

NEWS & EVENTS

JULY 2023

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 & more. No question is too small. Call (860)747-5728.

**PLAINVILLE SENIOR CENTER PART-TIME
DIAL-A-RIDE DRIVER NEEDED!**



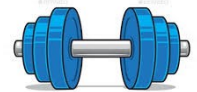
The Plainville Senior Center has an immediate opening for a morning Dial-a-Ride driver, Monday-Friday. Drivers must have an F-endorsement (Taxi, Livery, Service Bus/Coach) or a CDL in order to drive the 14 passenger, wheelchair lift equipped bus. Paid training and hourly wage (\$21/per hour) provided. Approximately 19-21 hours per week, based on demand. Contact Shawn or Ronda at the Senior Center, 860-747-5728 for more information and an application or apply online at www.plainvillect.com



LIFE CHANGING BENEFITS OF EXERCISE!!

We have lots of ways for our members to exercise and keep fit! The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. The PEAK Center is open daily so you can exercise on your own schedule. All Fitness Center members receive a personal training session to learn the equipment and establish fitness goals. Cost per month is only \$9.00 or sign up for a year for only \$60.00! A one-time registration fee is additional. Call the Senior Center for more information. Also, check out our variety of fitness classes on page 5 and 6.

**ARE YOU STRONG ENOUGH?
LUNCH AND LEARN PROGRAM**



THURSDAY, AUGUST 3, 11:30 AM, FREE
CALL THE SENIOR CENTER TO REGISTER BY JULY 31
 FOX Rehabilitation will discuss the benefits of physical activity with chronic health conditions that can be managed with exercise. Co-sponsored by The Pines of Bristol and FOX Rehabilitation. A complimentary bagged lunch will be provided.

HELP FOR VETERANS: For those needing assistance with VA benefits, forms & programs, call 203-805-6340 to make an appointment with Jason Coppola on the third Tuesday of the month at 10 AM. His next appointments will be JULY 18 (If there is no answer, please leave a message giving your full name and phone number). Jason will conduct a phone interview to find out your status, needs & paperwork required. This will prepare for your face-to face appointment at the Plainville Senior Center. No drop-in appointments are available. Jason's position will be serving residents of the 5th Congressional District **only** which means he is unable to serve Southington or Bristol residents but can serve Plainville & New Britain.

More Veterans Info
See page 4

White House Talk
See page 4

Balloon Festival
See Page 9

Farmers Market Coupons
See Page 11

CLASSES & PROGRAMS

QUILTING CLASSES

SIGN UP BEGINS JULY 3

INSTRUCTOR: DARLENE BACHAND

WEDNESDAYS, 9:30 AM — 11:30 AM

*JULY 5, 12, 19, 26—Stitch In Time (to work on your own projects)—***COST: \$2.00 per week**

OR

FREE if you volunteer your time to work on the Lap Quilts for the Fair Raffle.



NEEDLE FELTING CLASS: SUMMER LOBSTER

WEDNESDAY, JULY 12, 1:00 PM—3:00 PM

COST: \$20.00 INCLUDES ALL MATERIALS, SIGN UP HAS BEGUN

INSTRUCTOR: DIANA SHEARD

Summer is here and lobsters are in season! Everyone welcome! No prior experience necessary. Learn, laugh, and leave with your very own needle felted lobster! Sample on display in the showcase.



SKIN CANCER AWARENESS AND SCREENING

MONDAY, JULY 10, 10:00 AM PROGRAM IS FREE PLEASE CALL OR REGISTER ON-LINE FOR THE PRESENTATION AND TO SCHEDULE AN APPOINTMENT FOR THE SKIN CANCER SCREENING.

Our skin is the largest organ in our bodies. It performs many valuable functions for us in the approximately 20 square feet it covers on us. It is something we should pay attention to keeping healthy! The talk, presented by Linda Ivey, Health Educator, Hartford HealthCare, will be followed by a bingo game based on the information provided in the presentation. Prizes for all! Following the program/bingo, Georgia Sterpka, APRN will conduct a free skin cancer screening (by appointment).

BREAKFAST CLUB – MEN AND WOMEN INVITED

TUESDAY, JULY 18, 9:00 AM

Join us for an informal breakfast at D' Marie's Restaurant, 17 Whiting Street, in Plainville! You'll order (and pay on your own) off the menu. Enjoy breakfast out with a great group of friends. If we have enough interest, we will try and make this a regular event! Call the Senior Center to register.



FREE AMERICAN SIGN LANGUAGE CLASSES AT SENIOR CENTER

TUESDAYS, JULY 18—AUGUST 15

10:00 AM—11:30 AM

INSTRUCTOR: FAITH POSNER

SIGN UP BEGINS JULY 6

We are thrilled to welcome back Faith Posner, volunteer and Freshman at Plainville High School. Faith will be teaching complimentary American Sign language (ASL) classes at the Senior Center. Participants will learn basic vocabulary and grammar skills for beginners using body language, facial expressions and hand movements, make introductions and share personal information about self, family, basic desires and interests and talk about your surroundings, by giving and receiving directions as well as sharing information using vocabulary terms. The goal is to be able to do basic fingerspelling and signed numbers as well as recognize fingerspelling and signed numbers when done slowly. In addition to being hard of hearing herself and native signer, Faith is also part of a deaf family.

