

NEWS & EVENTS

JUNE 2022

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

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

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

CHOLESTEROL TALK AND SCREENING

MONDAY, JUNE 6, 10:30 A.M., COST: FREE TALK CHOLESTEROL SCREENING SPECIAL ONLY \$10.00 (REGULAR PRICE IS \$12.00), IF YOU ATTEND THE PRESENTATION FIRST. SIGN-UP BEGINS JUNE 2. PAY FOR THE SCREENING ON THE DAY OF THE PROGRAM.

Miles Everett, Registered Nurse and Dietician, explains how you can do good things to fight bad cholesterol and discuss what you can do with diet and lifestyle to combat this cause of cardiovascular disease. Following the talk, Georgia Strepka, APRN, will conduct non-fasting cholesterol screening. Come for Miles' presentation and stay to have your cholesterol taken, and you will save \$2.00! Results available in 10 minutes!



WEST CENTRAL CT TRIAD

HEALTH & WELLNESS FAIR

TUESDAY, JUNE 7, 9:30 A.M. TO 12:00 P.M. FREE! PLAINVILLE SENIOR CENTER. OPEN TO THE PUBLIC! Pre-registration required for a reserved 45-minute exhibitor viewing time. Walk through and speak with over 20 senior provider professionals, health screenings, raffle prizes, receive a File of Life packet, free bagged lunch and more. Call the Senior Center to register. RSVP by June 1.

FREE! SKIN CANCER SCREENING

DATE: FRIDAY, JUNE 17, 9:00 A.M. -12:00 P.M. CALL THE SENIOR CENTER TO SCHEDULE AN APPOINTMENT.

Our APRN, Georgia Sterpka, will conduct free skin cancer screenings. If you are concerned about something on your skin, and would like her to examine it, please call for an appointment.



COVID BOOSTER CLINIC –JUNE 20
OPEN TO THE PUBLIC

Hartford Healthcare will hold another COVID Booster Clinic on **Monday, June 20, from 10 a.m.-4:00 p.m.** at the Senior Center. Moderna & Pfizer are available. If you had your first booster before Feb. 20, you can receive your second booster shot. People can also receive their other shots (1st, 2nd and 1st Booster). Call to register.

FREE AMERICAN SIGN LANGUAGE CLASSES

TUESDAY, JUNE 21-AUG. 9, 9:30-10:45 A.M.

NO CLASS JULY 12 OR 19

INSTRUCTOR: FAITH POSNER

SIGN-UP BEGINS JUNE 2.

We are thrilled to offer complimentary American Sign Language (ASL) classes here this summer on **Tuesdays from June 21-Aug. 9, 9:30 -10:45 a.m. No classes July 12 or July 19.** Classes will be taught by volunteer Faith Posner, who is entering 8th grade at the Middle School of Plainville. Participants will learn basic vocabulary and grammar skills for beginners using body language, facial expressions and hand movements as well as making introductions and sharing personal information about self, family, basic desires and interests. Students will be able to talk about their surroundings, by giving and receiving directions; do basic fingerspelling and signed numbers, as well as recognize fingerspelling and signed numbers when done slowly. In addition to being hard of hearing herself, and a native signer, Faith is also part of a deaf family.



SNAPPY SENIORS GROUP IS BACK! SEE PAGE 8.

CLASSES & PROGRAMS

DO YOU HAVE A QUESTION ABOUT YOUR i-PHONE OR i-PAD?

FRIDAYS, JUNE 10, 17 & 24

BY APPOINTMENT ONLY.

SIGN-UP BEGINS JUNE 2.

Christine Millette, a Senior Center Volunteer, will be available on Friday, June 10, Friday, June 17, and Friday, June 24, by appointment between 10-11:30 a.m. to answer questions and provide assistance on i-Phones or i-Pads. She cannot assist with Android phones or tablets. She can provide basic assistance with adding contacts, calendar appointments, photos, adding apps, texting & e-mails. Call for an appointment.



TABLE FOR TWO—HEALTHY MEALS FOR TWO

TUESDAY, JULY 19, 2 P.M. FREE.

SIGN UP BEGINS JUNE 2.

Join Registered Dietitian Jessica Dorner from ShopRite of Bristol for this informative lecture and learn tips and tricks for making small yet healthy meals for one or two people. From nutrition to recipes, this lecture will have it all.

EVERYTHING YOU'VE EVER WANTED

TO KNOW

ABOUT BEEKEEPING

TUESDAY, JUNE 14, 1:30 P.M.

COST: FREE. SIGN-UP BEGINS JUNE 2.

PRESENTED BY TAMMI WORSHAM

BACK YARD BEEKEEPERS ASSOCIATION

Tammi Worsham will discuss the history of beekeeping, what a beekeeper actually DOES, the life cycle of bees and the structure of a hive, the importance of bees to our food supply and threats that challenge the survival of a colony. Participants can view bees at work on a comb in an observation hive which will contain live bees. You'll be able to touch wax comb and see the tools of a beekeeper, take home recipes that use honey, and purchase products that are made with beeswax.



MEGA SIGN-UP DAY JUNE 2, 9:15 A.M. to 4:45 P.M.

Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

HEALTHY BODIES CREATE HEALTHY MINDS CLASSES

THURSDAYS, JUNE 23-JULY 28

10:30-11:30 A.M.

INSTRUCTOR: SENIOR CENTER GROUP

COORDINATOR KAREN PAGLIARO, RN

COST: FREE! SIGN-UP BEGINS JUNE 2.

How often do you make time for you? How often do you take the time

to make something

healthy for yourself? Or

do something healthy? If

you answered not often,

then this class is for you!

Together we will explore

healthy eating habits that

can assist you in losing or maintaining weight

and can help move your body in a healthier direction.

We will explore and share recipes, enjoy a healthy meal together, welcome guest

speakers, and investigate techniques to reduce

stress eating all in a welcoming and supportive

atmosphere. Meal planners will be shared.

Added benefit for those who complete 5 out of

6 classes, earn a gift certificate toward your

choice of a Senior Center fitness class.

Classes will begin **Thursday, June 23, at 10:30-**

11:30 a.m. and continue weekly through July

28, 2022, when the class will celebrate with a

dinner from 3-4 p.m.

June 23 – Explore MIND Diet and its benefits.

