

NEWS & EVENTS

JULY 2021

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, care-giving, financial assistance, Medicare, assistance at home and more. No question is too small. Call 860-747-5728.

COVID: WHAT'S SAFE TO DO NOW?

FRIDAY, JULY 9, 10 A.M.

SPEAKER: DR. VIRGINIA BIELUCH, CHIEF OF INFECTIOUS DISEASE—HARTFORD HEALTH CARE

COST: FREE! SIGN-UP HAS BEGUN.

Dr. Virginia Bieluch will be at the Senior Center in person to discuss **COVID-19** and answer questions such as: What activities are safe and what might be risky? What are the risks of interacting with non-vaccinated people? Is it safe to go to restaurants? Is it safe to travel out of state? Can I still get COVID if I've been vaccinated? Why should people get vaccinated? Importance of the vaccination card. What to do if the card gets lost and more. **Call the Senior Center to register or register online at www.schedulesplus.com/plainville.**



MEGA SIGN-UP DAY IS BACK!

Mega Sign-Up Day is set for Wednesday, July 7, from 9:15 a.m. to 4:45 p.m. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.



VETERAN'S BENEFITS TALK

JULY 29 at 10 A.M.

with

JASON COPPOLA

at the Senior Center.

See page 11

for details.



VACCINATION & MASK UPDATE

As we get back into the swing of activities at the Senior Center, we'd like to remind people who come in to our building that masks are required for people who are not vaccinated. If you are vaccinated, you do not need to wear a mask, but may choose to do so, if you are more comfortable. The Senior Center is unable to ask people for proof of their vaccination cards and is operating under the honor system. The Town of Plainville continues to suggest a 6-foot social distance; so, please continue to be respectful of everyone's personal space. Since visitors to the Senior Center may not be vaccinated ...we recommend you maintain a social distance, wear a mask if you wish and continue to use sanitizer and wash your hands frequently.

Join us on Tuesday, July 20, from 9:30 a.m. to noon here at the Senior Center for a FREE Health Fair!

See page 4 for details!

ACTIVITIES

BILLIARDS: Come and shoot pool! Give us a call to book a play time.

BINGO: Wednesdays, 1:00 P.M. Sign up in advance.

COLORING CLUB: Wednesdays, 3:00—4:00 P.M. The Senior Center has coloring books, colored pencils, crayons, etc. if anyone needs coloring supplies (free).

COMPUTERS: For Senior Center members only. Individuals must sanitize the keyboard and mouse prior to and after using the computer. Call for an appointment.

CURRENT EVENTS DISCUSSION GROUP: Tuesdays at 1:00 P.M. Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more. Sign up in advance.

OPEN PAINTING RETURNS!: Wednesdays at 1 P.M. Join fellow artists for "open" painting (bring your own supplies). Enjoy the company of others who love to create. Begins **Wednesday, July 14**. Call the Senior Center to register or register online at www.schedulesplus.com/plainville.



SETBACK IS BACK!

VOLUNTEERS NEEDED TO HELP WITH SCOREKEEPING

We are thrilled to announce that the Setback Tournament will resume on Mondays beginning August 2nd. Many thanks to our volunteers (Ann, Gemma, Joan and Vicki) for making this possible. Call the Senior Center, beginning July 12th to sign up for the August 2nd Setback Tournament. Please sign up with a partner. If you do not have a partner, we cannot guarantee that you will get to play. Sign-up for subsequent Setback tournaments will be done each week for the following week. Cost is \$1.00 to play; 1st, 2nd and 3rd place winning teams divide the proceeds.

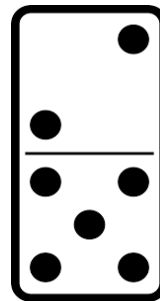
In order to run the tournaments, we need to recruit volunteers to assist with scorekeeping. Volunteers usually work in pairs and are needed 2-4 times per month from 12:30 – 3:00 P.M. on Mondays. If you are interested in volunteering, please contact Shawn or Ronda.

THE PEAK FITNESS CENTER IS OPEN AND ACCEPTING NEW MEMBERS!

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. New and returning fitness center members must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The Fitness Center is open by appointment. Participants are required to sanitize equipment before and after use.

