

NEWS & EVENTS **JUNE 2023**

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

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

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

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

SENIOR CENTER & LIONS CLUB SUMMER PICNIC
THURSDAY, JUNE 29, 11:30 AM
COST: \$6.00 PER PERSON.
MEMBERS ONLY. SIGN UP BEGINS JUNE 6. MUST REGISTER BY JUNE 23.



Join us at the Senior Center for an indoor summer picnic co-sponsored by the Plainville Lions Club. The Lions Club members will be supplying and grilling hot dogs and hamburgers for us! The picnic menu will also include macaroni salad, coleslaw, chips, watermelon and an ice cream truck! The ice cream truck will be provided by The Pines of Bristol. Following lunch, sit back & enjoy the eclectic array of acoustic music performed by Elana Zabari. *Volunteers needed to help with set up, preparing salads & clean up. Contact Ronda if you can help.

LIFE CHANGING BENEFITS OF EXERCISE!!

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

- *Helps your brain health
- *Prevents falls
- *Helps prevent chronic illness
- *Improve physical, mental and emotional wellbeing
- *Promotes bone health and cardiovascular health
- *Improves mood
- *Improves sleep
- *Boosts immunity

HELP FOR VETERANS: For those needing assistance with VA benefits, forms & programs, call 203-805-6340 to make an appointment with Jason Coppola on the third Tuesday of the month at 10 AM. His first appointments will be June 20th. (If there is no answer, please leave a message giving your full name and phone number). Jason will conduct a phone interview to find out your status, needs & paperwork required. This will prepare for your face-to face appointment at the Plainville Senior Center. No drop-in appointments are available. Jason’s position will be serving residents of the 5th Congressional District **only** which means he is unable to serve Southington or Bristol residents but can serve Plainville & New Britain.

STRAWBERRY SHORTCAKE DAY
THURSDAY, JUNE 22, 3:30 PM—FREE FOR SENIOR CENTER VOLUNTEERS!!
COST: \$4.00 non-volunteers (must be a Senior Center member). Sign up for volunteers and non-volunteers begins June 6. Join us as the Senior Center Committee on Aging hosts a strawberry shortcake day. We will celebrate summer and the strawberry season with delicious homemade strawberry shortcake! We’ll also say “thanks” to our many volunteers for all they do to keep our programs and services running so smoothly at the Senior Center!



Dental Clinic See page 3	Trip Meeting-Viking See page 9	Balloon Festival See Page 9	Sally Miller Tribute See Page 13
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CLASSES & PROGRAMS

QUILTING CLASSES

SIGN UP HAS BEGUN

INSTRUCTOR: DARLENE BACHAND

WEDNESDAYS, 9:30 AM —11:30 AM



*JUNE 7, 14—**CENTERPIECE TABLEMAT COST: \$4.00**
A Tablemat so easy, you'll want to make it again & again!

*JUNE 21—**QUILT ON OUR OWN—FREE**

No Instructor

*JUNE 28—**CANDLE CRADLE COST: \$2.00**

This project is multi-sized and not only great for candles but small plant pots as well!

SNAPPY SENIORS PHOTOGRAPHY

GROUP MEETS THURSDAY, JUNE 15, 10:00 AM

CALL TO REGISTER (860)747-5728

Share photos from anytime or place. Show us something you learned **OR** a special photo **OR** one of your all time favorites! Bring ideas for future classes, trips & lectures.

INSIDE ALCATRAZ

THURSDAY, JUNE 8, 10:00 AM—**FREE**

PRESENTED BY: JOE OUELLETTE

'THE HISTORY GUY'

PLEASE CALL THE SENIOR CENTER TO REGISTER.



The Alcatraz Federal Penitentiary was a maximum security federal prison on Alcatraz Island, which operated from 1934 until 1963 and housed the nation's most notorious and dangerous criminals. Meet those on the guest list and take a look around at this interesting bit of history. We'll explore the genesis of the institution, its famous "guests", the accommodations, The Battle of Alcatraz and the players, the routine and the food. Did The Bird Man really have birds at Alcatraz? We'll also explore the odds of an escape. Let's discuss...Great Photos too!