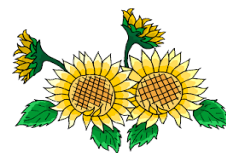
SUNFLOWER STRAW HAT PAINTED CANVAS TOTE BAG & SMALL ZIPPERED POUCH

TUESDAY, JULY 11 & JULY 18, 9:30 AM—12:00 PM

COST: \$19.00. INCLUDES TOTE BAG, POUCH & PAINTS. SIGN UP HAS BEGUN

INSTRUCTOR: PENNY KINDBLOM

In this class, we will use acrylic paint to paint and embellish a tote bag and a small zippered pouch. We will have fun adding texture to create the look of straw to our hat design and finish by adding a bow and a sunflower. Your finished set will be a great beach tote bag and accessory bag or use it as a grocery tote and coupon carrier. Your finished pieces will be dimensional and are sure to be one of a kind. **Students need to bring:** brushes of various sizes including a 1" flat brush and a size 10 or 12 flat brush, paper towels and a plastic container for water to clean brushes.



MORE CLASSES & PROGRAMS

COMMUNICATION AND DEMENTIA LUNCH & LEARN

THURSDAY, JULY 20, 11:30 AM—12:30 PM, FREE.

REGISTER BY JULY 17.

Communication is a vital part of our lives. It allows us to express who we are and relate to one another. Recognize how dementia affects communication and learn some helpful tips and strategies for your conversations with people living with the disease. Presented by Heather Hitchcock, CDP, Community Educator with Bristol Behavioral Health. Complimentary lunch (turkey sandwich, chips, cookie) provided by National Health Care/The Pines of Bristol.

WATER AEROBICS CLASS

MONDAYS, JULY 31—AUGUST 21

9:00 AM—9:45 AM

At Norton Park Bernier Pool

COST: \$30 and includes instruction and pool noodle. (Only 1 spot left!)

Workout to fun music in the pool! The water buoyancy takes away the tension from your joints so you can move freely in the water; we use noodles for extra resistance...come splash with us! This class is for seniors only...we will have the pool to ourselves during this time!

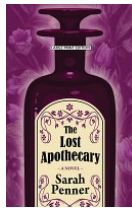
BOOK BUDS JULY BOOK: "THE LOST APOTHECARY" By SARAH PENNER

FRIDAY, JULY 28, 10:00 AM

COST: FREE! FOR MEMBERS ONLY.

INSTRUCTOR: KATHLEEN MARSAN

A secret apothecary shop in London is discovered and an unauthorized historical exploration ensues. The author cleverly leads our sleuth on a whirlwind adventure which leads to more questions than answers. Join us for an hour of intriguing discussion and bookish comradery. Coffee and tea provided. Please be sure to register as there is limited space. The book is available at the main desk at the Plainville Public Library.



SPRUCE UP YOUR SALADS: DIY HEALTHY SALAD DRESSINGS

TUESDAY, JULY 25, 10:30 AM

INSTRUCTOR: JESSICA DORNER,

REGISTERED DIETITIAN,

COST: \$3.00. SIGN UP HAS BEGUN

Join Jessica Dornier, Registered Dietitian, for this exciting cooking demonstration! Learn how to make your own salad dressings using mostly



pantry ingredients, featuring dressings from traditional to fun, new flavors. Jessica will prepare healthy salad dressings for participants to taste test along

with salads that compliment the dressings.

Participants will be able to try each dressing, get recipes and informational handouts, and be able to take home at least one sample dressings.

BOOST YOUR BRAIN HEALTH BY EATING WELL

TUESDAY, AUGUST 8, 1:30 PM—2:30 PM

FREE, SIGN UP BEGINS JULY 6

CALL THE SENIOR CENTER TO REGISTER OR REGISTER ON-LINE

There is no question that eating a diet rich in brain healthy foods can benefit people at any and every age. It reduces inflammation, regulates blood sugar, promotes heart health and scientists are now finding it may have an effect on delaying the symptoms of Alzheimer's disease! Brain Healthy Cooking is an educational program, inspired by the well-researched Mediterranean diet, that allows individuals to learn and experience a way of eating and cooking that promotes brain and whole body health. In this 1 hour presentation hosted by Farmington Station Senior Living, participants will learn how easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory.

MEMORY SCREENING

TUESDAY, JULY 25, 10:00 AM—12:00 PM

BY APPOINTMENT—CALL THE SENIOR CENTER TO REGISTER

Are you worried about your short-term memory? Take 10 minutes for a Memory Screening from the Alzheimer's Foundation of America—simple & safe "healthy brain check-ups" test memory and other thinking skills. Open to anyone whether they have current memory concerns, are at risk for Dementia, or just want to see how their memory is now for future comparisons. This is not a diagnosis of any particular illness and is completely confidential.

Conducted by Hollis Hartman, Memory Care Advisor, Arden Courts.

EVEN MORE CLASSES AND PROGRAMS

CAREGIVING GUILT AND DUTY: IT'S COMPLICATED ISN'T IT

TUESDAY, AUGUST 15, 11:00 AM

Sign up begins July 6.

Join us for a discussion surrounding the guilt and duty of caregiving:

- ♦ What is Guilt and Duty?
- ♦ Ways of managing caregiver guilt.
- ♦ Ways to improve your health and wellbeing.
- ♦ How Technology can help.



SNAPPY SENIORS PHOTOGRAPHY

GROUP MEETS SEPTEMBER THROUGH JUNE, 3RD

THURSDAY OF THE MONTH AT 10:00 AM

CALL TO REGISTER (860)747-5728

Snappy Seniors Photography will not have monthly meetings in July and August. However, our members will be busy taking pictures during their vacations, day trips, outings and other events. In fact, members have said they will take pictures at the Petit Family Foundation 5K Road Race on July 16th and at the Plainville Fire Company Hot Air Balloon Festival August 25th and 26th. Our next monthly meeting will be Thursday, September 21st at 10:00 AM. New members are always welcome by calling the Senior Center. Members use their cameras or cell phones to take photos. You do not have to be an expert, just someone who enjoys taking photos and want to learn more.

