/utility assistance, food and other various programs. At this two-hour drop-in event, a representative from the North Central Area Agency on Aging BEC will use a web-based tool to determine your benefits eligibility. If you prefer, you can take the paper form and mail it back to the North Central Area Agency on Aging, or complete it while you are at the event. Sponsored by the North Central Area Agency on Aging and presented by Saray Figueroa and Stephanie Soucy. Please register starting July 5.

"FIVE WISHES" COFFEE AND CONVERSATION

THURSDAY, SEPTEMBER 6, 10:00 A.M.

Five Wishes is a unique living will, written in everyday language, which helps you express your medical wishes in addition to personal, emotional and spiritual concerns. These choices, when conserved in advance of difficult medical situations, is a gift you can give to both yourself and your families. This program, presented by registered nurses, offers insight from years of professional experience with patients and families. Refreshments will be served. Please call the Senior Center starting July 5 to register. Presented by Connie Cole-Ingber, RN, CCRN; Lisa Ortiz, RN; and Candace Ramirez, RN from the University of Hartford's Nursing Masters Program. Sign-up begins July 5.

More Special Events

KEEPING YOUR MEMORY STRONG AT ALL AGES

TUESDAYS, SEPT. 11 to OCT. 9 1:00 TO 2:00 P.M.

Please join Michelle Wyman and Patty O'Brian, Alzheimer's and Dementia Specialists, from the Center for Healthy Aging as they present a five-part series on Healthy Minds. Michelle and Patty have been in the memory field for many years and bring a tremendous amount of experience and knowledge to this series, which will focus on how to protect, preserve and improve your memory. Attendees are encouraged to attend all sessions. Sign-up for this free program starts July 5.



Each of the 5 sessions will cover the following topics over a 45-minute time span, followed by 15 minutes to allow for a brain exercise and a Question and Answer session:

1. Intro— Eat Brain Foods and Stay Hydrated
2. Be Physically Active— Challenge your Mind Daily, Activities to stay Sharp
3. Coping with Changes and Managing Stress—Be Social
4. Count Sheep— Be Creative and Have Fun
5. Be Positive— Find a Purpose

Tuesday Shopping Bus



In order to ride the Senior Center's Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over 60, or a Plainville resident of any age who is disabled. **Home pick-**

ups begin at 11:15 a.m. and pick-up from the store will be at 3:00 p.m. Please be ready at least 15 minutes before departure. We leave on time. Call the Senior Center before 11:00 a.m. on the Thursday before the Shopping Bus date to sign up.

- **July 3, 2018—Aldi's, Southington**
- **July 17, 2018—Bristol Shopping Plaza**
- **July 31, 2018—Price Chopper/Job Lot, Southington**



Ongoing Support for Veterans

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments on the first Wednesday of each month. All appointments are held at the Senior Center. Please call Jason directly to make an appointment at 1-203-805-6340. Jason is knowledgeable and able to help veterans, their spouses and widows with veterans benefits. He may also be able to identify assistance for you with financial, medical, home care matters and more.

Le Petit Cafe

At the Plainville Senior Center
Open TUESDAYS and WEDNESDAYS
11:00 a.m.—1:00 p.m.

Le Petit Café features a variety of made-to-order fresh salads, grilled Panini sandwiches and weekly specials. Le Petit Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, hand-crafted foods that are sure to wow your taste buds! **Specials subject to change*

Le Petit Café Specials for July

- July 3 & 4: Closed
- July 9 & 10: Grilled Cheese, Bacon and Tomato Panini
Tuscan White Bean Soup
- July 17 & 18: Southwest Turkey Panini (turkey, southwestern avocado mayo, tomato, pepperjack cheese)
Tangy Strawberry Rhubarb chilled soup
- July 24 & 25: Meatball Panini
Pasta Fagioli soup
- July 31 & Aug. 1: Chef's Choice!



Reminder to Artists: “The Art of Experience” Senior Juried Art Show Schedule

A reminder to members who are participating in the Connecticut Senior Juried Art Show being held at Pomperaug Woods in September, that acceptance letters will be mailed out on July 20. **While Plainville Senior Center staff will not handle any artwork, we will offer free bus transportation** to and from Pomperaug on three dates for artists to bring, enjoy, and pick up their art:

- **Drop off** art at Pomperaug Friday, August 24. Bus from Plainville — 10 a.m. to 1:00 p.m.
- **Reception/Exhibit Opening**, Friday, Sept. 21. Bus from Plainville 12:45p.m. to 5:00 p.m.
- **Pick-up** artwork from Pomperaug Sunday, Sept. 23. Bus from Plainville 3:00 to 5:30 p.m.

You are responsible for handling your own art for delivery and pick up, either by riding our bus or on your own. Limit one bus; bus sign-up has begun.



Craft, Technology & Fitness Classes

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, July 5, between 9:15 a.m. - 4:45 p.m. Non-members may sign up for classes that allow non-members starting July 12, if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

CLASS DESCRIPTIONS ARE ON PAGE 6.

Class	Time	Current Session	Next Session Sign-up begins July 5
MONDAY			
Zumba Tone	9:30 – 10:30	May 21—July 16. 8 weeks. No class 5/28. \$24. Members only.	July 23 to Sept. 24. 8 weeks. No class August 6. \$24, members only.
Power Burst	1:30-2:30	June 18—August 13. 8 weeks. No class August 6. \$16. Members only.	August 20 to Oct. 22. 8 weeks. No class Sept. 3 or Oct. 8. \$16, members only.
Beginner Yoga*	See times in description, right.	July 2—July 30. 9:15-10:15 Class held at Sr. Ctr. \$15, 5 weeks. *Please see class description for requirements, page 6	Aug. 6 to Oct. 1. 10:15 to 11:15 a.m. Class held at Library. \$24, 8 weeks. *Please see class description for requirements, page 6
TUESDAY			
BeFit	10:00—11:00	May 22 – July 17. 8 weeks, \$8. Members only.	
French Class	3:00—4:00	Continues until December	
Intermediate Yoga*	10:15-11:15	July 3-July 31, 5 weeks. \$15. Members only. Class held at Library. *See class description for requirements, page 6	August 7 to Sept. 25. Class is held at Library. 8 weeks, \$24. *See class description for requirements, page 6
Ukulele	10:00—11:00	June 12—July 24. 6 weeks. \$12. No class 6/26.	
WEDNESDAY			
Quilting	9:30 – 11:30	Open Quilting. Come work on your own projects. No instructor.	
Zumba Gold	10:00-11:00	June 13—Aug. 15. \$24. No class 6/27 and 7/4. Members only.	
THURSDAY			
Ceramics	9:30 – 11:30	May 31--July 19. 8 weeks. \$32. Members only.	July 26 to Sept. 27. No class Aug. 9. 8 weeks, \$32. Members only.
Knit & Crochet	1:00 – 3:00	May 17--July 19. 8 weeks. \$16. Members only. No class June 28.	July 26 to Sept. 20. No class Aug. 9 or Aug. 23. 8 wks, \$16. Members only
FRIDAY			
Chair Yoga 1	9:30-10:30	June 29 to Aug. 10, 7 weeks. \$14, members only.	
Chair Yoga 2	10:40-11:40	June 29—Aug. 10, 7 weeks. \$14, members only.	