ADULT COLORIST CLUB *NEW TIME*

MONDAYS AT 10:00 AM (Starting June 12)

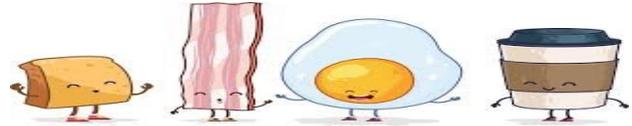
Come & color with us!! We have everything you need to color & create: coloring books, colored pencils, pens, markers and more. Connect with other colorists while you enjoy this relaxing, restorative activity.



BREAKFAST CLUB – MEN AND WOMEN INVITED

TUESDAY, JUNE 20, 9:00 AM

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



AARP SMART DRIVER COURSE

THURSDAY, JUNE 15, 12:30 PM—4:30 PM

COST: \$20 FOR AARP MEMBERS & \$25 FOR NON-AARP MEMBERS.

SIGN UP HAS BEGUN

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher for the rules of the road. Drivers learn research-based tips to adapt their driving to compensate for physical & cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).



HOOPSKIRTS TO FLAPPERS-HISTORICAL SOCIETY

TUESDAY, JUNE 20, 2:00 PM, **FREE.**

SIGN UP HAS BEGUN.

Presented by CT Historical Society

A woman born in 1850 who lived for 80 years would have seen fashion change dramatically in her lifetime. In this presentation of the CT Historical Society's Costume and Textile Collection, you'll see how women's clothing transitioned from the iron reign of the hoopskirt to the relative freedom of the flapper dress.



TELEPHONE BINGO IS BACK! THURSDAYS 1:00–2:00

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

MORE CLASSES AND PROGRAMS

BOOK BUDS JUNE BOOK: "THE CHRISTIE AFFAIR"

BY NINA DE GRAMONT

FRIDAY, JUNE 23, 10:00 AM

COST: FREE! FOR MEMBERS ONLY.

INSTRUCTOR: KATHLEEN MARSAN

One of the biggest mysteries of 1925, was of the eleven missing days of Agatha Christie. The news of her disappearance and then sudden reappearance reached the far corners of the world with speculation of it being a publicity stunt, murder, revenge, or abduction. This is a thrilling, re-imagined telling of this mysterious event which has never been solved. Coffee and tea provided. Please be sure to register as there is limited space. The book is available at the main desk at the library.



DENTAL CLINIC RETURNS

The Community Health Center Mobile Dental Clinic will be offering preventative dental services by appointment on **Wednesday, June 28 and Thursday, June 29.**



To schedule an appointment, call Monica Caseley at (475)471-5011. 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 Stephanie for scholarship and eligibility information. You **must** contact Stephanie prior to your appointment.

UKULELE JAM

THURSDAYS 2:15—3:15 PM

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



MEMORY SCREENING

TUESDAY, JUNE 27, 10:00 AM—12:00 PM

BY APPOINTMENT—CALL THE SENIOR CENTER TO REGISTER

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

VETERANS' NEWS & ACTIVITIES

VETERANS' SOCIAL HOUR

TUESDAY, JUNE 27, 10:00 AM

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



SHOWCASE YOUR COLLECTION OR HOBBY!

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



JUNE: PLAINVILLE HISTORICAL SOCIETY by COLETTE CASEY

Many unique kitchen items from their special collection at the Plainville Historical Society are on display in the showcase. Some of these items are: cookbooks, graters, cabbage slicer, sifter, coffee pots, canning jars, and many more old time pieces.

HELP FOR VETERANS



Our Veterans Service Officer, CT Dept. of Veterans' Affairs, will once again be Jason Coppola. Watch future newsletters for his contact information & appointment availabilities. We are waiting to hear when he will begin again.

EVEN MORE CLASSES & PROGRAMS

COMMUNICATION AND DEMENTIA LUNCH AND LEARN

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

SIGN UP BEGINS JUNE 6. REGISTER BY JULY 17.