Receive food logs, BMI calculator, discuss benefits of water intake and physical activity.

June 30 – Brain Food Lecture: Registered Dietician Jessica Dorner from ShopRite of Bristol will

discuss brain health. Everyone will receive a

goodie bag for attending the lecture.

July 7 – Explore why its important to both read

food labels and interpret them, discuss which

grocery store aisles to avoid and share healthy

recipes you can prepare at home.

July 14 – Stress can lead to overeating, but how

do we relieve stress and mindless eating?

July 21 – Alyssa Lombardi, Lead Exercise Physiologist, GoodLife Fitness, Hartford HealthCare,

will share the benefits of exercise and ways to

incorporate fitness into your daily routine.

July 28 – Share a healthy meal together, receive gift certificates for attendance and CELE-

BRATE our success!



CLASSES & PROGRAMS

NEW QUILTING CLASSES!

ALL CLASSES TAUGHT
BY DARLENE BACHAND,
MAXIMUM 10 STUDENTS PER CLASS.
SUPPLY LISTS PROVIDED
UPON REGISTRATION.
SIGN-UP BEGINS THURSDAY, JUNE 2. SAMPLES ON
DISPLAY IN THE SENIOR CENTER SHOWCASE.



SEA GLASS THROW

SKILL LEVEL INTERMEDIATE, COST: \$8.00
WEDNESDAYS, JUNE 8-JUNE 29, 9:30-11:30 A.M.
Make this pretty throw size quilt, starting with 10
fat quarters. Four weeks of classes.

YOUR FABULOUS MUG RUG

SKILL LEVEL INTERMEDIATE, COST: \$4.00
WEDNESDAYS, JULY 6 & 13, 9:30-11:30 A.M.
This fused/machine appliqued mug rug is perfect
for you, or a gift for someone. Two weeks of clas-
ses.

FABRIC POT HOLDERS

TUESDAY, JUNE 14, 10:00 A.M
INSTRUCTOR: EVELYN MORIN, COST: \$4.
SIGN-UP BEGINS JUNE 2. LIMIT OF 8 STUDENTS.
Must be able to use a sewing machine independent-
ly. Bring your own sewing machine or use one of the
Senior Center's. List of supplies (fabric, etc.) available
at registration. Sample in showcase. Keep your fin-
gers from getting burned with these decorative and
useful pot holders. Perfect for gift giving.

DISPLAY YOUR COLLECTION, HOBBY AT THE SENIOR CENTER

If you have a collection or hobby that you'd like to dis-
play in our showcase, please call Jeannette at the
Senior Center to let
her know. Displays are
typically in the locked
showcase for a month
at a time. In the past,
people have displayed
vintage Valentine
cards, paintings, wood
carvings, quilts, pho-
tographs, memorabil-
ia, dolls and much
more!



FCC PROGRAM CAN HELP MAKE INTERNET SERVICE AFFORDABLE

A new Federal Communications Commission
(FCC) program can help to lower the cost of
broadband service for eligible households strug-
gling to afford internet service. The Affordable
Connectivity Program provides:

* Up to \$30/month discount for broadband ser-
vice;

* Up to \$75/month discount for households on
qualifying Tribal lands; and

* A one-time discount of up to
\$100 for a laptop, desktop
computer, or tablet purchased
through a participating provid-
er if the household contributes
more than \$10 but less than
\$50 toward the purchase price.
The Affordable Connectivity
Program is limited to one

monthly service discount and one device dis-
count per household.

Households with income at or below 200% of the
Federal Poverty Guidelines, or if a member of
the household meets at least one of the criteria
outlined at <https://www.fcc.gov/acp>, are eligi-
ble.

Go to [ACPBenefit.org](https://www.fcc.gov/acp) to submit an application or
print out a mail-in application; and contact your
preferred participating provider to select a plan
and have the discount applied to your bill.

For more information and full details, visit
<https://www.fcc.gov/acp> or call 877-384-2575.

**Please contact Stephanie at the Senior Center at
(860)747-5728 to help you apply.**

DENTAL CLINIC RETURNS TO SENIOR CENTER!

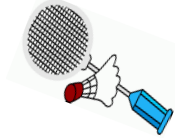
The Community Health Center Mobile Dental
Clinic will be offering preventative dental services
by appointment on **June 29 & June 30**. To sched-
ule an appointment, call Gabriela DeLeon, Com-
munity Health Center Program Coordinator, at
(475)260-3184. Services include x-rays, cleaning,
fluoride & oral health education. For patients
with no dental insurance, a standard fee of \$30
for cleaning, x-rays and fluoride applies. Patients
unable to afford the \$30 fee, can contact Stepha-
nie Soucy, Plainville Senior Center Social Worker,
for scholarship information.

OUTDOOR ADVENTURE

GAME DAY!

THURSDAY, JUNE 2, 10:00 A.M. - 12:00 P.M. FREE!
PADEREWSKI PARK, PLAINVILLE
CALL THE SENIOR CENTER TO REGISTER.

Join Eileen Cyr for a morning outdoors in the park! We'll supply a variety of games including croquet, badminton and cornhole! Bring water and a snack.



TREE WALK AT CEDAR HILL CEMETERY, HARTFORD TRIP IS FULL, SIGN UP FOR WAITING LIST

SATURDAY, JUNE 4, LEAVES SENIOR CENTER 9:15 A.M. RETURNS APPROXIMATELY 12:45 P.M. COST: \$5 (INCLUDES TRANSPORTATION).

Join us for a guided walk through the Cedar Hill Cemetery featuring rare and notable trees. It is a sanctuary for memorial artworks, Hartford history, wildlife and offers arts, culture and heritage programming to the community.



HORSES AND HIKING, OH MY!

TRIP IS FULL, SIGN UP FOR WAITING LIST

SATURDAY, JUNE 18

LEAVES SENIOR CENTER 9:15 A.M.

RETURNS APPROXIMATELY 2:00 P.M.

COST: \$5.00 INCLUDES TRANSPORTATION.

SPACE LIMITED TO 10. LEADER: EILEEN CYR

Join us for a fun adventure as we visit the CT Draft Horse Farm in East Hampton where horses have been rescued and are being rehabilitated

with the hopes of being rehomed. You'll have a chance to see these horses up close and even get to feed them!

