

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062 860.747.5728 www.plainvillect.com/senior-center
Monday: 9:00 a.m. – 6:00 p.m. Tuesday-Thursday: 9:00 a.m. – 5:00 p.m. Friday: 9:00 a.m. – 1:00 p.m.

Mega Sign-Up Day (for free and paid programs) is on Tuesday, July 2 from 9:15 a.m. to 4:45 p.m. For free programs, 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 a.m. during regular Senior Center hours. We accept cash and checks made out to the Plainville Senior Center only.



2019 Tag Sale & Jewelry Sale!

**Wednesday & Thursday, August 7 & 8
from 10 a.m. to 2 p.m.**

**Early Birds: August 7 from 9:30—10 a.m.
\$1.00 entry fee**

All proceeds benefit Dial-a-Ride!

We will start accepting tag sale items & jewelry on **Monday, July 29**. We do not have room to store items before that date, so please do not drop anything off at the Senior Center before July 29. (Thank you!)

We cannot accept furniture, clothes, purses, shoes, or appliances.

We need **volunteers** to help sort, set up, sell, and clean up after the sale. Volunteers who have a truck to help us donate and bring left-over items to another organization are especially needed on Thursday, August 8 and Friday, August 9. Please call us at 860-747-5728 to sign up!



VETERANS' BENEFITS WORKSHOP

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

If you're a veteran, be sure to attend this program with 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 describe how he can help veterans who are trying to access federal and state benefits — including financial, medical, home care matters and more. Sign-up begins July 2.



UNDERSTANDING YOUR MEDICARE CHOICES & BENEFITS CHECK-UP

MONDAY, SEPT. 23, 5:00 P.M. AT PLAINVILLE LIBRARY

Are you new to Medicare, turning 65, or deciding on retirement? You will need to make important decisions about your health care coverage.

- Traditional Medicare
- Medicare Advantage
- Part D Coverage
- Medigap / Suppl. Policies

All of these choices can make your head spin! Join Stephanie Soucy, Senior Center Social Worker, as she discusses the Medicare options available to you, so you can make an informed choice. Stephanie will also discuss how Benefits Enrollment Centers help people determine their eligibility for state and local benefits, like the Medicare Savings Program, SNAP, heat/utility assistance, food and other various programs. Forms for requesting benefits assistance will be available for you to take home, fill out and return. Refreshments will be served. Call or visit the Senior Center beginning July 2 to register.

NEW!! BEGINNER'S PILATES FITNESS CLASS

Free Demo Class Monday, July 29, 2:15 p.m.

Class will start Monday, August 19

If you're new to exercise, this is your class. Basic Pilates puts emphasis on your breath, core conditioning and body awareness. Bring a water bottle and a yoga mat, if you have one. Sign up for the demo and the class starting July 2. See pages 5 and 6 for details.

New Medical Transportation Program for Plainville Residents 55 and Over!

Senior Transportation Services, Inc. (STS) is now available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to provide rides to medical appointments as far away as 20 miles from Plainville (Hartford, Newington, Avon, Meriden, West Hartford and more). Rides can start as early as 6:00 a.m. Riders must be able to walk on their own but volunteers can accompany them into their appointments. To learn more about using the program or becoming a volunteer driver, please come to an informational session on Thursday, July 18 at 2:00 p.m. at the Plainville Senior Center. STS is funded in part by grants from the Bristol Main Street Community Foundation and the North Central Area Agency on Aging.

How to Prevent Complications of Diabetes, see page 2

Moveable Senior Center Program, See page 6

NEW! Miracle of Christmas Trip, 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 as well as current events. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

VETERANS' COFFEE HOUR

TUESDAY, JULY 2, 10:30 A.M.

TUESDAY, AUGUST 6, 10:30 A.M.

These monthly information and support meetings are conducted by Wayne Rioux, a Veteran's Liaison for Hartford Health-Care at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Please call the Center at 860-747-5728 to register.

ONGOING SUPPORT FOR VETERANS



Appointments with Jason Coppola will resume on **Wednesday, September 4.**

COOKING FOR ONE CLUB

TUESDAY, JULY 9, 2:00 P.M.

This group meets on the 2nd Tuesday of each month at 2:00 P.M. at the Senior Center. We are looking for a new group moderator or co-moderator. Bring your favorite recipes, cooking tips and fun ideas. Free and all members are welcome! Sign-up begins July 2.

SNAPPY SENIORS

The Club takes July and August off to travel and take more photographs. Snappy Seniors will meet again in September. Have a "picture perfect" summer!

FRIENDS HELPING FRIENDS

The group will resume in September.



THE IMPORTANCE OF POSTURE

TUESDAY, JULY 9, 10 A.M.

Learn how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain, and joint issues as well as what you can do to improve it. This free program will be presented by Lisa Murawski, exercise physiologist, GoodLife Fitness, and sponsored by Southington Care Center. Sign-up has begun.

SUMMER TRIVIA

THURSDAY, JULY 11 10:30 A.M.—12 P.M.

Do you have a knack for trivia? Team up with a middle-schooler and test your knowledge! Come join us for a trivia contest this summer! Middle school students and senior center members will work together in teams to win prizes. Pool your knowledge to answer questions on a variety of topics such as entertainment, sports, geography, history, movies, and more. Refreshments will be served. Sign-up has begun.

AARP SMART DRIVER

TUESDAY, JULY 16, 9:30 A.M. — 1:30 P.M.

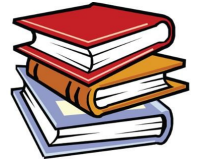
THIS CLASS IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

Cost is \$15.00 for AARP members providing a membership number and \$20.00 for all others.

BOOKS AND BAGELS

WEDNESDAY, JULY 24, 9:30 A.M.

Beach Music is our season finale read! (We will start up again in September). DO NOT judge this book by its cover or title! Author Pat Conroy, known for his extraordinary storytelling, brings to life memorable characters who will melt your heart and just as quickly infuriate. Intrigued? Copies of the book are available at the Plainville Library's front desk. Join us for an hour of coffee, tea, bagels and conversation. Sign up begins July 2.



PAINT PARTY WITH BECCA FAZZINO

WEDNESDAY, JULY 24, 1:00 P.M.

Join local artist Becca Fazzino as she instructs and demonstrates for you how to paint a summer-themed scene. Perfect for anyone who enjoys art or wants to learn. An example of the painting is on display in the Senior Center display case. Space for this popular program is limited to 15. Cost of \$10.00 includes all materials. Sign up has begun.



HOW TO PREVENT COMPLICATIONS OF DIABETES

THURSDAY, JULY 25, 1:00 P.M.

Learn to control your blood sugar with positive changes in your lifestyle. Find out what foods you can eat that are low in sugar, without giving up taste! Refreshments will be served. Presented by the Berlin Visiting Nurse Association. Call the Senior Center beginning July 2 to register.

PLAINVILLE LIBRARY SERIES CONTINUES AT THE SENIOR CENTER



Plainville Public Library Director Trish Tomlinson visits the Senior Center to share how the Library

has evolved into a gateway to information and resources available anytime, anywhere, for FREE. Learn how to access and navigate online library resources! Program begins at 1:00 P.M.