TELEPHONE BINGO: Thursdays at 1:00 P.M. If you miss **BINGO** then join us for a weekly game over the phone or on Zoom so you can see other friends. Give us a call to register so we can provide you with the call-in or Zoom information. We will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes could include toilet paper, lottery tickets and paper towels.

WALKING: Daily indoor walking at the Senior Center. Stay cool in the summer and walk in a safe, flat environment.



GAMES ARE COMING BACK!

Check out the August calendar for days and times for Pool Tournaments, Setback, Pinochle, Charlemagne, Cribbage, Bridge, Mahjong, Mexican Train and Scrabble!

BOOK BUDS IN PERSON

BOOK: "FRIENDS, LOVERS AND CHOCOLATE"

BY ALEXANDER MCCALL

FRIDAY, JULY 30, 10 A.M.

INSTRUCTOR: KATHLEEN MARSAN

COST: FREE, SIGN-UP BEGINS JULY 7th.

The book is available at the library. **Call the**

Senior Center or register online at:

www.schedulesplus.com/plainville.

NEXT MONTH'S BOOK: Circe by Madeline Miller.



CRAFT CLASSES/THIS AND THAT

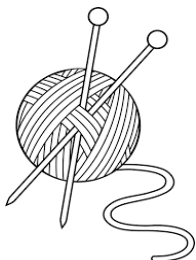
You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for missed classes due to vacations, trips, doctor's appointments, etc.

KNITTING/CROCHET CLASS **EVELYN IS BACK!**

THURSDAYS, BEGINNING
JULY 8-SEPT. 16. NO CLASS
JULY 22. 10 WEEKS, 1:00 –
3:00 P.M.

INSTRUCTOR: EVELYN MORIN
SIGN-UP BEGINS JULY 7.

COST: \$20.00.



We are so excited to announce that Evelyn Morin is coming out of retirement to teach knitting & crochet classes again, in-person at the Senior Center! Bring your knitting needles, crochet hooks, yarn and patterns and get ready for a wonderful reunion!

CERAMICS IS BACK!! (in-person)

THURSDAYS, JULY 8—AUGUST 12
6-WEEK CLASS, 9:30 — 11:30 A.M.

INSTRUCTOR: Gloria Cerniglia
SIGN-UP HAS BEGUN.



COST: \$24.00. Includes instruction, glazes and firing. Students select and pay for their own greenware.

Payment due at time of registration.

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 glazes/supplies.

Dial-a-Ride Fact Sheet & Reminders

- New Hours: 9 a.m. – 4 p.m. Monday, Tuesday, Wednesday & Thursday and 9 a.m. – 1 p.m. on Friday.
- Please do not ask the driver to make additional stops during your ride.
- Be sure to plan ahead and schedule all stops ahead of time.
- All appointments should be made a week in advance.
- Reservations for medical appointments can be made 2-3 weeks in advance. Priority is given to medical appointments.
- We do accept same-day reservations if time permits. All other rides (shopping, banking, library, Senior Center, etc.) can be made 2-3 days in advance.
- Please be ready 15 minutes before your scheduled ride.
- If the bus is running 10 minutes later than your appointment time, please contact the Senior Center and let us know.
- Please do not ride the bus if you are sick.



"Retirement" Party & Sing-Along **for Bob Nelson, Pianist**

Join us on **Monday, July 26, at 1:00 p.m.** as we bestow our heartiest thanks upon Bob Nelson, the Senior Center Choral Group's long-time pianist. Bob accompanied our Choral Group for 27 years and performed weekly at area nursing homes bringing joy to the residents and smiles on their faces! Everyone is welcome to join in the festivities. Refreshments will be served. Please call the Senior Center to register.

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist Plainville residents with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceilings, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.



