



NEWS & EVENTS

JUNE 2021

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

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

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

COVID VACCINE INFORMATION

If you still need to get your vaccine, check out page 7 for information on vaccination clinics. Dial-a-Ride can provide transportation if you need a ride. Call 860-589-6968 to schedule a ride. For updated CDC guidelines, see page 11.

THE SENIOR CENTER IS OPEN!

We have a lot of activities, programs, and classes available and hope that people will feel comfortable returning to the Senior Center. Per CDC and State of CT guidelines, masks are required for all persons **NOT** fully vaccinated (Per CDC, you are fully vaccinated: two weeks after receiving 1 dose of the Johnson & Johnson vaccine or two weeks after receiving dose #2 of the Pfizer or Modern vaccine). Masks are not required for people who are fully vaccinated; however, we do recommend and encourage mask wearing for fully vaccinated people if they choose. Individuals not fully vaccinated are still required to wear a mask indoors. The Town of Plainville is requiring that visitors to Town buildings continue maintaining a 6-foot social distance. We have limited attendance in classes and activities and set chairs in place to maintain social distancing; please do not move tables and chairs.

As social distancing requirements change, we will be adding more activities such as games, puzzles, cards, etc. Stay tuned! In the meantime, join us for Bingo, in-person fitness classes, ukulele, Veterans Social Hour, Jazz in the Park, Outdoor Adventure and more! All the details are in this newsletter. Come on down ... we'd love to see you!

UNITED WAY AWARD CELEBRATION, TUESDAY, JUNE 29TH AT 2 P.M.

Come celebrate with us! United Way of West Central Connecticut is awarding the Plainville Senior Center their "Change Maker Award" as part of their 19th Annual Community Builders Reception for our ability to create, implement positive change, transform community conditions and improve program outcomes. On June 29 at 2 p.m., we will be showing the virtual awards ceremony at the Senior Center followed by live entertainment by vocalist Sheri Zuccari and a special surprise. Come watch the ceremony with us here or contact the Senior Center for the link to view the program at home. Sign up begins June 3 for the free program.

CLASS & ACTIVITY DESCRIPTIONS

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

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

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

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

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



THE PEAK FITNESS CENTER IS OPEN AND ACCEPTING NEW MEMBERS!

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

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

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

ZOOM/VIRTUAL PROGRAM OPTION!

With any of our advertised Zoom/Virtual Programs, if you prefer, you can now come to the Senior Center to participate in a program on our public computers through Zoom (we will set it up for you). Space is limited.

SENIOR CENTER VIRTUAL PROGRAMS

Senior Centers from across the state are collaborating and sharing a variety of virtual programs with older adults in Connecticut. Have fun! Learn something new! If you wish to receive a state-wide virtual program list, please email: Guberman@plainville-ct.gov and we will forward the list to you. Please be sure to check your spam/junk mail as well.



PLAINVILLE VETERANS' MEMORIAL WALL

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

THIS AND THAT

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

ACRYLIC PAINTING (IN-PERSON)

MONDAYS, THROUGH JUNE 14

10:00 A.M. — 12:00 P.M.

INSTRUCTOR: Abbe Wade

Abbe returns to teach four unique techniques using acrylic paints. Students must provide their own supplies. Sign up has begun. Payment due upon registration.



CERAMICS IS BACK!! (in-person)

THURSDAYS BEGINNING JULY 8TH!

JULY 8—AUGUST 12, SIX-WEEK

CLASS

9:30 — 11:30 A.M.

INSTRUCTOR: Gloria Caniglia

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

Sign up begins June 3rd. Payment due at time of registration.

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



UKULELE CLASS

FRIDAYS, THROUGH JULY 2ND

10:00 — 11:00 A.M.

INSTRUCTOR: Sue Hill

Join our Ukulele class! Some musical experience is preferred. Taught by local musician Sue Hill. You'll need your own ukulele (\$29 to \$50 for a starter instrument) and a tuner. Sign up has begun. Payment due upon registration.



SKIN CANCER SCREENING

MONDAY, JUNE 28, 3:30 — 5:00 P.M.

Georgia Terpak, Senior Center APRN, will conduct a free skin cancer screening. If you're concerned about a spot on your skin, call the Center beginning June 3rd to make an appointment to have it checked out.

FREE SHOPPING BUS RESUMES

We are pleased to offer shopping trips again with Pierre. You can shop, have a bite to eat and rendez-vous with friends. Call the Senior Center beginning June 3rd to register for June dates.