AARP Trips

- July 13, Coins & Claws, Lobster in the Rough and Mohegan Sun
- July 19, Whale Watch, Plymouth
- August 2, Essex Train and Riverboat Cruise, includes lunch
- April 1-5, 2019, New Orleans, LA, \$2299.00

For information on any of these trips or to sign up please call Sally at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center.

I'm looking to learn counted cross stitch embroidery or plastic canvas. If you can teach me, please call Barbara at 860-747-6194.
Thank you so much!



Class Descriptions

ACRYLIC PAINTING: You will learn methods to overcome the challenges of the medium, plus some special techniques. Class will resume in September.

BeFit: This class combines simple brain games and cognitive activities with physical movement designed to stretch your brain in a new way! Classes support overall health and well-being while strengthening the "mental muscle." Doing brain games while moving can strengthen, improve and even change some regions of the brain. Each week a different topic will be discussed on ways to help improve your brain health. **Instructor: Amy Gray**

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: In this mindful chair yoga class, we will practice gentle postures, breath work and meditation to discover the grace and wisdom of mind-body-spirit in movement and in stillness. **Instructor: Rosalie Tanguay**

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

GENTLE YOGA FOR BEGINNERS—LEVEL 1
This class is an introduction to the building blocks of yoga, emphasizing basic postures, breathing techniques and relaxation skills. This class promotes balance, flexibility, strength and stress release. It's especially good for newcomers to yoga or those who would like a refresher on the basics. **IMPORTANT:** *Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details.* **Instructor: Jayaprbaha Mare DiBenigno.** *Class is held at Plainville Library.*

GENTLE YOGA FOR EXPERIENCED — LEVEL 2
This class is for experienced students who are ready for the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. **IMPORTANT:** *Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details.* **Instructor: Jayaprbaha Mare DiBenigno** *Class is held at 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 includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout. **Instructor: Caroline Dube**

QUILTING: No class in the summer months. Please check back in September.

UKULELE LESSONS

No musical experience needed. Learn how to hold the ukulele and play a few basic chords. You'll need your own ukulele (\$29 to \$50 for a starter instrument) and a tuner. **Instructor: Sue Hill**

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

We Welcome New Members for May 2018!

Joseph Klepacki, Marilyn Krackowsky, Alicia Barnett, Marilyn Walsh, Mina Petraroia, Barbara Werner, Kathy Northover, Fatima Kassim, Rosie Dellaventura and Angela Dangelo



Plainville Library

The Plainville Public Library's July movie will be shown on Thursday, July 12th at 1:00pm and again on Tuesday, July 17th at 6:30 p.m. in the Chase Auditorium. We will be showing the film "**I, Tanya**" based on the true story of the rise and fall of figure skater Tanya Harding. It follows her tough childhood and then the rise of the girl from the wrong side of the tracks. To the tragic event that ended her career. This film is rated R and runs two hours.



Your suggestions, ideas, concerns and comments are welcome! Feel free to talk directly to Shawn or Ronda or write them down and put in the Suggestion Box on the counter across from the rest rooms.

Trips

Sign-Up Info

Current Trips

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

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

Cancellations: Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. *If you must cancel the night before or the morning of the trip, please call 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 insurance policies cover most 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 that you 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 trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your seat assignment from the bus captain. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We cannot wait for late comers.***

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

**SEE OUR BRAND NEW BIG TRIPS
FOR 2019 ON PAGE 8!**

ALL YOU CAN EAT LOBSTER, THE DELANEY HOUSE
MONDAY, JULY 9, 9:45 A.M. TRIP IS FULL. YOU MAY SIGN UP FOR THE WAIT LIST.

STAGELOFT THEATER: "FOUR WEDDINGS & AN ELVIS" AND LUNCH AT THE SALEM CROSS INN
SUNDAY, JULY 22, 9:30 A.M.

Enjoy lunch at the classic Salem Cross Inn along with a heartwarming comedy at StageLoft Theater on this motorcoach trip. Your meal includes a choice of Yankee Pot Roast or Baked Boston Scrod, house salad, bread basket, vegetable, potato, ice cream cake ball with hot fudge, and beverage. The cost of \$84 per person includes your round-trip transportation, full-course luncheon at the Salem Cross Inn, the play and driver gratuity. Return around 6:45 p.m. Sign-up has begun.

BOBBY RYDELL AT THE AQUA TURF
THURSDAY, AUGUST 16, 11:30 A.M.
 With a career spanning six decades including a starring role in "Bye Bye Birdie" and countless TV programs, Bobby Rydell is a classic performer. His hits include "Wild One," "Volare," "We Got Love," and "Forget Him." Enjoy the show over lunch at the elegant Aqua Turf in Plantsville. Your family-style meal will include garden salad, pasta, chicken parmesan and baked salmon with dill sauce, vegetable, potato, rolls, dessert and beverage. The cost is \$86 per person; drive on your own and arrive by 11:30 a.m. Sign-up has begun.


JESUS! — SIGHT & SOUND THEATER, LANCASTER, PA
SEPT. 24-26 TRIP IS FULL. SIGN UP FOR WAIT LIST.

THE LIGHTHOUSES OF BOSTON HARBOR
MONDAY, AUGUST 27 7:30 A.M.
 Relax aboard a 90-minute, narrated historical cruise highlighting the history of the five Boston Lighthouses — Long Island Head Light, Deer Island Light, The Lovells Island Light, Boston Light and The Graves Light. Before the cruise, have lunch at The Venezia Restaurant, a waterfront eatery with breathtaking views of the Boston skyline. Choose from Baked Haddock or Chicken Parmesan, along with salad, potato, vegetable, dessert & coffee. Cost is \$105 per person, which includes transportation from Our Lady of Mercy Church and return, cruise, lunch and driver gratuity. Return around 7:00 p.m. Sign-up has begun.



