plainville SENIOR CENTER

NEWS & EVENTS JUNE 2019

Shawn Cohen, *Director* Ronda Guberman, *Assistant Director*

200 East Street, Plainville, CT 06062 **860.747.5728** www.plainvillect.com/senior-center

Monday: 9:00 a.m.– 6:00 p.m. Tuesday-Thursday: 9:00 a.m.– 5:00 p.m. Friday: 9:00 a.m. – 1:00 p.m.

Mega Sign-Up Day (for free and paid programs) is on Wednesday, June 5 *from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 a.m. during regular Senior Center hours. We accept cash and checks made out to the Plainville Senior Center only.*

THIS MONTH! SENIOR CENTER & LIONS CLUB WILL HOST ANNUAL SUMMER PICNIC

THURSDAY, JUNE 27, 12:00 NOON

Join us at the Senior Center for our annual summer picnic. Our entertainer will be Noah Lis, a contestant on a past season of **NBC's *The Voice***. An engaging and dynamic presence on the music scene, Noah is creating a buzz with his keyboard and vocal talents! The ambitious young man from Western MA has an extensive musical background and a rich expressive voice that reaches out and embraces audiences of all ages. Our picnic meal will include: Hot Dogs, Hamburgers, Baked Beans, Macaroni, Coleslaw, Chips, Watermelon and Dessert! Get ready to have some fun! Co-sponsored by the Plainville Lions' Club. COST: $5.00. Members only. Sign-up begins June 5.

MEDICARE & YOU: UNDERSTANDING YOUR MEDICARE CHOICES

MONDAY, JUNE 3 5:00 P.M.

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

- Traditional Medicare
- Medicare Advantage
- Part D Coverage
- Medigap / Supplemental Policies

All of these choices can make your head spin! Join Stephanie Soucy, Senior Center Social Worker, as she discusses the Medicare options available to you, so you can make an informed choice. Refreshments will be served. Sign-up has begun.

Senior Center to Host "Meet & Greet" with Senior Transportation Service for Anyone Interested in being a Volunteer Driver

If you are an adult driver who wants to help others and support your community, **Senior Transportation Services, Inc. (STS)** could use your help! Come to a Meet & Greet at the Senior Center on **Friday, June 28 at 9:30 a.m.** to find out how you can make a difference by providing as few as two rides a month to an older adult. **STS** needs volunteer drivers. Volunteers use their own vehicles to drive persons to out-of-town medical appointments and to visit loved ones at health care facilities. Volunteers can choose how many and which rides to provide. In return, drivers receive reimbursement for mileage, supplemental automobile insurance and supplemental liability insurance. Riders must be able to walk on their own, but volunteers can accompany them into their appointments. The Plainville Senior Center is hosting this Meet and Greet program. Please come and meet the Senior Transportation Services staff and learn more about the program. Refreshments will be served. The Senior Center is at 200 East Street, Plainville. If interested, please RSVP at 860-747-5728.

COMING AUGUST 7 & 8!

Save the date and save your stuff!

Senior Center Tag & Jewelry Sale — We will start accepting tag sale & jewelry items on Monday, July 29. We do not have room to store items before that date, so please do not drop anything off at the Senior Center before July 29. All proceeds from the Tag & Jewelry Sale will benefit Dial-a-Ride.

IMMEDIATE EMPLOYMENT OPPORTUNITIES WITH HUMAN RESOURCES AGENCY (HRA) OF BRISTOL

Two positions have become available at the Human Resources Agency of Bristol.

1) Driver: Part-time position, requires up to two years experience. This position operates a 12– or 15-passenger van as required to support existing programs.

2) Homemaker Services Worker: Per-diem position, requires up to two years experience.

More about these positions / requirements, page 4.

Plainville Celebrates 150 years! Please see pages 5 and 7

Brand New Outdoor Adventures! Please see pages 11 and 12

Volunteers needed to sell Raffle Tickets — please see page 3

Special Events

CURRENT EVENTS DISCUSSION GROUP
EVERY MONDAY, 10 A.M.
Stay current by joining our lively discussion of local, state and national news as well as current events. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

VETERANS' COFFEE HOUR
TUESDAY, JUNE 4, 10:30 A.M.

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

RESCHEDULED: MADAM C.J. WALKER
TUESDAY, JUNE 4 11:00 A.M.
To be followed by a complimentary light lunch

Several seats are still available for the rescheduled performance by Gwendolyn Quezaire-Presutti as she depicts a remarkable, inspirational character and brings to life her success as a black businesswoman during the Jim Crow era. C.J. Walker struggled doggedly to escape poverty and build a better life. She built a successful business and mobilized 20,000 African American women as employees and paid them a fair wage. As much as any woman of the 20th century, Madam Walker paved the way for the profound social change that altered women's place in our society. **Program is free and includes a light lunch**. Sign-up has begun.

ONGOING SUPPORT FOR VETERANS

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments each month at the Senior Center. He will be at the Center on **Wednesday, June 5 at 10:00 A.M.** Please call Jason at 1-203-805-6340 to make an appointment in advance. There are no appointments in July or August. Appointments will resume on **Wednesday, September 4.**

HOW TO FALL SAFELY
THURSDAY, JUNE 6, 10:00 A.M.
Sometimes, there's no way to avoid a fall. At least if you're aware of the inevitability of a fall, you can prepare yourself to fall properly! Learn how to fall the correct way — forwards or backwards — and get details on how to fall safely to reduce the risk or lessen the severity of injury. This program is free. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness and sponsored by Southington Care Center. Sign-up has begun.

COOKING FOR ONE CLUB
TUESDAY, JUNE 11, 2:00 P.M.
This group meets on the 2nd Tuesday of each month at 2:00 P.M. at the Senior Center.

Continued, next column

COOKING FOR ONE , cont.
We are looking for a new group moderator or co-moderator. Bring your favorite recipes, cooking tips and fun ideas. Free and all members are welcome! Sign-up begins June 5.

WHAT IS A STROKE? WE HAVE THE ANSWER
THURSDAY, JUNE 13, 1:00 P.M.
Knowing the signs and symptoms of a stroke can save your life or the life of a loved one. Be prepared if you see someone experiencing the signs and symptoms of a stroke. You will learn: What a stroke is; Risk factors; Stroke prevention; and How the stroke recovery process works. Presented by Dr. Kateryna Kurako, Neurologist, Bristol Hospital. Sign-up has begun.

ADAPTIVE EQUIPMENT
THURSDAY, JUNE 20, 10 A.M.

Life throws us curveballs when we least expect it, but many people manage to adapt to their situations and keep rolling along with the use of adaptive equipment. Many different pieces of equipment have been developed and created in order to help everyone maintain the best quality of life and promote their independence while keeping them safe. Come join us at this free program to learn more about adaptive equipment and what devices may work for you or a loved one. It's never too late to adapt! "When in doubt, adapt it out!" Sign-up has begun.

SNAPPY SENIORS
THURSDAY, JUNE 20, 10 A.M.
The Snappy Seniors Camera Club will hold its last meeting of the season this month at the Plainville Public Library. Snappy Seniors will be working on a project in June with the Plainville Historical Society. Club members will be taking photos of Plainville houses built before 1869, which will be put into a book to be used at events celebrating Plainville's 150 anniversary. The Club takes July and August off to travel and take more photographs. Snappy Seniors will meet again in September. Have a "picture perfect" summer!

FRIENDS HELPING FRIENDS
FRIDAY, JUNE 21, 11:30 A.M.
This lunch gathering, typically on the third Friday of each month, is for single, widowed or divorced members. Come out and socialize! We will meet at 11:30 a.m. at Galleria Restaurant on Route 6 in Farmington. Sign-up begins June 5.