THE FARM IS VERY ROCKY AND HAS ROUGH, UNEVEN TERRAIN. IT IS UNSUITABLE FOR PEOPLE WHO HAVE

ISSUES WITH THEIR BALANCE OR TROUBLE WALKING INDEPENDENTLY.

Following our visit to the farm, we will go for a 45-minute hike on the Airline Trail in East Hampton. The trail is not paved. After the hike we will go for lunch at Sadler's Ordinary in Marlborough (on your own). **Closed-toed, sturdy shoes are a must for this trip. Bring water, sunscreen, hat and a snack.**



GUIDED KAYAK ADVENTURE

MILL RIVER, NEW HAVEN

SATURDAY, JUNE 25, DEPARTS SENIOR CENTER 9:00 A.M. RETURNS APPROXIMATELY 3:00 P.M.

COST: \$49.00 INCLUDES 2-HOUR GUIDED KAYAK TOUR, GUIDE GRATUITY, LIFE JACKET, TRANSPORTATION. LIMITED TO 12.

Enjoy a 2-hour guided kayak tour on the Mill River in New Haven. After working up an appetite, we will walk 2 blocks to P & M Market to enjoy lunch (on your own) before heading back to Plainville. Bring water, sunscreen, hat and a dry change of clothes and shoes. Also bring a dry bag or Ziploc bag for your phone if you wish to bring it on the kayak.

LAKE ZOAR KAYAKING, MONROE

SATURDAY, JULY 16, LEAVES SENIOR CENTER 9 A.M., RETURNS APPROXIMATELY 2:30 P.M.

COST: \$38.00 (INCLUDES 2-HOUR KAYAK RENTAL, LIFE JACKET, TRANSPORTATION). REGISTRATION BEGINS JUNE 2.

Enjoy a two-hour kayak ride on Lake Zoar in Monroe. Must have prior kayaking experience. Lessons aren't provided. Lake Zoar is a reservoir on the Housatonic River. Then enjoy a picnic lunch (on your own) at the Lake Zoar Drive-In, voted "best burger" in Connecticut by CT Magazine! Bring water, sunscreen, hat, towel and a dry change of clothes and shoes.

RATTLESNAKE MT. HIKE, ROUTE 6, FARMINGTON

FRIDAY, JULY 22, CARAVAN FROM SENIOR CENTER AT 8:45 A.M. RETURN AT 11:30 A.M. COST: \$3.00. REGISTRATION BEGINS JUNE 2. PAYMENT DUE AT REGISTRATION. LEADER: JARED SCOVILLE

Rattlesnake Mountain offers fantastic views of Hartford, Plainville, and Southington. The trail is heavily wooded with moderate to difficult inclines at times. **This hike is for intermediate to advanced hikers only:** people who walk regularly and maintain a consistent level of physical activity by working out in a fitness center, etc. There is one prolonged hill climb, then 2 smaller hill climbs on the way up, then only 1 main hill on the way back down. The total mileage for the hike is just over 2 miles, but we will take our time with rest breaks after the hills. This is an all time local favorite hike-one that Jared has done over 60 times. Be prepared with water, a snack, and hiking shoes or very grippy sneakers for the trail.

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 P.M.

INSTRUCTOR: CAROLINE DUBE

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

BALANCE CLASS

TUESDAYS, 2:00–2:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

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.

ZUMBA GOLD

WEDNESDAYS, 9:30–10:30 A.M.

INSTRUCTOR: AMY GRAY

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

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

FRIDAYS, 11:00–11:45 A.M.

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance. IN-PERSON OR ON ZOOM.

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

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:45–3:45 P.M.

INSTRUCTOR: CAROLINE DUBE

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. Bring a water bottle.

CARDIO CHAIR FITNESS WITH NANCY

TUESDAYS, 1:00–1:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

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

THE PEAK FITNESS CENTER IS OPEN NO APPOINTMENTS NEEDED!

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open, and appointments are no longer needed! Work out when you want. PEAK Center hours are: **Monday-Friday, 9:00 A.M.-1:00 P.M.**

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 A.M. — 12:00 P.M.

INSTRUCTOR: ABBE WADE

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



CERAMICS

THURSDAYS, 9:30 — 11:30 A.M.

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to

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

KNITTING/CROCHET

THURSDAYS, 1:00 — 3:00 P.M.

INSTRUCTOR: EVELYN MORIN

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

CLASS SCHEDULE Class descriptions on pages 5

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign up for new classes beginning on **Mega Sign-Up Day, June 2, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **June 9** if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session Sign-Up Begins JUNE 2. Payment Due Upon Registration.
MONDAY			
Acrylic Painting	10:00-12:00	May 16-June 27. 6 weeks. No class May 30.	
Power Burst	1:30-2:30		June 13-Aug. 15, 8 weeks. \$16.00. No class July 4 & July 18.
Chair Pilates & Balance	2:45-3:45		June 13-Aug. 15, 8 weeks. \$16.00. No class July 4 & July 18.
TUESDAY			
Cardio Chair Fitness w/ Nancy	1:00-1:45	May 31-July 19. 8 weeks. \$16.00.	
Balance Class	2:00-2:45	May 31-July 19. 8 weeks. \$16.00.	
WEDNESDAY			
Zumba Gold	9:30 -10:30	May 18-June 29. 7 weeks. \$21.00.	July 14-Sept. 8. No class Aug. 25. \$32.
Quilting Classes! NEW!	9:30-11:30	SEE PAGE 3 FOR DESCRIPTIONS.	
THURSDAY			
Ceramics	9:30 – 11:30	May 19-July 7. 8 weeks. \$32.00.	July 14-Sept. 8. No class Aug. 25. \$32.
Knitting/Crochet	1:00-3:00	May 26-July 14. 8 weeks. \$16.00.	
FRIDAY			
Yoga-Lates	11:00-11:45	March 25-June 3. 8 weeks. \$16.00. FREE if you have Silver Sneakers.	June 17-Aug. 5. 8 weeks. \$16.00. FREE if you have Silver Sneakers.

HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

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

PROGRAMS, ETC.