More, next page

Plainville Senior Center Trips are Scent-Free Zones! Please help us to keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, after shave or other fragrances on our bus trips!



More Current Trips

GEORGIA O'KEEFFE: VISIONS OF HAWAII, THE NY BOTANICAL GARDEN



SUNDAY, SEPT. 9, 7:30 A.M.

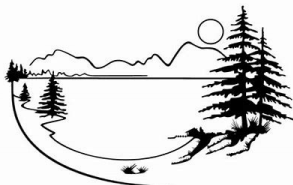
Enjoy a lush flower show evoking the gardens and landscapes that inspired artist Georgia O'Keeffe. The Mertz Library Art Gallery is displaying more than 12 of O'Keeffe's Hawaii

paintings, not seen together in New York since 1940. Highlights also include perennial and rock gardens in bloom, the Home Gardening Center, NYBG Museum Shop, the Garden Café and the new Pine Tree Café. Last stop is Arthur Avenue in the Bronx, to eat lunch (on your own) or to pick up some fresh pasta, superb cheeses, and pastries to take home. Cost is \$76 per person. Bus leaves from the Senior Center at 7:30 a.m. and returns to Plainville around 6:45 p.m. Sign-up has begun.

THE TURKEY TRAIN — WINNIPESAUKEE RAILROAD

THURSDAY, SEPT. 27, 6:30 A.M. TO 8:30 P.M.

Enjoy a great fall day-trip that includes a nostalgic train ride along the shores of Lake Winnepesaukee in New Hampshire. Relax aboard the train as you enjoy the scenery and watch the boats during your round-trip from Meredith, New Hampshire. Savor Hart's famous Turkey Farm Dinner aboard the train, featuring homestyle turkey, potato, gravy, stuffing, cranberry sauce, vegetable, rolls, dessert and beverage. A stop at the Kellerhaus for delicious ice cream, handmade chocolates, gifts and collectibles will be included after disembarking the train, along with a New Hampshire liquor stop. The cost for this day-long adventure is \$103, payable at sign-up. Trip will depart at 6:30 a.m. from Our Lady of Mercy Church, Plainville, and return around 8:30 p.m. Sign-up has begun.



New Trip

OKTOBERFEST AT KRUCKER'S

OCTOBER 23, 2018 8:00 A.M.

Enjoy a full day of food, entertainment, fun, music and dancing at Krucker's Resort in Pomona, New York. This lovely resort features its popular Oktoberfest with great food and music — the genuine spirit of an Oktoberfest. Upon arrival, enjoy the Welcome Reception with coffee, tea, buttermilk scones, pancakes with maple syrup and apple cider. Your lunch will include Barley Soup, Applesauce, a choice of Sauerbraten with Red Cabbage or Sliced Pork Loin with Sauerkraut, mashed potatoes, brussels sprouts, glazed carrots, Apple Strudel and vanilla ice cream. Beer, wine and soft drinks available, 12:00 noon to 4:30 p.m. Enjoy music, dancing and games throughout the day, and finish up with a Bratwurst sandwich and cucumber salad snack at 4:00 p.m. Cost for all this is just \$93 per person, due at registration. Leave from Our Lady of Mercy Church at 8:00 a.m. and return to Plainville approximately 7:15 p.m. Sign-up begins July 5.



NEW! Big Trips 2019

We have chosen two **phenomenal** big trips to kick off the 2019 Travel Season. Two trip meetings will be held to see and hear all the details. Join us for the fun! Brochures will be available on the trip rack, beginning July 6.

UTAH'S NATIONAL PARKS FROM LAS VEGAS

May 14—22, 2019 — 9 days, 8 nights

See the "Mighty 5" National Parks — Canyonlands, Arches, Capitol Reef, Bryce (Shawn's favorite) and Zion National Parks. Add to that the Grand Canyon, Monument Valley, Route 66 and even a brief stop in Las Vegas, and you'll have the trip of a lifetime! Added tours and adventures include: Tour of Antelope Canyon, Lake Powell Cruise, 4-Wheel Drive Tour of Monument Valley with a Navajo Guide, a Navajo cookout, Dead Horse State Park, Jet Boat Ride on the Colorado River and BBQ dinner on the riverbank, Red Cliffs Adventure Lodge, 4x4 Jeep Tour of Canyonlands National Park, Moab, Utah Movie Museum and Castle Creek Winery. The trip will be fully escorted from Plainville, includes local guides, a professional tour guide throughout and so much more!

National Parks Trip Presentation:

July 25 at 4:00 p.m. The trip is open to the public so bring your friends or even your sister from Florida (separate airfares are available from across the country.) Please call and tell us that you will be joining the Trip Presentation so we can schedule the correct room and have enough materials for everyone.

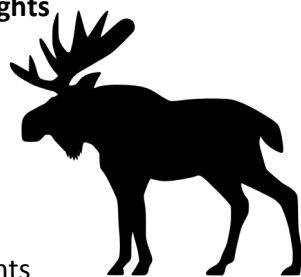
Brochures will be available July 6.



ALASKA & THE YUKON

June 10-22, 2019 13 days, 12 nights

This incredible itinerary is based on our last Alaska trip, which was our "most fun, memorable, and still laughing with stories galore" trip! Fully escorted from Plainville, this is a Land and Sea spectacular. Some of the highlights include 8 days of land touring and 4 days of cruising on Holland America. The trip includes a ride on the McKinley Explorer Domed Train to Denali National Park — a breathtaking "experience of your life," a Tundra Wilderness Tour (looking for the "Big Five" — caribou, moose, bear, grey wolves and Dall sheep) plus Mt. Denali, a bus that can capture video footage whenever animals are spotted, stops in Fairbanks, and Gold Dredge # 8, and a visit to the Trans-Alaska Pipeline. After your flight to Dawson to view old-time wooden boardwalks and frontier-era buildings, the Jack London Museum, and the Sourdough Saloon, you'll cruise in a Paddle-wheeler in Yukon Territory watching for wildlife. You'll experience an evening show of northern entertainment at Diamond Tooth Gerties Gamblin' Hall (Gertie is the sassy emcee), ride vintage railroad cars of the White Pass Yukon Railroad to Skagway along steep mountainsides, breathtaking ravines and sparkling waterfalls, AND — a highlight of your journey — a 4-day cruise from Skagway to Vancouver.