FIVE WAYS TO USE LIFE'S CHALLENGES TO MAKE YOU BETTER, NOT BITTER
TUESDAY, JUNE 25, 1:00 P.M.
Mary Jane Liddel, Program Coordinator from the CHERISH program will lead a group discussion on how to keep a realistic perspective, focusing on how you deal with whatever you are dealt, how to be able to go with "Plan B" and how giving back to others is so worthwhile. Sign-up has begun.

More Special Events, next page

More Special Events

PLAINVILLE LIBRARY SERIES CONTINUES AT THE SENIOR CENTER

Plainville Public Library Director Trish Tomlinson visits the Senior Center to share how the Library has evolved into a gateway to information and resources available anytime, anywhere, for FREE. Learn how to access and navigate online library resources! Program begins at 1:00 P.M.

- **Tuesday, June 25:** Introduction to Gale Virtual Reference Library
- **Tuesday, July 30:** Introduction to Lynda.com

Sign-up has begun at the Senior Center.

BOOKS AND BAGELS

WEDNESDAY, JUNE 26, 9:30 A.M

The June book club selection is ***The Innocent Man: Murder and Injustice in a Small Town,*** by John Grisham. Ronald Keith Williamson was once a minor league baseball player who couldn't make the majors due to a series of unfortunate events in his life. Turning to excessive drinking and plagued with depression, he was in the wrong place at the wrong time and subsequently convicted in 1988 of the rape and murder of Debra Sue Carter. This is the true story of the events leading up to his time on death row. An intriguing story that delves into the darker side of solving a frustrating crime and highlights the importance of **The Innocence Project**, which helps to exonerate those who are wrongly convicted of a serious crime. Join us for an hour of coffee, tea, bagels and conversation. Copies are available at the Plainville Library front desk. Led by Kathleen Marsan, co-author of ***Beyond the Book: How to Start or Jump-Start a Book Club***. Sign-up begins June 5.

INCONTINENCE & BLADDER TRAINING WORKSHOP

THURSDAY, JUNE 27, 10:00 A.M.

Do you or a loved one have questions regarding incontinence and what you can do to improve it? Join the Enliven team as we discuss types of incontinence and how it can be helped with bladder training. We will discuss how bladder training can help, how bladder training works and questions to ask your doctor. Sign-up has begun.

THE IMPORTANCE OF POSTURE

TUESDAY, JULY 9, 10 A.M.

Learn how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain, and joint issues as well as what you can do to improve it. This free program will be presented by Lisa Murawski, exercise physiologist, GoodLife Fitness, and sponsored by Southington Care Center. Call the Senior Center beginning June 5 to register.

SUMMER TRIVIA

THURSDAY, JULY 11 10:30 A.M.—-12 P.M.

Do you have a knack for trivia? Team up with a middle-schooler and test your knowledge! Come join us for a trivia contest this summer! Middle school students and senior center members will work together in teams to win prizes.

Continued, next column

SUMMER TRIVIA, continued

Pool your knowledge to answer questions on a variety of topics such as entertainment, sports, geography, history, movies, and more. Refreshments will be served. Call or visit the Senior Center beginning June 5 to register.

AARP SMART DRIVER

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

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is $15.00 for AARP members providing a membership number and $20.00 for all others. Limited to 25. Sign-up has begun.

PAINT PARTY WITH BECCA FAZZINO

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

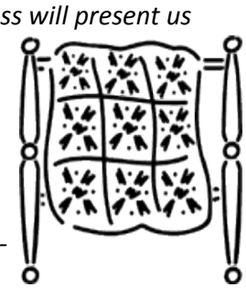
Join local artist Becca Fazzino as she instructs and demonstrates for you how to paint a summer-themed scene. Perfect for anyone who enjoys art or wants to learn. An example of the painting is on display in the Senior Center display case. Space for this popular program is limited to 15. Cost of $10.00 includes all materials. Sign up begins June 5.

"TIME TO MOVE" Celebration!

If you are a Peak Member who participated in our PEAK challenge in May by logging in all your PEAK exercise time, please join the fun on Friday, June 14 as we travel to the Elmwood Senior Center for "the big reveal!" We'll find out which senior center won this year's Fitness Challenge! Bus leaves from OLM at 10:15 a.m. and returns approximately 1:00 p.m. We'll enjoy outdoor games, a short walk on the Trout Brook Trail, and have a light lunch! Call the Plainville Senior Center on or after June 5 to sign up for this free event. Open to any person who participated in this year's Fitness Challenge.

We Need Volunteers to Help the Senior Center with its Annual Quilt Raffle!

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



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

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

HUMAN RESOURCE AGENCY (HRA) EMPLOYMENT OPPORTUNITIES, *cont. from p. 1*

Driver Requirements, continued:
Maintains daily trip logs and maintenance records as required. Performs all other duties as assigned. High school diploma (GED) or higher is preferred. Experience in working with persons aged 55 and over is preferred. Must be flexible and possess a valid public service license and good driving record. Knowledge of wheelchair lifts and ability to push/pull wheelchair and secure to van to transport individuals with disabilities is preferred. Applications are online at: **http://hranbct.atsondemand.com**

Homemaker Services Requirements, continued:
Provides non-medical, in-home support and home management services that ensure the comfort, safety and general supervision of clients. He or she provides companionship to individuals requiring socialization and minimum guidance for a safe, protected, clean and orderly environment. High school diploma (GED) or higher preferred. Experience in working with persons aged 55 and over is preferred. Must have reliable transportation. Applications are online at: **http://hranbct.atsondemand.com**

DATTCO, INC. LISTS JOB OPENINGS

DATTCO has let us know that it has part-time positions in many cities and towns across the state, including New Britain and Plainville. These include:

- School bus drivers — part time
- Coach & tour drivers — part time & full time
- Mechanics — full time

A list of openings is available on DATTCO website at: **www.dattco.comwww.dattco.com/join-our-team/**

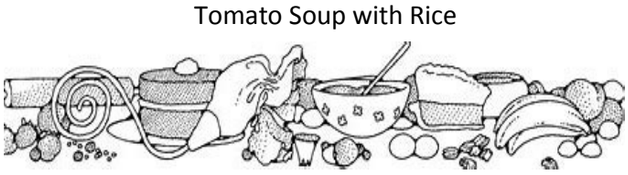
Please call Mary Berger at DATTCO (860-229-4878, ext. 4678) with any questions.

Le Petit Cafe

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

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

June 4 & 5	Sweet & Sour Meatballs over Rice Chinese Chicken Noodle Soup
June 11 & 12	Spinach, mushroom, caramelized onion and Boursin cheese quesadilla Tomato Soup with Rice
June 18 & 19	Shrimp Summer Roll French Onion Soup
June 25 & 26	Pesto Veggie Panini Tomato Soup with Rice



Donations

The Senior Center Always Needs Sympathy, Get Well and Thinking of You Cards! We send **cheer**, **get well** and **sympathy** cards to our members who could use a lift of their spirits. If you wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **We do not use religious cards or mass cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need! ***Please note:*** *When you bring donations into the Senior Center, our receptionist needs to know your name and what you are donating so that we may list your name in this Newsletter. (If you wish your donation to remain anonymous, please tell the receptionist). We do our best not to leave any donor's name off the list, but if we do, please let us know so we can include it in the next Newsletter.*

GENERAL DONATIONS, MAY 16— JUNE 15
Cynthia Fruchtenicht, Chuck Dalpe, Anonymous (2), Sue Piercy, Ann Lyons, Wilma Michaud, Bette Green(2), Carol Wright (2), Gemma Croteau, Plainville AARP, Lenora Beck, Bob LaBarre, Roberta Avery, Luis Gonzales, Joyce Gannon, Karen Dodson, Steven Castiola, Plainville Library, Helen Webb, Lois Schmidt, Mission Barbecue, Maryann Davis, Kenneth Button, Marilyn Petit, Roberta Hastings

MEMORIAL DONATIONS, MAY 16—JUNE 15
The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made out to the Plainville Senior Center. The deceased person's name will be listed in the Memorial Book displayed in our Lounge, along with the donor's name. Memorial donations are used to enhance the operation of the Senior Center.

