

# JULY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	28	29	30	1 9:15 Walk (GR) 10:00 Memory Exchange (BR) 1:00 Telephone Bingo 3:00 Farmington Flats	2 9:15 Walk (GR) 11:00 Yoga-Lates (GR/Z)	3
4	5  <b>CLOSED</b>  <b>Fourth Of July Holiday</b>	6 9:15 Walk (GR) 1:00 Current Events (CR) 1:30 Cardio Chair Fitness (GR) 2:30 Balance Class (GR) 2:30 Circle Group (BR)	7 <b>9:15 MEGA SIGN-UP DAY</b> 9:15 Walk (GR) 9:30 Open Quilting (CR) 1:00 Bingo (BR) 1:00 Open Painting (CR) 2:00 Belly Dancing (GR/Z) 3:00 Coloring Club (BR)	8 9:15 Walk (GR) 9:15 Shopping Bus* 9:30 Ceramics (CR) 1:00 Telephone Bingo 1:00 Knitting/Crochet (BR)	9 9:15 Walk (GR) 10:00 COVID: What's Safe to Do Now? (BR) 11:00 Yoga-Lates (GR/Z)	10
11	12 <b>9:00 NURSE</b> 9:15 Walk (GR) 1:00 Power Burst (GR) 2:15 Gentle Chair Pilates (GR)	13 <b>9:00 NURSE</b> 9:15 Walk (GR) 10:00 Caregiving Connections (BR) 1:00 Current Events (CR) 1:30 Cardio Chair Fitness (GR) 2:30 Balance Class (GR) 2:30 Circle Group (BR)	14 9:15 Walk (GR) 9:30 Zumba Gold (GR) 9:30 Open Quilting (CR) 1:00 Bingo (BR) 1:00 Open Painting (CR) 3:00 Coloring Club (BR)	15 9:15 Walk (GR) 9:15 Shopping Bus* 9:30 Ceramics (CR) 1:00 Telephone Bingo 1:00 Knitting/Crochet (BR) 2:00 Birthday Bash 2:30 Memory Café (GR) 3:00 Sessions Woods Hike	16 9:15 Walk (GR) 11:00 Yoga-Lates (GR/Z)	17
18	19 <b>9:00 NURSE</b> 9:15 Walk (GR) 10:00 Kayaking 1:00 Power Burst (GR) 2:15 Gentle Chair Pilates (GR)	20 <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Health Fair (BR) 10:00 Veteran's Social Hour (GR) 1:00 Current Events (CR) 1:30 Cardio Chair Fitness (GR) 2:30 Balance Class (GR) 2:30 Circle Group (BR)	21 9:00 Bike Ride Northwest Drive 9:15 Walk (GR) 9:30 Zumba Gold (GR) 9:30 Open Quilting (CR) 1:00 Open Painting (CR) 1:00 Bingo (BR) 3:00 Coloring Club (BR)	22 <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 1:00 Food Label Reading 101 (GR) 1:00 Telephone Bingo	23 9:00 Hydrocycle Tour 9:15 Walk (GR) 11:00 Yoga-Lates (GR/Z)	24
25	26 <b>9:00 NURSE</b> 9:15 Walk (GR) 1:00 Power Burst (GR) 1:00 Choral Group Sing-Along Party (BR) 2:15 Gentle Chair Pilates (GR)	27 <b>9:00 NURSE</b> 9:30 Shopping Bus* 9:15 Walk (GR) 10:00 Veteran's Social Hour (CR) 1:00 Current Events (CR) 1:00 Cardio Chair Fitness (GR) 2:00 Balance Class (GR) 2:30 Circle Group (BR)	28 9:15 Walk (GR) 9:30 Zumba Gold (GR) 9:30 Open Quilting (CR) 1:00 Bingo (BR) 1:00 Open Painting (CR) 2:00 Trip Meeting (GR) 3:00 Coloring Club (BR)	29 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Veterans Benefits Talk (GR) 1:00 Telephone Bingo 1:00 Knitting/Crochet (BR)	30 9:15 Walk (GR) 10:00 Book Buds (CR) 11:00 Yoga-Lates (GR/Z)	31  <b>KEY:</b> <b>GR:</b> Green Room <b>BR:</b> Blue Room <b>CR:</b> Craft Room <b>Z:</b> ZOOM

# Transportation

## ADA Para-Transit

### ENCOMPASS: A NEW TRANSPORTATION SERVICE

Encompass is an exciting program that allows elderly and disabled persons to travel with no limitations...any time, any day, for any reason! Encompass is an on-demand transportation program offering ambulatory and accessible transportation for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 without restrictions.

**Eligibility:** Passengers must be approved through an eligibility process managed by the Greater Hartford Transit District. Eligible applicants must be at least 60 years of age or have a disability.

**Trip Cost:** Trips are discounted. Passenger pays only \$5.00 for the first 8 miles traveled and \$2.00 per additional mile after that. Your trip is automatically charged to your account, eliminating any exchange of money while you're in the vehicle.

**Service Area:** Service in the Greater Hartford area includes: Berlin, Cromwell, East Hartford, Farmington, Hartford, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, West Hartford and Wethersfield.

Call Encompass at 860-444-4444 or visit on line at [Encompass.M7Ride.com](http://Encompass.M7Ride.com).

For help applying for Encompass, feel free to call Stephanie at the Senior Center, 860-747-5728.

### Plainville DIAL-A-RIDE

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank call HRA 860-589-6968 to schedule a ride.

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

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Southington, Bristol, New Britain, Newington VA Hospital and some locations in Farmington.

All other destinations are limited to Plainville only.

### ***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.

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are ***Monday-Friday, 5:35 a.m.—midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m. to 8:00 p.m.***

Hours may change depending on usage of the CT Transit buses. *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). 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 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](http://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.



## Have You Heard About Senior Transportation Services? Another option for rides to medical appointments

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. (For help in paying for the service call Stephanie or Ronda at (860-747-5728). Senior Transportation Service (STS) is funded in part by grants from the Bristol Main Street Community Foundation and the North Central Area Agency on Aging. **To discuss riding or volunteering with Senior Transportation Services, please call 860-224-7117.**