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

SKIN CANCER AWARENESS AND SCREENING

MONDAY, JULY 10, 10:00 AM PROGRAM IS FREE

PLEASE CALL OR REGISTER ON-LINE FOR THE PRESENTATION AND TO SCHEDULE AN APPOINTMENT FOR THE SKIN CANCER SCREENING.

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

NEEDLE FELTING CLASS: SUMMER LOBSTER

WEDNESDAY, JULY 12, 1:00 PM—3:00 PM

COST: \$20.00 INCLUDES ALL MATERIALS,

SIGN UP BEGINS JUNE 6

INSTRUCTOR: DIANA SHEARD

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

SUNFLOWER STRAW HAT PAINTED CANVAS TOTE BAG & SMALL ZIPPERED POUCH

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

COST: \$19.00. INCLUDES TOTE BAG, POUCH & PAINTS. SIGN UP BEGINS JUNE 6.

INSTRUCTOR: PENNY KINDBLOM

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

WATER AEROBICS CLASS

MONDAYS, JULY 3—JULY 24 AND

JULY 31—AUGUST 21

9:00 AM—9:45 AM

At Norton Park Bernier Pool

COST: each 4 week session is \$30 and includes instruction and pool noodle.

Class limited to 10.

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



SPRUCE UP YOUR SALADS: DIY HEALTHY SALAD DRESSINGS

DATE: TUESDAY, JULY 25, 10:30 AM

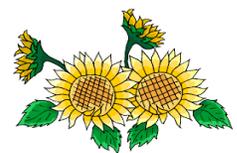
INSTRUCTOR: JESSICA DORNER, REGISTERED

DIETITIAN COST: \$3.00.

SIGN UP BEGINS JUNE 6.



Join Jessica Dorner, Registered Dietitian, for this exciting cooking demonstration! Learn how to make your own salad dressings using mostly pantry ingredients, featuring dressings from traditional to fun, new flavors. Jessica will prepare healthy salad dressings for participants to taste test along with salads that compliment the dressings. Participants will be able to try each dressing, get recipes and informational handouts, and be able to take home at least one sample dressings.



FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 P.M.

INSTRUCTOR: CAROLINE DUBE

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

BEGINNERS GENTLE CHAIR PILATES/BALANCE

MONDAYS, 2:45–3:45 PM

INSTRUCTOR: CAROLINE DUBE

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

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

INSTRUCTOR: NANCY PANDOLFO

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

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

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30–10:30 A.M.

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

SILVER SNEAKERS CLASSIC

FRIDAYS, 10:00 AM—10:45 AM

INSTRUCTOR: NANCY PANDOLFO

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

Join in the fun in this certified Silver Sneakers class. Exercises are done in a chair and combine cardio and strength training. Beginners welcome.



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

FRIDAYS, 11:00–11:45 A.M.

INSTRUCTOR: NANCY PANDOLFO

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

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

THE PEAK FITNESS CENTER IS OPEN!

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open, and appointments are no longer needed! Work out when you want. PEAK Center hours are: **Monday—Thursday, 9:00 AM—3:00 PM and Friday 9:00 AM—1:00 PM.**

CLASS DESCRIPTIONS

ACRYLIC PAINTING

RESUMES IN THE FALL

INSTRUCTOR: ABBE WADE

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

CERAMICS

THURSDAYS, 9:30 AM —11:30 AM

INSTRUCTOR: GLORIA CERNIGLIA

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

KNITTING/CROCHET

THURSDAYS, 1:00 PM – 3:00 PM

INSTRUCTOR: EVELYN MORIN

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

WATERCOLOR CLASS

RESUMES IN THE FALL

INSTRUCTOR: PENNY KINDBLOM

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

CLASS SCHEDULE Class descriptions on pages 2 and 5

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign up for new classes beginning on **Mega Sign-Up Day, June 6 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting June 13 if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