In Memory of: Dana Babin
By Jean Kelly
In Memory of: Michael Heslin
By Lee Ann Korus
In Memory of: Raymond Lemrise (Pool Table)
By Margaret Lemrise
In Memory of: Jeanne Shugrue
By John Kisluk
By Eileen Cyr
By Marilyn Charette

DIAL-A-RIDE DONATIONS, MAY 16—JUNE 15
Anne Wroblewski, Louise Gendreau, Bonnie Carilli, Fran Martin, Plainville AARP, Carol Wright, Marjorie Rio, Eileen Cyr

POOL TABLE DONATIONS
Plainville AARP, Madeline Drake, Anonymous(2)

Lynne's Weight Loss Tip of the Month

I also strive to keep a healthy mind as well as body. I do this by playing the many games offered at the Senior Center. I feel it is never too late to learn a new game and have fun!

Recipe of the Month: A Sweet & Healthy Lunch or Snack

- 6 walnut halves or 6 almonds
- 6 pitted prunes or 6 pitted dates, split lengthwise
- 1/4 lb. thin-sliced deli ham (or turkey) in strips

Stuff one piece of nut into the split fruit. Wrap with one meat strip. Repeat with all the fruit, nuts and meat strips. Yields six snack bites. Eat three as a snack or six as lunch.

Weekly Tournament Winners

SETBACK

APRIL 15: 1ST: Anne Theriault & Donna Albrecht
2ND: MaryAnne Cunningham & Joe Fortuna
3RD: Bob Albrecht & Richard Nordgren

APRIL 22 1ST: Ida Pedrolini &Marla Ludwig
2ND: Joan Noyes & Adele Mancini
3RD: TIE—Sally Miller & Sandy Colello and Joan Litteral & John Gasparini

APRIL 29 1ST: Charlie Stepney & Elaine Chartier
2ND: Sandy Tyminski & Verna Ludwig
3RD: Rose Dunlap & Grace Lapila

MAY 6: 1ST: Joan Noyes & Adele Mancini
2ND: Lorraine Stachelek & Ida Pedrolini
3RD: Barbara Metzen & Gemma Croteau

MAY 13: 1ST: Charlie Stepney & Elaine Chartier
2ND: Bernard Grabeck & Stan Funk
3RD: Pat Skrzyniarz & Randy Skrzyniarz

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BILLIARDS

APRIL 18: 1ST: Bob Ryer & Stan Funk
2ND: Ellen Couture & Patti Cancelli

APRIL 26: 1ST: John Gasparini & Tony Lusitani
2ND: John Clancy & Bob Michalic
3RD: Mike Hermanowski & Dan Burgess

MAY 2: 1ST: Mike Hermanowski & Bob Michalic
2ND: Tony Lusitani & Peg Grant
3RD: Stan Funk & Bob Ryer

MAY 9: 1ST: Lee Akins & Peg Grant
2ND: Stan Funk & Bob Ryer
3RD: John Clancy & Joe Babin

Bowling League

Bowlers of the Month for April:

Elsie Senaldi and Richard Bushey

Congratulations! Please call Frank Robinson at 860-747-2918 or e-mail him at FgrahamR@aol.com with questions.

PLAINVILLE CELEBRATES 150 YEARS!!

To celebrate Plainville's sesquicentennial anniversary, the Plainville 150th Anniversary Committee is offering a custom-designed, one troy ounce, .999 fine silver, heirloom quality commemorative coin. One side of the coin reads "Plainville Connecticut," "1869 -2019" and "150 years." The reverse side has the Liberty torch along with the silver weight of one troy ounce and .999 fine silver. There is great demand for this limited edition coin, so don't delay! At $35 each, this is a great opportunity to own a valuable piece of Plainville history and would also make a great gift, while providing financial support for our celebration activities. To purchase one or more commemorative coins, please contact Committee member John Kisluk at 860-747-3542 or jkisluk@att.net. ***See more 150 Year Celebration News, page 7.***

PEAK Fitness Center

PEAK FITNESS SPECIAL!

Now through January 2020

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

Exercise can help you:

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

Enjoy a great workout in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.

Cardiovascular Equipment:

- **Treadmills**: *Walk at your own pace.*
- **NuStep:** *Seated " stair stepper" which offers a low-impact cardio-vascular workout using both upper and lower body.*
- **Bicycle:** *Recumbent bicycle allows you to ride in comfort. There is a seat back for full support.*
- **Elliptical Cross Trainer:** *Provides a total body workout with minimal impact.*

Weight Training Equipment: *Seven-piece circuit of upper and lower body strength training equipment.*

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

TALK TO THE TRAINER SESSIONS
MONDAY, JUNE 3, 9:00 to 9:30 A.M.
THURSDAY, JUNE 6, 3:00 to 3:30 P.M.
"Talk to the Trainer" allows PEAK members to ask any question about their fitness plan, progress, new goals, wellness, our equipment, etc. Drop by the PEAK Fitness Center on the first Monday or first Thursday of each month for expert advice from our Exercise Physiologist Eileen Cyr!

If you don't have a Membership Card yet, remember to ask for one next time you're at the Senior Center!

Craft, Technology & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign-up for new classes beginning on Mega Sign-up Day, June 5 from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting June 12 if there is still room in the class. The drop-in rate for any class that allows drop-ins and/or has space available, is $5.00 for Senior Center members and $8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session—Sign up June 5
		MONDAY	
Zumba Tone	9:30 – 10:30	June 10—July 8. 3 wks. $9. Members only No class June 24 or July 1	July 15—August 19. 6 wks. $18.
Acrylic Painting	10:00—12:00	April 29—June 24. 8 wks. $24. Members Only No class May 27.	
Beginner's Yoga	10:15-11:15	June 10 – July 29 8 weeks. $24.00 Members only.	
Power Burst 1	1:15—2:05	June 10 – July 29 8 weeks. $12.00 Members only.	
Power Burst 2	2:15—3:05	June 10 – July 29 8 weeks. $12.00 members only	
		TUESDAY	
Intermediate Yoga	10:15-11:15	May 21 – July 9 8 weeks. $24.00 Members only	
Aqua-Arthritis Water Fitness	10:45-11:30	April 30—June 18. 8 wks. $24. Free for YMCA Members. Class held at YMCA	June 25 – August 13 (8 weeks) $24.00. Free for YMCA and Silver Sneaker members.
French Class	3:00—4:00	Every Tuesday	Every Tuesday
		WEDNESDAY	
Quilting	9:30 – 11:30	On-going. $2.00 per class when not volunteering to work on Senior Center quilt.	On-going. $2.00 per class when not volunteering to work on Senior Center quilt.
Zumba Gold	10:00—11:00	May 22- July 10. 6 weeks, $18.00 Members only. No class June 5 or July 3	July 17 — August 21. 6 weeks, $18.00
		THURSDAY	
Ceramics	9:30 – 11:30	Apr 25—June 20. 8 wks. $32 Members Only Includes makeup class for May 15.	**WEDNESDAY**, JUNE 26 from 1 to 3 P.M. Then Thursdays, July 11—August 22 at reg. time. 8 weeks. $32. Members only. (No class July 4)
Aqua-Arthritis Water Fitness 2	10:45-11:30	April 25—June 13. 8 wks. $24. Free for YMCA Members. Class held at YMCA	June 20 – August 15 (8 weeks) no class July 4th $24.00 Free for YMCA and Silver Sneaker members.
Knitting & Crochet	1:00 – 3:00	June 6 – July 25 6 weeks $12.00 Members only. No Class June 27 or July 4	
Ukulele	1:30-2:30	June 6 – July 18 (no class July 4) 6 weeks $12.00/members. $24 non-members	Class will resume in September.
		FRIDAY	
Chair Yoga 1	9:30-10:30	May 17 – June 14 (no class 5/31) 4 weeks $8.00 Members only	July 5 — Aug. 23. 8 weeks, $16.00
Chair Yoga 2	10:40—11:40	May 17 – July 5 (no class 5/24, 5/31, 6/21, 6/28) 4 weeks $8.00 Members only	July 12 — Aug. 30. 8 weeks, $16.00