- **Tuesday, July 30:** Introduction to Lynda.com, an online learning platform that helps anyone learn business, software, technology and creative skills to achieve personal and professional goals. Sign-up has begun at the Senior Center.
- No session in August
- **Tuesday, September 24:** Introduction to JobNow, a service that provides live, interactive online help and online resources to help users to get a job. Sign-up at the Senior Center begins July 2.

THE PLAINVILLE HOUSING AUTHORITY WAIT
LIST IS CLOSED

The PHA office has provided this list of local housing authorities that you may contact to see if they have openings. Good luck with your search!

CT HOUSING AUTHORITIES

- Bristol (860) 582-6313
Southington (860) 628-5200 **Accepting applications in July & Jan*
New Britain (860) 225-3534
Glastonbury (860) 652-7568 **Accepting applications*
Torrington (860) 482-3581 **Accepting applications for Senior / Family Housing*
West Hartford (860) 953-0002

Meriden Commons – Family Housing
**Accepting applications*

161 State Street
(203) 793-6433

Flanders West Southington
(860) 621-3954

Burritt House – New Britain
**Accepting applications*
67 W. Main Street
(860) 224-1113

Contacts: www.cthousingsearch.org
(877) 428-8844 or call 211

Donations

The Senior Center Always 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! **We do not use religious cards or mass cards.** 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 receptionist needs to know your name and what you are donating so that we may list your name in this Newsletter. (If you wish your donation to 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

Trudy Kijanka, Maria Wynkoop, Marsha Coombs, Circle Group (2), Arlene Whipple, Sally Miller, John & Rita Susco, Rose Plourde, Grace Bonola, Anonymous (4), Plainville AARP/Ellie Miranda

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: Al Gagliano
by Julie Gagliano

In Memory of: Michael Heslin
by Lee Ann Korus

DIAL-A-RIDE DONATIONS, MAY 16—JUNE 15

Claudia Isaacs, Anonymous, Jane Palaski, Linda Johnson, Anne Wroblewski, Rosemarie Babin, Barbara Barton, Judith Ronewicz

Le Petit Cafe

at the Plainville Senior Center
Open **TUESDAYS** and **WEDNESDAYS**
11:00 a.m. - 1:00 p.m. No reservations needed!

Le Petit Café features homemade soup, made-to-order fresh salads, a variety of sandwiches, grilled paninis and weekly specials. Le Petit Café is open to the public. Invite your friends and family to enjoy our selection of whole-some, hand-crafted foods that are sure to wow your taste buds! Prices range from \$3.00—\$6.00.

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|--------------|--|
| July 2 & 3 | New England Clam Chowder
Cottage Cheese & Fresh Fruit Plate |
| July 9 & 10 | Hamburger Soup
Egg & Avocado BLT Salad Sandwich |
| July 16 & 17 | Smoothie Shake Up: Fresh spinach,
kale, bananas, blueberries, yogurt and
almond milk
Tomato, Mozzarella and Fresh Basil on
Crusty French Bread |
| July 23 & 24 | Chicken & Rice Soup
Mediterranean Quinoa Bowl: hummus,
Greek olives, chick peas, on a bed of
quinoa garnished with fresh
cucumbers, tomatoes and lemon
wedges |
| July 30 & 31 | Chef’s Choice! |

BUS RIDES TO THE POMPERAUG WOODS “ART OF EXPERIENCE SHOW”



We will offer free bus rides to the Pomperaug Woods “Art of Experience Show”. Anyone wishing to ride the bus must sign up at the Plainville Senior Center. Art Show exhibitors may sign up now. Friends and family of exhibitors can **sign up beginning July 29**. Space is limited.

- Fri., August 23**, Bus departs at 10 a.m. and returns at 1 p.m. Deliver entered artwork to Pomperaug Woods (Exhibitors only)
- Fri., Sept. 20**, Bus departs at 1 p.m. and returns at 5 p.m. to and from the **Reception / Exhibit Opening** (Exhibitors only may sign up now; others may sign up starting July 29)
- Sun., Sept. 22**, Bus departs at 3 p.m. and returns at 5:30 p.m. Pick up artwork (Exhibitors only)

Neither the Senior Center nor the driver will handle artwork. Exhibitors must accompany their own artwork to and from the Art Show. Any questions, please see Shawn at the Senior Center.

Weekly Tournament Winners PEAK Fitness Center

SETBACK

JUNE 10: 1ST: Stan Funk & Bernard Grabeck
2ND: Fabian Castonguay & Vernal Pekrul
3RD: Anne Theriault & Donna Albrecht

JUNE 3: 1ST: Bob Albrecht & Richard Nordgren
2ND: John Gasparini & Mike Chapman
3RD: Gemma Croteau & Barbara Metzen

MAY 20: 1ST: Charlie Stepney & Elaine Chartier
2ND: Sally Miller & Gail Kreneck
3RD: Vickie Chapman & Joan Litteral

BILLIARDS

JUNE 13: 1ST: John Gasparini & Bob Ryer
2ND: John Clancy & Tony Lusitani
3RD: Ellen Couture & Lee Akins

JUNE 6: 1ST: John Gasparini & Dan Burgess
2ND: John Clancy & Val Dumais

MAY 30: 1ST: Mike Hermanowski & Bob Ryer
2ND: Joe Babin & Tony Lisitani

MAY 23: 1ST: Rich Nordgren & Ed Zarek
2ND: Ellen Couture & Joe Babin
3RD: John Gasparini & Patti Cancelli

MAY 16: 1ST: John Gasparini & Bob Michalic
2ND: Ellen Couture & Tony Lusitani

Bowling League

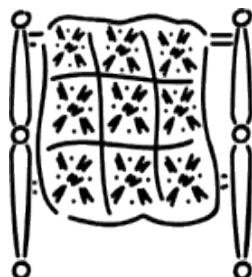


Please call Frank Robinson at 860-747-2918 or e-mail him at fgrahamR@aol.com with questions about next season, which starts in September.

Looking for Volunteers to Help with the Annual Quilt Raffle!

Once again this fall, our Quilting Class will present us with a beautiful hand-stitched quilt that class members worked on all year. The quilt will be raffled off at our Annual Craft Fair in November.

We need lots of help to sell quilt raffle tickets in September and October. Can you spare a few hours?



We're looking for volunteers to sell tickets from 10 a.m. to noon or noon to 2 p.m. at Gnazzo's on September 12, 13, 26, or 27. We also need ticket sellers the following month from 10 a.m. to noon or noon to 2 p.m. at Gnazzo's on October 10, 11, 24, 25. We hope to get all our volunteers and back-ups lined up soon, so please call or check in with Evelyn or Jan at the front desk — 860-747-5728.

PEAK FITNESS SPECIAL!

Now through January 2020

Join for 13 months for the price of 12! \$60.00 for one year, good for new **and** renewing memberships. That's only \$4.61 per month... such a **GREAT** deal!

Exercise can help you:

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



Enjoy a great workout 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 cardio-vascular workout using both upper and lower body.
- **Bicycle:** Recumbent bicycle allows you to ride in comfort. There is a seat back 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.

Membership Costs: \$9/one month, \$40/six months and \$60/13 months till Jan. 2020. Registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is due at the time of initial training. Stop by our front desk for a packet that includes a medical approval form.