June 10: Shuttle begins at 9:30 a.m. Trader Joe's/ Olive Garden/ World Market Plaza. You will have approximately 3 1/2 hours to shop.

June 24: Shuttle begins at 9:30 a.m. Choose either Southington Shop-Rite Plaza or TJ Maxx/Aldi's. You may only choose one location. You will have approximately 2 1/2 hours to shop.

Save the date: July 8th. Shopping trip to West Farms Mall!

TRIPS, TRIPS, TRIPS!!

Where would you like to go when we re-start Quick Trips on our Dial-A-Ride bus? Are you ready for a motor coach day trip? Where do you want to go?? Are you dreaming of a 3-10 day get away for 2022? Join Shawn on **Monday, June 14th at 11:00 a.m.** and we will talk all things trips!!! Please call the Senior Center to RSVP. Can't attend? Please call the Senior Center or email your suggestions to: cohen@plainville-ct.gov.



HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

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

PROGRAM AND EVENTS



WEST CENTRAL CT TRIAD HEALTH AND WELLNESS EVENTS

2 DATES—2 LOCATIONS-FREE ADMISSION



WEDNESDAY, JUNE 23, 2021

Bristol Senior Center

255 Stafford Ave., Bristol

9:00 —11:30 A.M. .

RSVP by June 18 for Bristol. Call 860-584-7895.

OR

TUESDAY, JULY 20, 2021

Plainville Senior Center

200 East St., Plainville

9:30 a.m.—12:00 p.m.

RSVP by July 15 for Plainville. Call 860-747-5728.

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

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

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

Extra Event: “Join the Movement-Become a Dementia Friend” (virtual event) June 23, 12:00—1:15 P.M.

Learn what it’s like to live with dementia and then turn that understanding into action. Not just for seniors. This interactive program is for family members, health aides, caretakers, loved ones and volunteers. All participants will receive a “Dementia Friends” certificate. **To register, call Judi Ann at the United Way, 860-582-9559, ext. 407.** Presented by Lynn Litwinsky, MS/ CCC/SLP, Bristol Health.

ALL ABOUT ADVANCE DIRECTIVES- WHAT THEY ARE AND WHY YOU NEED THEM

A Presentation by Greater Hartford Legal Aid (in-person or Zoom)

TUESDAY, JUNE 29 AT 11:00 A.M.

Did you ever wonder what a living will or a power of attorney entails? Whether you should have one? Join Shirley Ripstein, an attorney from Greater Hartford Legal Aid who will be discussing Advance Directives to explain living wills and the various other advance directives available to ensure that your wishes are followed upon illness, incapacity or death. After the program, Legal Aid will prepare the documents for any senior who submits an application. There is no cost for this service. Call the Senior Center to register beginning June 3.

WATCH THE JULY NEWSLETTER!!



JASON IS RETURNING—VETERAN’S

BENEFITS TALK JULY 29TH. Appointments in person at the Senior Center starting in August.

JUNETEENTH CELEBRATE FREEDOM

VIA ZOOM JUNE 25, 1-2:30 P.M.

“Juneteenth” is the oldest nationally celebrated commemoration of the ending of slavery in the U.S. Call the Senior Center after June 7th for further details.



AARP UPCOMING EVENTS

www.AARP.org/CTevents

Some examples are: Clean Cooking, Latin Jazz, Virtual University, Infamous Duel: Hamilton & Burr and more!

The Senior Center has a list of upcoming events. Stop by for a copy or visit the web address above.

PROGRAM AND EVENTS

NO-BAKE MINI CHEESECAKE COOKING CLASS ON ZOOM

TUESDAY, JUNE 8, 2:00 P.M.
COST: FREE!

Join Food Explorers to make some delicious No-Bake Mini Cheesecakes! You'll need the following ingredients: graham crackers, butter, brown sugar, heavy cream, cream cheese (2 bricks = 24 cheesecakes), white sugar, lemon juice, plain yogurt OR sour cream and optional vanilla extract plus topping of your choice (berries, sprinkles, chocolate chips). Whipped cream can be made from scratch during class! You will need an electric mixer. Sign up has begun. **Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville. Sign up has begun.**



AFTERNOON JAZZ IN THE PARK WEDNESDAY, JUNE 9, 1:00 P.M.