Cheer Report

Get Well & Thinking of You Cards were sent to:
April 16—May 15, 2019

William Costello, Maria Cutler, Evelyn Case, Pat Hermanowski, Gladys Berry, Donna Cook, Charles Moore, Agnes Ogonowski, Liz Aloi, Marie Cyr, Jennie Asensio, Cathleen Macca, Robert Kopinsky

Sympathy Cards were sent to:
April 16—May 15, 2019

Family of Norman Muir, Family of Marylene DeVoe, Family of Robert Yawin, Skip Kensel, Linda Sisti, Carmelina Constantini, Family of Jane Mack

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

Class Descriptions

ACRYLIC PAINTING: You will learn methods to overcome the challenges of this medium, plus some special techniques. A supply list will be given to you at registration. If you're unsure whether this class is for you, we provide beginner kits, which include some paints, canvas and drawing pads. Scholarships are available through the generosity of the Plainville Amateur Art Group. Call Ronda for info. **Instructor: Abbe Wade**

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

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

CHAIR YOGA: In this mindful chair yoga class, we will practice gentle postures, breath work and meditation to discover the grace and wisdom of mind-body-spirit in movement and in stillness. **Instructor: Rosalie Tanguay**

GENTLE YOGA FOR BEGINNERS—LEVEL 1

This class is an introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release and is especially good for newcomers to yoga or those who would like a refresher on the basics. ***IMPORTANT:*** *Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details.* **Instructor: Jayaprbaha Mare DiBenigno.** *Class is held at Plainville Library.*

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

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

POWER BURST: This class includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout. **Instructor: Caroline Dube**

QUILTING: Beginners are always welcome to this class. You will learn proper rotary cutting and sewing techniques. Participants may also work on the Annual Senior Center quilt that is raffled during the Holiday fair, or on their own projects. **Instructor: Karen Kebinger**

UKULELE LESSONS
Local musician Sue Hill will teach you how to hold the ukulele and play a few basic chords, and encourage you to strum along while you sing (if you wish)! You'll need a ukulele ($29 to $50 for a starter instrument) and a tuner.

ZUMBA GOLD: Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray**

ZUMBA TONE: Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**

More News on the Plainville 150th Anniversary!

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

On Sunday, July 21 from 12 noon to 4:00 p.m. come to the Family Picnic at Norton Park! There will be food trucks, live music, games and historic displays!Stay informed — details to come in town newspapers and on the official Facebook page:
Facebook.com/Plainville150th

Library News

To sign up for or ask questions about any events at the Plainville Public Library, please call the Library at 860-793-1446 or stop by the Reference Desk. *Music is in the air at the Library this month!*

- June 13 at 1:00 pm & June 22 at 1:30pm Movie Matinee — ***"Bohemian Rhapsody"***
- June 29 at 3:00 pm Music Performance by Peter & Maryjane Peluso

Trips

Sign-Up Info

Sign-up: Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. Early each month we offer Mega Sign-up for new trips. This month it is on June 5 from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign up.

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

Cancellations: Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip***. Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can try to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most insurance policies cover most costs if the cancellation is due to illness, but others may cover a variety of additional reasons.

Overnight parking: Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day that you return.

Medical ID cards: Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.

Disclaimer: The Plainville Senior Center is not responsible in whole or in part to trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your seat assignment from the bus captain. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We cannot wait for late comers.***

FYI: We keep Reserve Lists for all trips including Quick Trips. When you sign up on the Reserve List for a trip that is filled, we will ask if you are a Senior Center member. If there is a cancellation, we always sign up any members from the Reserve List first! Therefore, a member who signs the Reserve List with a non-member friend should be aware that since we always sign up members first, we will skip over non-members on the Reserve List until all the members have been contacted.

Flyers are available for most trips on the Trip Rack at the Senior Center!

Current Trips

***JESUS!* LIVE ON STAGE, AMISH COUNTRY AND PHILLY**
JUNE 4-6, 2019 *OPEN TO THE PUBLIC*
Roundtrip motorcoach transportation and two nights' stay at Comfort Suites Lancaster; Family-style meal at Amish Homestead; Sturgis Pretzel Bakery; Tour and Tasting at Mt. Hope Estate & Winery; "Jesus" at the Sight & Sound Theater, an action-packed musical adventure; Dinner at Millers Smorgasbord Restaurant; Visit to the new Museum of the American Revolution with original artifacts. Itineraries at the Senior Center.

***ON YOUR FEET!* at WESTCHESTER DINNER THEATRE**
WED., JUNE 12, 8:15 A.M. *(3 seats left!)*
This musical is about Gloria & Emilio Estefan, young performers whose heart, talent and faith in each other led them to international music stardom. Once seated at your reserved table, you may select from an excellent menu and enjoy a pre-show lunch. **COST:** $107 per person. Trip departs at 8:15 a.m. from OLM and returns at 5:30 p.m. Sign-up has begun.

ALL-YOU-CAN-EAT-LOBSTER, THE DELANEY HOUSE, HOLYOKE, MA
TUESDAY, JULY 9, 10:15 A.M.
Buffet includes: Salads, Fresh Fruit, Pork Marengo, Grilled Focaccia Haddock, Chicken Marsala, Baked Ziti, Vegetables, Dessert & Beverage. Vegetable & Cheese Platter, Shrimp Cocktail, Salad and Bread Basket will be served at your table. Entertainer **John Timpanelli** will make you laugh with his comedic timing and singing voice. **COST:** $101 per person. Trip departs from OLM at 10:15 a.m. and returns 5:15 p.m. Sign-up has begun.

***CELEBRATE ITALIA!!* at THE AQUA TURF**
TUESDAY, JULY 16, 11:00 A.M.-3:30 P.M.
Dance to an amazing band from New Jersey! Polished, sophisticated and versatile, First Kiss Orchestra is the perfect fit to "Celebrate Italia." The dance floor will be open! Enjoy Salad, Penne Norma, Chicken Parmesan, Veal & Peppers, Vegetable and Dessert. Drive on your own. **COST:** 43.00 per person. Sign-up has begun.

RIVERBOAT CRUISE ABOARD THE INDIAN PRINCESS
TUESDAY, JULY 30, 9:30 A.M.
TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.
Scenic 90-minute cruise aboard a 19th century Mississippi Riverboat. Waterfront dining room at the Indian Ranch is the location for lunch: seasonal salad with warm rolls, followed by your choice of 3 entrees served with potato, vegetable, dessert. **COST:** $90 per person.