CLASS SCHEDULE Class descriptions on pages 3,8

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 7, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **July 14**, 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	Time	Current Session	Next Session Sign-Up begins July 7
MONDAY			
Power Burst	1:00-2:00	Through July 12. Cost is pro-rated based on when you register.	July 19-Sept. 27. No class Aug. 2, Aug. 30 and Sept. 6. 8 weeks, \$16.
Chair Pilates & Balance	2:15-3:00	Through July 12. Cost is pro-rated based on when you register.	July 19-Sept. 27. No class Aug. 2, Aug. 30 and Sept. 6. 8 weeks, \$16.
TUESDAY			
Cardio Chair Fitness w/Nancy	1:30—2:15	Through July 20. Cost is pro-rated based on when you register.	July 27-Sept. 14. 8 weeks, \$16. 1-1:45
Balance Class	2:30-3:15	Through July 20. Cost is pro-rated based on when you register.	July 27-Sept. 14. 8 weeks, \$16. 2-2:45
WEDNESDAY			
Zumba Gold	9:30 – 10:30		July 14-Sept. 8. No class Aug. 4. 8 weeks, \$24.
THURSDAY			
Ceramics	9:30 – 11:30		July 8-Aug. 12. 6 weeks, \$24.
Knitting/Crochet	1:00-3:00		July 8 –Sept. 9. 10 weeks, \$20.
FRIDAY			
Yoga-Lates	11:00—11:45	Through July 16. Cost is pro-rated based on when you register. FREE if you have Silver Sneakers.	July 23-Sept. 10, 8 weeks, \$16. FREE if you have Silver Sneakers.



Come join us here at the Senior Center!

HEALTH FAIR

FREE ADMISSION & FREE GRAB & GO LUNCH!

TUESDAY, JULY 20, 9:30 a.m.—12:00 p.m.

RSVP by **July 15**. Call 860-747-5728. Pre-registration required.

Walk through and speak with senior provider professionals, get health screenings, win raffle prizes, receive a File of Life packet and more!

Sponsors: Barnes Group Inc, Bristol Hospital, Clear Captions and Thomaston Savings Bank.

FREE LUNCH provided by: Sheridan Woods Health Care Center & Countryside Manor of Bristol.



PROGRAM, EVENTS & TRIPS

NEW MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, JULY 15, 2:30 P.M.

CALL THE SENIOR CENTER TO REGISTER.

Memory Cafés are safe and supportive social gatherings for people with changes in their

memory along with their care partners. Join us on **Thursday July 15, at 2:30 p.m.** to relax and socialize

with other people experiencing similar life

challenges. The Ukulele Class will perform a short concert. Please call the Senior Center at (860)747-5728 to reserve your spots! This program 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. **Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville.**



JULY BIRTHDAY BASH

THURSDAY, JULY 15

2:00 — 3:00 P.M.

PICK UP AT THE SENIOR CENTER

If you have a birthday in July please join us for a birthday treat!

Call the Senior Center by July 13 to register or register online at www.schedulesplus.com/plainville so that we know how many birthday surprises to prepare.



FOOD LABEL READING 101

THURSDAY: July 22, 1 p.m.

COST: FREE!

INSTRUCTOR: Miles Everett

Unlock the mysteries of reading your food. Deciphering nutrition facts, the ingredients list, questionable claims on boxes, jars and cans. What does “light” and “reduced” really mean? Sugar-free? How to eat your way to better health through packaging. This class is taught by Miles Everett, Registered Dietician and Nurse Educator. For more information and to register, call the Senior Center.



TRAVEL IS BACK!

We are thrilled to offer some day and extended overnight trips this fall and in 2022. Flyers will be available beginning July 2nd at the Senior Center with all of the details of each trip. Stop by to pick up a flyer.

Hudson River Cruise & Lunch at Shadows on the Hudson: Thursday, September 23, 2021. Departs 8:30 a.m. Returns at approximately at 7:00 p.m. \$132 per person includes transportation, lunch, cruise, Friendship Tours tour director and gratuities. Sign up at the Senior Center beginning July 7. Enjoy a pre-cruise lunch at Shadows on the Hudson in Poughkeepsie, NY. This breathtaking waterfront restaurant is perched on a cliff of 40 feet above the Hudson River with a truly grand view. Menu choice of Mediterranean Chicken (sautéed chicken breast with capers, roasted red peppers & artichokes in a lemon white wine sauce) or Penne ala Vodka (entrée choice in advance) with Tiramisu for dessert and beverage. In the afternoon, take the narrated cruise with beautiful views of the Hudson River lighthouses, waterfront mansions and other amazing sites.