Plainville Housing Authority Opens Waiting List

The Plainville Housing Authority will be giving out applications to be on their waiting list on **June 7, 8, and 9**, from **10:00 a.m. – 2:00 p.m.** at the Housing Authority Office at 20 Stillwell Drive (behind the Senior Center). **Applications are due June 16, 2022**, to be considered valid and can be submitted in person or by mail postmarked by June 16. Senior Housing is available to anyone over the age of 62 or handicapped or disabled over 18 years of age. Plainville residency is not a requirement. Income guidelines apply. Once applications close, a lottery done by local AARP volunteers determines your place on the waiting list so there is no need to be the first in line to pick up an application or to hand in your application. Base rents start at \$500.00 for a studio, \$600.00 for a smaller one bedroom and \$650.00 for a larger one bedroom. Heat, lights, air conditioning and hot water (all electric) are the responsibility of the tenant. Energy assistance is available if you meet the income guidelines. Of the 120 units at the Housing Authority, 62 are studio apartments and 58 are one-bedroom apartments. The current wait list for one bedrooms is long. If you should have any questions or you would like an application mailed to you, call (860)747- 8519.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, JUNE 16, 2:30 P.M.

SIGN-UP BEGINS JUNE 2. CALL THE SENIOR CENTER TO REGISTER. OPEN TO THE PUBLIC.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Relax and socialize with others experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. & the CT State Unit on Aging.



PRIDE MONTH EVENT - JUNE 24, 10 A.M. –2 P.M.

NEWINGTON SENIOR CENTER

The CT LGBT Moveable Senior Center and the CT Healthy Living Collective are having a **Pride Month Event from 10 a.m.- 2 p.m. in person on June 24 at the Newington Senior Center.** Pre-registration required. For more information, call Karen Green at (860)589-6226, ext. 2226. **Register online at www.ctthehealthyliving.org. To view the program virtually here, call the Senior Center or go online to register at www.schedulesplus.com/plainville.**

BOOK BUDS: JUNE BOOK: "A COVERT AFFAIR"

BY JENNET CONANT, FRIDAY, JUNE 24, 10:00 A.M.

COST: FREE! SIGN-UP BEGINS JUNE 2.

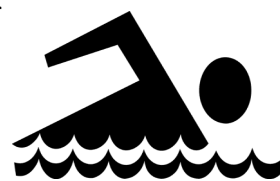
INSTRUCTOR: KATHLEEN MARSAN.

FOR MEMBERS ONLY.

Choose your friends wisely, you may never know the dark secrets they hold close to their hearts! Join us for a not so secret meeting for the answer to the previous question. The book is available at the library. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**

ADULT SWIM SET FOR BERNER POOL

The Plainville Recreation Dept. will hold an **Adult Swim** at the Elizabeth A. Berner Pool located at Norton Park, 197 South Washington Street, **Monday through Friday from 5:00-6:00 p.m.** The pool opens on **Saturday, June 11.** For more information, contact the Plainville Recreation Dept. at (860)747-6022 or go to plainville.ct.recdesk.com.



AARP SAFE DRIVING COURSE AVAILABLE ONLINE

Become a Safer & More Confident Driver! The course is now 100% online and self-paced. Learn about skills and strategies you can use on the road every day. Discover defensive driving techniques to help you deal with aggressive drivers. Explore local laws and traffic rules for drivers. Get tips for proper maintenance of your vehicle so it's safe before you drive. Go to: <https://campaigns.aarp.org/driversafetycourse> to sign up. If you don't have access to a computer, you can call us here at the Senior Center to reserve a computer. We can help you sign up and you can take the class here online.



MEGA SIGN-UP DAY is set for THURSDAY, JUNE 2,

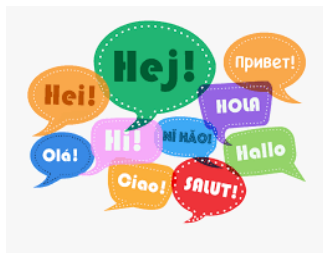
from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

NOTEWORTHY

DIAL-A-RIDE DRIVERS NEEDED!

The Plainville Senior Center is looking for on-call drivers for our Dial-a-Ride Program. Drivers must have a CDL or F-endorsement in order to drive our wheelchair lift-equipped bus. Training and hourly wage provided. Hourly range between \$15.50—\$16.61. Hours are on-call to assist when regularly scheduled drivers are out or when the schedule is busy and more drivers are needed. F-endorsement is now easier to obtain and can be done without going to DMV and can be completed in two weeks.

Contact Shawn or Ronda at the Senior Center for more information or visit www.plainvillect.com for an application.



WE NEED YOUR HELP! DO YOU SPEAK SPANISH, POLISH, FRENCH OR RUSSIAN?

Once in a while, someone comes to us for help or calls and we cannot communicate because of

language. Would you help us understand and translate? Call Shawn or Ronda at the Senior Center.

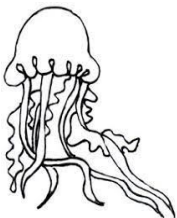


REMINDER—WHEN COMING TO MEGA SIGN-UP (WHICH IS SET FOR THURSDAY, JUNE 2, THIS MONTH) AT THE PLAINVILLE SENIOR CENTER, THE DOOR WITH THE LONG RAMP IS

OPENED FIRST. THEN PLEASE CHECK IN AT THE FRONT DESK.

TWO FREE N95 FACE MASKS ARE AVAILABLE PER PERSON AND A LIMITED NUMBER OF FREE AT-HOME COVID TEST KITS ARE AVAILABLE AT THE SENIOR CENTER. STOP IN TODAY & GET YOURS.

FREE JELLYFISH PROGRAM - JUNE 14 ON ZOOM



Lauren Mellenthin will present a free program on the importance of jellyfish on **Tuesday, June 14, from 6:30-7:30 p.m. via Zoom.** "Are You Ready for This Jelly?" explores how the new discoveries about jellyfish could shape the world. The program is presented by the Hamden Public Library with the Yale Peabody Museum. Registration is required. Go to www.hamdenlibrary.org or call (203)287-2680.

SNAPPY SENIORS PHOTOGRAPHY GROUP MEETS JUNE 16

The Snappy Seniors Photography Group will be meeting **Thursday, June 16 at 10:30 a.m.** Please join us to share photos of a recent trip.