***TOGETHER AGAIN!* at THE AQUA TURF**
MONDAY, AUGUST 12, 11:30 A.M.
Enjoy the musical magic of Dolly Parton and Kenny Rogers, as two professional impersonators deliver the songs and playfulness of Kenny & Dolly's "Real Love Tour." Coffee & donuts upon arrival. Family style menu includes Garden Salad, Pasta, Chicken Francaise, Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert and Beverage. **COST:** $76.00. Drive on your own and arrive at the Aqua Turf at 11:30 a.m. Sign-up has begun.

More current trips, next page

More Current Trips

OGUNQUIT MAINE/PORTLAND CITY TOUR/FOSTER'S CLAMBAKE/NUBBLE LIGHTHOUSE CRUISE
TUESDAY, OCTOBER 8 to THURSDAY, OCTOBER 10
A deluxe motorcoach trip to the coast of Maine! Stay two nights at **THE MEADOWMERE RESORT** set on four acres in beautiful Ogunquit, near Ogunquit Village, Perkins Cove, and the beach. Rooms have balcony or patio. Indoor and outdoor pools. Enjoy a delicious welcome dinner. **DAY 2:** Tour of Portland, highlighting the historic district, Longfellow House, Victoria Mansion, sea captains' homes, and Portland Head Light. Free time for lunch and exploring at the Old Port. Dinner is Foster's Downeast Clambake: prize-winning chowder, mussels, lobster, corn, potatoes, onion rolls, and fresh Maine Blueberry Crumb Cake! **DAY 3:** View the Nubble Lighthouse and stroll Perkins Cove, a quaint fishing village that's home to local artisans, specialty shops and oceanside eateries. Then head for home with fun memories of our Maine getaway!
COST: $471 per person double/triple, $591 single.
Includes: Deluxe motorcoach, 2 nights at hotel, 2 dinners, 2 breakfasts, sightseeing & admissions as per itinerary, and a Friendship Tours Escort. $150 deposit due at sign-up. Balance due August 20. If you want trip cancellation insurance that includes pre-existing conditions, you must pay for insurance within 10 days of your deposit. Sign-up has begun.

FRIESIANS OF MAJESTY, TOWNSHEND, VERMONT
WEDNESDAY, AUGUST 21, 8:00 A.M.

The Friesians of Majesty center is The only Friesian farm in North America devoted exclusively to this breed of jet-black horses from the Netherlands. Tour the European-style stables and meet these gentle beasts. The horses will perform a choreographed musical show for your enjoyment in an impressive arena. Before the visit, we'll stop at Kringle Candle, and enjoy a classic hot lunch at the New England House in Brattleboro, Vermont. Enjoy fresh-baked bread, Mesclun green salad with House dressing, choice of Herb-Crusted White Fish, Peach-Glazed Chicken Breast, Maple Barbecue Pork Loin, side dishes, vanilla ice cream with berry compote and soda, iced tea or coffee. Cost is $100. We will leave OLM parking lot at 8:00 a.m. and return approximately 7:00 p.m. Sign-up has begun.

CIRCLE LINE CRUISE OF NEW YORK CITY
THURSDAY, SEPTEMBER 5, 7:15 A.M.
This "Best of NYC" Cruise is on the only sightseeing vessel in Manhattan that travels completely around the island! This 2.5 hour cruise shows all five boroughs, three rivers, all major bridges and highlights including the Manhattan skyline, the growing Brooklyn waterfront, Yankee Stadium, Harlem Heights, and a close-up view of the Statue of Liberty. On board, you'll enjoy live descriptions about the legends and lore of Manhattan. You'll have free time before the cruise to enjoy lunch on your own at Gotham West Market, one of the best food halls in the City. The cost of $96 per person includes deluxe motor coach transportation, the cruise with cruise director, and all gratuities. Trip leaves at 7:15 a.m. from OLM parking lot and returns at about 8:00 p.m. Sign-up has begun.

COME FLY WITH ME — MUSIC OF FRANK SINATRA AT THE AQUATURF
TUESDAY, SEPTEMBER 17, 11:00 A.M.

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

GILDED AGE OF THE BERKSHIRES — LENOX, MA
TUESDAY, SEPT. 24, 7:45 A.M.
Tour Ventfort Hall in Lenox, Massachusetts, one of the last remaining Gilded Age Cottages. Savor a special lunch and tea in the Hall's elegant dining room, renovated to its original glory. Enjoy sandwiches, fruit, cake and cookies, cider, and of course, hot tea! Enjoy the view on this tour through the Stockbridge-Lenox countryside. The Berkshire Cottages tour will highlight how and why artists, writers, musicians and others have flocked to the Berkshire Mountains over the last 150 years to make this area "America's Premier Cultural Resort." Our guide will take us to Stockbridge and Lenox with a special walking tour of the Tanglewood campus, summer home of the Boston Symphony Orchestra. Cost: $92 per person. Trip leaves at 7:45 a.m. from Our Lady of Mercy Church lot, and returns about 6:15 p.m. Sign-up has begun.

RADIO CITY CHRISTMAS SPECTACULAR!
WEDNESDAY, NOVEMBER 20, 7:45 A.M.

The Radio City Christmas Spectacular starring the Rockettes is back for its 90th year at Radio City Music Hall! This is an experience not to be missed! Enjoy the Parade of Wooden Soldiers, a magical 3-D Journey with Santa over the skies of New York, a living Nativity Scene and dancing scenes from the Nutcracker. Our pre-show lunch is at Buca Di Beppo Restaurant in Times Square. Our family-style menu will include mixed green salad, Apple Gorgonzola Salad, Spaghetti with Meat Sauce, Fetuccine Alfredo, Lemon Chicken, Cheesecake for dessert and unlimited soft drinks, coffee and tea. Total cost is $165, with a non-refundable deposit of $70 due at registration and the balance due October 15. We will share this trip with seniors from South Windsor. Bus leaves at 7:45 a.m. from Our Lady of Mercy Church Plainville and returns approximately 6:30 p.m. Sign-up has begun.

More Trips, next page...

New Trip

DELAWARE & ULSTER RAILROAD — FALL FOLIAGE
WEDNESDAY, OCTOBER 16, 7:00 A.M.
Enjoy elegant travel and dining aboard the Rip Van Winkle Flyer on the Delaware & Ulster Railroad. Experience the elegance of yesteryear aboard this post-war Steamliner train as we take a scenic ride through the legendary Catskill Mountains. Enjoy lunch with linens and china, served in their beautifully restored dining cars. Your meal includes a choice of: Chicken Marsala, Stuffed Pork Loin, or Eggplant Rollatini. After lunch, enjoy a visit to the Emerson Country Store. Step inside a 19th century dairy barn that has been preserved and transformed into an array of shops that contain unique gifts, antiques, original artwork by artisans and more! Cost is $109. Trip leaves at 7:00 a.m. from OLM Church and returns about 6:00 p.m. Sign-up begins June 5.

ALSO ON THE WAY FOR 2019!

Oct. 20: Barry Manilow Tribute
Nov. 13-15: Miracle of Christmas Sight & Sound

We are hoping to get shares for:

- Isle of Shoals, NH
- Shear Madness, Boston
- Andy Warhol Exhibit
- United Nations
- Libraries of Manhattan
- Secrets of Grand Central Terminal

Quick Trips

Senior Center Quick Trips are curb-to curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or Our Lady of Mercy Church (OLM), depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts. ***Passengers must be able to get to and from the bus on their own.*** *If you need a wheelchair lift, tell us at sign-up.*

QUICK TRIP GUIDELINES: All Quick Trips charge $8.00 for transportation, payable at registration. No phone reservations are accepted. Refunds are given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. If you are ill and cannot attend, please call the Senior Center when it is open. After hours, you may call Ceal DiFrancesco at 860-747-1927. Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens.