CLASS	TIME	CURRENT SESSION	Next Session Registration Begins JUNE 6
MONDAY			
Power Burst	1:30-2:30	May 22—July 17, 6 weeks, \$12.00 No Class May 29 & June 12, July 3	_____
Chair Pilates & Balance	2:45-3:45	May 22—July 17, 6 weeks, \$12.00 No Class May 29 & June 12, July 3	_____
TUESDAY			
Balance Class	11:45-12:30	June 20—Aug. 1, 6 weeks, \$12.00 No Class July 4	_____
Cardio Chair Fitness w/ Nancy	1:00-1:45	June 20—Aug. 1, 6 weeks, \$12.00 No Class July 4	_____
WEDNESDAY			
Zumba Gold	9:30 -10:30	May 17—July 5, 8 weeks, \$24.00	_____
Quilting	9:30-11:30	See page 2	_____
THURSDAY			
Ceramics	9:30 – 11:30	June 15—July 27, 6 weeks, \$24.00 No Class June 29	_____
Knitting/Crochet	1:00-3:00	May 11—June 22, 6 weeks, \$12.00 No Class June 1, June 29	July 13—Aug. 17, 6 weeks, \$12.00
FRIDAY			
Silver Sneakers Classic	10:00-10:45	FOR: Silver Sneakers and Yoga-lates May 26—June 30 Free if you have Silver Sneakers <u>OR</u> \$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	_____
Yoga-Lates	11:00-11:45		_____

HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

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

OUTDOOR ADVENTURES

PIGEON HILL PRESERVE IN BRISTOL, CT

SATURDAY, JUNE 10, 9:00 AM—11:30 AM, COST: \$3.00, SIGN UP BEGINS JUNE 1

OUTDOOR ADVENTURE LEADER WILL BE JARED SCOVILLE

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

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

NEW HIKE!

RAIL TO TRAIL BIKE RIDES—2 ADVENTURES

LEADER: EILEEN CYR SIGN UP BEGINS JUNE 6. FREE

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

Join Outdoor Adventure Leader Eileen Cyr for a one hour ride along the rails to trails. Bring water and a snack. Space is limited.

RIDE 1: WEDNESDAY, JUNE 21, 10:00 AM

Meet at Northwest Drive & bike towards Farmington

RIDE 2: WEDNESDAY, July 12, 10:00 AM

Meet at Lazy Lane in Southington

WE WALK TOGETHER—AN INTERGENERATIONAL FRIENDSHIP WALKING PROGRAM, SATURDAY, JULY 29, 9:15—10:30 AM.

Sign up at the Senior Center.

At 8:50 AM, Meet at the Plainville Senior Center to caravan OR meet in the parking lot (by 9:15) at MDC Reservoir #4 (1420 Farmington Ave) West Hartford.

Join Eileen Cyr, as we meet up with For All Ages for a 1 hour intergenerational walk. *More info on page 9 or go to <https://forallages.org/we-walk-together>.

ROCKY NECK BEACH WALK, NIAHTIC—Full

Please Sign Waitlist

FRIDAY, JUNE 23, LEAVES SENIOR CENTER AT

10:00 AM RETURNS APPROX. 3:00 PM

COST: \$8.00.

KAYAK THE FARMINGTON RIVER IN COLLINSVILLE

FRIDAY, JULY 14, 11:00 AM,

Sign up begins June 6

COLLINSVILLE KAYAK, 41

BRIDGE STREET, COLLINSVILLE.

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

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



PEDAL BOAT CRUISE, MILFORD POINT—WEDNESDAY, JULY 26, DEPARTS PLAINVILLE SENIOR CENTER

2:30 PM, RETURNS APPROX. 8:30 PM

COST: \$67.00 PER PERSON. INCLUDES TRANSPORTATION, BOAT CRUISE, & BOAT CREW GRATUITIES.

SIGN UP HAS BEGUN

Party on the water on Connecticut's pedal powered party boat operated on the beautiful Milford Harbor and out to Charles Island and the Milford Gulf in the Long Island Sound. We will be joining outdoor enthusiasts from the South Windsor Senior Center for this late day, relaxing 90-minute excursion. The custom crafted boat fits 20 guests at 12 pedaling stations. You'll be able to take turns pedaling, mingling, singing or just catching the late day/early evening breeze. Bring your own cooler with refreshments, if you'd like. After the cruise, we will stop for dinner (on your own) at Cracker Barrel.