Edwards Twins, Aqua Turf: Wednesday, Dec. 8, 2021. \$87 per person. Drive on your own. Arrive at 11:30 a.m. Sign up at the Senior Center beginning July 7. Family Style Menu: salad, pasta, Chicken ala Kathryn, broiled scrod with cracker crumb topping, vegetable, potato, rolls, dessert, beverage. World Famous Edwards Twins: 2 brothers impersonating 100 stars! Flyers available now!

American Queen Paddleboat: March 20-28, 2022. Cruise from New Orleans to Memphis. Learn more about this trip at a trip meeting on Wednesday, July 28, at 2 p.m.

Columbia & Snake Rivers Aboard the American Express: Oct. 23-31, 2022. Cruise from Vancouver, Washington to Spokane, Washington.

PROGRAMS

Outdoor Adventure Club

We've been busy planning some wonderful outdoor adventures to get people outside and enjoying some fresh air!

SESSIONS WOODS HIKE

THURSDAY, JULY 15, 3:00-6:00 P.M.

LEADER: JARED SCOVILLE

COST: \$3.00.

SIGN UP BEGINS JULY 7.

Join us on a Thursday for a walk and hike at Sessions Woods over mild-moderate wooded trails. We will meet at **Session Woods in Burlington (parking located at 341**



Milford St.)

at 3:00

p.m. and hike over the beautiful gravel and semi-wooded trails. Let's hope to see some deer or other fun wildlife! Expect moderately flat terrain, with

some rolling hills. Be prepared for warm temperatures- bring 1-2 water bottles. The total hike will be approximately 2.5 hrs.

KAYAKING, COLLINSVILLE

MONDAY, JULY 19, 10:00 A.M.

LEADER: NATALIE CARPENTER

COST: \$25.00 FOR A 1-HOUR PADDLE RIDE. INCLUDES KAYAK, LIFE JACKET AND LEADER.

SIGN-UP BEGINS JULY 7.

Leaves Plainville Senior Center at 10:00 a.m. to caravan or meet at Collinsville Canoe/Kayak at 10:30 a.m. Join Natalie for a refreshing hour-long kayak down the Farmington River from **Collinsville Canoe/Kayak, 41 Bridge St., Collinsville**, and then a stroll and picnic lunch on the Farmington River Trail. You can choose a single-person kayak or double up if you want to share the paddling. Be sure to wear protective head gear, water-appropriate clothing and sunscreen, and bring some lunch goodies for the picnic afterwards.



BIKE RIDES

WEDNESDAY, JULY 21, AUG. 25, 9:00 A.M.

LEADER: EILEEN CYR

COST: FREE! SIGN-UP BEGINS JULY 7.

Join Eileen Cyr for a one-hour bike ride along the rails to trails. Helmets are necessary. Bring sunscreen, water, snack and medications (if necessary). **July 21st.: Meet at Northwest Drive Rail to Trail parking area. Rain date: July 28th. Aug. 25: Meet at Rail to Trail on Lazy Lane in Southington (across from the Police Dept.). Rain date: Sept. 1st.** Call the Senior Center beginning July 7 to register for one or both dates.



HYDROCYCLE TOUR, OLD SAYBROOK

FRIDAY, JULY 23, 9:00 A.M.

COST: \$56.00

SIGN-UP BEGINS JULY 7.

Leaves Plainville Senior Center at 9:00 a.m. Returns approximately 2:00 p.m. Cost includes transportation, 1.5 hour hydrocycle tour and gratuity to hydrocycle tour leader. Lunch is on your own. Hydrocycles are wheel-less bikes on pontoons --- they are fun, fast, safe and stable. The guided expedition begins in an estuary along the Oyster River, Old Saybrook and leads into Long Island Sound. Along the way, visitors can admire wildlife, such as goslings and snowy egrets, and also try their luck at crabbing. Bring sunscreen, hat, clothes/shoes that can get wet (bathing suit, if you'd like) and a camera. Following the hydrocycle tour, we will stop for lunch on your own at Lenny & Joe's, Madison.

