



Plainville Senior Center News

March 2018



Shawn Cohen, Director
Ronda Guberman, Assistant Director

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

Hours

Monday: 9 A.M.—6 P.M.
Tuesday-Thursday: 9 A.M.—5 P.M.
Friday: 9 A.M.—1 P.M.

**CT DOT Hearings
on Proposed Fare
Increases — See
page 13**

Free Sign-Up Day AND Mega Sign-Up Day are both on Monday, March 5 from 9:15 a.m. to 4:45 p.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center only.

LIVE WELL WITH DIABETES WORKSHOP

TUESDAYS, APRIL 17 - MAY 29, 12:45 – 3:15 pm
(NO PROGRAM MAY 8)

Deborah Smith, Live-Well Coordinator at Connecticut Community Care, will offer this six-part series, where you will learn:

- Meal planning and healthy nutrition choices
- How to manage low and high blood sugar
- Tips for dealing with stress
- How to fight fatigue
- How to care for your feet
- How to set small and achievable goals

Sign up has begun.

UKELELE LESSONS AT THE SENIOR CENTER!

TUESDAYS, APRIL 24—JUNE 5, NO CLASS ON MAY 8 10 A.M.

Have you ever wanted to play a musical instrument? Come to a free demo on Tuesday, April 17th at 10:00 a.m. to learn how simple it can be to play the ukulele. It's fun, affordable and easy to play! No musical experience needed. The Senior Center will be offering a 6-week class this spring. Local musician Sue Hill will teach you how to hold the ukulele and play a few basic chords, and will encourage you to strum along while singing (if you wish)! You'll need your own ukulele (about \$29 - \$50 for a starter instrument) and a tuner. Learn where to buy and how to choose a ukulele at the demo class. Sign-up for the free demo and /or the class starts March 5. Cost for the 6-week class is \$12.00.



Explore Our Upcoming Outdoor Adventures!

Join us for the **Outdoor Adventure Open House** on March 27 at 2:00 P.M. and learn about the upcoming events being held this spring and summer! Meet our Outdoor Adventure leaders Eileen Cyr and Jared Scoville. Refreshments will be served and you'll be entered into our raffle to win a complimentary Outdoor Adventure Trip! Upcoming outdoor activities include biking, walking, hiking, sailing, urban adventures and more. The Outdoor Adventure Club has something for everyone! Sign-up begins March 5. Please call the Senior Center to register at 860-747-5728. See this month's Adventures on page 9.

LIVING HISTORY: "If I Am Not for Myself, Who Will Be for Me?" A One-Woman Performance

and Portrayal of Oney Judge, George Washington's Slave

THURSDAY, MARCH 29, 2018 11:00 A.M.

Gwendolyn Quezaire-Presutti will give a very special one-woman performance at the Senior Center as Oney Judge Staines, one of George Washington's slaves. Oney escaped the Executive Mansion in Philadelphia during the fall of 1796, and her voice provides the informative accounts needed to appreciate the struggle and triumph of her life. Gwendolyn's portrayal of historical women brings untapped history to life and draws on a wide array of primary historical resources. Program is free and includes a complimentary light lunch. Sign-up has begun.



CUPCAKE WARS TAKING OVER THE SENIOR CENTER!

Join us on **Monday, April 9th at 3:00 p.m.** for the Plainville Senior Center Cupcake Wars! Open to all members; feel free to come on your own or as a team with your grandchild/niece/nephew. The event will have three rounds. **Round 1:** "Creative Color" — you will be given a mystery color and you must only decorate your cupcake with the color given.

Round 2: "Make Your Cupcake a Hoot" — in this round you will be given supplies to create an animal with your cupcake that looks adorable and tasty. **Round 3:** "Campfire Cupcake" — use the supplies provided to create a camping experience that looks so good you could eat it! Volunteers needed to bake cupcakes at the Senior Center on April 6th. Let us know if you are interested in baking with us, being a competitor or coming to watch and support. All supplies will be provided, all you need to bring is your creativity and be ready to battle for the Cupcake war champion title! Sign-up begins March 5.

Back by
popular
demand!

**iPad Basics
& Android
Classes**

Please see page 6

Special Events

CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news and current events. The group does not discuss politics. Rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register in advance. Just show up! Feel free to come and just listen ... no pressure to participate and new folks are always welcome!



HOMEOWNERS TAX ASSISTANCE

Marcy Miller of the Plainville Tax and Assessing Office is holding appointments at the Senior Center to help Plainville residents with Tax Assistance Benefit programs. Call Marcy directly at 860-793-0221, ext. 244 to schedule an appointment for help with the following programs:

- **Elderly and Disabled Homeowners:** Applications must be filed by May 15, 2018. Income limits for homeowners are: Single Person, not to exceed \$35,300; Married Couple, not to exceed \$43,000.
- **Local Elderly Program Option:** Income requirements of this program are \$42,600 for single person and \$48,100 for a married couple. Applicants must meet all other requirements of the State program.
- **Qualification for above benefits:** Applicants must have been 65 years old prior to December 31, 2017 or have a 100 percent disability rating from the Social Security Administration or be the widow/widower age 50 or over of a previously approved applicant.
- **Local Option Tax Freeze Program:** Applicants must be 70 years of age or older and must meet certain income and asset requirements.
- **State Veterans:** The Veteran must meet qualifications, as well as have his/her DD214 on file with the Town Clerk by September 30, 2017. Veteran must meet the ninety day qualifications for war-time as set forth in Connecticut General Statute 27-103.
- **Local Option Veterans Program:** Income requirements of this program are \$42,600 for a single person and \$48,100 for a married couple. Local option benefit amount is 6,000 assessment dollars.