Continued, page 9

New Big Trips, cont. Quick Trips, cont.

ALASKA, continued...

Watch for whales and eagles, otters and more, see Glacier Bay National Park, sheltered fjords, rainforests and wildlife, take in the Saxman Native Village and the Lumberjack Show in Ketchikan, experience Tlingits culture including the Beaver Clan House for song and dance view the largest gathering of totem poles in the world, and **still much more.**



Alaska Trip Presentation: August 2 at 3:30 p.m. The trip is open to the public, so bring your friends and even your cousin from Cleveland (separate airfares are available from around the country). Please call and tell us that you will be joining the Trip Presentation so we can schedule the correct room and have enough materials for everyone. **Brochures will be available July 6.**

Big Trips, 2018

These great trips are planned for this year! Trip brochures are available at the Senior Center.

- **France Hidden Canals, August 28—September 6** Cruise the Doubs & Saone Rivers — fly to Paris.
- **Italy, October 1—11** We have been invited to join a senior group from Berlin, CT on a “small group” trip to Italy. Eleven-day tour, Tuscany to Amalfi including Florence, Pisa, Rome, Vatican City, Isle of Capri and more!
- **Iceland 2, November 2—9** The escorted group tour teems with wildlife, spectacular landscapes and landmarks including Skogafoss Waterfall, Blue Lagoon, Glacial Lagoon, Northern Lights excursions, a tour of Reykjavik City and more.

Save the Date...

This additional trip is being planned for later this year...

November 12: Bob Hope's USO Style Show, Aqua Turf

Quick Trips

Senior Center Quick Trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or Our Lady of Mercy Church (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. **Passengers must be able to get to and from the bus on their own.** If you need a wheelchair lift, tell us at sign-up.

TRIP GUIDELINES: All Quick Trips charge \$8.00 for transportation, payable at registration. 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 cannot attend, please call the Senior Center when it is open or call Ceal DiFrancesco after hours (860-747-1927).

Continued...

Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens. Please help us by signing up for trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!

PLEASE NOTE: THE TRIP SCHEDULED FOR THE BANANA BRASIL BBQ HAS BEEN CHANGED to:

LUNCH AND SHOPPING AT THE NEW CORBIN COLLECTION (CORBIN'S CORNER), WEST HARTFORD FRIDAY, JULY 6, 10:30 a.m.—4:00 p.m.

Join your friends for a day of shopping and lunch at the new Corbin Collection. Stores include Saks OFF 5th, Buy Buy Baby, Cost Plus World Market, etc. Restaurants include Olive Garden, Chipotle, Snack Shack Red Robin, etc. Home pick-ups **for those who do not drive** begin at 10:00 a.m. Trip leaves the Senior Center at 10:30 a.m. and returns to Plainville at about 4:00 p.m. Cost is \$8.00 for transportation. **Sign-up has begun.**

“ZOO NIGHT” AT THE FLORENCE GRISWOLD MUSEUM, OLD LYME and DINNER AT SAYBROOK SOUP & SANDWICH CO.

TUESDAY, JULY 10, 4:00—9:00 P.M.

Enjoy a delicious dinner on your own (full meal, or soup and sandwich) at Saybrook Soup & Sandwich Co., then take a walk on the ‘wild side’ with animal trainer Nick Jacinto at the Florence Griswold Museum. Nick's educational and entertaining exotic animal show features a kangaroo, snake, bird of prey, a monkey and more. The program is from 7:00—8:00 p.m. Although the museum is closed in the evening, you will still be able to walk through the beautiful gardens before the program. As we need to make reservations in advance, **please sign up by Friday, July 6.** Sign-up has begun. Cost is \$15 (\$8.00 for transportation and \$7.00 for program), due at sign-up. Home pick-ups for those who do not drive begin at 3:45 p.m. The bus will leave the Senior Center at 4:00 p.m. and return around 9:00 p.m.

OLD SAYBROOK SHOPPING PLAZA AND LUNCH AT LENNY & JOE'S, MADISON

SATURDAY, JULY 14, 9:30 A.M.—3:00 P.M.

Lots of opportunities to shop at stores such as Walmart, Famous Footwear, Marshalls, Home Goods, Pier One and others, then enjoy a delicious lunch at Lenny & Joe's. Limit 12 participants. \$8.00 transportation fee due at sign-up; lunch cost is on your own. Home pick-up for those who do not drive begins at 9:15 a.m. The bus will leave the Senior Center at 9:30 a.m. Sign-up starts July 5.

OLD DRAKE HILL FLOWER BRIDGE, SIMSBURY LUNCH AT LITTLE MAZEN PIZZA and SIMSBURY HISTORICAL SOCIETY

SATURDAY, JULY 28, 9:30 A.M.—2:30 P.M.

Join us for a visit to the Old Drake Hill Flower Bridge which spans the Farmington River to see 62 picturesque flower boxes, 32 lush hanging baskets and planted Cottage Gardens, all maintained by volunteers.

Continued, page 11...

Outdoor Adventure Club

HIKING MOHAWK MOUNTAIN, CORNWALL



THURSDAY, JULY 12 3:30 P.M.

You may have skied Mohawk Mountain in Cornwall...but have you ever *hiked* it? Did you know that there is actually a beautiful hiking trail that takes you to the top? Come out to see the area's beautiful and ancient woods (including white pines and hemlocks) and the fantastic vistas out to the Taconic and

Catskill mountains in New York. **No ski jacket or gloves required!** This is a moderate-level hike; previous hiking experience is necessary. We will depart from the Senior Center at 3:30 p.m. and return at approximately 8:30 p.m. It will take approximately 3 hours to cover the 3.7 miles of the hike, led by Jared Scoville. The trails include a significant portion of rocky terrain through mostly wooded trails. Hiking boots with good ankle support are highly recommended. Please bring a light dinner (such as a sandwich or a wrap) and water to enjoy at the top of the mountain. Sign-up begins July 5.

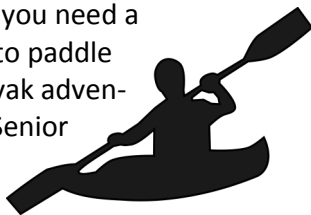
SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC

FRIDAY, JULY 20 ***This trip is full. You may sign up for Wait List, or for ARGIA Schooner Trip #2, this page.***

HAPPIEST PADDLER KAYAKING, EAST HAMPTON

SATURDAY, JULY 21 9:30 A.M.