Also, help us plan future trips and lectures. Does anyone know a teacher specializing in "Smartphone Photography"? Please call Sharon at the Senior Center (860)747-5728. Sign up for the June 16 meeting by calling the center and ask for the Snappy Seniors Photography Group Sign-Up. At this time, the Snappy Seniors will be meeting on the third Thursday each month at 10:30 a.m. at the Senior Center.

POOL TOURNAMENTS & BRUSH-UP GROUPS

Calling all pool players—join us at **12:30 p.m.** on **Thursdays** for our weekly tournament. Brush-up lessons for ladies are available **Tuesdays at 10 a.m.** with Ellen and **Thursdays at 11 a.m.** for men with John. Call ahead at (860)747-5728 so that instructors will be available. Other dates and times may be available.



PUZZLES RETURN TO THE SENIOR CENTER

Do you love to put puzzles together? After two years, puzzles are back! Come puzzle with us.

GREATER HARTFORD TRANSIT DISTRICT SUSPENDING FARES THROUGH DECEMBER 31!

The Greater Hartford Transit District has suspended fares on their vehicles through Dec. 31. This also includes public bus fares statewide.

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

CALENDAR & READING MATERIAL COLLECTION FOR VETS

Please help our Vets by donating 2022 calendars, current magazines, soft cover books (no hard cover books) for the Rocky Hill Veterans Home. Bring these items to the Senior Center for collection.

TRIP GUIDELINES



PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE & MOTORCOACH TRIPS ON THE BUS. DESTINATIONS—BOATS, RESTAURANTS, MUSEUMS, ETC. ARE BY VENDOR'S POLICY OR LOCAL RULES

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. One day a month, we also offer **Mega Sign-up Day**. This month it is **June 2** 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.

ATTENTION TRAVELLERS, PLEASE SEE CORRECTED NUMBER BELOW.

CANCELLATIONS: Call the Senior Center immediately so we can try and find a replacement for you from our waiting list (if we have one). *If you must cancel the night before or the morning of the trip, please call Angela at (860) 839-7346 before 9:00 p.m. the night before the trip or before 9:00 a.m. the day of the trip.* Angela 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. Once we pay, refunds are rarely given. 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. Some insurance policies cover most costs if the cancellation is due to illness, but others may cover a variety of additional

reasons.

PARKING: Parking for most trips is at Our Lady of Mercy Church parking lot, directly across South Canal Street from the church. It's the first lot on your right entering South Canal from Broad Street. Park as close to the fence as possible, one car directly behind another.

For many overnight trips, parking is provided at Our Lady of Mercy Parish Center, at your own risk. But we suggest, if possible, that someone drops you off and picks you up or have someone pick up your car after the multi-day trip has left and bring it back to OLM the day you are due back. Do not contact OLM on your own. There is no overnight parking at the Senior Center.

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.

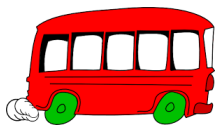
DISCLAIMER: The Plainville Senior Center is not responsible in whole or in part to trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your 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 latecomers.***

FYI: We keep Reserve Lists for all trips including Quick Trips. When you sign a Reserve List for a trip that is filled, we will ask whether or not you are a member. If there is a cancellation, we always sign up members from the Reserve List first! Members who sign the Reserve List and want to bring a non-member friend should be aware that since we always sign up members first, we will skip over non-members until all members have been contacted.

QUICK TRIPS GUIDELINES

*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. 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: 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 Angela at **(860)839-7346**. 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.



TRIPS

MASK REQUIREMENTS ON FRIENDSHIP TOUR TRIPS

Friendship Tour trips require masks on the bus. For restaurants & boats, etc., it is the decision of the vendor. Also, each person traveling with Friendship Tours will be required to sign a Wellness Declaration Form and Travel Liability Waiver at departure. To review a copy of the Waiver & Wellness Declaration, please see the front desk.

New Trips

CONNECTICUT LIGHTHOUSE CRUISE

NEW LONDON & MYSTIC, CT

WEDNESDAY, AUGUST 3

DEPARTS AT 9 A.M. FROM OUR LADY OF MERCY CHURCH.

ESTIMATED RETURN AT 6 P.M.

COST: \$116

Get a new perspective on the history of Southern New England and Long Island with your narrated, sightseeing from the water aboard a comfortable, climate-controlled, high-speed vessel. Several lighthouses can be seen along with upscale mansions that line the shore. Early dinner at The Steak Loft in Olde Mistick Village. Menu includes salad, choice of Baked Stuffed Breast of Chicken, Potato Crusted Cod or Baked Stuffed Shrimp (2), Dessert & Coffee. Entrée choice in advance. Time on your own in the Village for shopping prior to lunch.



FRIESIANS OF MAJESTY

TOWNSHEND, VERMONT

WEDNESDAY, AUGUST 17, DEPARTS FROM OUR LADY OF MERCY CHURCH AT 8:30 A.M.

APPROXIMATE RETURN: 7:30 P.M. COST: \$130.

Visit a gorgeous horse farm in Townshend, Vermont. Tour the European Style Stables and meet these gentle, friendly horses. Enjoy an Arena Musical Dance Performed by the Elegant Friesians and a Full Course Lunch at the New England House. Menu includes fresh baked bread, garden salad with house dressing and choice of Herb-Crusted White Fish, Balsamic Peach Glazed Chicken Breast or Maple Barbeque Pork Loin, Side Dishes, Seasonal Fruit Cobbler, Soft Drink, Coffee or Tea. Entrée choice in advance.



Upcoming Trips

LUNCHEON SHOW AT ELEGANT SAINT CLEMENTS CASTLE, THE MUSIC OF BARRY MANILOW PORTLAND, CT

WEDNESDAY, JUNE 15, DEPARTS FROM OUR LADY OF MERCY CHURCH AT 10:30 A.M. RETURNS AT APPROXIMATELY 4:30 P.M. COST: \$104.

Dave Colucci showcases the songs that have enchanted fans throughout the decades at the elegant Saint Clements Castle alongside the Connecticut River. Menu includes salad, and choice of: Sautéed Chicken Breast with Cremini Mushroom Demi-Glace **OR** Broiled Scrod with Crumb Topping, both served with vegetable, potato, delicious dessert and coffee. Entrée choice in advance. Transportation and Driver's Tip included.

NEW SERVICE FOR 2022

We are offering **4 dinner shows at Aqua Turf** . .