Join us for a live, outdoor concert in **NORTON PARK** with the Airborne Trio! This phenomenal trio has performed for us in the past, and we are thrilled to welcome them back to Plainville. Cool jazz, swing, bebop and more! Space is limited. Bring your own lawn chair. **Call the Senior Center to register or register online at www.schedulesplus.com/plainville. Sign up has begun.**

RECYCLED GREETING CARD CLASS (IN PERSON)

WEDNESDAY, JUNE 16,
10:00 A.M. — 12:00 P.M.
INSTRUCTOR: Abbe Wade
COST: FREE!
SIGN-UP BEGINS JUNE 3rd

Bring your old greeting cards, (or use the ones provided in class) to "upcycle" in a special way! **Call the Senior Center to register or register online at www.schedulesplus.com/plainville.**



JUNE BIRTHDAY BASH

THURSDAY, JUNE 17
2:00 — 3:00 P.M.
PICK UP AT THE SENIOR CENTER

If you have a birthday in June please join us for a birthday treat! **Call the Senior Center by June 11 to register or register online at www.schedulesplus.com/plainville so that we know how many birthday surprises to prepare.**



VETERANS' SOCIAL HOUR IN PERSON

TUESDAY, JUNE 22, 10:00 A.M.

These monthly information and support meetings are conducted by Sherry Vogt, Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at 860-747-5728 to register or register online at: www.schedulesplus.com/plainville. Sign-up begins June 3.**



ZEN DOODLE ART

(Zoom from home or at the Senior Center)
WEDNESDAY, JUNE 23, 2:00 P.M.
COST: FREE!

SIGN-UP BEGINS JUNE 3rd

Call the Senior Center to register or register online at www.schedulesplus.com/plainville.

Learn the art of Zen doodling with Lindsey's Craft Studio! Transform empty spaces into intricate patterns and designs. We will be working on a zebra picture during class and each kit will include supplies and inspiration for many more Zen doodling masterpieces. Each kit will include five blank templates, a sample sheet of designs and patterns, and a high quality, clean line, felt tip marker. You may add color to your art after class if you wish!

MORE PROGRAMS & EVENTS

OUTDOOR ADVENTURE CRESCENT LAKE WALK

MONDAY, JUNE 21, 10:00 A.M.

COST: \$3.00 due at sign up.

SIGN UP BEGINS JUNE 3.

LEADER: Natalie Carpenter

Join Natalie for a moderate walk around Crescent

Lake. There are many tree roots and it can be muddy. Sturdy hiking shoes, walking sticks, tick spray, sunscreen and a water bottle are recommended. Meet at the Senior Center parking lot at 10:00 a.m. to caravan. Natalie led some adventures with us in the past; she is an avid runner and triathlete and has been coaching athletes for several years. She is also very excited to be back in Connecticut and outdoors again!



FARMINGTON FLATS MICRO-FARM TOUR

TUESDAY, JUNE 15, 3:00 —4:30 P.M.

SIGN-UP BEGINS JUNE 3rd.

Join us on Tuesday afternoon to tour Jared Scoville's garden at the Farmington Flats! This is Jared's seventh year growing there, and it will be sure to get you thinking about fresh food and organic gardening. The garden will be in its earlier stages of growth, but will feature potatoes, sweet potatoes (30+ varieties), tomatoes, peppers, corn, peas, carrots, and more. Come and see what high-yield, biointensive gardening looks like in Connecticut! This tour is also a great chance to bring your own gardening questions and your tips on how to grow organically. We will drive separately to the community garden parking lot. The address is approximately 100 Meadow Road in Farmington. The parking area is down a gravel driveway, which is marked by a wooden sign at the start of the driveway. **Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville.**



BOOK BUDS IN PERSON

BOOK: "LOST ROSES"

BY MARTHA HALL KELLY

FRIDAY, JUNE 25, 10 A.M.

INSTRUCTOR: KATHLEEN MARSAN

COST: FREE

SIGN-UP BEGINS JUNE 3rd.



The pandemic halted our book club in 2020, but not our enthusiasm for good reads! On our list was this fabulous story based on an American woman who aids the women and children fleeing from the revolution in Russia. The pages take us from the gilded halls of New York City socialites, to war-torn Russia, finally landing on a lovely estate in our own Connecticut. If you loved "Lilac Girls," this prequel may well be counted as one of this year's best reads. The book is available at the library.

NEXT MONTH'S BOOK: "Friends, Lovers and Chocolate" by Alexander McCall.



NEW MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, JUNE 17, 3:00 P.M.