FREE INCOME TAX HELP

Through April 10th, certified counselors from AARP Tax-Aide are providing tax preparation help at the Plainville Senior Center. Spots are very limited. To schedule an appointment call the Senior Center at 860-747-5728.

KEEPING YOUR MEMORY STRONG AT ALL AGES

MONDAYS, MARCH 5 – APRIL 2, 2:30 P.M.– 3:30 P.M. Five part series on protecting, preserving and improving memory. Class is full. Call to be added to wait list.

ECO VERTICAL EVOLUTION (EVE) A NEW CONCEPT IN GROWING PLANTS AND VEGETABLES!

THURSDAY, MARCH 1, 10:00 A.M.

EVE combines nontraditional and traditional growing systems using composted soil as the growing medium. EVE allows gardeners to grow organic food anywhere, from patios and decks to rooftops and paved parking lots! Learn how you can grow plants, vegetables and flowers in a small space this summer! Presented by Mark Brochu, a Plainville resident who has had an interest in non-traditional growing methods, vertical growing and the Urban Farming Movement since 2014. Program is free. Sign-up has begun.



VETERANS' COFFEE HOUR AT THE SENIOR CENTER

TUESDAY, MARCH 6, 10:30 A.M.

This monthly informational and support meeting is conducted by Wayne Rioux, a Veteran's Liaison for Hartford Health-Care at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Call the Center at 860-747-5728 to register. Sign-up has begun.

MAMMOGRAMS AT THE SENIOR CENTER

THURSDAY, MARCH 8, 2018 BY APPOINTMENT
9 A.M. TO 1:45 P.M.

Hartford Hospital's Mobile Mammography Program is accepting appointments for its visit to the Center. The screenings will take place in a specially-equipped mammography bus parked at the Senior Center. Sign up by calling 860-747-5728. When you come for your appointment, bring a Photo ID and your health insurance card, if applicable. Walk-ins may be seen on a first-come, first-serve basis as time allows. Sign-up has begun.

LISTEN TO YOUR GUT!

MONDAY, MARCH 12, 11:00 a.m.

Presented by Linda Coveney, founder of Healthy Behaviors. She decided to create a second career around sharing healthy food and lifestyle practices so others can live life to the fullest — not only longer, but better. She believes that when we explore the impact food has on how we feel, we can shed habits that no longer serve us. In this workshop, you will learn the foods that are most likely to negatively impact your well-being. You'll leave knowing how to create an individual plan to strengthen your gut health, your immune system and your overall health. Program is free. Sign-up has begun.

STILL LIFE DRAW & PAINT CLASS

WEDNESDAYS, MARCH 14 AND MARCH 21, 1:00 P.M.

Come to our two-day drawing and painting session! Instructor and local artist Becca Fazzino, a Fine Arts graduate of Green Mountain College, will set up a still life that you will learn to draw at the first session, and then learn to paint at the second session. Beginners and intermediate learners are welcome! Cost is \$6.00 for both classes, including supplies. Sign-up has begun.



More Special Events

SNAPPY SENIORS

THURSDAY, MARCH 15, 10 A.M., PLAINVILLE LIBRARY

The Snappy Seniors Club meets on the third Thursday of each month at 10:00 AM at the Plainville Public Library. Members who were at the February meeting, please bring in your homework. Everyone else, please be prepared to share your photos by camera card, disc or memory stick - limit 10 images. We will view the next installment in our photography course first.

WHAT ARE THE BENEFITS OF MEDITATION?

THURSDAY, MARCH 15, 10 A.M.

At this free program, you will learn how meditation can help you in your everyday life. Presented by Rosalie Tanguay, Holistic Nurse, Jerome Home. Sponsored by Jerome Home. Sign up has begun.

NUTRITION FOR DIABETIC MANAGEMENT

FRIDAY, MARCH 16, 10 A.M.

Learn more about nutrition and how it can positively impact your health. Program is free. Learn a little and have a snack at the same time! Sign-up has begun.

FRIENDS HELPING FRIENDS

FRIDAY, MARCH 16, 11:30 A.M.

For single, widowed or divorced members. Come out and socialize! The March meeting will be at Pagliacci's Restaurant, Plainville. Sign-up begins March 5.