***FRAGILE EARTH*: A UNIQUE EXHIBIT COMBINING ART & ECOLOGY AT FLORENCE GRISWOLD MUSEUM, OLD LYME, AND LUNCH AT DOCK 11 CAFÉ, OLD LYME**
SATURDAY, JUNE 8, 2019, 9:00 A.M.
The Griswold Museum is hosting a special exhibit using items from nature, replicas of coral reefs, and debris collected along Connecticut's shoreline. It is truly a "one of a kind" display at the Griswold Museum from June 1 to September 8.

continued, next column

Quick Trips, cont.

FLORENCE GRISWOLD MUSEUM, continued
The group will tour the museum, then go to lunch at Dock 11 Café on the Lieutenant River in Old Lyme (on your own). $8.00 for transportation is due at registration. Museum entrance fee is $9.00, which can be paid there. **Home pick-ups for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up at 9:15 a.m. Return to Plainville about 3:30 p.m. Sign-up has begun.

ELIZABETH PARK (HARTFORD), LUNCH at THE POND HOUSE OR QUICK SNACK at DOG HOUSE
SATURDAY, JULY 6, 2019, 9:45 a.m.—3:00 p.m.
Experience a beautiful walk through the flower and herb gardens of Elizabeth Park, listed on the national register of historic places. Participants will then enjoy lunch at the Pond House Café or a quick snack at the Dog House, a take-out window. Lunch is on your own. $8 for transportation is due at sign-up. **Home pick-ups for those who do not drive** begin at 9:45 a.m., then Senior Center pick-up at 10:00 a.m. Return to Plainville about 3:00 p.m. Sign-up begins June 5.

LAVENDER POND FARM, KILLINGWORTH & BUTTONWOOD FARM, GRISWOLD
SATURDAY, JULY 20, 2019, 9:15 a.m.—4:00 p.m.
Join us for a visit to Lavender Pond Farm. Stroll the fields to see over 10,000 lavender plants, or ride the **Purple Train** to get a 30-minute educational, entertaining presentation of how and why Lavender Pond Farm came to be. The train ride includes a tour of the property, including the new covered bridge. Tour cost is $6 payable at the farm. The Farm Shop sells all-natural lavender products, including lavender plants, essential oil, body lotion and soaps. The group will then travel to Buttonwood Farm in Griswold to see its field of sunflowers. There, you can either take a hayride (20 min.) or cow train (10 min.) for $5. On this date, Buttonwood farm will be holding its annual *Sunflowers for Wishes* event, when a $10 donation to the Make a Wish Foundation of Connecticut buys a bouquet of five sunflowers. Bring your own lunch **or** buy hot dogs, chips and drinks to eat at one of the picnic tables. Before leaving, enjoy a fresh waffle cone filled with your choice of 50 ice cream flavors and topped with real whipped cream. $8 for transportation is due at sign-up. **Home pick-up for those who do not drive** begins at 9:00 a.m., then Senior Center pick-up at 9:15 a.m. Return to Plainville about 4:30 p.m. Sign-up begins June 5.

SENIOR APPRECIATION DAY AT BRISTOL BLUES GAME MUZZY FIELD, BRISTOL
TUESDAY, JULY 23, 2019, 9:45 a.m.
The Senior Center will offer free transportation to a baseball game at Muzzy Field between the Bristol Blues and the Pittsfield Suns. Sponsored by the United Way of West Central CT, the discounted admission fee of $3 is payable at registration. Please **register early** so we can get good seats all together. The Muzzy Field concession will be open to buy food and drinks. **Home pick-up for those who do not drive** begins at 9:45 a.m., then Senior Center pick-up at 10:00 a.m. Return to Plainville about 3:00 p.m. Sign-up begins June 5.

Big Trip 2019

11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS
OCTOBER 6 — 16, 2019
This trip will visit historic Spanish cities including Cordoba, Toledo, Barcelona, Seville, Madrid, Valencia Lladro, Granada, Alhambra Palace and **much more**. Costs include international airfare, 16 meals with wine at dinner and more. Pick up a flyer at the Senior Center!

Tuesday Shopping Bus

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

- **June 4, 2019—Price Chopper, Southington**
- **June 18, 2019—Walmart, Bristol**
- **July 2, 2019—Bristol Shopping Plaza**

Outdoor Adventure

CROQUET IN THE PARK
TUESDAY, JUNE 11, 10:00 A.M.
Raindate: JUNE 18

Join us for a friendly game of croquet at Norton Park. Free. Everyone welcome! Depending on participation, we will play for 90 minutes to two hours.
Leader: Eileen Cyr. Sign-up begins June 5.

OLD WETHERSFIELD HISTORIC WALK
SATURDAY, JUNE 15, 9:30 A.M.
TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.
Join leader Eileen Cyr for a one-hour leisurely walk through historic Old Wethersfield. There will be time for shopping at Comstock Ferry and a guided tour of the Silas Deane Museum. Cost of $8.00 includes leader and transportation. Additional $10.00 for admission to Silas Dean Museum (pay at museum). Bus leaves Plainville Senior Center 9:30 a.m. and returns approximately 2:30 p.m. Sign-up has begun.

RAILS TO TRAILS BIKE RIDE — SOUTHWICK, MA TOWARDS SIMSBURY
WEDNESDAY, JUNE 26, 8:30 A.M.

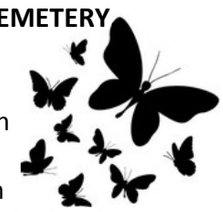
Meet at Our Lady of Mercy Church at 8:30 a.m. to caravan to Southwick, MA. All bicycle rides are on paved rails-to-trails paths. Directions to trailhead will be provided. Dress for the weather and have your bike in good working condition. A helmet is required. Wear sunscreen and bring a bike lock if you have one. Bring a plastic water bottle and light snack. We ride for about 60 to 90 minutes at a comfortable pace. Cost is $3.00, due to Eileen on the day of the trip. Enjoy lunch (on your own) at Red Riding Hood Café at end of ride if you wish. Sign-up has begun.

More Outdoor Adventure

INTRO TO KAYAKING, GLASTONBURY RIVERFRONT
FRIDAY, JUNE 21, 9:15 A.M.

Learn to kayak with L.L.Bean's Outdoor Discovery School! This fun course for all fitness levels begins with a brief intro and safety talk from an L.L.Bean paddling instructor. You'll be taught a variety of paddling techniques. Once you feel comfortable on the water, set out in a kayak on a guided tour with your group, experiencing the freedom of skimming across the water and learning about the ecosystem and history of the area. After kayaking, have a picnic lunch (bring your own) on the riverfront. $30.00 per person includes transportation, instruction and all kayak/paddle equipment. Bus leaves from the Plainville Senior Center at 9:15 and returns approximately 12:30. Please wear clothing that can get wet. Sunscreen and a hat are recommended. Bring water bottles for hydration, a bagged lunch and snacks. Sign-up has begun.

BUTTERFLY HUNT AT CEDAR HILL CEMETERY HARTFORD
SATURDAY, JUNE 29, 9:30 A.M.



Hunt for butterflies with Roy Zartarian and the Connecticut Butterfly Association. With nearly 20 species known to visit Cedar Hill, volunteers will help find and net butterflies for viewing. Appropriate hiking shoes, long pants and bug repellent are recommended. Free. Leaves Senior Center at 9:30 a.m., and returns approximately 12:00 noon. Sign–up has begun.

SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC
FRIDAY, JULY 12, 7:45 A.M.
TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

Join us as we sail away with Outdoor Adventure enthusiasts from other Connecticut senior centers! The Schooner ARGIA is one of the last sailing ships in New England. You'll discover islands, lighthouses and the beauty of sailing aboard a traditional sailing ship. The ship will sail in cloudy and light drizzle weather conditions; please dress for the weather by wearing an extra layer and bringing a jacket. Leaves Senior Center at 7:45 a.m. and returns at about 3:00 p.m. Cost of $26.00 includes Schooner Sail and transportation. Sign-up has begun.

More Outdoor Adventures, next page

Please Remember: The Plainville Senior Center AND Senior Center Trips are Scent-Free Zones!

Please help us to keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other respiratory conditions. Please do not wear perfume, cologne, aftershave or other fragrances!

More Outdoor Adventure

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

NEW! GREENWAY RAILS TO TRAILS BIKE RIDE — SOUTHINGTON TO CHESHIRE
WEDNESDAY, JULY 17, 9:00 A.M.
Riders must wear a bike helmet. Bring along water and a snack. Meet at Lazy Lane parking lot in Southington. We'll be out for approximately 2 hours. Pay Eileen Cyr $3.00 day of trip. Please sign up at the Senior Center beginning June 5.

NEW! HYDROCYCLE TOUR, OLD SAYBROOK
FRIDAY, AUGUST 2, 9:00 A.M.
Hydrocycle, you ask?? Yes! Biking on water!! These hydrocycles are basically wheel-less bikes on pontoon boats; they are fun, fast, safe and stable. Great for folks of any age! 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), a change of dry clothes, and a camera. Following the hydrocycle tour, we will stop for lunch (on your own) at Bill's Seafood. We leave Plainville Senior Center at 9:00 a.m. and return approximately 3:00 p.m. Cost of $48.00 includes 1.5 hour hydrocycle tour and transportation. Sign up begins June 5.

NEW! WHITE WATER RAFTING, DEERFIELD RIVER, MA
FRIDAY, SEPTEMBER 6, 8:15 A.M.
This rafting trip is 10 miles and includes fun stops with opportunities to get out of the raft and float or join a team water fight! Bring your bathing suit or shorts, sandals with straps or water shoes, sunscreen, a towel, change of clothes and shoes for after the trip. This trip goes rain or shine and is non-refundable. The cost of $95 per person includes lifejacket, helmet, safety lecture, paddle instruction, hearty picnic lunch, raft guide gratuity and transportation. We leave at 8:15 a.m. from the Senior Center and return at approximately 7:30 p.m. We will stop at McDonalds on the way home to eat. Sign-up begins June 5.

Please help us by signing up for Trips, Outdoor Adventures and Quick Trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!

Looking for Medical Equipment or Do You Have Equipment You Want to Donate?

Medical equipment includes manual wheelchairs, walkers, commodes, transfer benches, shower chairs, crutches, raised toilet seats, "reachers" and dressing aids. Here are details for three equipment exchange programs in the area.

Equipment Exchange
Hospital for Special Care
2120 Corbin Avenue
New Britain, CT 06053
(860) 612-6302
http://hfsc.org/community/equipment-exchange
To request equipment, please leave a voicemail detailing the item you need and if available, it will be left with your name on it. Pickups are held during daytime hours. Equipment donations and returns may be brought to the Equipment Exchange during daytime hours.

Orphan Grain Train
33 South Main Street
Terryville, CT
860-582-0723
Call and leave a message for the piece of equipment you are looking for and they will get back to you.

Services for the Elderly of Farmington
Community and Senior Center
321 New Britain Avenue
Unionville, CT 06085
(860) 673-1441
Call and leave a message for the piece of equipment you are looking for and they will get back to you.

THE SENIOR CENTER WELCOMES NEW MEMBERS FOR APRIL 2019!

Linda LaBarr, Linda Coveney, Arline Cieslewski, Francine Javaloyes, Mary Peck, Wade Mitchell, Fred Yeski, Anthony Guerriero, David Dubois, Theresa Dubois, Karen Milardo, Kathy Goff, Carmella Lauria and Joanne Hatch

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

Transportation

DIAL-A-RIDE

DIAL-A-RIDE, (860) 589-6968

Monday	*9:00 a.m.-5:30 p.m.*
Tuesday-Thursday	*9:00 a.m.-4:30 p.m.*
Friday	*9:00 a.m.-12:30 p.m.*

Dial-a-Ride can provide transportation to medical and social service appointments and to visit loved ones in nursing homes in Plainville, Bristol, Southington, New Britain, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. Also, drivers cannot help with groceries, packages or help you walk. However, the bus is wheelchair equipped. Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A $1.00 donation for each way is suggested, but not required.*

ADA Para-Transit

Another option with more hours and destinations

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

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

Some of these hours may change, depending on usage of the CT Transit buses. ADA can transport you to many more towns during more hours than our Dial-A-Ride service. *Each ride is just $3.50* and discount ticket books can be purchased at Stop and Shop in a book of ten for $28 (only $2.80 each).

A driver can assist you door-to-door if you make arrangements ahead of time. There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

You Must be Pre-Approved — How to Apply:

The application process is now part of the Greater Hartford Transit District. The on-line application can be found at **www.ctada.com**. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We have copies of the application here at the Center as well. An application can be sent to you by calling **860-247-5329 x3100.** The same number can be called to get an updated ID number, if you are already an ADA Para-transit rider.

After the online or paper application is submitted, the next step is to call 860-724-5340 ext. 1 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes two to four weeks. Even if you don't see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 3046.

Once you are approved, you can reserve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m. to 5:00 p.m. So give it a try — broaden your horizons, go shopping or visit a friend. Sunday service can take you to religious services. You can schedule an appointment at a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

2019 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Para-transit. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The date of the next meeting is July 10, 2019. Free ADA Transportation is available to attend the Forum. Please call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: **pwilliams@ghtd.org** at least 48 hours before the meeting.

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

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BC = Back of Calendar

This & That

AARP Trips ... Call Sally Miller

- **June 18**: MGM Casino Trip $25, leave 9 a.m.; depart MGM 3:00 p.m. Promo package included
- **July 11**: Coins & Claws - Lobster at Abbott's and then off to Mohegan Sun for the afternoon
- **July 22-July 24**: New Hampshire — Riding the Rails
- **August 29**: Mambo Italiano at Westchester Theatre

Information and Reservations: Call Sally Miller at 860-747-1732.

AARP Trips are NOT sponsored by the Plainville Senior Center. You cannot sign-up or pay for them at the Center.

CHORAL GROUP The next rehearsal date is Friday, June 7 at 9:30 a.m. The Choral Group does not meet in July and August.

SENIOR CENTER DISPLAY CASE
We were fortunate in May to have two lovely member displays — an antique perfume bottle collection belonging to Janice Scott, and beautiful hand-quilted wall hangings from Beverly Henkel. In June, we will view handmade creations from our Quilting Class! If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for 2019!

CONGREGATE MEAL PROGRAM
You may stop by the big kitchen to pick up the June calendar. Reservations for a meal must be made at least one day ahead by calling Bonnie in the kitchen at 860-747-5728. WE CANNOT TAKE ANY CALLS BETWEEN 11:45 A.M. AND 12:15 P.M. AS WE ARE SERVING LUNCH. **You may call between 10:15 a.m. and 11:45 a.m. OR between 12:15 and 12:45 p.m. only**. A suggested donation is $2.50.

PLAINVILLE SENIOR CENTER AT-RISK LIST
The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We update this list during the year so we can be certain that such folks will be safe during a power outage/weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure health and safety. Please call the Center at 860-747-5728 to have your name added to the At-Risk List. Our social workers Bette and Stephanie can help you develop a plan for power outages and weather emergencies. Please call 860-747-5728.