SIGN-UP BEGINS JUNE 3rd. RSVP BY JUNE 11.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Join us on Thursday June 17' at 3p.m. to relax and socialize with other people experiencing similar life challenges. Our first meeting will be held at the Senior Center with a special visit from Ryder, a pet therapy dog! Please call the Senior Center at (860)747-5728 by June 11th to reserve your spots! This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Connecticut State Unit on Aging. **Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville.**

AND MORE PROGRAMS & EVENTS

COVID VACCINE INFORMATION

Below are resources for scheduling a COVID vaccine. If you need assistance, call Stephanie at the Senior Center.

- **Hartford HealthCare** <https://hartfordhealthcare.org/health-wellness/covid-vaccine/schedule-your-vaccine>. Or call 860-827-7690 or toll-free 833-943-5721.
- **UConn Health** <https://health.uconn.edu/coronavirus/covid-vaccine/> or call 860-679-5589
- **Walmart:** <https://www.walmart.com/cp/1228302>
- **Create a VAMS Account.** Visit <https://dphsubmissions.ct.gov/OnlineVaccine>
- **Call the CT COVID Vaccine Appointment Assistance Line at 1-877-918-2224**
- **You may also call your local pharmacy for more information on obtaining a vaccine.**

COVID VACCINES FOR HOMEBOUND INDIVIDUALS: If you or someone you know is physically or medically unable to go to a COVID vaccination clinic, please contact Stephanie at the Senior Center for assistance.

OPEN KNITTING/CROCHET

THURSDAYS 1:00 – 2:00 P.M.

Come and knit away with your friends at the Senior Center! Call the Senior Center to reserve your space or register online at: www.schedulesplus.com/plainville.



OPEN QUILTING

WEDNESDAYS 9:30 – 10:30 A.M.

Come and join your friends every Wednesday for a fun quilting session! Call the Senior Center to register or register online at: www.schedulesplus.com/plainville to reserve your space.



MEDICARE SAVINGS PROGRAM (MSP)

INCOME LIMITS:

Singles Range From: \$2,265 to \$2,641
Couples Range From: \$3,064 to \$3,572

There is No Asset Limit nor Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. Department of Social Services will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

THE NURSE IS IN!

GEORGIA STERPKA, APRN, IS
AVAILABLE BY APPOINTMENT FOR:

REGULAR AND DIABETIC FOOT CARE

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

EAR WAX REMOVAL: COST IS \$5.00.

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

FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.



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

FITNESS PROGRAMS



BELLY DANCING CLASS **(IN PERSON or Zoom from home)**

WEDNESDAYS, JUNE 2 TO JULY 7, 2:00 P.M.

INSTRUCTOR: Gia Khalsa

COST: \$12.00. SIGN-UP HAS BEGUN.

This class features simple, yet fun movements to authentic music. You'll learn short, easy dances that work every part of your body! No prior belly dancing experience necessary, nor do you need to wear anything special. Dress comfortably for easy movement! If attending the class in-person, a six-foot social distance will be maintained. *Gia will be teaching remotely. Students have the option of taking the class at the Senior Center on Zoom or students can take the class on Zoom in their own home.*



BEGINNERS GENTLE CHAIR PILATES **AND BALANCE EXERCISE CLASS** **(IN PERSON)**

MONDAYS, THROUGH JULY 12, 2:15

P.M. INSTRUCTOR: Caroline Dube

COST: PRO-RATED, based on when you register.

SIGN-UP HAS BEGUN.

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

POWER BURST

MONDAYS, THROUGH JULY 12, 1:00 P.M.

INSTRUCTOR: Caroline Dube

COST: PRO-RATED, based on when you register
SIGN-UP HAS BEGUN.

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.

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

FRIDAYS, JUNE 11—JULY 16, 11:00—11:45 A.M.

INSTRUCTOR: Nancy Pandolfo

COST: \$12.00. **However, the class is free if you have Silver Sneakers through your health insurance.**

SIGN UP BEGINS JUNE 3rd.

IN PERSON OR ON ZOOM

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

ZUMBA GOLD RESUMES!

WEDNESDAY, JULY 14- SEPT. 8, 9:30 A.M.

(NO CLASS AUGUST 4) 8 WEEKS

INSTRUCTOR: Amy Gray

COST: \$24.00

SIGN-UP BEGINS JUNE 3rd

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

CARDIO CHAIR FITNESS WITH NANCY IN PERSON

TUESDAYS, JUNE 8—JULY 20, 1:30 —2:15 P.M.

