


JULY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:15 Walk(GR) 10:00 iPhone/ iPad Help * 11:00 Yoga- Lates (GR/Z)	2
3	4 FOURTH OF JULY THE SENIOR CENTER IS CLOSED 	5 9:00 NURSE* 9:15 Walk (GR) 9:30 Sign Language(GR) 10:00 Cribbage (GA) 10:00 Ladies Pool Brushup 1:00 Cardio Chair (BR) 1:00 Bridge (OS) 1:00 Current Events(GA) 1:30 Circle Group (CR) 2:00 Balance (BR)	6 9:15 MEGA SIGN-UP DAY 9:15 Walk (BR) 9:30 Mug Rug(CR) 10:00 Vet Appts. * 1:00 Bingo (GR) 1:15 Charlemagne (CA) 3:00 Coloring (BR)	7 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mexican Train (CL) 10:30 Healthy Bodies (GR) 12:30 Pool Tourney 12:30 Pincochle (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Telephone Bingo 1:00 Knit/Crochet (GR)	8 9:15 Walk(GR) 11:00 Yoga- Lates(GR/Z)	9
10	11 9:00 NURSE* 9:15 Walk (GR) 12:30 Setback GR) 1:30 Power Burst (BR) 2:45 Chair Pilates/Bal. (BR)	12 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool Brushup 10:00 Zippered Candy Bag (CR) 11:00 Celebrate Italia Trip 1:00 Cardio Chair (GR) 1:00 Bridge (OS) 1:30 Circle Group (CR) 1:00 Current Events(GA) 2:00 Balance (GR)	13 9:15 Walk (BR) 9:30 Mug Rug(CR) 1:00 Bingo (GR) 1:15 Charlemagne (CA) 3:00 Coloring (BR)	14 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mexican Train (CL) 10:30 Healthy Bodies (GR) 12:30 Pool Tourney 12:30 Pincochle (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Telephone Bingo 1:00 Knit/Crochet(GR)	15 9:15 Walk (GR) 10:00 iPhone/ iPad Help * 10:00 Book Buds (OS) 11:00 Yoga- Lates(GR/Z)	16 9 A.M. LAKE ZOAR KAYAK TRIP
17	18 9:15 Walk (GR) 10:00-3:45 COVID Clinic* 12:30 Setback (GR)	19 9:00 NURSE* 9:15 Walk (GR) 10:00 Caregiving Connections (OS) 10:00 Cribbage (GA) 10:00 Ladies Pool Brushup 1:00 Bridge (OS) 1:00 Current Events(GA) 1:00 Cardio Chair (GR) 1:30 Circle Group (CR) 2:00 Balance (GR) 2:00 Table for Two (BR)	20 9:15 Walk (BR) 9:30 Stitch 'N Time (CR) 10:00 Lobster & Paul Anka Music Trip 11:00 Fire Extinguish- er Program (GR) 1:00 Bingo (GR) 1:15 Charlemagne (CA) 3:00 Coloring (BR)	21 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Brighter Focus (GA) 10:00 Mexican Train (CL) 10:30 Healthy Bodies (GR) 10:30 Snappy Seniors (CR) 12:30 Pool Tourney 12:30 Pincochle (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Telephone Bingo 2:30 Memory Café (CR)	22 8:45 RATTLE- SNAKE MTN. HIKE 9:15 Walk (GR) 11:00 Yoga- Lates(GR/Z)	23
24	25 9:00 NURSE* 9:15 Walk (GR) 12:30 Setback (GR) 1:30 Power Burst (BR) 2:45 Chair Pilates/Bal.(BR)	26 9:00 NURSE* 9:00 Shopping Trip 9:15 Walk (GR) 9:30 Sign Language (CR) 10:00 Veterans Social Hour (BR) 10:00 Cribbage (GA) 10:00 Ladies Pool Brushup 1:00 Bridge (OS) 1:00 Current Events(GA) 1:00 Cardio Chair (GR) 1:30 Circle Group (CR) 2:00 Balance (GR)	27 9:15 Walk (BR) 9:30 Table Runner (CR) 1:00 Bingo (GR) 1:15 Charlemagne (CA) 3:00 Coloring (BR)	28 9:00 NURSE* 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mexican Train (CL) 12:30 Pool Tourney 12:30 Pincochle (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Telephone Bingo 1:00 Knit/Crochet(GR) 3:00 Healthy Bodies (GR)	29 9:15 Walk (GR) 10:00 iPhone/ iPad Help * 11:00 Yoga- Lates(GR/Z)	30 KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED

Transportation

Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, **call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.**

Our Dial-A-Ride operates 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 on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.

ADA Paratransit

ANOTHER OPTION WITH MORE HOURS & 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.**

Each ride is just \$3.50 and discount ticket books can be purchased at Stop & Shop in a book of ten for \$28 (only \$2.80 each). There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

You Must be Pre-Approved — How to Apply:

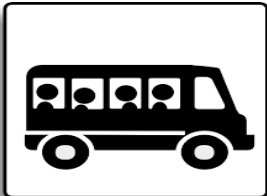
The online application can be found at www.ctada.com. **You can also call the Senior Center at (860)747-5728 for an appointment with Stephanie who can assist with the online application process.** Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Para-Transit rider.

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. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



ADDITIONAL TRANSPORTATION OPTIONS

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call **(860)247-5329, extension 3086.**

ENCOMPASS

Encompass is an on-demand transportation program 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: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.00 per additional mile after that.

Call Encompass at (860)444-4444 or visit online at Encompass.M7Ride.com.

TRANSPORTATION AND THE ELDERLY

Currently, there are about 8.4 million senior citizens who depend on others for their transportation. Shortly, the number of older drivers will more than double, making the issue of senior transportation even more critical. In fact, according to the Administration on Aging, by the year 2030, the number of drivers over age 85 will be 4–5 times what it is today.

SOURCE: National Caregivers Library