Congratulations to 50-50 raffle prize winner Eileen Cyr. She won last month's Pool Table Fundraiser Raffle and split the total of $486 with the New Pool Table Fund!

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

Nursing, Insurance Info, Etc.

REGULAR AND DIABETIC FOOT CARE

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. Cost is $18.00 for Senior Center members who live in Plainville and $28.00 for out-of-town members. You may pay with cash or check made out to the Plainville Senior Center. Please call the Senior Center to make an appointment. Senior Center members only.

EAR WAX REMOVAL

Call the Senior Center to make your appointment for ear wax removal. At least one week before your appointment, you must come to the Senior Center to pick up an instruction sheet that explains how to prepare, as well as paperwork to fill out and bring to your appointment. This service is provided by ProHealth Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any outstanding balance over $5.00. In most cases, patients will not pay more than $5.00 for the service.

FREE BLOOD PRESSURE SCREENING: DROP-IN

- **Wednesday, June 12** from 12:30 to 1:30 p.m.—by Hartford HealthCare
- **Monday, June 24** from 12:00 —12:30 p.m. — by our Nurse

CHOLESTEROL SCREENING

A quick appointment and a prick of your fingertip can tell you your total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose numbers. This test does not require fasting. Knowing these numbers and taking appropriate health measures are great steps toward a healthier you! Call the Senior Center for an appointment with our nurse. Cost is $12.00.

Care & Support
We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, JUNE 3 & JUNE 10 12:30 P.M.

We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find help in the community or home-care. Stop by Stephanie's office to have a private chat. **This service is for Plainville residents 60 and over only**. No sign-up needed and no question too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center to schedule a time that's convenient.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, JUNE 11 AT 10:30 A.M.

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Millions of children live in grandparent-headed households, where grandparents or relatives are responsible for the needs of children. Share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. Sign-up begins June 5.

BRIGHTER FOCUS — will not meet in June.

CAREGIVING CONNECTIONS

TUESDAY, JUNE 18, 10:00 A.M.

Join your friends to share summertime caregiving tips! We all know that patience may dwindle as the temperature rises! It is important that we renew ourselves in order to cope with the many demands of caregiving — physical, mental and emotional. Do not let yourself get overwhelmed or become isolated… stay connected with friends who understand and care! Caregivers from neighboring towns are welcome. Call Bette with any questions. Sign-up begins June 5.

Caregivers -- North Central Area Agency on Aging Can Help in *Extra Busy Times!*

With the warmer weather comes more special events like weddings, graduations and recitals. This often leads to increased respite care needs! The NCAAA's respite grants can come in really handy. NCAAA can pay for all types of home care, such as home health aides, PCAs, homemakers, and companions. They can also pay for Adult Day Care, Emergency Response Systems, Home Delivered Meals, inpatient respite at skilled nursing facilities and assisted living facilities, depending upon the level of care required. Through the NCAAA Supplemental Services Program, air conditioners and fans can be available. Other items that may be paid for include incontinence supplies, lift chairs, home modification equipment and more. To download an application, go to this webpage: **www.ncaaact.org/respite-care-services/** and scroll down to the link titled, "**Download Caregiver Services Application Here"** You may contact Bette or Stephanie if you need assistance in completing an application.

MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS EFFECTIVE MARCH 1, 2019

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

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

There is No Asset Limit AND There is No Estate Recovery

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

JUNE 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: **GR:** Green Room **BR:** Blue Room **GA:** Game Room **CR:** Craft Room **C:** Café, **CL:** Computer Lab **OS:** Old Store **K:** Kitchen **L:** Library ***B**y Appt.						**1**
2	**3** ***9:00 NURSE** 9:00 Walking GR 9:00 Talk to Trainer 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking GR 5:00 Medicare & You BR	**4** **Jesus! Trip, PA** ***9:00 NURSE** 9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:30 Vets Coffee Hr. CR 10:45 Aqua Fit. YMCA 11:00 Madam Walker GR 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 3:00 French Class GA 4:00 Walking BR	**5** **MEGA SIGN-UP** 9:00 Walking GR 9:30 Quilting CR 10:00 Jason Coppola Appts. CL **No Zumba Gold** 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR 4:00 Walking BR	**6** 9:00 Walking GR 9:30 Mexican Train GA 9:30 Ceramics CR 10:00 How to Fall Safely GR 10:45 Aqua Fit 2 YMCA 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 Knit/Crochet GR 1:00 Scrabble C 1:30 Ukulele CR 3:00 Talk to Trainer 4:00 Walking BR	**7** 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Gp. GR 9:30 Chair Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	**8** 9:00 a.m. Fragile Earth at Florence Griswold Museum and Lunch
9	**10** ***9:00 NURSE** 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Acrylic Paint CR 10:00 Curr. Events OS 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	**11** ***9:00 NURSE** 9:00 Walking BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Croquet Norton Pk. 10:30 Grandparents GR 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 2:00 Cooking for One C 3:00 French Class GA 4:00 Walking BR	**12** 8:15 On Your Feet, Westchester Theater 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 12:30 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	**13** ***9:00 NURSE** 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train CL 10:45 Aqua Fit 2 YMCA 12:00 COA Mtg GA 12:30 Pool Tourn. 12:30 Pinochle CL 12:30 Bridge OS 1:00 What is a Stroke BR 1:00 Knit/Crochet GR 1:00 Scrabble C 1:30 Ukulele CR 4:00 Walking BR	**14** 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:15 Time to Move Celebr. 10:40 Chr Yoga 2 GR 12:00 Pinochle L	**15** 9:30 a.m. Old Wethersfield Historic Walk
16	**17** ***9:00 NURSE** 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	**18** ***9:00 NURSE** 9:00 Walking BR 10:00 Caregiving CR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 3:00 French Class GA 4:00 Walking BR	**19** 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	**20** 9:00 Walking GR 9:30 Mex. Train GA 9:30 Ceramics CR 10:00 Adapt Equip. GR 10:00 Snappy Srs. L 10:45 Aqua Fit 2, YMCA 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Scrabble C 1:00 Bus, Art of Aging Closing, N. Haven 1:00 Knit/Crochet GR 1:30 Ukulele CR 4:00 Walking BR	**21** **No Chair Yoga 1** **No Chair Yoga 2** 9:00 Walking GR 9:00 Mahjong GA 9:15 Intro. To Kayaking 11:30 Friends Helping Friends 12:00 Pinochle L	**22**
23 **30**	**24** ***9:00 NURSE** 9:00 Walking GR **No Zumba Tone** 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:00 BP Clinic 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	**25** ***9:00 NURSE** 9:00 Walking BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 12:00 Pinochle GA **No Open Circle** 1:00 Library Series GR 1:00 Bridge OS 1:00 Five Ways BR 3:00 French Class GA 4:00 Walking BR	**26** 8:30 Southwick, MA Bike Ride 9:00 Walking GR 9:30 Quilting CR 9:30 Books & Bagels GA 10:00 Zumba Gold GR 1:00 Open Paint BR 1:00 Ceramics CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	**27** ***9:00 NURSE** 9:00 Walking GR 9:30 Mex. Train GA 10:00 Incontinence GR 10:45 Aqua Fit 2 YMCA 12:00 Lions Club Picnic BR 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Scrabble C **No Knitting** 1:30 Ukulele GR 4:00 Walking GR	**28** **No Chair Yoga 1** **No Chair Yoga 2** 9:00 Walking GR 9:00 Mahjong GA 9:30 STS Meet & Greet CR 12:00 Pinochle L	**29** 9:30 a.m. Butterfly Hunt, Cedar Hill Cemetery