Do you love kayaking?! Maybe you need a little help getting in, and want to paddle over calm water. This is the kayak adventure for you! We will take the Senior Center bus to The Happiest Paddler, enjoy two hours of paddling on the lake, enjoy a picnic lunch (bring your own) and then head back to Plainville. Cost includes transportation, leader (Jared Scoville), two hours of kayaking, life jacket, and equipment. Bus leaves at 9:30 a.m. and returns at approximately 2 p.m. Please wear clothing that can get wet. Sunscreen and hat recommended. Bring water bottles for hydration, a bag lunch and snacks. \$38.00 total payment is due at registration. Sign-up begins July 5.

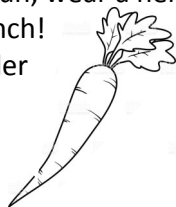


FARMINGTON VEGETABLE GARDEN TOUR & BIKE RIDE

SATURDAY, JULY 28 9:30 A.M.



This may be a garden tour like you've never seen! Potatoes, oats, quinoa, carrots, and rice, all growing in the same garden?! Come and see the local vegetable garden of Tour Leader Jared Scoville, followed by a 6 to 8-mile bike ride along the Farmington River. We will meet at the Kolp Community Gardens Plot parking area at 9:30 a.m. to start with the garden tour, followed by the ride on the bike trail. We will return to the parking area between 12:30 and 1:00 p.m. for a picnic lunch by the river. Dress for protection from the sun, wear a helmet, and bring a water bottle and lunch! Sign up has begun. Pay \$3.00 to Leader Jared Scoville day of trip.



OUTER ISLAND, BRANFORD

FRIDAY, AUGUST 3 9:00 A.M.

Outer Island is an ecological preserve and refuge for migratory birds off the coast of Stony Creek, Branford. It is the outermost of the Thimble Island and has rocky intertidal zone, marsh and beach habitats. Its setting in the Thimble Islands allows visitors many opportunities to learn about interesting flora and fauna in this unique natural environment. We will receive a guided tour by student interns of the Connecticut State University's Central and Southern campus in Environment, Geography and Marine Studies. Pack a picnic lunch and bring a towel or blanket to sit on. Remember to take plenty of water, sunscreen, a hat, and sturdy walking shoes. The trip will leave from OLM at 9:00 A.M. and return at approximately 3:00 p.m. \$23.00 per person includes transportation and ferry ride to Outer Island. Sign-up has begun.

MILES OF LEDGES & TORY DEN HIKE, BURLINGTON

SATURDAY, AUGUST 4 9:00 A.M.

Come out for a both historical and beautiful hike in the woods of Terryville and Burlington for a moderate hike with sections of climbing over rocky terrain. Featuring a den with significant history, views of the pretty Old Marsh Pond, and lots of native plants that may even provide a snack for us in the wild! Come with a water bottle and anticipation to learn more about both plants and local history. Depart from the Senior Center at 9:00 a.m. The hike will cover miles and take approximately 3.5 hours. Previous hiking experience is necessary. We will return to the Senior Center between 12:30 and 1:00 p.m. \$8.00 fee is due at registration. Sign-up begins July 5.

EXPLORE THE RHODE ISLAND RAILS ON A RAIL EXPLORER!

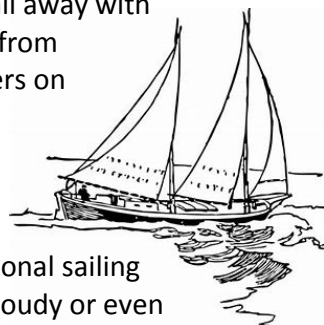
FRIDAY, AUGUST 17

Trip is full. You may sign up for the Waiting List.

ARGIA SCHOONER TRIP #2, MYSTIC

THURSDAY, AUGUST 16 7:45 A.M. 3:00 P.M.

The first ARGIA Schooner trip filled up in just days, so here is your second chance to sail away with Outdoor Adventure enthusiasts from Plainville and other Senior Centers on a private charter! The Schooner Argia is one of the last sailing ships in New England. You'll see islands, lighthouses and the beauty of sailing aboard a traditional sailing ship. We will sail under sunny, cloudy or even light drizzling skies; please dress for the weather by wearing an extra layer and bringing a jacket and sunscreen. There is a bathroom aboard, but you will need to climb a ladder to access it. Following the cruise, there will be about 2 hours for lunch (on your own) and shopping in downtown Mystic. Bus will leave Our Lady of Mercy parking lot at 7:45 a.m. and return approximately 3:00 p.m. \$26.00 cost includes the Schooner Sail and transportation.



***See even more Outdoor Adventures
on Back of Calendar!***

Weekly Tournament Winners

PEAK Fitness Center

SETBACK

- May 21:

1ST: Joan Litteral & Vickie Chapman
2ND: Bernard Grabeck & Roy Kaine
3RD: Ron Roper & Bob Albrecht
- June 4:

1ST: Shirley Platt & Lee Mills
2ND: Lorraine Stachelek & Ida Pedrolini
3RD: Mary Levanti & Carol Diana (TIE)
Gemma Croteau & Barbara Metzen
- June 11:

1ST: Joan Oliveira & Elaine Chartier
2ND: Richard Nordgren & Roy Kaine
3RD: Gail Kreneck & Sally Miller
- June 18:

1ST: Bob Albrecht & Ron Roper
2ND: Barbara Metzen & Gemma Croteau
3RD: Joan Litteral & Vicki Chapman

BILLIARDS

- May 31:

1ST: Mike Hermanowski & Mitch Ziolkowski
2ND: Ellen Couture & Tony Lusitani
- May 24:

1ST: Stan Funk
2ND: Ed Zareck
- June 7:

1ST: Mike Hermanowski & Val Dumais
2ND: Ed Zareck & Tony Lusitani
3RD: Stan Funk & Vinny Mazzarella
- June 14:

1ST: Don Carlson & Joe Babin
2ND: Tony Lusitani & Ed Zareck

Wii A.M. Bowling

- May, 2018

Highest Average Score
- 1ST: Rosemarie Machowski

2ND: Georgia Jewell

3RD: Lynne Krakauske

Bowling League



The Bowling League has a few openings for the season starting in September. For information or to join the league next season, contact Frank Robinson, Bowling League President. 860-747-2918

Quick Trips, cont.