UPCOMING ADVENTURE: "Riches of Hartford" Scavenger Hunt, September 20



MONTHLY SHOPPING TRIPS

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



NEW TRIPS

AQUA TURF: BRASS ATTACK BAND & DONNA SUMMER TRIBUTE: TUESDAY, SEPTEMBER 12, 2023, 11:00 AM—3:30 PM, COST: \$52.00 Per Person. Drive on your own-(hopefully this may change)

This group pumps out energetic, infectious grooves ranging from hits by current popular artists to the R&B/Soul classics of the 60s and 70s with Rainere Martin as Donna Summer!

MENU: Roast Beef/Chicken Francaise—Family Style. Complimentary: Coffee & Donuts, Glass of Beer or Wine, Door Prizes.

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

Motor Coach Tours

October 10: Covered Bridges of New Hampshire

November 12: New York City, American Museum of Natural History

Aqua Turf Parties

November 8: Elvis is in the Building!

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

CURRENT TRIPS

CAPTAIN JP CRUISE—LOCKS & LUNCH—SATURDAY, JUNE 24, 2023—OPEN TO THE PUBLIC

DEPARTURE TIME: 7:30 AM from the Senior Center

COST: \$133.00 PER PERSON Enjoy a 3-hour cruise to the locks north of Troy, NY and the NY State Museum Center of Art History & Science. Complete buffet with onboard entertainment. **See Flyer For Details. (Only 5 seats left at time of printing)**

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

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

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

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

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

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

TRIP IS FULL, PLEASE SIGN THE WAITLIST.

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

FRIDAY—SUNDAY, AUGUST 18—20 DEPARTURE: SENIOR CENTER COST: \$729 DOUBLE/TRIPLE-\$919 SINGLE DEPOSIT: \$200 pp due at sign up. Balance due by June 30. Day 1: JFK Museum, **Day 2:** Daytrip to Nantucket Island, Ferry Guided Tour, Free time **Day 3:** Ferry to Martha’s Vineyard. Guided tour. **See Flyer For Details. (Only 4 seats left at time of printing)**

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

Morning at the NE Aquarium— giant ocean tank with 2,000 aquatic animals-penguins, sea turtles, seals, sea lions, sharks and more! Quincy Marketplace on your own for lunch. Afternoon, it’s the ride of your life aboard the DUCK—an amphibious vehicle that rides on land & becomes a boat in water. Enjoy a narrated tour of Boston by your conDUCKtor who’s sure to keep you laughing. **See Flyer For Details. (Only 4 seats left at time of printing)**

MORE CURRENT TRIPS

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

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

NEW TRIP—FULLY ESCORTED VIKING RIVER CRUISE TRIP MEETING, June 14, 2:30 PM at the Plainville Senior Center. Danube Waltz Cruise, April 27—May 5, 2024. 9 Days, 7 Nights from Passau, Germany to Budapest, Hungary, including everyone's favorite—Vienna, Austria. From \$2,999.00 (plus airfare) for twin outside stateroom. Learn all about this exciting adventure & see a video explaining the cruise, the ship and all you will do. Flyers available with details. Call the Senior Center to register for the meeting. OPEN TO THE PUBLIC.



IMPORTANT NOTES

INTERGENERATIONAL FRIENDSHIP WALKING PROGRAM—WE WALK TOGETHER

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

*May 27—Mental Health Awareness Month

*August 26—Happiness Happens Month

*June 24—Great Outdoors Month

*September 23—Healthy Aging Month

*July 29—Social Wellness Month

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

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

Every person walking will receive a custom logo bracelet! For more info: forallages.org/we-walk-together

PLAINVILLE FIRE COMPANY, HOT AIR BALLOON FESTIVAL

FRIDAY, AUGUST 25 & SATURDAY AUGUST 26

at NORTON PARK-Volunteers needed as Server/Runner, Parking, Novelty Booth and Clean Up. Go to:

plainvillefireco.com/Balloon_Festival.html

for details & to sign up. Festival will feature a “balloon glow” fireworks display, car show, arts/crafts show, music, food & other vendors.