ADULT COLORIST CLUB *NEW TIME*

MONDAYS AT 10:00 AM

Come & color with us!! We have everything you need to color & create: coloring books, colored pencils, pens, markers and more. Connect with other colorists while you enjoy this relaxing, restorative activity.

SHOWCASE YOUR COLLECTION OR HOBBY!

If you have a collection or hobby that you'd like to display in our showcase, please call us at the Senior Center to let us know. Displays are typically in the locked showcase for a month at a time.

JULY: Peter Lincavicks—Bird/Butterfly Silhouettes

Peter has been carving for over 40 years. He has created a modern version of Folk Art on varying thicknesses of plywood and other woods.



CHANGE THE SCRIPT: WEDNESDAY, JULY 12

10:30 AM—1:00 PM

Stop by the Senior Center living room from 10:30 AM to 1:00 PM to get information and give-a-ways about substance misuse prevention and safe use, storage and disposal of medications.

WHITE HOUSE MEMORIES PART II

TUESDAY, AUGUST 15, 1:30 PM

Sign up begins July 6



This presentation is a continuation of White House Memories Part 1 presented by Former White House Butler Alan DeValerio. There will be more celebrity sightings, and more insight into what working as a butler at the White House entailed. There is also an in depth look at First lady Nancy Reagan (the good and the bad).

TELEPHONE BINGO IS BACK!

THURSDAYS, 1:00 PM—2:00 PM



Peggy Grant will be calling bingo over the telephone and on Zoom so you don't have to leave your cozy home to go outdoors! If you'd like to play, call the Senior Center to register and to get a bingo card. There is no charge to play.

UKULELE JAM—THURSDAYS 2:15—3:15 PM

Join our group of ukulele enthusiasts to play and sing. Drop in for a great time.

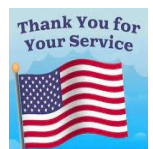
VETERANS' NEWS & ACTIVITIES

VETERANS' SOCIAL HOUR

JULY MEETING HAS BEEN CANCELLED

Next meeting: TUESDAY, AUGUST 22

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare Senior Services. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register.**



PLAINVILLE VETERANS COMMISSION

For All Veterans in Financial Need

MONDAYS 6:00 PM—7:00 PM

Municipal Center, Room 306

Call Dave Dudek at 860-559-1860 before arrival. For Veterans and spouses of any age.



FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 P.M.

INSTRUCTOR: CAROLINE DUBE

Class includes intervals of low-impact movement with walking, marching and other moves to benefit the heart. Strength training with light weights & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

BEGINNERS GENTLE CHAIR PILATES/BALANCE

MONDAYS, 2:45–3:45 PM

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

CARDIO CHAIR FITNESS TUESDAYS, 1:00–1:45 PM

INSTRUCTOR: NANCY PANDOLFO

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

BALANCE CLASS TUESDAYS, 11:45–12:30 PM

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30–10:30 A.M.

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

SILVER SNEAKERS CLASSIC

FRIDAYS, 10:00 AM—10:45 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

Join in the fun in this certified Silver Sneakers class.

Exercises are done in a chair and combine cardio and strength training. Beginners welcome.



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

FRIDAYS, 10:50–11:35 A.M.

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

This 45-minute class includes both chair & standing yoga poses, lots of stretching & Pilates. In Pilates, you will target a specific muscle, squeeze it & work through a motion which also tones your lower body and core.

THE PEAK FITNESS CENTER IS OPEN!

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. Individuals 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 PEAK Center is open, and appointments are no longer needed! Work out when you want. PEAK Center hours are: **Monday—Thursday, 9:00 AM—3:00 PM and Friday 9:00 AM—1:00 PM.**

CLASS DESCRIPTIONS

ACRYLIC PAINTING

RESUMES IN THE FALL

INSTRUCTOR: ABBE WADE

Abbe teaches four unique techniques using acrylic paints. Students must provide their own supplies.

CERAMICS

THURSDAYS, 9:30 AM —11:30 AM

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to choose a piece of greenware, clean, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

KNITTING/CROCHET

THURSDAYS, 1:00 PM – 3:00 PM

INSTRUCTOR: EVELYN MORIN

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.

WATERCOLOR CLASS

RESUMES IN THE FALL

INSTRUCTOR: PENNY KINDBLOM

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.

CLASS SCHEDULE Class descriptions on pages 2 and 5

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 6 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting JULY 13 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 Registration Begins JULY 6
MONDAY			
Power Burst	1:30-2:30	May 22—July 17, 6 weeks, \$12.00 No Class May 29 & June 12, July 3	July 24—Aug. 28, 6 weeks, \$12.00
Chair Pilates & Balance	2:45-3:45	May 22—July 17, 6 weeks, \$12.00 No Class May 29 & June 12, July 3	July 24—Aug. 28, 6 weeks, \$12.00
TUESDAY			
Balance Class	11:45-12:30	June 20—Aug. 1, 6 weeks, \$12.00 No Class July 4	Aug. 8—Aug. 29, 4 weeks, \$8.00
Cardio Chair Fitness w/ Nancy	1:00-1:45	June 20—Aug. 1, 6 weeks, \$12.00 No Class July 4	Aug. 8—Aug. 29, 4 weeks, \$8.00
WEDNESDAY			
Zumba Gold	9:30 -10:30	May 17—July 12, 8 weeks, \$24.00 No Class May 31	July 19—Aug. 2, 3 weeks, \$9.00
Quilting	9:30-11:30	See page 2	_____
THURSDAY			
Ceramics	9:30 – 11:30	June 15—July 27, 6 weeks, \$24.00 No Class June 29	Aug. 3—Sept. 14, 6 weeks, \$24.00
Knitting/Crochet	1:00-3:00	_____	July 6—Aug. 10, 6 weeks, \$12.00
FRIDAY			
Silver Sneakers Classic	10:00-10:45	FOR: Silver Sneakers and Yoga—lates May 26—June 30 Free if you have Silver Sneakers <u>OR</u> \$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	FOR: Silver Sneakers and Yoga—lates July 14—Sept. 1 Free if you have Silver Sneakers <u>OR</u> \$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.
Yoga-Lates	10:50-11:35		

HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, you can call us here at the Senior Center (860)747-5728 so we can register you.