FLOWER BRIDGE, SIMSBURY, cont.
The group will spend an hour at this enchanting pathway, then lunch at Little Mazen Pizza. Lunch is on your own. A 45-minute guided tour of the Simsbury Historical Society begins at the Ellsworth Visitors Center at 1:00 p.m. Grass and pathways are not always level and the tour involves some difficult stairs, so anyone who has difficulty walking may not want to attend. A visit to the Phelps Tavern (1761) and the School House (1790) will highlight the tour. A fee of \$16.00 (\$8.00 for tour and \$8.00 for transportation) is due at sign-up. Home pick-up for those who do not drive begins at 9:15 a.m. We will leave the Senior Center at 9:30 a.m. and return around 2:30 p.m. We need a count by July 20th, so please sign-up promptly starting July 5.

Did you know that exercise can help you:

- Boost your energy
- Live longer
- Sleep better
- Gain self-confidence
- Socialize with others
- Maintain better control of diabetes & cholesterol
- Reduce heart disease /blood pressure
- Improve your memory
- Increase your mobility & flexibility
- Control your weight



Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.

Cardiovascular Equipment:

- **Treadmills:** *Walk at your own pace.*
- **NuStep:** *Seated “stair stepper” which offers a low-impact cardiovascular workout using both upper and lower body.*
- **Bicycle:** *Recumbent bicycle allows you to ride in comfort. There is a back to the seat for full support.*
- **Elliptical Cross Trainer:** *Provides a total body workout with minimal impact.*

Weight Training Equipment: *Seven-piece circuit of upper and lower body strength training equipment.*

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

Membership rates: Costs are \$9/one month, \$40/six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training.

Plainville Senior Center Wins
“Time to Move”
Fitness Challenge!

The Senior Center’s PEAK Center members brought their “A-game” to May’s fitness competition, logging 25,748 minutes of exercise in our PEAK Center, compared to the West Hartford senior center with 22,862 minutes and the Elmwood senior center, with 19,742 minutes.

Combined, the participants completed a very healthy total of 1,139 hours of exercise in May. Congratulations, everyone!

Special congrats to our own Plainville Senior Center member Dale Nightingale, who won 1st place overall in Plainville for completing the most number of minutes exercising. He amassed a total of 2,255 minutes — more than 37 hours — in the month of May!

Plainville Pride is alive and well!

Care & Support

We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, JULY 2 and JULY 30

Do you have questions? We have answers! Whether it's Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing, or if you need to find Alzheimer's help in the community or locate available homeware, 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, and no question is too small! If you are unable to meet at the designated times, call Stephanie at the Senior Center to schedule a time that's convenient.

GRANDPARENTS RAISING GRANDCHILDREN

Enjoy the summer! We will start meeting again in September.

CAREGIVING CONNECTIONS

We will start meeting again in September. Feel free to call Bette with any questions.

BRIGHTER FOCUS

Welcome, summer! We'll begin meeting again in September.



Donations

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 wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **At this time, we cannot use blank cards, holiday cards, mass cards or birthday cards, etc.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need!

Please note: 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 this Newsletter. (If you wish to have your donation remain anonymous, please tell 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 15

Anonymous (2), Lois Schmidt (2), Maria Cutler, Vella Panella, Diane Sperry, Jane Mack, Michelle, Steve Castiola, Olga Calender, Circle Group, Ferial Thibodeau, Ray Cormier, George Fensick III, Norma Levesque

MEMORIAL DONATIONS May 16—June 15

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

In Memory of:

- **Gregory Davidson** — Jean Kelly
- **Michael Heslin** — Lee Ann Korus
- **Linda Kogut** — Plainville Senior Center Choral Group, Carol Loiselle

DIAL-A-RIDE DONATIONS May 16-June 15

Marlene Maglio



Buy Lovely Greeting Cards at a Great Price!



From craft and fitness classes to lunches at the Café, card games, billiards, day trips and special events, there's always a lot to see and do at the Senior Center! Now, visitors can buy beautiful, first-quality greeting cards in our front office, and help fund our Dial-a-Ride program. Donors routinely provide us with greeting cards and while we send Get Well, Thinking of You and Sympathy cards to members, we display and sell the birthday and other greeting cards we are given — \$0.25 cents each or five for a dollar! Check them out next time you come by!

Cheer Report

May 16 to June 15, 2018

Get Well & Thinking of You Cards were sent to:

Dianne Misko, Azilda Nadeau, Thomas Johnson, Evelyn Case, Carmine Lalama, Joan St. Pierre, Len Wishart, Ann Krupinski, Joseph Maitz, Joseph Robar, Gail Daigle, Kathleen DeSanty, Janice Czerpuzko, Marcia Chapman, Tammy Roth, Claudia Larivee, Josephine D'Addese

Sympathy Cards were sent to:

Family of Kaumundi Parikh, Tammy Roth and Family, Susan Nestor, Family of Marie Albert, Family of Jack Baker, Family of Armande Zobbi, Family of Carmine Lalama, Beverly Farnham, Family of Addie Brown, Family of Larry Kendall, Family of Joey Robar, Family of Bunny Frey, Family of Enna Detelj, Family of Gregory Davidson



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. As always, a special **thank you** to **Carol Perry** for overseeing our cheer report!



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, Southington, New Britain, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. Also, 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 \$1.00 donation 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. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting is on **July 11, 2018 at 5 p.m.** The Forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation about the ADA Paratransit Service. Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: **pwilliams@hartfordtransit.org** 48 hours in advance.

Have questions about transportation services? Call Bette or Stephanie at 860-747-5728.

WATER FITNESS PROGRAM & CLASSES COMING SOON!

A free seminar, ***Benefits of Water Exercise***, will be held on **Thursday, August 30th at 3:00 p.m.** at the Senior Center. Physical Therapist Kevin Connellan from Physical Therapy & Sports Medicine Centers of Plainville will speak about water exercise benefits, including the importance of posture, and relief from aches and pains. Call the Senior Center to register, starting July 5.

An ***Aqua Arthritis Water Fitness Class*** will be held at the Plainville YMCA starting September 18th. Look for class times and more information in our August newsletter!



Do You Need a Ride?

Americans with Disability Act (ADA) Paratransit Service provides more hours, more destinations and even runs on Sunday!