AARP PLAINVILLE-Meetings are 3rd Wednesday of every month at 1:00 PM. Next one: JUNE 21 @ Faith Bible Church, 168 Unionville Avenue, Plainville.

Refreshments served!

TRIPS:

*July 12—Lighthouse Cruise-Narragansett Bay COST: \$131.00 pp

*August 17—Fosters Downhome Clambake, York, ME COST: \$130.00 pp

Reservations/Info: Sharon 860-712-2795

Trip Flyers available at the Plainville Senior Center.

INTERGENERATIONAL PROGRAM

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

"CENTER" NEWS

GET THE LATEST NEWS BY EMAIL!!!

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

DAILY LUNCHES AT THE SENIOR CENTER

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

TRANSIT WHEELCHAIRS NEEDED

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

ROLLATORS-ROLLING WALKERS WITH SEAT NEEDED

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

VOLUNTEERS

PEAK CENTER FLOATER VOLUNTEERS NEEDED

We need floater volunteers to cover shifts when our regularly scheduled volunteers need coverage. We would like to add names to our call list of volunteers who might be able to cover a two-hour shift as needed. Floater volunteers will get a reduced subscription to the PEAK Center. Please call if interested.

Attention Fabulous Volunteers! The Volunteer Board is Back!!

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

VOLUNTEER DISHWASHER NEEDED

The Senior Center café is looking for a volunteer to operate our dishwasher on Tuesdays and/or Wednesdays from 12:45—1:30. The dishwasher is a high speed machine that runs very quickly. The volunteer would simply scrape and rinse dishes, load and unload the dishwasher and put dishes away. If you're interested in learning more, call Ronda at 860-747-5728.



THE SENIOR CENTER LE PETIT CAFÉ

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



JUNE 6 & 7: *Grilled BCT Panini*—Bacon, cheddar cheese & tomato panini

JUNE 13 & 14: *Lemon Chicken Salad Sandwich or Salad Plate*—Grilled chicken, grapes and glazed walnuts tossed in a lemony light mayo dressing

JUNE 20 & 21: *Mediterranean Salad*—Fresh salad greens, chickpeas, red onion, red peppers, tomatoes, topped with feta cheese

JUNE 27 & 28: *Southwest Turkey Panini*—Turkey, southwestern avocado mayo, tomato, bacon, pepper, jack cheese grilled to perfection

SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, June 13** at 10 AM at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center to register.

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 on **Tuesday, June 6** at 10:30 AM, at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, JUNE 15, 2:00—OPEN TO THE PUBLIC CALL THE SENIOR CENTER TO REGISTER.

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

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

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

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

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

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

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



ENERGY ASSISTANCE

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$39,791 (gross) and a family of two could possibly make \$51,996 (gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. HRA is located at 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR. Please call 860-356-2000 or go online to:

<https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

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

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



HEALTH PROGRAMS AND INFORMATION

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

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/ assistance with co-pays and cost-share): The State of CT offers financial assistance to eligible Medicare enrollees. They will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

DEMENTIA SUPPORT GROUP

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

WOMEN WITH HEART DISEASE SUPPORT NETWORK

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

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

THE NURSE IS IN!

GEORGIA STERPKA, APRN

IS AVAILABLE BY APPOINTMENT FOR:

REGULAR AND DIABETIC FOOT CARE

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

EAR WAX REMOVAL: COST IS \$5.00.

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

PRESSURE SCREENINGS

Senior Center Members only.



HOME FIRE PREPAREDNESS CAMPAIGN—FREE

REDUCING FIRE INJURY/DEATHS
ONE HOME AT A TIME

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services **IN YOUR HOME** (visits last @ 20 minutes). You will receive:

- *FREE Installed smoke alarms if needed
 - *Family Disaster Plan Guidance
 - *Valuable emergency preparedness tips/information
- Register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 & choose option 1 to schedule.



SCAM ALERT 'NEW MEDICARE CARD' SCAM

Fraudsters may be calling people claiming they need to verify information and obtain payment information over the phone to receive a new card. This scam may be even more effective since the fraudsters obtained PPI (Personally Identifiable Information) and may use that information to gain trust. If anyone is contacted and shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed information.