TALK TO THE TRAINER SESSION

MONDAY, JULY 1, 9:00 to 9:30 A.M.

"Talk to the Trainer" allows PEAK members to ask any question about their fitness plan, progress, new goals, wellness, our equipment, etc. Typically, you can drop by the PEAK Center on the first Monday or first Thursday of each month for expert advice from our Exercise Physiologist Eileen Cyr! Due to the Independence Day holiday, Eileen will hold only one session in July, on Monday July 1.

Congratulations to our two-time Champions of the Time to Move Fitness Challenge! Plainville Senior Center Peak Members out-performed members of Elmwood and West Hartford Senior Centers to take the crown for a second year in a row! Kudos also to our member Dale Nightingale, who logged the most exercise hours during the Challenge — again winning the top spot in 2019. We're proud of you all!

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

Class	Time	Current Session	Next Session—Sign up July 2
MONDAY			
Zumba Tone	9:30 – 10:30	July 15—August 26. No class August 5) 6 wks. \$18. Members only.	
Acrylic Painting	10:00—12:00	Will resume in the fall.	Will resume in the fall.
Beginner’s Yoga	10:15-11:15	June 10 – July 29 8 weeks. \$24.00 Members only.	August 5 - October 7. No class September 2 or 16. \$24. 8 weeks, members only.
Power Burst 1	1:15—2:05	June 10 – July 29 8 weeks. \$12.00* Members only.	August 19—September 30. No class September 2. 6 weeks, \$12. Members only.
Beginner Pilates	2:15-3:05	Free Demo Class Monday, July 29, 2:15 p.m. You must sign up starting July 2.	August 19—September 30. No class September 2. 6 weeks \$12.00. Members only. Bring a yoga mat and water bottle. Instructor: Caroline Dube. Space limited!
TUESDAY			
Intermediate Yoga	10:15-11:15	May 21 – July 9 8 weeks. \$24.00 Members only	July 16—September 3. 8 weeks, \$24. Members only.
Aqua-Arthritis Water Fitness	10:45-11:30	June 25 – August 13 (8 weeks) \$24.00. Free for YMCA and Silver Sneaker members.	
French Class	3:00—4:00	Every Tuesday	Every Tuesday
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.
Zumba Gold	10:00—11:00	July 17 — August 21. 6 weeks, \$18.00	
THURSDAY			
Ceramics	9:30 – 11:30	June 26—August 22 at reg. time. 8 weeks. \$32. Members only. (No class July 4)	
Aqua-Arthritis Water Fitness 2	10:45-11:30	June 20 – August 15 (8 weeks) no class July 4. \$24.00 Free for YMCA and Silver Sneaker members.	
Knitting & Crochet	1:00 – 3:00	June 6 – August 1. 6 weeks \$12.00 Members only. No Class July 4	August 15—September 19. 6 weeks, \$12. Members only.
FRIDAY			
Chair Yoga 1	9:30-10:30	July 5 — July 19. 3 weeks, \$6. Members only.	July 26—August 30. 6 weeks. \$12. Members only.
Chair Yoga 2	10:40—11:40	July 5 — July 19. 3 weeks, \$6. Members only.	July 26—August 30. 6 weeks. \$12. Members only.



Cheer Report



May 16 to June 15, 2019

Get Well & Thinking of You Cards were sent to:

Joe Fortuna, Madeline Drake, Anna Smedick, Ann Krupinski, Helene Fabian, Beatrice Dumont, Hazel Decker, Rita Dewyea, Barbara Cichon, George Somers, Lynn Krakauske, Gladys Roy, Claire Stuart, Regina Albee, Elie Miranda, Kathleen Cambo, Evelyn Case, Maria Wynkoop, Marcia Chapman, Phyllis Gediman, Agnes Ogonowski, Carol Mazzalupo

Sympathy Cards were sent to:

Family of Dorothy Brzozowski, Gerald & Evelyn Joseph, Jackie Dionne, Family of Robert Siarkowski, Raymond & Dorothy Hamel, Family of Charles Hollow, Family of Robert Bonola, Family of Andrew Soltis, Family of Verna Paradis

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

Class Descriptions

AQUA ARTHRITIS WATER FITNESS

AT THE Y: This course is held at the Plainville YMCA pool and offers a gentle range-of-motion workout to help people with arthritis to improve joint flexibility and reduce pain or stiffness through the warmth, buoyancy and gentle resistance of the water. Bring a bathing suit and towel. You may use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. The sessions are made possible thanks to the Main Street Community Foundation Grant, providing for the partnership between the YMCA and Plainville Senior Center to offer quality programs to local seniors.



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

BEGINNER GENTLE YOGA —LEVEL 1: This class is an introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release and is 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. See Instructor for further details. **Instructor:** Jayaprbaha Mare DiBenigno. Class is held at Plainville Library.

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

INTERMEDIATE GENTLE YOGA — LEVEL 2: This class is for experienced students who are ready for the next level. Perform yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. **NOTE:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor:** Jayaprbaha Mare DiBenigno. Class is held at Plainville Public Library.

KNITTING & CROCHET: Here's your opportunity to enjoy the company of others while getting some help if you need it! Finish an old project that's been hanging around in your closet or start something new. **Instructor:** Evelyn Morin

BEGINNER PILATES: If you're new to exercise, this is your class. Basic Pilates puts emphasis on breath, core conditioning and body awareness. Mat or chair exercises are safe and highly effective ways to stretch, strengthen and streamline your body without building bulk or stressing your joints. Bring a water bottle and a yoga mat, if you have one. **Instructor:** Caroline Dube

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: Beginners are always welcome to this class. You will learn proper rotary cutting and sewing techniques. Participants may also work on the Annual Senior Center quilt that is raffled during the Holiday fair, or 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: Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor:** Amy Gray

Plainville's 150th Anniversary Events!



On Saturday, July 20 from 10 a.m. to 4 p.m., enjoy a walking or bus tour of 20 historic sites in town! Tour maps and buses will be at the Municipal Center at 1 Central Square.

On Sunday, an old-fashioned Family Picnic starts at noon at Norton Park! An Honor Guard kicks off the celebration at noon, followed by a variety of live music at the Bandshell all afternoon. There will also be food trucks and historic displays including Plainville Stadium and the Historical Society. More details to come in town newspapers and on the official Facebook page: [Facebook.com/Plainville150th](https://www.facebook.com/Plainville150th).

A detailed flyer and schedule is available at the Senior Center.

Moveable Senior Center

Lesbian, gay, bisexual and transgender (LGBT) adults and allies of the LGBT community are invited to join the LGBT **Moveable Senior Center (MSC)** —



a partnership among senior centers in Greater Hartford to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging. Check out July's program below!

"The Road to Gay Marriage Equality in CT"

Tuesday, July 16 at the Simsbury Senior Center
6:00 to 8:30 p.m.

Light hors d'oeuvres from 6 to 6:30 p.m.

Justice Richard Palmer, author of the 2008 legal opinion that legalized gay marriage in Connecticut, and Beth Kerrigan, lead plaintiff in the case and now Deputy Mayor of West Hartford, will discuss the case and the gay marriage movement locally and across the country. Q/A session will follow the presentation.