The cost is \$47 per person and includes family-style entrees, complimentary donuts and coffee, complimentary glass of beer or wine, complimentary door prizes. Transportation is on your own or pay \$4 round trip for our mini bus to take you from your home to the party. Our four shows will be:

JULY 12 - CELEBRATE ITALIA

SEPT. 13 – JIMMY MAZZ PAYS TRIBUTE TO BOBBY DARIN & CONNIE FRANCIS.

NOV. 15 – “BOB HOPE” USO SHOW

DEC. 13: “HOLIDAY FUN WITH THE CARTELLS”

We are taking reservations for “Celebrate Italia” (see below). The other trips will be in upcoming newsletters.

CELEBRATE ITALIA, AQUA TURF

TUESDAY, JULY 12, 11 A.M. – 2:30 P.M.

\$47 PER PERSON (DRIVE ON YOUR OWN).

\$51(FOR THOSE WHO DO NOT DRIVE– TAKE OUR BUS). SALAD, PASTA, FAMILY STYLE MEATBALLS & SAUSAGE/CHICKEN PARMESAN, VEGETABLE & POTATO, DESSERT.

The Sam Vinci Band has been an Italian-American staple at numerous Italian festivals throughout Connecticut. Special appearance by Aaron Caruso.

UPCOMING TRIPS

Check the rounder rack in the living room for dates of confirmed trips. We are always adding more! Check often!

TRIPS



Upcoming Trip

June Shopping Trip

LOBSTER & THE BEST OF PAUL ANKA
THE LOG CABIN, HOLYOKE, MA
 WEDNESDAY, JULY 20, 10 A.M. DEPARTS FROM OLM.
 RETURN APPROXIMATELY 4:45 P.M. COST: \$118.

First-rate entertainer Lou Villano presents "The Best of Paul Anka." Excellent menu includes welcome tray with cheese & vegetable platter, shrimp cocktail, salad with signature breads, 1 ¼ lobster or prime rib, potato salad & cole slaw, lobster & crab cakes, BBQ chicken, strawberry sundae dessert with coffee. Advance choice required.



©DESIGNALIVE

BRISTOL WALMART
TUESDAY, JUNE 21
PICKUP AT SENIOR CENTER
AT 9:00 A.M.
HOME PICKUPS BEFORE
9:00 A.M.
SHOP FROM 9:30 –11:30
A.M.
PICKUP AT 11:30 A.M. AT WALMART.

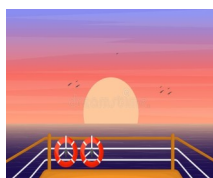


Quick Trip

CONNECTICUT RIVER
SLIPAWAY SUNSET CRUISE
ROCKY HILL, CT

THURSDAY, JUNE 30, 4:30-9 P.M.
 \$30 PER PERSON INCLUDES CRUISE
 & TRANSPORTATION. SIGN-UP BEGINS JUNE 2.

Join us for a 1 ½ hour narrated cruise on the Connecticut River to enjoy nature, maybe see the eagles, and enjoy a beautiful sunset. We will begin by traveling to the Rocky Hill boat dock, see the Rocky Hill Ferry, the longest continuously running ferry in the U.S. We will have dinner outside at the Grill & Chill, a gourmet "Local Seafood Shack," where you can get hotdogs to lobster. Our cruise will begin at 7:00 p.m. We get home in Plainville approximately 9:00 p.m.



SCAVENGER HUNT SET FOR JUNE 5



A Scavenger Hunt will be held on **Sunday, June 5**, with registration at **10 a.m.** at Factory Square in Southington. It benefits the Central CT Walk to End Alzheimer's.

Registration/Check In is \$10 per person & \$20 per person for a team up to four. The individual or team with the most correct answers will be entered into a drawing to win the Factory Square Prize Pack, full of gift cards and merchandise valued at over \$1,500. Call (860)585-3001 to register.

Overnight Trip

DO YOU LOVE LUCY? JAMESTOWN, NY
HOME OF LUCY & DESI MUSEUM
 SUNDAY, SEPT. 11-WEDNESDAY, SEPT. 14
 COST: \$767 PP/DOUBLE/TRIPLE, \$923 PP SINGLE.
 \$300 DEPOSIT. TIME: TBA. DEPARTS FROM OLM.
 SIGN-UP BEGINS WEDNESDAY, MAY 7.
 COVID stopped us from our "I Love Lucy" trip in 2020. Now we can finally go and enjoy everything



Lucy – visit her hometown, see her house, gravesite, Lucy Town Tour, Lucille Ball Desi Arnaz Museum and Desilu Studios, where you get an inside look at the couple's personal life and see the sets and costumes worn in the

show. Also included: The National Comedy Center (50 immersive exhibits from vaudeville to present), Dinner Cruise on one of the four remaining steamboats in North America, and an overnight at the Villa Roma (so much to do, it is considered a cruise ship on land – "Dirty Dancing" style). Motor coach (it is a very long drive the first day), three nights hotel, three breakfasts, three dinners, sight-seeing and admission, Friendship Tours Escort and Drive & Tour Director Gratuity. \$300 deposit due at sign-up. See brochure at the Senior Center for meal choices and more details when signing up.

HEALTH MATTERS

MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS:

Singles Range From: \$2,390 to \$2,786

Couples Range From: \$3,220 to \$3,754

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share):

Medicare Savings Programs (MSP)		
	Single	Couple
Q01/ QMB	\$2,390	\$3,220
Q03/ SLMB	\$ 2,617	\$ 3,525
Q04/ ALMB	\$ 2,786	\$3,754

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

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.

DEADLINE FOR HOUSEHOLD WATER ASSISTANCE PROGRAMS EXTENDED UNTIL JUNE 30

Connecticut has launched a new online application for heating and water assistance programs that help income-eligible families from Connecticut pay their utility bills. Eligible residents can now apply for the Connecticut Energy Assistance Program (CEAP) and the Low-Income Household Water Assistance Program (LIHWAP) through a joint online application that is available at ct.gov/heatinghelp/apply.

The state has also extended the deadline by which households can apply for benefits for the 2021-2022 season to **June 30**.

CEAP is a federally funded program that provides winter heating assistance to more than 75,000 income-eligible households every year. Eligible families can receive between \$410 to \$1,015 in basic benefits alone. Families may also be eligible for matching payment plans, protection from shutoffs, and replacement or repairs for heating equipment and water heaters. Both homeowners and renters are eligible, and assistance is available for natural gas and electric heat, as well as deliverable fuels like oil and propane.