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

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



FREE COVID-19 TESTS

Order yours today at <https://www.covid.gov/tests>.
-If you need assistance ordering, please come to the Senior Center front desk.

Donations

APRIL 15 — MAY 15

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

MEMORIAL DONATIONS

IN MEMORY OF: Patricia Cancelli

Karen Conrad

IN MEMORY OF: Sally Miller

Kathy Knox, Sonia Sperduti, Priscilla Gundry, William & Judith Briggs, Allen & Joan Gridley, Elie Miranda, Brenda Tella, Olga Callender

IN MEMORY OF: Tom St. Onge

Anonymous

IN MEMORY OF: Norma Weisenburger

Beverly Heslin, Sonia Sperduti, Michele Procko

GENERAL DONATIONS

Donna Wolicki, Sally Cobrain, Rita Susco, Diane Bulawa, Patrick Garza, Madeline Drake, Marlene Maglio, Zofia Popko, Diane Chamberlain, Kathy Egri, Raymond McCommic, Lois Maitz, Josephine D'Addese, Rosaleen Peters, Dale Nightingale

Cheer Report

APRIL 15 — MAY 15

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

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Douglas Bell, Bruce Messenger, Marie Ragaglia, Sandra Dombroski, Grace Nelson, Betty Thibeault, Joan McBain, Anna Raimondi, Beatrice Dumont, Helena Niziolek, Jeanine Martino, Richard Belden, Skip Kensel

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

The Soucy Family, Conrad Rivard, Pauline Bouchard, Mary Michaud, Gary Chiarella, Ceal DiFrancesco, Amelia Caiaze

SYMPATHY CARDS WERE SENT TO:

William & Marcia Prokop, Bonnie Pelletier, Shawn & Alan Cohen, Meda Moschini, Pat & Mike Hermanowski, Louis DiFrancesco

DIAL-A-RIDE DONATIONS

Maria Wynkoop, Rosemarie Babin, Marjorie Piercy, Charlotte Politis, Barbara Barton, Robert & Grace Nelson, Rosaleen Peters, Anonymous

Please note: When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. If you wish your donation to remain anonymous, please let us know. We do our best not to leave any donor's name off the list, but if we do, please let us know so we can include it in the next Newsletter.

SALLY MILLER TRIBUTE

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

APRIL NEW MEMBERS



Carol Allard, Edward Aubin, Darlene Bartlett, Marion Devokaitis, Francis Finland, Salvatore Fiscaro, Gail Frascatore, Denise Gammon, Sharon Greene, John Griffin, Catherine Humai, Eileen Knauf-Coon, Dau Le, Barbara Loesel, Pedro Martinez, Doreen Potenziani, Peter Schaffer, Frank Servillo and Renald Villardi

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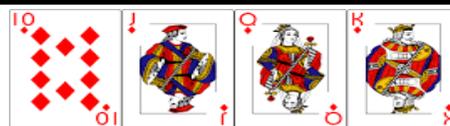
FUN AND GAMES

WEEKLY SETBACK TOURNAMENT WINNERS

APR. 17: 1st: Donna Albrecht/Sandy Tyminski 2nd: Alyce Lembo/Judy Laprise 3rd: Sandra Robinson/Butch Gudat
APR. 24: 1st: Huguette Veillieux/Thomas Wichrowski 2nd: Gail Kreneck/Elaine Chartier 3rd: Bob Albrecht/Madeline Drake
MAY 1: 1st: Peg Grant/Pearl DiBenigno 2nd: Gail Kreneck/Elaine Chartier & Fran Bolduc/Jackie Lemelin
MAY 8: 1st: Sandy Robinson/Butch Gudat 2nd: Bernard Grabeck/Verna Pekrul 3rd: Liz Aloji/Mary Ann Cunningham
MAY 15: 1st: Verna Pekrul/Elaine Chartier 2nd: Linda Dominique/Mary Levanti 3rd: Bob Albrecht/Mark Dunn

WEEKLY POOL TOURNAMENT WINNERS

APR. 20: 1st: Bob Korpita 2nd: Stan Funk
APR. 27: 1st: Stan Funk/Dan Burgess 2nd: Bob Korpita/Ray Phillips
MAY 11: 1st: Bob Korpita/Dan Burgess 2nd: Stan Funk/Val Dumais



POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play –NO need to sign up, just show up.
EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.
 Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.