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. Early each month we offer Mega Sign-up for new trips. This month it is on July 2 from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign up.

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

Cancellations: Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call 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 up on the Reserve List for a trip that is filled, we will ask if you are a Senior Center member. If there is a cancellation, we always sign up any members from the Reserve List first! Therefore, a member who signs the Reserve List with a non-member friend should be aware that since we always sign up members first, we will skip over non-members on the Reserve List until all the members have been contacted.

**Flyers are available
on the Trip Rack
at the Senior Center!**

ALL-YOU-CAN-EAT-LOBSTER, THE DELANEY HOUSE, HOLYOKE, MA

TUESDAY, JULY 9, 10:15 A.M.

Buffet includes: Salads, Fresh Fruit, Pork Marengo, Grilled Focaccia Haddock, Chicken Marsala, Baked Ziti, Vegetables, Dessert & Beverage. Vegetable & Cheese Platter, Shrimp Cocktail, Salad and Bread Basket will be served at your table. **John Timpanelli** will make you laugh with his comedic timing and singing voice. **COST:** \$101 per person. Trip departs from OLM at 10:15 a.m. and returns 5:15 p.m. Sign-up has begun.

CELEBRATE ITALIA!! at THE AQUA TURF

TUESDAY, JULY 16, 11:00 A.M.-3:30 P.M.

TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

Drive on your own. **COST:** 43.00 per person.

RIVERBOAT CRUISE ABOARD THE INDIAN PRINCESS

TUESDAY, JULY 30, 9:30 A.M.

TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

COST: \$90 per person.

TOGETHER AGAIN! at THE AQUA TURF

MONDAY, AUGUST 12, 11:30 A.M.

Enjoy the musical magic of Dolly Parton and Kenny Rogers, as two professional impersonators deliver the songs and playfulness of Kenny & Dolly's "Real Love Tour." Coffee & donuts upon arrival. Family style menu includes Garden Salad, Pasta, Chicken Francaise, Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert and Beverage. **COST:** \$76.00. Drive on your own and arrive at the Aqua Turf at 11:30 a.m. Sign-up has begun.

OGUNQUIT MAINE/PORTLAND CITY TOUR/FOSTER'S CLAMBAKE/NUBBLE LIGHTHOUSE CRUISE

TUESDAY, OCTOBER 8 to THURSDAY, OCTOBER 10

A deluxe motorcoach trip to the coast of Maine! Stay two nights at **THE MEADOWMERE RESORT** set on four acres near Ogunquit Village, Perkins Cove, and the beach. Enjoy a delicious welcome dinner. **DAY 2:** Tour Portland, the historic district, Longfellow House, Victoria Mansion, sea captains' homes and Portland Head Light. Free time for lunch and exploring the Old Port. Dinner is Foster's Downeast Clambake: prize-winning chowder, mussels, lobster, corn, potatoes, and fresh Maine Blueberry Crumb Cake! **DAY 3:** View the Nubble Lighthouse and stroll Perkins Cove, a quaint fishing village, home to local artisans, specialty shops and oceanside eateries. Then head for home with fun memories of our Maine getaway! **COST: \$471 per person double/triple, \$591 single.** Includes: transportation, 2 nights at hotel, 2 dinners, 2 breakfasts, sightseeing & admissions as per itinerary, and a Friendship Tours Escort. \$150 deposit due at sign-up. Balance due August 20. Trip cancellation insurance that includes pre-existing conditions, is available. Sign-up has begun.

Please sign up for Trips, Outdoor Adventures and Quick Trips as EARLY as possible. This assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!

More Current Trips

FRIESIANS OF MAJESTY, TOWNSHEND, VERMONT

WEDNESDAY, AUGUST 21, 8:00 A.M.

THIS TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

Cost is \$100.

CIRCLE LINE CRUISE OF NEW YORK CITY

THURSDAY, SEPTEMBER 5, 7:15 A.M.

This “Best of NYC” Cruise is on the only sightseeing vessel in Manhattan that travels completely around the island! The 2.5-hour cruise shows all five boroughs, three rivers, all major bridges, the Manhattan skyline, the growing Brooklyn waterfront, Yankee Stadium, Harlem Heights, and a close-up view of the Statue of Liberty. On board, you’ll enjoy live descriptions about the legends and lore of Manhattan. You’ll have free time before the cruise to enjoy lunch on your own at Gotham West Market, one of the best food halls in the City. The cost of \$96 per person includes deluxe motor coach transportation, the cruise with cruise director, and all gratuities. Trip leaves at 7:15 a.m. from OLM parking lot and returns at about 8:00 p.m. Sign-up has begun.



COME FLY WITH ME — MUSIC OF FRANK SINATRA AT THE AQUATURF

TUESDAY, SEPTEMBER 17, 11:00 A.M.

Entertainer Rob Zappulla celebrates the music of Frank Sinatra in a stellar afternoon show. Drive on your own. You’ll start off with coffee and donuts on arrival, followed by a delightful family-style lunch that includes salad, pasta, Chicken Florentine, Baked Scrod, potato, vegetable and dessert. A complementary glass of wine or beer will enhance your meal. Free door prizes will also be provided! Cost is \$43 per person. Sign-up has begun.

FRANKIE PIZZARO: MUSIC FROM THE SOUL AT THE GRAND OAK VILLA, OAKVILLE/WATERTOWN

THURSDAY, SEPTEMBER 19, 10:15 A.M.

Frankie Pizzarro, former lead singer from The Platters, served as a firefighter for the Fire Department of New York for 21 years. He and his colleagues were among the first responders on 9/11. He has also performed with greats such as Barbra Streisand and The Temptations. Now a solo artist, Frankie will delight you with his smooth vocals. He will perform with a live band and backup singers. Cheese, pepperoni and crackers will be served on your arrival, followed by a family-style meal of garden salad, pasta with homemade house sauce, Chicken Francaise and Roast Pork, roasted potato, vegetable, dessert, soda and coffee. Carafes of red and white wine on every table. Cost is \$91 per person. Trip departs from OLM at 10:15 a.m. and returns at 4:15 p.m. Sign-up has begun.

GILDED AGE OF THE BERKSHIRES — LENOX, MA

TUESDAY, SEPT. 24, 7:45 A.M.

Tour Ventfort Hall in Lenox, Massachusetts, one of the last Gilded Age Cottages. Savor lunch and tea in the Hall’s elegant dining room, renovated to its original glory. Enjoy sandwiches, fruit, cake and cookies, cider, and of course, hot tea! Enjoy the view on this tour through the Stockbridge-Lenox countryside.

Continued...

GILDED AGE, continued

The tour will highlight how and why artists, writers, musicians and others have flocked to the Berkshires over the last 150 years to make this area “America’s Premier Cultural Resort.” We’ll visit Stockbridge and Lenox with a special walking tour of the Tanglewood campus, summer home of the Boston Symphony Orchestra. Cost: \$92 per person. Trip leaves at 7:45 a.m. from Our Lady of Mercy Church lot, and returns about 6:15 p.m. Sign-up has begun.

RADIO CITY CHRISTMAS SPECTACULAR!