LIHWAP provides water assistance to the same families who are eligible for CEAP, and eligible families can receive up to \$1,000 in household water and wastewater benefits.

The programs are administered through local Community Action Agencies (CAAs) across the state. In addition to applying online at ct.gov/heatinghelp/apply, residents can also contact their local CAA with additional questions or to apply for assistance in-person or over the phone.

AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto.



FOODSHARE, SUPPORT GROUPS & PROGRAMS

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!



LIVE WELL WITH DIABETES—Free, six-week workshop via Zoom on how to better manage your diabetes will be held on **Wednesdays from 12:30 - 3 p.m. from June 1 - July 6**. To register, call (860) 887-3561, ext. 127, or email Lori at Iryogielski@seniorresourcesec.org. Topics include: what to eat, low & high blood sugar, dealing with stress and how to set small, achievable goals. Each session is 2.5 hours. Participants will need a computer, tablet or cell phone and a reliable internet connection. Class size is limited. Sponsored by Senior Resources Agency on Aging, North Central Area Agency on Aging, CT Department of Aging and Disability Services State Unit on Aging and Connecticut Department of Public Health. Supported by funds for the Centers for Disease Control and Prevention, Office of State, Tribal, Local and Territorial Support under grant DP13-105. Generous support also provided by the Connecticut Community Foundation. Materials will be sent directly to participants at no cost. **To view the workshops on Zoom from the Senior Center, call (860)747-5728.**

TELEPHONIC WORKSHOPS ON CHRONIC CONDITIONS, CHRONIC PAIN & DIABETES OFFERED

Live Well with Chronic Pain Telephonic Workshop, **June 2, at 10 a.m.** **Live Well with Chronic Conditions** Telephonic Workshop, **June 21, at 11:00 a.m.** Participants must be willing to share their name, address and phone number so the free toolkit can be mailed to them and the leader can place the call. Contact Carley Taft, Regional Coordinator, at carley.taft@ncaaact.org (860)724-6443, ext. 224. Sponsored by the Dept. of Rehabilitative Services—State Unit on Aging and the North Central Area Agency on Aging.

CAREGIVING CONNECTIONS - Join your caring friends on **Tuesday, June 14, at 10 a.m.** at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. You must register to attend. Call the Senior Center to register.

MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER WORKSHOP

Three, two-hour workshops on bladder and bowel control will be held virtually on Zoom on **June 15, June 29 & July 6 from 3-5 p.m.** The program gives women the tools they need to take control of their bladder and bowel symptoms. For more information or to register, contact Carley Taft, Regional Coordinator, at carley.taft@ncaaact.org (860)724-6443, ext. 224 or Barbara Womer at bwomer@newingtonct.gov or call (860) 665-8778. Sponsored by the North Central Area Agency on Aging. **If you'd like to view the workshops on Zoom from the Senior Center, call (860)747-5728.**

GRANDPARENTS RAISING GRANDCHILDREN

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at **10:00 a.m. on Wednesday, June 1**, at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center to register.



NCAAA Offers Free Workshops on Religious & Cultural Diversity in Aging Services

"When We're Ailing: religion-informed attitudes toward illness and healthcare in the multi-faith city." - **Wednesday, June 22, 1:00 - 2:00 p.m.**, virtual via Zoom. **Wednesday, September 28, 1:00 - 2:00 p.m.** "Death's Demands: multiple religious perspectives on dying, mourning, and remembrance." Virtual via Zoom. **Wednesday, January 25, 2023, 1:00 - 2:00 p.m.** "Toward an Ethic of Multifaith Collaboration." virtual via Zoom.

Free registration link for workshops: <https://www.hartfordinternationalsl.edu/ncaa-series>.

For any questions or more information, contact Eric Rodko at Eric.Rodko@ncaaact.org.

VETERANS' NEWS & ACTIVITIES

INDIVIDUAL APPOINTMENTS FOR VETERANS- WEDNESDAY, JUNE 1, AT THE SENIOR CENTER

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 on **Wednesday, June 1**, at the Senior Center to help you with all of your Veteran benefit needs. Call Jason at (203) 805-6340 to schedule an individual appointment (please leave a message). Jason is scheduled to be at the Senior Center the first Wednesday of each month. In July, Jason will be here on **Wednesday, July 6**.

VETERANS' SOCIAL HOUR

TUESDAY, JUNE 28, 10:00 A.M.

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



APPLY FOR A VETERAN'S FLAG

ON YOUR CT DRIVER'S LICENSE OR ID

To receive a Veteran's flag on an existing Connecticut license or identity card, veterans must submit documentation (dd-214 or pre-1950 discharge certificate WG AGO discharge certificate) of the following to the DVA:

- * Active federal service, not including initial entry training; or entitled to retirement pay under 10 USC Chapter 1223, as amended from time to time, or, but for age, would be entitled.
- * Characterization of discharge:
 - * Honorable discharge,
 - * Discharge under honorable conditions, or
 - * Discharge due to injuries received in the line of duty.

To apply, go to: <https://portal.ct.gov/dva/pages/apply-forveterans-flag-on-ct-driver-license-or-idcard/application>. For more information, call the CT Dept. of Veterans Affairs at (860) 616-3600.



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. The wall is located at Town Hall outside the Town Clerk's office. 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.

NEW LICENSE PLATE OPTIONS HONOR VETERANS

Governor Ned Lamont recently announced that the Connecticut Department of Motor Vehicles is now offering 10 new license plate options for veterans that commemorate specific wartime periods, including the Afghanistan War, Grenada, the Iraq War, the Korean War, Lebanon, Operation Earnest Will, Panama, the Persian Gulf War, the Vietnam War, and World War II. These plates are offered in addition to the standard Connecticut license plate for veterans and are available exclusively for veterans who served during these specific periods of war and those who received campaign medals. The license plates are available for passenger, commercial, combination, camper, and camp trailer types, and cost \$27.50. Veterans can request this new plate by completing the form at: **portal.ct.gov/DMV-War-Vet-Plate**.