OUTDOOR ADVENTURES

PIGEON HILL PRESERVE IN BRISTOL, CT

SATURDAY, JULY 22, 9:00 AM—11:30 AM, COST: \$3.00, SIGN UP HAS BEGUN

OUTDOOR ADVENTURE LEADER WILL BE JARED SCOVILLE

MEET AT BARNES NATURE CENTER, PARKING LOT, 175 SHRUB ROAD, BRISTOL AT 9:00 AM

Join us for a brand new hike, not only to the Senior Center but the entire community! Pigeon Hill Preserve was just recently acquired and transformed by the town of Bristol in 2022. The trails will have several moderate level inclines over wooded trails. This hike is rated as moderate and is most appropriate for those who walk regularly and also hike regularly or participate in resistance training/exercises beyond just walking. The trails wind through a very wooded area, and consist of several loop trails, We will plan to do 3-5 miles on the hike. Please bring at least one full bottle of water & shoes that have a good grip. We will meet at the trailhead for the hike in Bristol. Part of the hike will go through both the Nature Center area & the newer Preserve!



RAIL TO TRAIL BIKE RIDES ADVENTURES-FREE

WEDNESDAY, July 12, 10:00 AM

Meet at Lazy Lane in Southington

Join Outdoor Adventure Leader Eileen Cyr for a one hour ride along the rails to trails.

Bring water and a snack. Space is limited.

Please be sure that your bike has been serviced, tuned up and that the tires are full. You must wear a helmet when riding with our groups.

KAYAK THE FARMINGTON RIVER IN COLLINSVILLE

FRIDAY, JULY 14, 11:00 AM, Sign up has begun

COLLINSVILLE KAYAK, 41 BRIDGE STREET, COLLINSVILLE.

Meet at 10:15 AM at the Senior Center to caravan or meet at 11:00 AM at Collinsville Kayak. **Cost is \$22.00 per hour of Kayaking.** Pay at Collinsville Kayak. Call the Senior Center to register so we can make a group reservation.

Join outdoor adventure leader Eileen Cyr for a one hour leisure kayak (or feel free to try paddle boarding) along the Farmington River in Collinsville. Following the kayak ride, we will have lunch at the Crown & Hammer (pay for lunch on your own).



WE WALK TOGETHER—AN INTERGENERATIONAL

FRIENDSHIP WALKING PROGRAM, SATURDAY, JULY 29, 9:15—10:30 AM. Sign up at the Senior Center.

At 8:50 AM, Meet at the Plainville Senior Center to caravan OR meet in the parking lot (by 9:15) at MDC Reservoir #4 (1420 Farmington Ave) West Hartford. Join Eileen Cyr, as we meet up with For All Ages for a 1 hour intergenerational walk. *More info on page 9 or go to <https://forallages.org/we-walk-together>.



CRESCENT LAKE HIKE: FRIDAY, AUGUST 4, 9:00 AM—10:30 AM LEADER: EILEEN CYR

COST: FREE, SIGN UP BEGINS JULY 6, SPACE LIMITED TO 10

Join us for one of the most classic hikes we have in Plainville/Southington! Our trail at Crescent Lake will take us over wooded trails of mild-moderate difficulty. Much of the trail will follow around the lake itself, though we may choose to hike up a wide, steeper gravel path to go to the summit to overlook the lake, (less than an eighth of mile up and down to the summit)! This hike will be appropriate for anyone who regularly walks and remains physically active. Remember to bring a water bottle! We will meet at the trail parking lot for Crescent Lake at 9:00 AM, located on Shuttle Meadow Road in Southington.



UPCOMING ADVENTURE: “Riches of Hartford” Scavenger Hunt, September 20



MONTHLY SHOPPING TRIPS

Shopping trips to be announced. Please call the Senior Center and put your name on the list and we will call you when we know the drivers schedules for the out of town shopping trips.



NEW TRIPS

COVERED BRIDGES OF NEW HAMPSHIRE

TUESDAY, OCTOBER 10, 2023 COST: \$116 pp

Departs: 7:15 AM from OLM Church Parish Center at 19 South Canal, Plainville, Sign up begins July 6

Homemade luncheon at the Inn at East Hill Farm, near Mount Monadnock in Troy, NH. Meal served family style: Soup, fresh baked breads, fritters w/ maple syrup, NE Pot Roast & Roast Turkey w/stuffing, sides & delicious dessert, coffee. All gratuities included. Covered Bridges (or "Kissing Bridges") are practically a trademark of New England life. Explore several on a Guided Driving Tour of Covered Bridges in Southern New Hampshire. **(See Flyer for Details)**

AMERICAN MUSEUM OF NATURAL HISTORY, NYC: SUNDAY, NOV. 12, 2023,

COST: \$110 pp

Departs Senior Center: 8:30 AM,

Approx. return 5:30 PM,

Sign up begins July 6

Hayden Planetarium Space Theater Space Show.

Walk under a 94 foot long blue whale.