SAVE THE DATES:

ROCKY NECK STATE PARK HIKE &

BOOK BARN

Friday, Sept. 10.

AXE THROWING

Wednesday, Oct. 6.

Check the August newsletter for more details.



PROGRAMS & EVENTS

Outdoor Adventure Club

PIZZA & ELM CITY PARTY BIKE TOUR NEW HAVEN

SUNDAY, AUGUST 1, 10:15 A.M.

LEADER: EILEEN CYR

COST: \$69.00. SIGN-UP BEGINS JULY 7

Leaves Plainville Senior Center at 10:15 a.m. Returns approximately 3:00 p.m. Cost includes transportation, 2-hour Bike Tour, pizza, beverages and gratuity to bike tour leader. We will ride aboard New England's first and foremost pedaled party and sightseeing bike! The Elm City Party Bike is a fun, social and relaxing way to experience the city while exercising.



On our way to meet our tour guide, we will stop to pick up some traditional New Haven pizza pies, which we will enjoy while on the Party Bike. We will all be on the same party bike and will share in the pedal power! This 2-hour cruise will provide breezy and exciting views of New Haven's Downtown, East Rock & Wooster Square districts. Trained drivers steer you through the streets cruising with the power of your legs and feet! Feel free to bring your own snacks and additional beverages, if you'd like.

HIKING THE INDIAN HILL TRAIL IN NEWINGTON

MONDAY, AUGUST 16, 10:00 A.M.

LEADER: NATALIE CARPENTER

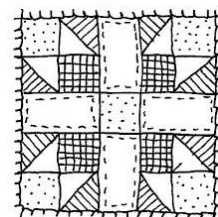
COST: \$3.00. SIGN UP BEGINS JULY 7.

Join Natalie for a 4-mile walk along the Indian Hill Trail in Newington. This is an easy trail and passes by Mill Pond Park and a waterfall while crossing Newington. Comfortable shoes, walking sticks, tick spray, sunscreen and a water bottle are recommended. Meet at the Senior Center parking lot at 10:00 a.m. to caravan.

OPEN QUILTING

WEDNESDAYS, 9:30 – 11:30 A.M.

Come and join your friends every Wednesday for a fun quilting session! **Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville**



MEDICARE SAVINGS PROGRAM (MSP)

INCOME LIMITS:

Singles Range From: \$2,265 to \$2,641

Couples Range From: \$3,064 to \$3,572

There is No Asset Limit nor Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. Department of Social Services 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). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

THE NURSE IS IN!

GEORGIA STERPKA, APRN, IS
AVAILABLE BY APPOINTMENT FOR:

REGULAR AND DIABETIC FOOT CARE

Cost is \$18.00 for Plainville resident members and \$28.00 for out-of-town members.

EAR WAX REMOVAL: COST IS \$5.00.

CHOLESTEROL SCREENING -This type of test does not require fasting. Cost is \$12.

FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.



facebook

Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle and logo is "cover page."

FITNESS PROGRAMS

ZUMBA GOLD RESUMES!

WEDNESDAYS, JULY 14- SEPT. 8

9:30 –10:30 A.M.

(NO CLASS AUGUST 4), 8 WEEKS

INSTRUCTOR: Amy Gray

COST: \$24.00. SIGN-UP HAS BEGUN.

Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels. Payment due upon registration.



BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, JULY 19-SEPT. 27

2:15-3:00 P.M., 8 WEEKS.

(NO CLASS AUG. 2 & 30, SEPT. 6)

INSTRUCTOR: Caroline Dube

COST: \$16.00, SIGN-UP BEGINS JULY 7.

Gentle chair Pilates releases tensions, stress and calms the mind and also builds core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Limited to 12 students. Bring a water bottle. Payment due upon registration.



POWER BURST

MONDAYS, JULY 19-SEPT. 27, 1:00-2:00 P.M.

8 WEEKS (NO CLASS AUG. 2 & 30, SEPT. 6).

INSTRUCTOR: Caroline Dube

COST: \$16.00, SIGN-UP BEGINS JULY 7.

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. Payment due upon registration.