The ADA Paratransit ride service 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 still may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 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 in a book of ten for \$28 (only \$2.80 each). ***A driver can assist you door-to-door if you make arrangements ahead of time.*** 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 found online 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 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 Para-transit 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 two to four 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**, seven days a week, 8:00 a.m.—5:00 p.m. So give it a try — broaden your horizons, go shopping, or visit a friend. Sunday service can take you to religious services. You can schedule an appointment at 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).

INDEX	
AARP Driver Course	3
AARP Trips	5
ADA/Paratransit/Forum	13
Adios Coco Chanel/Perfume	3
Air Conditioning / Heat	14
Art of Experience Art Show	4
Backpackin' Granny	3
Benefits Checkup	3
Birds of Prey	2
Blood Pressure Clinics	BC
Books & Bagels	2
Bowling League	11
Brighter Focus	12
Café	4
Caregiving Connections	12
Change and Challenges	2
Cheer Report	12
Cholesterol Screen	BC
Choral Group	14
Class Descriptions	6
Code Red Signup	1
Congregate Meal Program	14
Cooking for One Club	2
Craft and Fitness Classes	5, 6
Current Events Discussion	2
Dial-A-Ride	13
Display Case	14
Donations	12
Ear Wax Removal	BC
Feed Your Mind Series	2
Fiddle Lessons	1
Five Wishes Coffee & Conv.	3
Foot Care	BC
Free and Mega Sign Up Day	1
Friends Helping Friends	2
Grandparents/Grandchildren	12
Greeting Cards	12
Growing Older	2
Hartford Pride	14
Indian Buffet Lunch	3
Keeping Memory Strong	4
Laughter Yoga	2
LGBT Events	14
Meals on Wheels Volunteers	14
Medication Management	2
New Members	6
Outdoor Adventure	10, BC
Parking	14
PEAK Fitness Center	11
Plainville Library	6
Poetry with Peter	3
Questions for the Social Worker	12
Quick Trips	9
Relax the Body	2
Renter's Rebate Support	1
Shopping Bus	4
Snappy Seniors	2
Stay Safe Online	3
Support Groups	BC
Tag Sale	1
"Time to Move" Fitness Chall.	11
Tournament Winners	11
Transportation	13
Trips	7, 8, 9
Veterans	1, 2, 4
Water Fitness	13
BC: Back of Calendar	

This & That

THE PLAINVILLE SENIOR CENTER IS A SCENT-FREE ZONE!

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



PARKING CHANGES

The Plainville Housing Authority has new parking restrictions. Allowable parking areas have changed. Please view the parking map on display at the Senior Center so you park in the right area. Violators will be towed.

CHORAL GROUP REHEARSALS

Please watch for rehearsals to begin again in the fall. Everybody who loves to sing is invited to attend!

SENIOR CENTER DISPLAY CASE

July's display is "Africa Meets Asia" — collections by member Fatima Kassim. If you have a collection, hobby or artwork you would like to put on display, stop by the front desk to reserve a time period.

CONGREGATE MEAL PROGRAM: July 2018

You may stop by the big kitchen to pick up the July calendar. Reservations for a meal must be made at least one day ahead by calling Bonnie in the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. **A suggested donation is \$2.50.**

MEALS ON WHEELS VOLUNTEERS NEEDED

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Monday through Friday, typically from 10 A.M. to 12 noon. Deliver one or more days per week, or be on call to cover for other volunteers during an illness or vacation. Mileage reimbursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior Center for more information: 860-747-5728.

A NOTE ABOUT AIR CONDITIONING & HEAT

We have many requests each day to change the temperature in our building. If you are not comfortable, please come to the front desk right away and we will have the group or class or event vote ("too hot," "too cold" or "just right"); majority wins. We will change the temperature or not, depending on the vote. Please remember that we are an older building so some parts of a room (under a vent, for instance) might be colder or in winter, warmer. Also, you are welcome to bring a sweater or dress in layers to help you be more comfortable.

Upcoming LGBT Events

The LGBT Moveable Senior Center is scheduling free monthly events across the state for the remainder of 2018. Come out and connect and watch for more to come! Next up: **July 13, East Hartford Senior Center**, 70 Canterbury Street, East Hartford. 11:00 a.m. to 2:00 p.m. Coffee hour, lunch and conversation with State Rep. Jeff Currey, and a presentation on Alternative Therapies.



SAVE THE DATE!!!

The **Hartford Pride Festival** is the largest and most diverse LGBT+ event in CT. Family, kid, and pet-friendly. **Pride Week 2018: September 4-8.**

PrideFest: Sat., September 8

www.hartfordpride.com or call
(860) 841-2345

Nursing, Insurance Info, Etc.

Outdoor Adventure, Cont.

REGULAR AND DIABETIC FOOT CARE

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 Senior Center members and \$28.00 for Out of Town Center members.** You must pay with exact change, or by check 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 appointment for ear wax removal. At least one week before your appointment, you must come into the Senior Center for an instruction sheet that explains the preparation procedure and paperwork that you must fill out and bring in to your appointment.

FREE BLOOD PRESSURE SCREENINGS

- **Thursday, July 12,** 1:00—2:00 p.m.
(provided by Hartford Health Care)
- **Wednesday, July 18,** 11:00 am-12 pm
(provided by Interim Health Care)
- **Monday, July 30,** 12:00—12:30 p.m.
(with our Nurse)

CHOLESTEROL SCREENING

A quick appointment and a drop of blood from your fingertip can tell you your numbers for total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose. This type of test does not require fasting. Knowing these numbers and taking appropriate health measures are great steps toward a healthier you! Call the Senior Center for an appointment with our nurse. Cost is \$12.00.

Support for Pulmonary Patients

Breathtakers, a pulmonary support group at The Hospital for Special Care in New Britain, meets each month from March through November and is open to anyone who struggles with their breathing, and their caregivers. Sessions run from 11 am to 1 pm and about 60 people attend each meeting. Registration is required. Contact Stephanie Alderman at 860-827-4735 or email SAlderman@hfsc.org. All are welcome.

UPCOMING TOPICS:

- **JUL 26th:** Len Geiger, BS will share his personal and inspiring presentation: “Re-evaluation, Rehabilitation & Resiliency –an Alpha-1/COPD Adventure”
- **Aug 23rd:** Colette Elliot, PhD will present: “Mindfulness- What is it? How Can it Help?”
- **Sep 27th:** Ramon Bieri, RKT, MES will present: “Stepping out on the Right Foot—Improving Balance and Preventing Falls”

Registration is required because lunch is provided and space is limited. Please call 860 -832-6256 or 860-827-4735 to register and get more information.