Marvel at the most important collection of dinosaurs in the world. Walk thru a rainforest or feel the rumble of an earthquake. Explore the brain exhibition. Gift Shop & Food Court on your own.

(See Flyer for Details)

ESCORTED VIKING RIVER CRUISE—DANUBE WALTZ: APRIL 27—MAY 5, 2024

COST: FROM \$2,999. PER PERSON + Airfare (INCLUDES TAXES AND SHORE EXCURSIONS)

Call July 5 for special airfare deals! Includes: Passau, Germany/Vienna & Linz & Krems, Austria/Bratislava, Slovakia/Budapest, Hungary, etc. Escorted from Plainville to Europe to Plainville. Shore excursions in every port. English speaking crew. Casual dining in elegant style. **(See Flyer For Details)**

UPCOMING TRIPS: A FEW OF THE TRIPS WE ARE PLANNING *MORE INFO IN FUTURE NEWSLETTERS*

Aqua Turf Parties

November 8: Elvis is in the Building!

SAVE THE DATE!!!

Dec. 12: Holiday Classics w/ Downtown 6 Band! Sing-a-long: The Glamour Girls/Santa George & Mrs. Claus!

CURRENT TRIPS

AQUA TURF: BRASS ATTACK BAND & DONNA SUMMER TRIBUTE: TUESDAY, SEPTEMBER 12, 2023,

11:00 AM—3:30 PM, COST: \$52.00 Per Person. Drive on your own-(hopefully this may change)

This group pumps out energetic, infectious grooves ranging from hits by current popular artists to the R&B/Soul classics of the 60s and 70s with Rainere Martin as Donna Summer! MENU: Roast Beef/Chicken Francaise—Family Style. Pasta & Salad Courses. Complimentary Coffee & Donuts, Glass of Beer or Wine, Door Prizes. **(See Flyer For Details)**

MOSES—AT THE SIGHT & SOUND THEATRE PLUS THE DUTCH APPLE DINNER THEATRE LANCASTER, PA

WEDNESDAY—FRIDAY, AUGUST 2—4, See flyer for details OPEN TO THE PUBLIC

Buffet dinner and show. Visit the heart of the Amish farmlands. Lunch/shopping KITCHEN KETTLE VILLAGE.

Reserved seating for MOSES. Hershey, PA, 'The Sweetest Place on Earth'. WIND CREEK BETHLEHEM CASINO.

TRIP IS FULL, PLEASE SIGN THE WAITLIST

AQUA TURF "COME FLY WITH ME": TUESDAY, AUGUST 15, COST: \$52.00 PER PERSON. A Journey Through the Decades: Sinatra, Kenney Rogers, Tim McGraw, Dionne Warwick, Dianna Ross & Roberta Flack

MENU: Baked Scrod/Chicken Marsala served Family style and all the trimmings plus Aqua Turf, Pasta & Salad Courses. Complimentary coffee & donuts, glass of wine or beer & door prizes. **See Flyer For Details.**

ISLAND HOPPING-NANTUCKET & MATHA'S VINEYARD: OPEN TO THE PUBLIC

FRIDAY—SUNDAY, AUGUST 18—20 DEPARTURE: SENIOR CENTER COST: \$729 DOUBLE/TRIPLE-\$919 SINGLE DEPOSIT: \$200 pp due at sign up. Balance due by June 30. Day 1: JFK Museum, **Day 2:** Daytrip to Nantucket Island, Ferry Guided Tour, Free time **Day 3:** Ferry to Martha's Vineyard. Guided tour. **See Flyer For Details. (Only 2 seats left at time of printing)**

MORE CURRENT TRIPS

SEPTEMBER 9—BOSTON DUCK TOUR & NEW ENGLAND AQUARIUM— COST: \$139.00 Senior Rate.

Morning at the NE Aquarium— giant ocean tank with 2,000 aquatic animals-penguins, sea turtles, seals, sea lions, sharks and more! Quincy Marketplace on your own for lunch. Afternoon, it's the ride of your life aboard the DUCK—an amphibious vehicle that rides on land & becomes a boat in water.

Enjoy a narrated tour of Boston by your conDUCKtor who's sure to keep you laughing.

See Flyer For Details. *TRIP IS FULL, PLEASE SIGN THE WAITLIST*



OCTOBER 4—6 : 1000 ISLANDS— COST: \$685.00 per person Double. OPEN TO THE PUBLIC .Includes: Deluxe motorcoach, 2 nights accommodations, 2 breakfasts, 2 dinners, sightseeing & admissions, Friendship Tours Escort, Driver/Tour Director Gratuity. 1000 Islands Harbor Hotel, a AAA Four Diamond property on water, indoor pool, fire pit, fitness center, complimentary tea/coffee bar. Uncle Sam Boat for our Two Nation Tour through the heart of the 1000 Islands. Hear the history & folk lore as we cruise through the narrow channels, over historic sunken wrecks & magnificent summer homes. Visit Boldt Castle-owned by millionaire proprietor of the world famous Waldorf Astoria Hotel, NYC. Wine at the Thousand Islands Winery. Antique Boat Museum finest collection of nautical memorabilia in USA. **See Flyer For Details. (12 seats left)**

NATIONAL PARKS: ARIZONA ADVENTURE & LAS VEGAS 10/06/2023—10/13/2023-OPEN TO THE PUBLIC SEE FLYER FOR DETAILS.