SILVER SNEAKERS AND PLAINVILLE SENIOR CENTER YOGA/PILATES(YOGA-LATES)

FRIDAYS, JULY 23-SEPT. 10, 8 WEEKS

11:00—11:45 A.M.

INSTRUCTOR: Nancy Pandolfo

COST: \$16.00, SIGN-UP BEGINS JULY 7.

However, the class is free if you have Silver Sneakers through your health insurance.

IN PERSON OR ON ZOOM

This 45-minute class includes both chair and standing yoga poses, a lot of stretching and Pilates. In Pilates, you will target a specific muscle, squeeze it and work through a motion which also tones your lower body and core. Payment (if needed) due at the time of registration.

CARDIO CHAIR FITNESS WITH NANCY IN PERSON

TUESDAYS, JULY 27-SEPT. 14, 1:00 —1:45 P.M.

8 WEEKS. INSTRUCTOR: Nancy Pandolfo

COST: \$16.00

SIGN-UP BEGINS JULY 7.

Everything you can do standing, you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching.

BALANCE CLASS

TUESDAYS, JULY 27-SEPT. 14, 2:00—2:45 P.M.

8 WEEKS. INSTRUCTOR: Nancy Pandolfo

COST: \$16.00, SIGN-UP BEGINS JULY 7.

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

CDC HIGHLIGHTS BENEFITS OF PHYSICAL ACTIVITY FOR OLDER ADULTS

Older adults, both male and female, can benefit from regular physical activity. Physical activity need not be strenuous to achieve health benefits. Older adults can obtain significant health benefits with a moderate amount of physical activity, preferably daily. A moderate amount of activity can be obtained in longer sessions of moderately intense activities (such as walking) or in shorter sessions of more vigorous activities (such as fast walking or stair walking). Older adults should consult with a physician before beginning a new physical activity program.

FOODSHARE, SUPPORT GROUPS & SHOPPING BUS

MOBILE FOODSHARE SITE IN PLAINVILLE: NORTON PARK, 15 Norton Park Road

MONDAY, JULY 12, JULY 26 & AUGUST 9: 11:00 —11:30 A.M.

Perishable foods including fresh fruits, vegetables, dairy, meat and bread. This service is available to everyone 16 years and older. No identification needed. Please bring your own bags. For the entire Mobile Food Share schedule visit: www.Foodshare.org/mobile. To check other locations and/or cancellations visit the website or call 860-856-4321. Text FOODSHARE to 85511 to receive the mobile schedule and cancellation alerts on your phone.



THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

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

2021 SENIOR FARMERS' MARKET NUTRITION PROGRAM

We will have Farmers' Market coupon books this summer. The monthly income limits for this year are \$1,986 for individuals and \$2,686 for a couple. These coupons are valid until the Farmers' Markets close. Call Stephanie at (860)747-5728.



GRANDPARENTS RAISING GRANDCHILDREN-IN PERSON

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

CAREGIVING CONNECTIONS-IN PERSON

TUESDAY, JULY 13, 10:00 A.M.

Join your caring friends **IN PERSON** as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. It is critical to give and receive support from others who truly understand. Come share and be nourished. Caregivers from neighboring towns are welcome! Call the Plainville Senior Center at 860-747-5728 or go online to:

www.schedulesplus.com/plainville to register. You must register to attend.

CARING AND CONNECTING

Would you like someone to chat with? We have volunteers who are happy to connect with folks to say "hello" and to help brighten someone's day, especially during these difficult times. Call Morgan at the Senior Center if you'd like a call or if you would like to volunteer.

FREE SHOPPING BUS RESUMES!

We are pleased to offer shopping trips again with Pierre. You can shop, have a bite to eat and be with your friends.

West Farms Mall, Thursday, July 8: Home pickups begin at 9:15 a.m. Senior Center/Housing Authority pickups at 9:45 a.m. Shopping trip to West Farms Mall! You will have approximately 3 hours to shop. Don't forget your masks, or the bus driver will have them for you.