NO CLASS JUNE 29

COST: \$12.00

INSTRUCTOR: Nancy Pandolf

SIGN-UP BEGINS JUNE 3rd

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

BALANCE CLASS

TUESDAYS, JUNE 8—JULY 20, 2:30—3:15 P.M.

NO CLASS JUNE 29

COST: \$12.00

INSTRUCTOR: Nancy Pandolf

SIGN-UP BEGINS JUNE 3rd

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

FOODSHARE AND SUPPORT GROUPS

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

MONDAYS: JUNE 14, JUNE 28, JULY 12 : 11:00 —11:30 A.M.

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



THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

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

GRANDPARENTS RAISING GRANDCHILDREN-IN PERSON

TUESDAY, JUNE 8, 10:30 A.M.

If you are raising a grandchild or other young relative, you are not alone. Join us **IN PERSON** for our Grandparents/Relatives Raising Grandchildren Information and Support Meeting. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Please call the Plainville Senior Center at 860-747-5728 or go on-line at: www.schedulesplus.com/plainville to register. *Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act.*

CAREGIVING CONNECTIONS-IN PERSON

TUESDAY, JUNE 15, 10:00 A.M.

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



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

CARING AND CONNECTING

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

Donations

APRIL 23-MAY 21

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: Katherine Waite by Kimberly Waite

GENERAL DONATIONS: Brenda Levesque, Verna Pekrul, Barbara Wallace, Allen & Joan Gridley, Helen Swanson, Anonymous, Gary Boukus, Anne Theriault, Carol Wright, Ann Hock, Gladys Berry, Grace Bonola, Marlene Andrusia

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.



Cheer Report

APRIL 19-MAY 21

*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:

Margaret Albrecht, Scott Steele, Dawn Dallas, Betsy Creswell, Barry Creswell, Donna Cook, Gloria Cerniglia, Cathleen Macca, Anna Smedick, Hazel Decker, Ceal DiFrancesco, Evelyn Case, Rosaleen Peters, Helena Niziolek, Norma Weisenburger, Elaine Wyzga, Pat Cancelli, Elsie Senaldi, Wendell Copeland, Richard Kowalczyk, Donna Neidermyer, Nancy Pilarski, Richard Vantrisco

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Theresa Masse, Ellen Vicinus, Tony Lusitani, Robert Galka, Joyce Pullen, Stella Levesque, Anneliese Ziegenhagen, Angelina Bradt, Norma Knudsen, Catherine Kehrein

SYMPATHY CARDS WERE SENT TO:

Doug Wardwell & Barbara Balavender, James Pandolfo, Tina Wishart, Joe & Soni Sperduti, Lena Ciccio, John Palmisano, John Paul & Carol Blanchard

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

APRIL NEW MEMBERS

Shirley Anderson, Cindy Bolduc, Joyce Bouchard, Nancy Boucher, Joseph Chadbourne, Lorraine DeSocio, Theresa DeSocio, Melissa Evans, Angel Jones, Alan Krysiak, Frances Krysiak, Sharon Mallia and Jackie Palance.



SIGN UP FOR FCC'S EMERGENCY BROADBAND BENEFIT PROGRAM (EBB)

The COVID-19 pandemic has highlighted the importance of access to reliable and affordable broadband service. The FCC's Emergency Broadband Benefit Program (EBB), which started May 12, helps seniors access this essential service. With heightened reliance on the Internet for everything from at-home learning to online doctor's appointments, the ability to access the Internet became a necessity and yet for many, this vital service was out of reach. EBB provides eligible households a monthly discount of up to \$50 towards broadband service. Eligible households can also receive a one-time discount to purchase a laptop, desktop computer or a tablet from participating providers if they contribute at least \$10, but no more than \$50 toward the purchase price. For more information, contact Stephanie Soucy at 860-747-5728.



CDC OFFERS UPDATED COVID VACCINE GUIDANCE

According to the latest information from the Centers for Disease Control and Prevention, if you are fully vaccinated, you can resume activities that you did before the pandemic without wearing a mask or physical distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations. This includes local business and workplace guidance. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.

If you haven't been vaccinated yet, wear a mask that covers your nose and mouth to help protect yourself and others. Masks should be worn in addition to staying at least 6 feet apart, especially around people who don't live with you. Get a COVID-19 vaccine as soon as you can. Being in crowds makes you more likely to get or spread COVID-19, so avoid crowds and poorly ventilated indoor spaces. And wash your hands often with soap and water, or use hand sanitizer if soap and water aren't available.