COMMUNITY NOTES

PLAINVILLE RECREATION SUMMER CONCERT SERIES *FREE - Norton Park, Thursdays, 6:30 PM—8:00 PM*

*July 6 Nzinga's Daughters-Afro/Caribbean/R&B

*July 13 Distilled-Rock through the Ages

*July 20 Above the Treeline-Classic Rock

*July 27 Future Heavies-80's Hits



PLAINVILLE FIRE COMPANY, HOT AIR BALLOON FESTIVAL

FRIDAY, AUGUST 25 & SATURDAY AUGUST 26 at NORTON PARK-Volunteers needed as Server/

Runner, Parking, Novelty Booth and Clean Up. Go to: plainvillefireco.com/Balloon_Festival.html for details & to sign up. Festival will feature a "balloon glow" fireworks display, car show, arts/crafts show, music, food & other vendors.

INTERGENERATIONAL PROGRAM

For All Ages is offering their free 'Tea @ 3' Community to residents age 55+. This program pairs an older adult with a college student based on common interests for a weekly 20 minute phone call during the college semester and runs each spring and fall for 12 weeks. Free welcome kit: choice of tea/handcrafted mug cozy/conversation starters. For All Ages only shares your first name, phone number, & common interests with your Tea-Mate. You and your Tea-Mate decide the day/time that works for the weekly call. *Bonus: You are welcome to attend 2 optional, live Zoom events where you can meet other Community members. *Sign up for the fall session by noting 'Fall 2023' under the 'Interests' section of the signup form. *More info & sign up: www.forallages.org/tea-at-3.

INTERGENERATIONAL FRIENDSHIP WALKING PROGRAM—WE WALK TOGETHER

4th or 5th Saturday of the month, May—September 2023, 9:30 AM—10:30 AM. For All Ages!!

*July 29—Social Wellness Month

*August 26—Happiness Happens Month

*September 23—Healthy Aging Month

Wear weather-appropriate clothes & proper walking shoes and bring water. Children ages 12 and under must be accompanied by an adult. (Sorry, no dogs allowed. Thank you for understanding.)

LOCATION: MDC Reservoir #4, (1420 Farmington Ave.) West Hartford, CT 06107—meet in parking lot.

Every walker receives a custom logo bracelet! For more info: forallages.org/we-walk-together

AARP PLAINVILLE-Meetings are 3rd Wednesday of every month at 1:00 PM. Next one: JULY 19 @ Faith Bible Church, 168 Unionville Avenue, Plainville.

Refreshments served!

TRIPS:

*July 12—Lighthouse Cruise-Narragansett Bay

COST: \$131.00 pp

*August 17—Fosters Downhome Clambake, York, ME

COST: \$130.00 pp

Reservations/Info: Sharon 860-712-2795

Trip Flyers available at the Plainville Senior Center.

"CENTER" NEWS

GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs in the area or "give a-ways" or last minute trip shares or lectures or important information on community news and fun stuff to do!! On occasion, we send out emails during the month with details. Would you like to join our email list? Call, send an email or stop by and give us your email address. If you want to email us, send an email to beamc@plainville-ct.gov. PLEASE NOTE: we do not share our email address list with anyone.

DAILY LUNCHES AT THE SENIOR CENTER

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 AM to reserve your meals. If you do not reserve your meal in advance, you can try calling the day that you want a meal to see if there is a cancellation. Menu available at the Senior Center.

TRANSIT WHEELCHAIRS NEEDED

The Senior Center keeps a few wheelchairs on hand for members to borrow for short amounts of time. Maybe you need to stay off your foot for a week or you want to bring grandma to your daughter's graduation. We need transit wheelchairs for our inventory. A transit wheelchair is light weight and does not have a big wheel that the wheelchair user moves to self-propel the wheelchair. Instead, the front wheels are small and someone needs to push the wheelchair user wherever they go. It is easily folded and put in a car. Please give us a call if you have a transit chair in good condition that you wish to donate.

ROLLATORS-ROLLING WALKERS WITH SEAT NEEDED

The Senior Center is looking for rolling walkers with seats to loan out. Call us at (860)747-5728 to make arrangements to drop off.



SCENT-FREE ZONES! Help us keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other medical conditions. Do not wear perfume, cologne, aftershave or other fragrances at the Senior Center or on our bus trips!

THE SENIOR CENTER LE PETIT CAFÉ

Open **Tuesdays and Wednesdays, 11:30 - 1:00**. All items also available for take out! In addition to our specials, the regular menu includes BLT's, grilled cheese sandwiches, tuna melt, tuna salad plate, and "build your own salad". Most menu items are \$6.50 (cash or check). No reservations needed! Bring your friends and enjoy a fresh, delicious lunch prepared to order.



JULY 5: *Tuna Melt Panini*

JULY 11 & 12: *Salad Trio Plate.* Tuna salad, chicken salad & egg salad over fresh greens

JULY 18 & 19: *Corned Beef Reuben*

JULY 25 & 26: *Our Famous Lemon Chicken Salad* with glazed walnuts, & grapes tossed in a light lemon dressing. Served on whole wheat bread or over fresh salad greens.

VOLUNTEERS

PEAK CENTER VOLUNTEERS NEEDED

We need volunteers (including Floaters) to cover a variety of shift times. We need to add names to our call list of volunteers to cover two-hour shifts. Both floaters and regularly scheduled volunteers receive a reduced subscription to the PEAK center. Stop by the front office to express interest.

Attention Fabulous Volunteers! The Volunteer Board is Back!!

Please be sure to record your hours. You can use the board or online if you prefer (<https://schedulesplus.com/plainville/kiosk>). Every volunteer hour counts and we appreciate all that you do to keep our Center so active!

SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, July 11** at 10 AM at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center to register.

MEMORY CAFÉ AT THE SENIOR CENTER

**THURSDAY, JULY 20, 2:00—OPEN TO THE PUBLIC
CALL THE SENIOR CENTER TO REGISTER.**

Memory Café is a warm & welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, & engaging environment that gives everyone a place to make new friends and interact with others. Enjoy appropriate activities such as crafts, games, music & conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro, Stephanie Soucy or Ronda Guberman at the Senior Center. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. & the CT State Unit on Aging.