SIGN-IN TO MY HEALTHEVET CHANGING SOON — HERE'S WHAT TO EXPECT

Do you use **My HealtheVet**? The process for signing in to your account is changing soon. Users will start signing in through the new VA sign-in page. This new process adds an extra layer of security to keep your VA information safe. To try it, go to the My HealtheVet home page, select "Sign in," and then select "Try the new sign in" at the top of the page. You'll start by entering the information you usually use to sign in, such as your My HealtheVet user ID and password or your DS Logon or ID.me account information. You can also use a new credential, **Login.gov**, to sign in. The first time you use the new VA sign-in, you have to enter an email address to sign in. Make sure it's a current email address that you can access during the sign-in process. The email address you use cannot also be used to sign into another account, such as your spouse's. When you enter your email address, you'll receive a confirmation email. The next step is multifactor authentication which helps strengthen your account security.

Donations

APRIL 19—MAY 17

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.

GENERAL DONATIONS

Lynn Gagnon, Janet Vandrilla, Grace Bonola, Carolyn Moore, Wilma Michaud, Eva Klinger, Carol Wright, Anonymous, Grace Nelson, Donna Cook, Rita Szymanoski, Madeline Drake, Marge Burris, Deb Starnes, Nick & Carol Tracanna, Carolyn Zenuh, Diane Voitkevics, Val Dumais, Carolyn Barker, Ronni Bonura, Sharon Slisz, Barbara Wallace, Linda Raynis, Susan Cassile, Julia Green, Rita Rival, Denise Vazquez, United Way, Barbara Petit.

MEMORIAL DONATIONS

In Memory of: Kay Bracken

Anonymous, donating to Dial-A-Ride.

In Memory of: Maria Cutler

Sonja Cutler, Plainville Senior Center Choral Group, donating to Dial-A-Ride.

DIAL-A-RIDE DONATIONS

Plainville Senior Center Choral Group.

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 17

*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:

Joyce Hendrick, Margaret Albrecht, Sandy Dombroski, Gladys Berry, Rosaleen Peters, Diane Sperry, Betty Kirch, Ann Marie Kochanowsky, Conrad & Annette Rivard, Fred Lesniewski, Charles Stepney, Mary Levanti, Pat Thone, Sally Miller, Kathy DeSanty, Diane Guerriere, Catherine Trombley, Susan Cremasco, Olga Stepney, Glen Halvorsen, Len Cannon, Peg Clancy, Bernard Grabeck, Judy Chatfield, Norma Weisenburger, Elaine Wyzga, Elsie Senaldi, Vivian Arena, Helena Niziolek, Ceal DiFrancesco, Evelyn Case, Cathleen Macca, Hazel Decker, Mary Michaud, Stella Massa, Beatrice Dumont, Bill & Judy Briggs, Marcia Medina, Skip Kensel, Evelyn Stelma, Helene Fabian, Joe Maitz.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

John Arduini, Betty Pye, Marie Bowyer, Anne Boulaine.

SYMPATHY CARDS WERE SENT TO:

Dominic & Marie Ragaglia, Vivian Galliher, Pierre & Evelyn Morin, Sue Piercy, Joanne Pylant, Joe Beaudin.

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

Ann Marie D'Angelo, Ruth DeAmicis, E. Trudy Goodwin, Walter Latko, Milo Mazurick, Jody-Lynn Mills, Keith Sanborn, Beverly Schilling, Edward Schilling and Donald Waskowicz.



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Pool Tourney/Brush-Up Groups	8
PowerBurst	5
Pride Month Event	7
Puzzles	8
Quilting	3
Scavenger Hunt	11
Senior Center Showcase	3
Shopping Trip	11
Silver Sneakers/Yoga-Lates	5
Skin Cancer Screening	1
Snappy Seniors	8
Suspended Fares	8
Table for Two	2
Tournament Winners	16
Transportation	BC
Trips	9,10, 11
Veterans' News & Activities	14
Volunteer Needed	16
Water Assistance Program	12
Zumba Gold	5
BC= Back of Calendar	

THIS AND THAT

VOLUNTEER NEEDED

If you enjoy arranging photo albums or assembling scrapbooks, the Senior Center is looking for a volunteer to gather newspaper articles about the Plainville Senior Center or its memorable events for our scrapbook and for someone to arrange photos in our photo albums. If interested, contact Sharon at the Senior Center (860)747-5728.



INSTANT UPDATES

Be sure you are getting the latest information from the Senior Center by providing us with your email address. Sometimes we get important news to share after the newsletter has gone out, or there's something that is so timely, we want to be sure our members get the information right away. We will never give out or sell your email. All personal information (address, phone, e-mail) remains confidential. E-mail us even if you think we have your e-mail address at beamc@plainville-ct.gov to provide your email (include your full name & phone number in the event we have any questions). Check your Spam folder & add the Senior Center to your contact list.

HELP US TO EXPAND THE PEAK CENTER HOURS!

PEAK Center volunteers are needed from 1-3 p.m. Monday through Thursday. Please contact Sharon at (860)747-5728 for more information and to sign up. Both regular



SETBACK WEEKLY TOURNAMENT WINNERS

April 25: 1st: Sally Miller & Gail Kreneck, 2nd: Charlie Stepney & Elaine Chartier, 3rd: Verna Pekrul & Bernard Grabeck.

May 2: 1st: Linda Dominique & Huguette Velleux, 2nd: Alyce Lembo & Peg Grant, 3rd: Maryann Cunningham & Liz Aloï.

WEEKLY POOL TOURNAMENT WINNERS

May 12: 1st: Stan Funk, 2nd: Val Dumais. **May 19:** 1st: Stan Funk, 2nd: Val Dumais.

JUNE 15 BLUES GAME SUPPORTS

THE WALK TO END ALZHEIMER'S



The Bristol Blues game will be held on **Wednesday, June 15, at 6:30 p.m. at Muzzy Field in Bristol**, with gates opening at 5 p.m. Tickets are \$10 and are available at bristolbluesstore.com. A portion of sales will be donated to Team Brainstorm to support the Alzheimer's Association. The Bristol Blues is a summer collegiate baseball team based in Bristol, CT. It is a member of the New England Collegiate Baseball League. **For more information, call (860)582-2583.**

MEGA SIGN-UP DAY is set for THURSDAY, JUNE 2, 9:15 A.M. to 4:45 P.M.

Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.