Boscov's Tour with Jan, Plus TJ Maxx & Lunch, Thursday, July 15: Home pickups begin at 9:15 a.m. Senior Center/Housing Authority pickups at 9:45 a.m. You will have approximately 2 ¹/₂ hours to shop and have lunch. Don't forget your masks, or the driver will have them for you. Jan, who has been doing our

newsletter during Covid, is our resident expert on Boscov's. Come and shop with Jan as she shows you the ins and outs of great bargains and fun shopping. Learn where all your favorite brands are in the store and also learn shortcuts to other shops and lunch stops.

Stop & Shop Plaza in Bristol, Ocean State Job Lot & More, Tuesday, July 27: Home pickups begin at

9:00 a.m., Senior Center/Housing Authority pickups at 9:30 a.m. You will have approximately 2 ¹/₂ hours.

SHOPPING BUS/QUICK TRIPS SURVEY

Please fill out our survey to help make our shopping trips better. Surveys are available on the bus or at the Senior Center. Call the Senior Center for details.



Donations

MAY 22-JUNE 25

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.

MEMORIAL DONATIONS

In Memory Of: Annaliese Ziegenhagen by Rose Berloni, Lynne Krakauske by Gail Kreneck, Pat Cancelli by Clifford & Margaret Sargis, Elizabeth Cancelli, George Woodward, Nancy Wadhams and Phyllis Gediman.

GENERAL DONATIONS: Marlene Maglio, Rosaleen Peters, Grace Bonola, Suzanne Martin, Lynn Gonzalez, Kathi DeSanty, Barbara Lumbard, Carol Wright, Sharon, Jan Bevan.

DIAL-A-RIDE: Rosaleen Peters, Marjorie Rio, Anonymous, Carol Perry, Mary Ange Boilard and Marci Negro.

Please note: When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. If you wish your donation to remain anonymous, please let us know. We do our best not to leave any donor's name off the list, but

Cheer Report

MAY 22-JUNE 25

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

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Gloria Cerniglia, Ida Pedrolini, Susan Kensel, Theresa Pedrolini, Irene Avella, Vivian Arena, Barbara Wallace, Judy Chatfield, Frank Wojcik, Sue Piercy, Mary Jane Nolan, Judy Silvia, Edna Pires, Ann Smedick, Hazel Decker, Ceal DiFrancesco, Evelyn Case, Rosaleen Peters, Helena Niziolek, Norma Weisenburger, Elaine Wyzga, Elsie Senaldi, Mary Lou Cassille.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Paul Schaffrick, Sebastian Pandolfo, Elizabeth Maccario, Theresa DeSocio.

SYMPATHY CARDS WERE SENT TO:

Fran Bolduc, James Pandolfo, Tina Wishart, Emilio and Olimpia D'Ascanio, Nancy Isaac, David Pipeling, Sally Cobrain.

The Senior Center ALWAYS Needs Sympathy, Get Well and Thinking of You Cards! We do not use religious cards or Mass cards. If you wish to donate cards, please drop them off at the Senior Center. We appreciate it!



MAY NEW MEMBERS

Demitrios (Jim) Alatsatianos, Sheri Bolduc, Sandra Dombroski, Carol Jiantonio, Carmen Llosa, Sharon Morgan-Williams, Bill Parsons, Kathleen Roden and Francine Shaffer.



VETERANS' NEWS & ACTIVITIES

INDIVIDUAL APPOINTMENTS FOR VETERANS

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance. Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance, is available by phone to help you with all of your veteran benefit needs. You can reach Jason at 203-805-6340 (please leave a message). Jason is taking appointments beginning in August.

VETERAN'S BENEFITS TALK

THURSDAY, JULY 29, 10 A.M., FREE!

PRESENTED BY JASON COPPOLA

Call the Senior Center to register or go online at: WWW.schedulesplus.com/plainville.

A Veteran's Benefits Talk, presented by Jason Coppola, will be held at the Senior Center on **July 29th at 10 a.m.** Jason has served as the Veterans Services Officer for the State of CT Dept. of Veterans Affairs and as an adjutant of the Military Order of the Purple Heart Chapter 1 since 2013. Previously, he served as a Veterans Employment Outreach Worker for the CT Dept. of Labor, a juvenile risk reduction clinician and also worked with the Connecticut Department of Children and Families. From 2006 to 2007, he served in Afghanistan with the Connecticut Army National Guard. Jason has a M.S. Degree in Sociology as well as a B.A. in History, both from Southern CT State University.