2023 SENIOR FARMERS' MARKET NUTRITION PROGRAM



We will have Farmers Market coupon cards. The monthly income limits for this year are \$2,248 for individuals and \$3,041 for a couple. These coupons are valid until the Farmers' Markets close. Call Stephanie at (860) 747-5728 **after July 10th**.

ALZHEIMER'S ASSOCIATION—CAREGIVER SUPPORT GROUP @ THE PLAINVILLE PUBLIC LIBRARY

Library—56 East Main St., Plainville, CT 06062

2ND Monday of the month, 6:30 PM—7:30 PM

Build a support system with people who understand.

Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:



- ♦ Develop a support system.
- ♦ Exchange practical information on challenges and possible solutions.
- ♦ Talk through issues and ways of coping.
- ♦ Share feelings, needs and concerns.
- ♦ Learn about community resources.

Contact info: Deborah Stanczykiewicz, 860-729-1648, alzhelp@gmail.com

AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto o llame al Departamento de Servicios Sociales del Estado de CT al 1-800-626-6632.

LANGUAGE INTERPRETERS—WE NEED YOUR HELP!

DO YOU SPEAK SPANISH, POLISH, FRENCH OR RUSSIAN?



Once in a while, someone comes to us for help or calls and we cannot communicate because of language. Would you help us understand and translate? Call Shawn or Ronda at the Senior Center.

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

SNAP stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were INCREASED as of October 1, 2022. There is no asset limit. **Single \$2,265; Couple \$3,052.** Call Stephanie with any questions or to assist with an application.



HEALTH PROGRAMS AND INFORMATION

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NEW INCOME LIMITS:
MEDICARE SAVINGS PROGRAM (MSP)
Singles Range From: \$2,564 to \$2,989
Couples Range From: \$3,468 to \$4,043

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share): The State of CT offers financial assistance to eligible Medicare enrollees. They 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.

DEMENTIA SUPPORT GROUP

Arden Courts of Farmington—45 South Road, Farmington, CT 06032
<https://www.arden-courts.org/farmington>
Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month, 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. To RSVP call Hollis Hartman 860-543-1010 or Hollis.Hartman@promedica.org.

WOMEN WITH HEART DISEASE SUPPORT NETWORK

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference room A, 81 Meriden Ave., Southington.

To sign up for the support group call:
1.855.HHC.HERE (1-855-442-4373).

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 ceiling, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.

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.



HOME FIRE PREPAREDNESS CAMPAIGN—FREE

REDUCING FIRE INJURY/DEATHS

ONE HOME AT A TIME

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services IN YOUR HOME (visits last @ 20 minutes). You will receive: *FREE Installed smoke alarms if needed
*Family Disaster Plan Guidance
*Valuable emergency preparedness tips/information
Register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 & choose option 1 to schedule.



SCAM ALERT 'NEW MEDICARE CARD' SCAM

Fraudsters may be calling people claiming they need to verify information and obtain payment information over the phone to receive a new card. If anyone is contacted and shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed information.



COVID-19 TEST KIT FRAUD ALERT

The US Dept. of Health & Human Services is warning of a fraud scheme involving unsolicited COVID-19 testing kits. Seniors have been receiving unsolicited test kits then finding that their Medicare Summary Notices reveal that Medicare is being billed for reimbursement but Medicare will no longer pay for in-home COVID-19 tests after May 11. Anyone receiving these supposed "free" kits should report it to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Come to the Senior Center to pick up detailed information.

Donations

MAY 15 — 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.

MEMORIAL DONATIONS

IN MEMORY OF: Ceal DiFrancesco

Brenda Tella

IN MEMORY OF: Sally Miller

Grace Bleau, Sumaia Paolino, Anne Wroblewski
The Lunch Bunch: Sally Cobrain, Carol Perry,
Ellen Couture, Beverly Heslin, Phyllis Gediman,

IN MEMORY OF: Norma Weisenburger

Skip Weisenburger

GENERAL DONATIONS

Susan Cassile, Barbara Barton, Josephine D'Addese, Jennie Wayne, Terry Smiarowski, Manli Luo, Anonymous, Susan Lathrop for Mom Claudette Lathrop, Fran & Rick Graff, Deb Nelson, Barbara Barton, Barbara Wallace, Maryann Davis in Memory of Son: James John, Pat Delaney

Cheer Report

MAY 15 — JUNE 15

*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:

Ron Goski, Terry Smiarowski, Joe Fortuna, Theresa Pedrolini, Joan McBain, Dawn Dallas, Beatrice Dumont, Skip Kensel, Richard Belden, Jeanine Martino, Helena Niziolek, Maryana Merzlyak, Val Dumais, Josephine Galati, Dorothy Strickland, Pina Fortuna, Tammy Roth, Bruce Messenger

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Romeo Dumais, Judy Pakutka, Charles Venturi, Jacqueline Cyr, David Martinook, Claudette Lathrop, William Horner, Ed Zakowski

SYMPATHY CARDS WERE SENT TO:

Pierre & Evelyn Morin, Pat Columbo, Frances Horner, Leona Bisson, James & Maryann & Matthew Davis, John & Mary Ellen & Sophie Riback, Joan Lepore-Hushin



DIAL-A-RIDE DONATIONS

Anonymous, Barbara Barton

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 if we do, please let us know so we can include it in the next Newsletter.