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

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



CONGRATULATIONS

MONEY TREE RAFFLE WINNER
 Frank Robinson



CRAFTED WREATH SALE

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



DIVERSE UNIVERSE

RAINBOW LUNCH

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

Transportation

Dial-A-Ride

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

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. **We ask that you be ready on time for your ride.**

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

SENIOR TRANSPORTATION SERVICES

ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. For help in paying for the service call Stephanie or Ronda at (860)747-5728. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



ADDITIONAL TRANSPORTATION OPTIONS

ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 days a year without restrictions.

Eligibility: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.90 per additional mile after that.

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

ADA Paratransit



ANOTHER OPTION WITH MORE HOURS & DESTINATIONS

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

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride.

Plainville hours, except for major holidays, are:
Monday-Friday 5:35 AM—Midnight
Weekends 6:00 AM—Midnight

FARES: Each ride is \$3.50 each way and discount ticket books can be purchased at *Shop & Stop* or on-line at hartfordtransit.org/ada-paratransit-services for \$28.00 for a book of 10 tickets (\$2.80 each).

There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

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

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

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service. For more information about the Freedom Ride Taxi Voucher program, call (860)247-5329, extension 3086.

JUNE 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29 KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	30 9:15 Walk (GR) 9:30 Herb Décor (CR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Healthy Bod(GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	31 7:45 Salem Trip (OLM Parish Center) 9:15 Walk (BR) 9:30 Quilting(CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Handwriting (CR)	1 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 2:15 Ukulele Jam (GA)	2 9:15 Walk (GR) 9:30 Watercolor (CR) 9:30 Choral Group 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	3
4	5 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	6 MEGA-SIGN UP 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:30 Grandparents (CR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR)	7 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Handwriting (CR)	8 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:00 Alcatraz (GR) 11:30 Bridge (OS) 12:00 COA (CR) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:15 Ukulele Jam (GA)	9 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	10 9:00 Pigeon Hill Hike
11	12 9:00 NURSE* 9:15 Walk (GR) 10:00 Coloring (CR) 12:30 Setback GR)	13 9:00 NURSE* 9:15 Walk (GR) 10:00 Caregiving (CR) 10:00 Ladies Pool 10:00 Cribbage (GA) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	14 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Handwriting (CR) 2:30 Trip Meeting	15 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:00 Snap.Sr(GR) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (GA) 12:30 AARP Driv.(CR) 1:00 Scrabble (BR) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:00 Memory Café(CA) 2:15 Ukulele Jam(GA)	16 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	17
18	19 9:00 NURSE* 9:15 Walk (GR) 10:00 Coloring (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	20 9:00 NURSE* 9:00 Breakfast Club 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet. Help*(CL) 11:45 Balance (GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:00 Hoopskirts (BR)	21 9:15 Walk (BR) 9:30 Open Quilt (CR) 9:30 Zumba (GR) 10:00 Bike Ride 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Handwriting (CR)	22 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:15 Ukulele Jam (GA) 3:30 Strawberry Day (BR)	23 9:15 Walk (GR) 10:00 Book Buds (OS) 10:00 Rocky Neck 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	24 7:30 AM Capt. JP Cruise 8:50 AM Interger. Walk
25	26 9:00 NURSE* 9:15 Walk (GR) 10:00 Coloring (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	27 9:00 NURSE* 9:15 Walk (GR) 10:00 Vet. Social (CR) 10:00 Memory Scr.*(CL) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:45 Balance (GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	28 Dental Clinic* 9:15 Walk (BR) 9:30 Quilting(CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Handwriting (CR)	29 Dental Clinic* 9:15 Walk (GR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 11:30 Picnic (BR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 2:15 Ukulele Jam (GA)	30 9:15 Walk (GR) 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	1