WEDNESDAY, NOVEMBER 20, 7:45 A.M.

THIS TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

Total cost is \$165.

DELAWARE & ULSTER RAILROAD — FALL FOLIAGE

WEDNESDAY, OCTOBER 16, 7:00 A.M.

Enjoy elegant travel and dining aboard the Rip Van Winkle Flyer on the Delaware & Ulster Railroad. Experience the elegance of yesteryear aboard this post-war Steamliner train on a scenic ride through the Catskill Mountains. Enjoy lunch with linens and china, served in beautifully restored dining cars. Your meal includes a choice of: Chicken Marsala, Stuffed Pork Loin, or Eggplant Rollatini. After lunch, visit the Emerson Country Stores, a 19th century dairy barn that has been preserved and transformed into an array of shops that contain unique gifts, antiques, original artwork and more! Cost is \$109. Trip leaves at 7:00 a.m. from OLM Church and returns about 6:00 p.m. Sign-up has begun.

New Trips

MIRACLE OF CHRISTMAS: SIGHT & SOUND THEATER

WEDNESDAY—FRIDAY, NOV. 13—15

This three day motorcoach trip to Lancaster, PA includes lodging at Comfort Suites Lancaster, with indoor pool. Your dinner will be an authentic PA Dutch family-style meal at the Stoltzfus family homestead, with entertaining stories of Amish life. See their miniature pony barn, woodworking shop and gift shop for baked goods and other handmade items. Day two features a guided Amish countryside tour, followed by a stop at Kitchen Kettle Village with 42 shops and restaurants. An early dinner at Miller’s Smorgasbord will be followed by our reserved seating at Sight & Sound Theater for the “Miracle of Christmas” show. Go back in time to witness the sacred birth, experience the bustling village of Bethlehem as camels, horses, donkeys and villagers pass by, and witness legions of angels descending upon the shepherds. On the third day, Elva Hurst, an extraordinarily talented chalk artist, will present her amazing chalk artistry along with music, storytelling and insights into Amish culture. Cost is \$471 per person double/triple or \$597 single. Includes transportation, two nights hotel, 2 breakfasts, 2 dinners, sightseeing and admissions to programs. \$150 deposit due at sign-up, which starts July 2.

**Save the Date for Barry Manilow
Tribute! October 20, 2019 — Signing up
in August!**

More trips...

Big Trip 2019

11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS

OCTOBER 6 — 16, 2019

THIS TRIP IS FULL. If interested, see Shawn at the Senior Center.

Visit historic Spanish cities including Cordoba, Toledo, Barcelona, Seville, Madrid, Valencia Lladro, Granada, Alhambra Palace and **much more**. Costs include international airfare, 16 meals with wine at dinner and more. Pick up a flyer at the Senior Center!

Big Trips 2020 We Need Your Ideas!

Where should we travel to in 2020?

- Australia and New Zealand
- River Cruise in Europe
- American Queen Steamboat Cruise on Rivers in Oregon/Washington State or the Mississippi
- National Parks (which?)
- Your ideas?

Please pick up a survey at the front desk or call us at 860-747-5728 and we will email you one!

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.

QUICK TRIP GUIDELINES: All Quick Trips charge \$8.00 for transportation, payable at registration. No phone reservations are accepted. Refunds are given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. If you are ill and cannot attend, please call the Senior Center when it is open. After hours, you may call Ceal DiFrancesco at 860-747-1927. 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.

ELIZABETH PARK (HARTFORD), LUNCH at THE POND HOUSE OR QUICK SNACK at DOG HOUSE

SATURDAY, JULY 6, 2019, 9:45 A.M.



Enjoy a beautiful walk through flower and herb gardens at Elizabeth Park, listed on the national register of historic places. Then enjoy lunch at the Pond House Café or a quick snack at the Dog House, a take-out window. Lunch is on your own. \$8 for transportation is due at sign-up. **Home pick-up for those who do not drive** begins at 9:45 a.m., then Senior Center pick-up at 10:00 a.m. Return to Plainville about 3:00 p.m. Sign-up has begun.

Quick Trips, cont.

LAVENDER POND FARM, KILLINGWORTH and BUTTONWOOD FARM, GRISWOLD

SATURDAY, JULY 20, 9:15 A.M.

FRIDAY, JULY 26, 9:15 A.M.

THESE QUICK TRIPS ARE BOTH CURRENTLY FULL. YOU MAY SIGN UP FOR WAIT LIST.



As the original July 20th trip filled quickly, we have scheduled another visit to Lavender Pond Farm and Buttonwood Farm on July 26th. **This trip is first being offered to those on the Waiting List for July 20th.** You may put your name on the Waiting List for the July 26th trip at the Front Desk, starting July 2. Enjoy the lavender plants at Lavender Pond Farm, and then travel to Buttonwood Farm in Griswold to see its sunflower field. There, you may take a hay-ride or cow train for \$5. Bring your own lunch or buy hot dogs, chips and drinks to eat at one of the picnic tables. Enjoy a fresh waffle cone filled with your choice of ice cream flavors. \$8 for transportation is due at sign-up. **Home pick-up for those who do not drive** begins at 9:00 a.m., then Senior Center pick-up at 9:15 a.m. Return to Plainville about 4:30 p.m.



SENIOR APPRECIATION DAY AT BRISTOL BLUES GAME, MUZZY FIELD, BRISTOL

TUESDAY, JULY 23, 9:45 A.M.

The Senior Center will offer free transportation to a baseball game at Muzzy Field between the Bristol Blues and the Pittsfield Suns. Sponsored by the United Way of West Central CT, the discounted admission fee of \$3 is payable at registration. Please **register early** so we can get good seats all together. The Muzzy Field concession will be open to buy food and drinks. **Home pick-up for those who do not drive** begins at 9:45 a.m., then Senior Center pick-up at 10:00 a.m. Return to Plainville about 3:00 p.m. Sign-up has begun.

CHRISTMAS TREE SHOP, MANCHESTER and ANGELLINO'S RESTAURANT, VERNON

SATURDAY, AUGUST 3, 9:15 A.M.

Great time to shop for your end-of-summer bargains at the Christmas Tree Shop, then enjoy lunch at Angelino's Restaurant in Vernon. \$8 for transportation is payable at registration. **Home pick-up for those who do not drive** begins at 9:15 a.m., then Senior Center pick-up at 9:30 a.m. Return to Plainville by 3:00 p.m. Sign-up begins July 2.

THIMBLE ISLANDS CRUISE and LUNCH AT LENNY & JOE'S, MADISON

SATURDAY, AUGUST 17, 8:45 A.M.

Don'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. Soak in the sights and sounds aboard the comfy 44-passenger *Sea Mist*. The boat's onramp declines slightly. Senior admission is \$13 (cash only), payable at the boat. Lenny & Joe's in Madison is our stop for lunch, cost on your own. \$8.00 transportation is due at registration. **Home pick-ups for those who do not drive** start at 8:45 a.m., then Senior Center pick-up at 9:00 a.m. Return by 3:00 p.m. Sign-up starts July 2.