SALLY MILLER TRIBUTE

We want to thank Kathy Pugliese, Helen Bergenty and the rest of the Hometown Connection staff for providing a special way for us to reconnect with our dear friend Sally by sharing in her stories of growing up. Sally wrote many columns for the paper and everyone has enjoyed them so much. Visit the front desk at the Senior Center to sign out a copy to read at the Center or you may pay to have a copy of your own.

MAY NEW MEMBERS

Giovannina Acca, Arnold Andre, Katie Bunn, Nancy Dayton, Stephanie Fama, Shirley Gerlat, Linda Grant, Jeff Gross, Beatrice Hubert-Doherty, Catherine Kielski, Gregory Mitera, David Montes, Eileen Myska, Daniel Raymond, Robert Roy and Jeanine Sullivan



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FUN AND GAMES

WEEKLY SETBACK TOURNAMENT WINNERS

MAY 22: 1st: Butch Gudat/Pearl DiBenigno 2nd: Linda Dominique/Mary Levanti

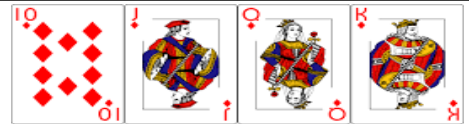
JUNE 5: 1st: Tom Wichrowski/Huguette Veilleux 2nd: Bernie Grabeck/Verna Pekrul 3rd: Bob Albrecht/Mark Dunn

JUNE 12: 1st: Linda Dominique/Mary Levanti 2nd: Bob Albrecht/Mark Dunn 3rd: Janet Sanborn/Barbara Martello & Jackie Lemelin/Francoise Bolduc

JUNE 19: 1st: Linda Dominique/Mary Levanti 2nd: Mike Chapman/Vicki Chapman 3rd: Elizabeth Aloj/Mary Ann Cunningham

WEEKLY POOL TOURNAMENT WINNERS

May 25: 1st: Bob Korpita 2nd: Stan Funk



POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play —NO need to sign up, just show up.

EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.

Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.



MEGA SIGN-UP DAY JULY 6, 9:15 AM—4:45 PM

Members may sign up for new classes, trips and programs.

If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.



CRAFTED WREATH SALE

Beautiful crafted wreaths will be on sale in July. You can purchase a spring, summer, Halloween, or Christmas themed wreath. The wreaths will be on display in the showcase. Prices range from \$5.00 to \$10.00. (Limited number of wreaths)



DIVERSE UNIVERSE

RAINBOW LUNCH

LGBT adults & allies can join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Pre-registration required. For more information please call Karen Green (860)589-6226, ext. 2226. **Register at: www.cthealthyliving.org. To view the program here, call Ronda at the Senior Center.**

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.

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

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 days a year 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 \$2.90 per additional mile after that.

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

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 AM—Midnight

Weekends 6:00 AM—Midnight

FARES: Each ride is \$3.50 each way and discount ticket books can be purchased at *Shop & Stop* or on-line at hartfordtransit.org/ada-paratransit-services for \$28.00 for a book of 10 tickets (\$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.

CANCELLATIONS: please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours call the dispatch department).

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.**

JULY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 9:00 NURSE* 9:15 Walk (GR) 10:00 Coloring (CR) 12:30 Setback (GR)	4 SENIOR CENTER CLOSED 	5 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	6 MEGA SIGN-UP 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:15 Ukulele Jam (GA)	7 9:15 Walk (GR)	8
9	10 9:00 NURSE* 9:15 Walk (GR) 10:00 Coloring (CA) 10:00 Skin Cancer (CR) 12:30 Setback (GR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR)	11 9:00 NURSE* 9:15 Walk (GR) 9:30 Sunflow. Hat (CR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Caregiving (CR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	12 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 10:00 Bike Ride 10:30 Change the Script (LR) 1:00 Bingo (GR) 1:00 Needle Felt (CR) 1:15 Charlem. (CA)	13 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:15 Ukulele Jam (GA)	14 9:15 Walk (GR) 10:00 Silver Sneak. Classic (GR) 10:50 Yoga-L (GR) 10:15 Kayak	15
16	17 9:00 NURSE* 9:15 Walk (GR) 10:00 Coloring (CR) 12:30 Setback (GR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR)	18 9:00 NURSE* 9:00 Breakfast Club 9:15 Walk (GR) 9:30 Sunflow. Hat (CR) 10:00 Amer. Sign (GR) 10:00 Ladies Pool 10:00 Cribbage (GA) 10:00 Vet. Help* (CL) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	19 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	20 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Com/Dementia (GR) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Scrabble (BR) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:00 Memory Café (CA) 2:15 Ukulele Jam (GA)	21 9:15 Walk (GR) 10:00 Silver Sneak. Classic (GR) 10:50 Yoga-L (GR) 10:00 Rocky Neck	22 9:00 Pigeon Hill Hike
23	24 9:15 Walk (GR) 10:00 Coloring (CR) 12:30 Setback (GR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR)	25 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Mem. Screen (CL) 10:00 Amer. Sign (GR) 10:30 Salad Dress. (CR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	26 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	27 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:15 Ukulele Jam (GA)	28 9:15 Walk (GR) 10:00 Book Buds (OS) 10:00 Silver Sneak. Classic (GR) 10:50 Yoga-L (GR)	29 8:50 AM Intergenerational Walk
30	31 9:00 NURSE* 9:00 Water Aerobics (Norton Pool) 9:15 Walk (GR) 10:00 Coloring (CR) 12:30 Setback (GR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR)	1 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Amer. Sign (GR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	2 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	3 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:15 Ukulele Jam (GA)	4 9:00 Crescent Lake Hike (Southington) 9:15 Walk (GR) 10:00 Silver Sneak. Classic (GR) 10:50 Yoga-L (GR)	5 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