VA HAS CURED 100,000 VETERANS OF HEPATITIS C

VA has reached a significant milestone in curing more than 100,000 Veterans of chronic hepatitis C virus infection (HCV), establishing VA as a global leader in the diagnosis and treatment of HCV. HCV infection can lead to advanced liver disease (ALD), liver cancer and early death. Curing HCV can prevent the development or progression of ALD, cutting death rates by up to 50%. Until recently, HCV treatment required medications to be taken daily by mouth and weekly by injection for up to a year, with cure rates as low as 35%. Additionally, this treatment had disabling medical and psychiatric side effects, which caused over half of patients to stop treatment prematurely.

"These efforts have been nothing short of life-saving for tens of thousands of Veterans, and that's precisely why VA has made diagnosing, treating and curing hepatitis C virus infection such a priority," said VA Secretary Robert Willkie.

Through Veteran advocacy, VA leadership and the support of Congress, VA implemented an aggressive program to treat Veterans with HCV who were both willing and able to be treated. This included extensive outreach to all Veterans in VA known to have HCV infection, and increased testing of those at highest risk for HCV. At the end of 2018, almost 85% of Veterans at increased risk for HCV had been tested, compared to 50% for the general U.S. population.

For more information, visit www.hepatitis.va.gov.

INDEX

AARP Upcoming Events	4
Acrylic Painting	3
Advance Directives Program	4
Afternoon Jazz in the Park	5
Balance Class	8
Belly Dancing	8
Birthday Bash	5
Book Buds	6
Cardio Chair Fitness	8
Caring and Connecting	9
Caregiving Connections	9
Ceramics	3
Chair Pilates & Balance Class	8
Cheer Report	10
Class/Activity Descriptions	2
COVID Information	1,7,11
Donations	10
Emer. Broadband Benefit Prog.	11
Farmington Flats Garden Program	6
Foodshare Info.	9
Free Weekend Bus Svc	12
Grandparents Program	9
Health & Wellness Events	4
Heavy Cleaning Help	3
Juneteenth Celebration	4
Medicare Savings Program	7
New Memory Café	6
New Members	10
No-Bake Cheesecake Class	5
Nursing Information	7
Open Knitting/Crochet	7
Open Quilting	7
Outdoor Adv. Crescent Lake	6
Peak Fitness	2
PowerBurst	8
Puzzles & Brain Games Books	12
Recycled Greeting Card Class	5
Seeking Knitting Instructors	12
Senior Center is Open	1
Senior Center Virtual Programs	2
Setback Volunteers Needed	12
Shopping Bus	3
Silver Sneakers/Yoga-Lates	8
Skin Cancer Screening	3
Telephone Bingo	2
Trips, Trips, Trips!	3
Transportation	BC,12
Ukulele Class	3
United Way Award Celebration	1
Veterans and Hepatitis C	11
Veteran's Benefits	4,9
Veterans' Memorial Wall	2
Veteran's Social Hour	5
Walking	2
Zen Doodle Art	5
Zoom /Virtual Program Option	2
Zumba Gold	8

BC= Back of Calendar

THIS AND THAT

SETBACK VOLUNTEERS NEEDED

We hope to resume Setback tournaments in the near future. In order to do so, we need to recruit volunteers to assist with scorekeeping. Volunteers usually work in pairs and are needed 2-4 times per month from 12:30 – 3:00 on Mondays. If you are interested in volunteering, please contact Shawn, Ronda, or Morgan.

SEEKING KNITTING/CROCHET/QUILTING

INSTRUCTORS

Plainville Senior Center is seeking talented knitting/crochet and quilting instructors with excellent skills and previous experience teaching older adults. Must be creative, professional, enthusiastic, patient, and able to work positively with people of varying abilities. Beginner and intermediate classes are taught weekdays, in-person at the Plainville Senior Center. For further details regarding rate of pay, schedule, etc., please contact Ronda Guberman at: guberman@plainville-ct.gov.

COMPLIMENTARY JIGSAW PUZZLES AND BRAIN GAME BOOKS

Do you like sudoku, word searches, crosswords, jigsaw puzzles, and other stimulating games? Give the Senior Center a call if you'd like some complimentary jigsaw puzzles or a book of brain games funded through a grant. The grant is provided through a grant from the Department on Aging & Disability Services, CT Senior Center Project: CARES Act.

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

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



FREE WEEKEND BUS SERVICE AVAILABLE THROUGH LABOR DAY

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