Tuesday Shopping Bus

We can only accommodate eight (8) people on the Tuesday Shopping Bus. Sign up early! In order to ride the Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over age 60 or a Plainville resident of any age who is disabled. Please be ready at least 15 minutes before departure. We leave on time. Call the Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up. Home pickups start at 11:15 a.m. The bus leaves the shopping center at 3:00 p.m.

- July 2, 2019—Bristol Shopping Plaza
- July 16, 2019—Shop-Rite, Southington
- July 30, 2019—Price Chopper, Southington

Outdoor Adventure

SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC
FRIDAY, JULY 12, 7:45 A.M.

TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.
Cost of \$26.00 includes transportation and Schooner Sail. Leaves from OLM at 7:45 a.m.

DRAGON BOATING AT RIVERSIDE PARK, HARTFORD!
SATURDAY, JULY 13, 8:30 A.M.
Learn the techniques of Dragon Boating and see why it is such a popular sport. We will join members of the South Windsor Senior Center for this 1.5-hour program, which includes the history of Dragon Boating, paddling drills and on-the-water terminology. Bring a bag lunch and a bottle of water. Bus leaves the Senior Center at 8:30 a.m. and returns by approximately 1:00 p.m. Cost is \$23 per person. Sign-up has begun.

RAILS TO TRAILS BIKE RIDE — SOUTHTON TO CHESHIRE
WEDNESDAY, JULY 17, 9:00 A.M.
Riders must wear a bike helmet. Bring along water and a snack. Meet at Lazy Lane parking lot in Southington. We'll be out for approximately 2 hours. Pay Eileen Cyr \$3.00 day of trip. Sign-up has begun.

PENWOOD STATE PARK HIKE, BLOOMFIELD
FRIDAY, JULY 19, 9:00 A.M.
Our hike in Penwood State park features a ridge-top pond and nice views looking out toward Heublein Tower. Our adventure will consist of approximately 2 to 2.5 hours of hiking over wooded trails with rolling hills — a great hike for someone who is active and walks/exercises on a regular basis. The last time we hiked here we weren't able to go on the Metacomet trail because of a race. This time we hope to make that possible! Be prepared for the hike with hiking boots/shoes with good traction. Pack a lunch or snacks, which we can eat on the way back from the hike, and a water bottle. Depart from the Senior Center at 9 a.m. and returns by approximately 1 p.m. Cost is \$8.00. Leader: Jared Scoville. Sign-up begins July 2.



More, next column

More Outdoor Adventure

HAPPIEST PADDLER KAYAK TRIP
FRIDAY, JULY 26, 9:30 A.M.

Do you love kayaking?! Maybe you need a little help getting in the boat, and want to paddle over calm water. This is the kayak adventure for you! Enjoy two hours of paddling on the lake, have a picnic lunch (bring your own) and then head back to Plainville. Cost of \$38.00 includes transportation, two hours of kayaking, life jacket, and equipment. Bus leaves at 9:30 a.m. and returns approximately 2 p.m. Please wear clothing that can get wet. Sunscreen and hat are recommended. Bring water bottles for hydration, a lunch and snacks. Leader: Jared Scoville. Sign-up begins July 2.

HYDROCYCLE TOUR, OLD SAYBROOK
FRIDAY, AUGUST 2, 9:00 A.M.
TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.
Cost of \$48.00 includes 1.5 hour hydrocycle tour and transportation.

WHITE WATER RAFTING, DEERFIELD RIVER, MA
FRIDAY, SEPTEMBER 6, 8:15 A.M.
This rafting trip is 10 miles and includes fun stops with opportunities to get out of the raft and float or join a team water fight! Bring your bathing suit or shorts, sandals with straps or water shoes, sunscreen, a towel, change of clothes and shoes for after the trip. This trip goes rain or shine and is non-refundable. The cost of \$95 per person includes life-jacket, 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 to eat at McDonalds on the way home. Sign-up has begun.



NEW! WEST HARTFORD FOOD SCHMOOZE
WEDNESDAY, SEPTEMBER 11, 9:15 A.M.
Join us as we take the 9:35 a.m. Connecticut FastTrack bus from the Plainville Library. We will get off at Sigourney Street in Hartford and walk to Farmington Avenue, where we'll bus to West Hill Drive in West Hartford. We'll stroll through West Hill streets and Blue Back Square, then enjoy some local foods! We will visit Shish Kabob House (Afghanistan), Avert Brasserie (French), and Ben & Jerry's for dessert. After we catch FastTrack in West Hartford Center, we'll end up back in Plainville around 3 or 4 p.m. Please bring cash for sharing appetizers, meals and dessert, and also exact change for bus fare, which are 85 cents each for three bus rides. Pay \$3.00 at sign-up, beginning July 2.

Remember: The Plainville Senior Center AND 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 respiratory conditions. Please do not wear perfume, cologne, aftershave or other fragrances!



Transportation

DIAL-A-RIDE

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.*



ADA Para-Transit

Another option with more hours and destinations

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



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 usage of the CT Transit buses. ADA can transport you to many more towns during 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.

You Must be Pre-Approved — How to Apply:

The application process is now part of the Greater Hartford Transit District. The on-line application can be found 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 as well. 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.

Once you are approved, you can reserve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m. to 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).

2019 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Para-transit. 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 date of the next meeting is July 10, 2019. Free ADA Transportation is available to attend the Forum. Please 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@ghtd.org** at least 48 hours before the meeting.



You may call Bette or Stephanie at 860-747-5728 with any questions you may have about transportation.

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



**CORRECTION: LIBRARY
SERIES (PAGE 2) IS
CANCELLED AND WILL
RESUME IN SEPTEMBER.**

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This & That

AARP Trips ... Call Sally Miller

- **Foxwood Casino**, August 13. \$25 Leaves OLM 8:00 a.m. Leaves casino at 4:00 p.m. Promo pkg included
- **Mambo Italiano**, August 29 at Westchester Theatre
- **Wonders of Vermont**, October 10. Leaves OLM 7:45 a.m. Visit the Vermont Country Store, lunch at Castle Hill Resort and Cameron's Winery. \$100
- **Southern Caribbean Cruise**, November 30, 2020 to December 12, 2020. Starts at \$1,540 for 13 days. Dominican Republic, St. Thomas, Barbados and more.

Call Sally Miller at 860-747-1732 for info and reservations. *AARP Trips are not sponsored by the Plainville Senior Center. You cannot sign-up or pay for them at the Center.*

CHORAL GROUP The Choral Group does not meet in July and August.

SENIOR CENTER DISPLAY CASE

In June, we enjoyed the handmade creations from our Quilting Class. If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for 2019!

CONGREGATE MEAL PROGRAM

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. **WE CANNOT TAKE ANY CALLS BETWEEN 11:45 A.M. AND 12:15 P.M. AS WE ARE SERVING LUNCH. You may call between 10:15 a.m. and 11:45 a.m. OR between 12:15 and 12:45 p.m. only.** A suggested donation is \$2.50.

THE SENIOR CENTER WELCOMES NEW MEMBERS FOR MAY 2019!

Shirley Guerriero, Donna Walsh, Robert Proulx,
Marie Tetro, Cecilia Belarde, Samuel Belarde,
Huguette St. Pierre and Shirley Murr



PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of persons who depend on electricity to maintain optimum health. We update this list during the year to 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 health and safety. Please call the Center at 860-747-5728 to have your name added to the At-Risk List. Our social workers can help you develop a plan for power outages and weather emergencies. Please call 860-747-5728.