WHITE WATER RAFTING, DEERFIELD RIVER
FRIDAY, SEPTEMBER 7, 8:15 A.M.

The rafting trip is 10 miles and includes fun spots with opportunities to get out of the boat and float or engage in team water fights! Be sure to bring your swimsuit or shorts, sandals with straps or water shoes, sunscreen, towel, change of clothes and shoes for after the trip. **This trip will go rain or shine and is non-refundable.** \$94.00 per person includes lifejacket, helmet, safety lecture, paddle instruction, hearty picnic lunch, raft guide gratuity and transportation. We leave at 8:15 a.m. from the Senior Center and return at approximately 7:30 p.m. We will stop at McDonalds on the way home to eat. Sign-up has begun.



OUTDOOR SCAVENGER HUNT

FRIDAY, SEPTEMBER 14 12:15 p.m.



This outdoor Scavenger Hunt is modeled after the TV Show, “Amazing Race.” Use a compass and map to navigate to different challenge stations in Laurel Brook Forest! Team members will be given a puzzle challenge at each station that they must solve to earn points and reveal the clue for the next station. We will travel to EMPOWER Leadership Sports & Adventure Center in Middle-town. \$31 per person includes transportation and admission. Rain date is Friday, September 21. Bus leaves the Senior Center at 12:15 p.m. and returns approximately 4:00 p.m. Sign-up has begun.

Bristol Hospital to Present a Free Educational Series on Dementia

“Dementia: What We Know Now and What Lies Ahead”

Presented by Dr. Margarita P. Reyes and Elizabeth Eastman, APRN, Geriatric Medicine Specialists. All sessions are on Wednesdays at 12 noon to 1:00 p.m.

- 7/11:** “Medications to Give and to Avoid in Dementia”
- 8/8:** “Dementia: What to Expect so You can Plan in Advance”
- 9/12:** “Brain Function Exercises: How and What to Do”
- 10/10:** “How to Promote Quality of Life in Patients with Dementia”
- 11/14:** “Dealing with Depression, Anxiety and Difficult Behavior in Patients with Dementia”

Patients, caregivers, health care providers and the general public are welcome. To register or for more information, please call 860-845-5901. The program will be in Hughes Auditorium Level A, Bristol Hospital, 41 Brewster Road, Bristol CT 06011.

JULY 2018

Sun KEY: GR: Green Room, BR: Blue Rm, GA: Game Room, CR: Craft Room C: Café, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library *By Appt.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	July 2 9:00 NURSE 9:00 Walking GR 9:15 Beg. Yoga BR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for the Social Worker 1:30 Power Burst BR	3 CAFÉ CLOSED 9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 10:00 BeFit GR 10:00 Ukulele Lesson BR 10:00 Cribbage GA 10:00 Ladies Billiards 10:15 Int. Yoga L 10:30 Vet. Coffee Hr. CR 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS	4 HAPPY FOURTH OF JULY! SENIOR CENTER CLOSED	5 MEGA and FREE SIGN-UP DAY 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS	6 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 9:30 Beginner Bridge OS 10:30 Corbin's Corner Quick Trip 10:40 Chr Yoga 2 GR 12:00 Pinochle L	7
8	9 9:00 NURSE 9:00 Walking GR 9:15 Beg. Yoga BR 9:30 Zumba Tone GR 9:45 Delaney House Trip 10:00 Current Events OS 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	10 9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 10:00 BeFit GR 10:00 Ukulele Lesson CR 10:00 Cribbage GA 10:00 Ladies Billiards 10:15 Int. Yoga L 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Birds of Prey GR 1:00 Bridge OS 2:00 Cooking for One C 3:00 French Class GA 4:00 "Zoo Night" Quick Trip	11 9:00 Walking GR 9:30 Open Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	12 9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Veterans Benefits Workshop GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 BP Clinic 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 3:30 Mohawk Mtn.	13 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 9:30 Beginner Bridge OS 10:40 Chr Yoga 2 GR 12:00 Pinochle L	14 9:30 Quick Trip Old Saybrook and Lenny & Joe's Quick Trip
15	16 9:00 Walking GR 9:15 Beg. Yoga BR 9:30 Zumba Tone GR 10:00 Code Red Signup CR 10:00 Current Events OS 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	17 9:00 Walking GR 9:30 AM Wii Bowling OS 10:00 BeFit GR 10:00 Ukulele Lesson CR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle GR 1:00 Bridge OS 1:00 Medication Mgt. GR 3:00 French Class GA	18 9:00 Walking GR 9:30 Open Quilting CR 10:00 Zumba Gold GR 11:00 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Stay Safe Online	19 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Dev. Personal Resiliency GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR	20 7:45 Schooner Argia Trip 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 9:30 Beg. Bridge OS 10:40 Chr Yoga 2 GR 12:00 Pinochle L	21 9:30 Kayaking Adventure East Hampton
22 9:30 A.M. Trip to Four Weddings and an Elvis,	23 *9:00 NURSE 9:00 Walking GR 9:15 Beg. Yoga BR 9:30 Zumba Tone GR 10:00 Current Events OS 10:30 Poetry with Peter CR 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	24 *9:00 NURSE 9:00 Walking GR 9:15 AM Wii Bowling OS 10:00 Ukulele Lesson CR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Fiddle Class Demo GR 3:00 French Class GA	25 9:00 Walking GR 9:30 Open Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Backpacking Gran CR 4:00 National Park Big Trip Mtg. BR	26 9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 12:00 Indian Buffet GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR	27 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 9:30 Beginner Bridge OS 9:30 Growing Older / New Perspectives BR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	28 9:30 Bike Ride Farmington Kolp Vegetable Gardens 9:30 Flower Bridge, Simsbury Quick Trip
29	30 *9:00 NURSE 9:00 Walking GR 9:15 Beg. Yoga BR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 BP Clinic 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 1:30 Power Burst BR 3:00 Adios Coco Chanel CR	31 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Fiddle Class GR 3:00 French Class GA	August 1 9:00 Walking GR 9:30 Open Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	2 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 3:30 Alaska Big Trip Mtg. CR	3 9:00 Outer Island Adventure 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 9:30 Beginner Bridge OS 10:40 Chr Yoga 2 GR 12:00 Pinochle L	4 9:00 Tory's Den Adventure