VA HAS CURED 100,000 VETERANS OF HEPATITIS C

VA has reached a significant milestone in curing more than 100,000 Veterans of chronic hepatitis C virus infection (HCV), establishing VA as a global leader in the diagnosis and treatment of HCV. HCV infection can lead to advanced liver disease (ALD), liver cancer and early death. Curing HCV can prevent the development or progression of ALD, cutting death rates by up to 50%. Until recently, HCV treatment required medications to be taken daily by mouth and weekly by injection for up to a year, with cure rates as low as 35%. Additionally, this treatment had disabling medical and psychiatric side effects, which caused over half of patients to stop treatment prematurely. Through Veteran advocacy, VA leadership and the support of Congress, VA implemented an aggressive program to treat Veterans with HCV who were both willing and able to be treated. *For more information, visit:* www.hepatitis.va.gov.



VETERANS' SOCIAL HOUR IN PERSON

TUESDAY, July 27, 10:00 A.M.

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at 860-747-5728 to register or register online at: www.schedulesplus.com/plainville.**



FREE VETERANS JOB BOARD AVAILABLE

In an effort to connect more Veterans to meaningful careers, RallyPoint offers a free Veteran Job Board that connects employers with job-seeking Veterans. RallyPoint is a digital platform for the military community to come together and discuss military topics both socially and professionally. For more information, go to: <https://www.rallypoint.com/about-us>.

PLAINVILLE VETERANS' MEMORIAL WALL



A Memorial Wall has been created to provide a place to honor the military service of deceased veterans by their friends and family members. Brass plates engraved with the Veteran's rank, name and branch of service can be purchased for \$14. Contact the Senior Center for an order form.

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THIS AND THAT

PLAINVILLE SENIOR CENTER CHORAL GROUP LOOKING FOR PIANO PLAYER

Plainville Senior Center Choral Group is looking for a piano player to be part of this dedicated volunteer ensemble. The group practices once per month and entertains once a week for three weeks at three area nursing homes. Help to bring joy to many folks using your voice and piano talent. Transportation provided by the Senior Center to the nursing home gigs if needed. Call Shawn or Ronda for more information or if interested.



NEW LOW-COST PROGRAM ALLOWS ELDERLY, DISABLED TO TRAVEL WITH NO LIMITATIONS

ENCOMPASS is an exciting new program that allows our elderly and disabled community in the Greater Hartford area to travel with no limitations any time, any day, for any reason! For more information, please see back of calendar for details.



FREE WEEKEND BUS SERVICE AVAILABLE THROUGH LABOR DAY

CT Transit is offering free bus service during the weekends to encourage State residents to visit and support locally owned small businesses in the State. In addition to Saturdays and Sundays the free service will also include Independence Day Holiday on Monday, July 5th and also the Labor Day Holiday on Monday, September 6th. For more information visit: <https://portal.ct.gov/Office-of-the-Governor/News/Press-Releases/2021/03-2021/Governor-Lamont-Implements-Free-Weekend-Bus-Service-During-Summer-Months>

PLAINVILLE PET CEMETERY CREATED

To honor your beloved pets, the Plainville Cemetery Association has created a new Pet Cemetery at the West Cemetery at 180 North Washington Street. Located in a wooded area behind the office, there is a beautifully landscaped area with grass, plants, benches, bird baths and a walkway leading to the brick memorial area. Brick pavers can be purchased to memorialize your pets. For more information, call the Plainville Cemetery Association at (860)747-2314.

VOLUNTEERS NEEDED!

Calling all volunteers! The Senior Center needs volunteers to sit at our entrance to welcome people with a friendly face as they enter the building and to check them in. This is a great opportunity to meet new people in a safe environment after a long separation. Call Ronda if interested at (860)-747-5728.



We are also looking to restart our Le Petit Café this fall and we need volunteers to assist with food prep/cooking, assembling food, serving food, cashiers and dishwashers. No experience needed We will train you! We are having a Café volunteer recruitment meeting on **Thursday, August 12 at 3:00 P.M.** Call the Senior Center to sign up or call Ronda at (860)747-5728) if you're interested!