GARAGE RENTAL NEEDED! Looking to rent a garage. Please call Shawn at the Plainville Senior Center at 860-747-5728.

FREE MUSIC IN NORTON PARK! Every Tuesday in July at 6:30 p.m., drop down to Norton Park for a free concert. Bring a chair and invite your friends and family! Sponsored by the Plainville Senior Center, Friends of Plainville Library, Plainville Chapter AARP 4146, and Plainville Fire Company, with support from Gold Sponsors: the Elizabeth Norton Trust Fund, Plainville Lions Club and Plainville Rotary Club.

- July 2: Last Fair Deal / American Roots
- July 9: Riverboat Ramblers / Dixieland Jazz
- July 16: Nzingas Daughters / Rhythm & Blues
- July 23: Center Stage Jazz
- July 30: Old Tyme Fiddlers

Nursing, Insurance Info, Etc.

Care & Support
We are here to help!

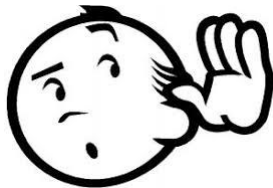
REGULAR AND DIABETIC FOOT CARE

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 Senior Center members who live in Plainville and \$28.00 for out-of-town members. You may pay with cash or check made out to the Plainville Senior Center. 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 to the Senior Center to pick up an instruction sheet that explains how to prepare, as well as paperwork to fill out and bring to your appointment. This service is provided by ProHealth Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any outstanding balance over \$5.00. In most cases, patients will not pay more than \$5.00 for the service.



FREE BLOOD PRESSURE SCREENING: DROP-IN CLINICS

- Monday, July 1, 11:30 a.m. to 12:30 p.m. — by Bristol Hospital
- Wednesday, July 10 from 12:30 to 1:30 p.m.—by Hartford HealthCare
- Monday, July 29 from 12:00 to 12:30 p.m. — by our Nurse



CHOLESTEROL SCREENING

A quick appointment and a prick of your fingertip can tell you your total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose numbers. This 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.



QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, JULY 1 & JULY 29, 12:30 P.M.
We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find help in the community or home-care. Stop by Stephanie’s office to have a private chat. **This service is only for Plainville residents, age 60 and over.** No sign-up needed and no question too small! If you are unable to meet at the designated time, 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. Meanwhile, feel free to call Bette with any questions.

BRIGHTER FOCUS

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

Elder Abuse Awareness

Elder abuse is any intentional or negligent act that causes harm to an older person.

A trusted family member, caregiver, or professional staff person, etc. may be the abuser.

Abuse can be in the form of neglect or isolation, physical abuse, sexual abuse, financial abuse and exploitation, and emotional/psychological abuse.

Abuse can take place in a person’s home, a facility, a hospital or anywhere!

Dementia, mental health issues, substance abuse, social isolation and diminished physical health are all factors that may put an elder at risk.

If you feel you are being abused or know of anyone who is, please see Bette or Stephanie for confidential assistance.

Elder abuse can be prevented with education and awareness.

MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS

EFFECTIVE MARCH 1, 2019

The new income limits for the Medicare Savings Program (MSP)

QMB (Q01)	Single \$2,196.51/ mo	Couple \$2,972.99/mo
SLMB (Q03)	Single \$2,404.71/mo	Couple \$3,254.79/mo
ALMB (Q04)	Single \$2,560.86/mo	Couple \$3,466.14/mo

There is No Asset Limit AND There is No Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Co-pays for medications are a maximum of \$3.40 for generic medications and \$8.50 for brand name medications. Please see Stephanie or Bette to review your eligibility for MSP.

JULY 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<div> <div>KEY:</div> <div>GR: Green Room</div> <div>BR: Blue Room</div> <div>GA: Game Room</div> <div>CR: Craft Room</div> <div>C: Café,</div> <div>CL: Computer Lab</div> <div>OS: Old Store</div> <div>K: Kitchen</div> <div>L: Library</div> <div>*By Appt.</div> </div>	<div>1</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>9:00 Talk to Trainer</div> <div>10:00 Curr. Events OS</div> <div>10:15 Beginner Yoga L</div> <div>11:30 BP Clinic</div> <div>12:00 Mahjong GA</div> <div>12:30 Questions for Social Worker</div> <div>12:30 Setback GR</div> <div>1:15 Power Burst 1 BR</div> <div>4:00 Walking GR</div> <div>NO ZUMBA TONE</div>	<div>2</div> <div>MEGA SIGN-UP</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>10:00 Ladies Billiards</div> <div>10:00 Croquet</div> <div>10:00 Cribbage GA</div> <div>10:15 Inter. Yoga L</div> <div>10:30 Vets Coffee Hr. GR</div> <div>10:45 Aqua Fit. YMCA</div> <div>11:15 Shopping Bus</div> <div>12:00 Pinochle GA</div> <div>12:30 Open Circle GR</div> <div>1:00 Bridge OS</div> <div>3:00 French Class GA</div> <div>4:00 Walking BR</div>	<div>3</div> <div>9:00 Walking GR</div> <div>9:30 Quilting CR</div> <div>1:00 Open Paint CR</div> <div>1:00 Bingo GR</div> <div>1:15 Charlemagne C</div> <div>3:00 Color Club GR</div> <div>4:00 Walking BR</div> <div>NO ZUMBA GOLD</div>	<div>4</div> <div>Independence Day Holiday</div> <div>Senior Center Closed</div>	<div>5</div> <div>9:00 Walking GR</div> <div>9:00 Mahjong GA</div> <div>9:30 Chair Yoga</div> <div>10:40 Ch. Yoga 2</div> <div>12:00 Pinochle L</div>	<div>6</div> <div>9:45 a.m. Elizabeth Park Trip</div>
7	<div>8</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>9:30 Zumba Tone</div> <div>10:00 Curr. Events OS</div> <div>10:15 Beginner Yoga L</div> <div>12:00 Mahjong GA</div> <div>12:30 Setback GR</div> <div>1:15 Power Burst 1 BR</div> <div>4:00 Walking GR</div>	<div>9</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>10:00 Ladies Billiards</div> <div>10:00 Cribbage GA</div> <div>10:00 Importance of Posture GR</div> <div>10:15 Delaney House Tp.</div> <div>10:15 Inter. Yoga L</div> <div>10:45 Aqua Fit. YMCA</div> <div>12:00 Pinochle GA</div> <div>12:30 Open Circle CR</div> <div>1:00 Bridge OS</div> <div>2:00 Cooking for One C</div> <div>3:00 French Class GA</div> <div>4:00 Walking BR</div>	<div>10</div> <div>9:00 Walking GR</div> <div>9:30 Quilting CR</div> <div>10:00 Zumba Gold</div> <div>12:30 BP Clinic</div> <div>1:00 Open Paint CR</div> <div>1:00 Bingo GR</div> <div>1:15 Charlemagne C</div> <div>3:00 Color Club GR</div> <div>4:00 Walking BR</div>	<div>11</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>9:30 Mexican Train GA</div> <div>9:30 Ceramics CR</div> <div>10:30 Summer Trivia GR</div> <div>10:45 Aqua Fit 2, YMCA</div> <div>12:30 Pool Tourn.</div> <div>12:30 Bridge OS</div> <div>12:30 Pinochle CL</div> <div>1:00 Knit/Crochet GR</div> <div>1:00 Scrabble C</div> <div>4:00 Walking BR</div>	<div>12</div> <div>7:45 Schooner Tr.</div> <div>9:00 Walking GR</div> <div>9:00 Mahjong GA</div> <div>9:30 Chair Yoga</div> <div>10:40 Ch. Yoga 2</div> <div>12:00 Pinochle L</div>	<div>13</div> <div>8:30 a.m. Dragon Boating Tr.</div>
14	<div>15</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>9:30 Zumba Tone GR</div> <div>10:00 Curr. Events OS</div> <div>10:15 Beginner Yoga L</div> <div>12:00 Mahjong GA</div> <div>12:30 Setback GR</div> <div>1:15 Power Burst 1 BR</div> <div>4:00 Walking BR</div>	<div>16</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>9:30 AARP Sm Driver GR</div> <div>10:00 Ladies Billiards</div> <div>10:00 Cribbage GA</div> <div>10:15 Inter. Yoga L</div> <div>10:45 Aqua Fit. YMCA</div> <div>11:00 Celebrate Italia Tp.</div> <div>11:15 Shopping Bus</div> <div>12:00 Pinochle GA</div> <div>12:30 Open Circle CR</div> <div>1:00 Bridge OS</div> <div>3:00 French Class GA</div> <div>4:00 Walking BR</div>	<div>17</div> <div>9:00 Bike Ride, Southington</div> <div>9:00 Walking GR</div> <div>9:30 Quilting CR</div> <div>10:00 Zumba Gold GR</div> <div>1:00 Open Paint CR</div> <div>1:00 Bingo GR</div> <div>1:15 Charlemagne C</div> <div>3:00 Coloring Club GR</div> <div>4:00 Walking BR</div>	<div>18</div> <div>9:00 Walking GR</div> <div>9:30 Ceramics CR</div> <div>9:30 Mexican Train GA</div> <div>10:45 Aqua Fit 2, YMCA</div> <div>12:30 Pool Tourn.</div> <div>12:30 Pinochle CL</div> <div>12:30 Bridge OS</div> <div>1:00 Knit/Crochet GR</div> <div>2:00 STS Program</div> <div>1:00 Scrabble C</div> <div>4:00 Walking BR</div>	<div>19</div> <div>9:00 Penwood Hike</div> <div>9:00 Walking GR</div> <div>9:00 Mahjong GA</div> <div>9:30 Chair Yoga</div> <div>10:40 Ch. Yoga 2</div> <div>12:00 Pinochle L</div>	<div>20</div> <div>9:15 a.m. Lavender Pond Trip 1</div>
21	<div>22</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>9:30 Zumba Tone GR</div> <div>10:00 Curr. Events OS</div> <div>10:15 Beginner Yoga L</div> <div>12:00 Mahjong GA</div> <div>12:30 Setback GR</div> <div>1:15 Power Burst 1 BR</div> <div>4:00 Walking BR</div>	<div>23</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>9:45 Bristol Blues Game</div> <div>10:00 Ladies Billiards</div> <div>10:00 Cribbage GA</div> <div>10:15 Inter. Yoga L</div> <div>10:45 Aqua Fit. YMCA</div> <div>12:00 Pinochle GA</div> <div>12:30 Open Circle CR</div> <div>1:00 Bridge OS</div> <div>3:00 French Class GA</div> <div>4:00 Walking BR</div>	<div>24</div> <div>9:00 Walking GR</div> <div>9:30 Books & Bagels GA</div> <div>9:30 Quilting CR</div> <div>10:00 Zumba Gold GR</div> <div>1:00 Open Paint CR</div> <div>1:00 Bingo GR</div> <div>1:00 Paint Party BR</div> <div>1:15 Charlemagne C</div> <div>3:00 Coloring Club GR</div> <div>4:00 Walking BR</div>	<div>25</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>9:30 Mex. Train GA</div> <div>9:30 Ceramics CR</div> <div>10:45 Aqua Fit 2, YMCA</div> <div>12:30 Bridge OS</div> <div>12:30 Pool Tourn.</div> <div>12:30 Pinochle CL</div> <div>1:00 Prevent Comp. of Diabetes BR</div> <div>1:00 Scrabble C</div> <div>1:00 Knit/Crochet GR</div> <div>4:00 Walking BR</div>	<div>26</div> <div>9:00 Walking GR</div> <div>9:00 Mahjong GA</div> <div>9:15 Lavender Pond Trip 2</div> <div>9:30 Kayak Trip</div> <div>9:30 Chair Yoga</div> <div>10:40 Ch. Yoga 2</div> <div>12:00 Pinochle L</div>	27
28	<div>29</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>9:30 Zumba Tone</div> <div>10:00 Curr. Events OS</div> <div>10:15 Beginner Yoga L</div> <div>12:00 Mahjong GA</div> <div>12:00 BP Clinic</div> <div>12:30 Questions for Social Worker</div> <div>12:30 Setback GR</div> <div>1:15 Power Burst 1 BR</div> <div>2:15 Free Pilates Demo BR</div> <div>4:00 Walking BR</div>	<div>30</div> <div>NOTE: LIBRARY SERIES PROGRAM ON THIS DATE (FROM P. 2) IS CANCELLED</div> <div>*9:00 NURSE</div> <div>9:00 Walking GR</div> <div>9:30 Riverboat Trip</div> <div>10:00 Ladies Billiards</div> <div>10:00 Cribbage GA</div> <div>10:15 Inter. Yoga L</div> <div>10:45 Aqua Fit. YMCA</div> <div>11:15 Shopping Bus</div> <div>12:00 Pinochle GA</div> <div>12:30 Open Circle CR</div> <div>1:00 Bridge OS</div> <div>3:00 French Class GA</div> <div>4:00 Walking BR</div>	<div>31</div> <div>9:00 Walking GR</div> <div>9:30 Quilting CR</div> <div>10:00 Zumba Gold GR</div> <div>1:00 Open Paint CR</div> <div>1:00 Bingo GR</div> <div>1:15 Charlemagne C</div> <div>3:00 Coloring Club GR</div> <div>4:00 Walking BR</div>	<div>August 1</div> <div>9:00 Walking GR</div> <div>9:30 Mex. Train GA</div> <div>9:30 Ceramics CR</div> <div>10:45 Aqua Fit 2, YMCA</div> <div>12:30 Bridge OS</div> <div>12:30 Pool Tourn.</div> <div>12:30 Pinochle CL</div> <div>1:00 Scrabble C</div> <div>1:00 Knit/Crochet GR</div> <div>4:00 Walking BR</div>	<div>2</div> <div>9:00 Hydrocycle Trip</div> <div>9:00 Walking GR</div> <div>9:00 Mahjong GA</div> <div>9:30 Chair Yoga</div> <div>10:40 Ch. Yoga 2</div> <div>12:00 Pinochle L</div>	<div>3</div> <div>9:15 a.m. Christmas Tree Shop</div>