OCTOBER KITCHEN NUTRITION TALK AND LUNCH

THURSDAY, MARCH 22, 12:00 noon

Paul Finney, Certified Health Coach and Chef Owner of October Kitchen will present "The Five Steps to Healthy Living" at the Senior Center.

Come and discover the causes and cures to improve your general health and longevity. These simple steps can add years to your life and life to your years. Complimentary lunch included. Space is limited. Sign-up begins March 5.



DIABETES: WHAT IS IT? HOW DO I LIVE WITH IT?

FRIDAY, MARCH 23, 10:30 A.M.

What is diabetes? Does anyone die from it? What are the dreaded complications? Is it possible to prevent or delay its complications, or maybe even avert diabetes itself? For an in-depth look at what a diabetes diagnosis means to your health, join Miles Everett, registered dietician, nurse and diabetes educator at Bristol Hospital Center for Diabetes. Sign-up has begun.

CELTIC CHOCOLATE PROGRAM

MONDAY, MARCH 26, 3:30 P.M.

Chocolatier Kim Larkin will highlight the history of chocolate and the Irish pioneers who helped along the way. History of famous Celtic foods, lore, Irish poetry and samplings of Dublin tea, Irish bread, Blarney cheese and beautiful Celtic art chocolates. Cost \$2.00. Sign up begins March 5.

BOOKS AND BAGELS

WED., MARCH 21, 9:30 A.M.

Senior Center member and volunteer Kathy Marsan leads this group. Join us for coffee, tea and bagels and what will surely be a spirited discussion on Melanie Benjamin's acclaimed novel **The Autobiography of Mrs. Tom Thumb**. Mercy Lavinia "Vinnie" Bump was only two-feet, eight-inches tall, but her legend continues to fascinate us more than a century later. Rather than be hidden away from the public's eye, she reached out to P.T. Barnum, who would forever change her life. While this book's genre is historical fiction, the author meticulously researched Vinnie's public triumphs and personal tragedies, providing a deeper insight into the life of this tiny, big-hearted woman and the extraordinary era of P.T. Barnum and Tom Thumb. Several copies of the book are on hold at the Plainville Public Library. Sign-up begins March 5.



GET READY FOR GOLF!

Group lessons will be offered by CT PGA Professional and Senior Center member Jack McConachie. Sign-up for these sessions begins March 5.

- **Short Game Class:** Fee \$3.00
Wednesday, March 28th 10:00-11:15 AM
Location: Paderewski Park in back field
Come spend some time practicing your short game. Skills to be reviewed will be grip, alignment, and pitch run. If time permits the distance pitch shot will be practiced.
- **Putting Class:** Fee \$3.00
Wednesday, April 4th 9:30-10:30 A.M.
Location: Plainville Senior Center
Warm up your putting skills. Learn how to read and align your putts, along with putting etiquette.

HOW TO FALL SAFELY

THURSDAY, APRIL 12, 10 A.M.

Sometimes there's no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least prepare properly. Learn how to fall down the correct way — forwards or backwards. Get the details on how to fall safely to reduce the severity of injury. Presented by Maquita Parker, Exercise Physiologist at Jerome Home. Sponsored by Hartford HealthCare Senior Services. Sign-up begins March 5.

WHAT'S ON YOUR PLATE? KEYS TO LIVING A HEALTHY & ENERGETIC LIFE

THURSDAY, APRIL 19, 3:00 P.M.

Are you suffering with poor digestion, aches and pains and lack of energy? Would you like to feel lighter and happier? In this free program, learn simple strategies to feel better and change your mindset about "What's for dinner." The workshop will also include a "Plate of Life" activity to create awareness of areas of your life beyond food that are in or out of balance. Leave with a few easy steps to start on the path to increased vitality and health. Presented by Linda Coveney, Healthy Behaviors founder and health coach. Sign-up begins March 5.

CORRECTION: Volunteer hours for 2017 were incorrectly reported in the February newsletter. Volunteer hours for 2017 totaled 15,117.

More programs, page 4

More Special Events

LOSING SIGHT AND SOUND WITHOUT LOSING YOUR CONFIDENCE

THURSDAY, APRIL 19, 9:30 – 11:30 A.M.

Are you an older adult who has both hearing and serious vision loss? Are you a caregiver, service provider, or relative of a senior who has these disabilities? Please join us for this interactive seminar where you will learn simple strategies to improve your communication with others. There will be a demonstration of technology devices and resource booklets will be distributed. Our keynote speaker is Randy Kirsch, President of the Eastern Chapter of CT, Hearing Loss Association of America. Program is free. Call the Senior Center beginning March 5 to register.



AARP SMART DRIVER COURSE

TUESDAY, APRIL 24, 9:30—1:30

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course, your insurance company must give you a

discount of at least 5% off your auto insurance. Cost: \$15 for AARP members providing a membership number, \$20 for all others. Bring a bag lunch if you wish. Sign-up begins March 5 for Senior Center Members and March 12 for non-members.

LUNCH & LEARN: KEEP GAMBLING FUN AND AFFORDABLE!

THURSDAY, APRIL 26, 11 A.M.

Sponsored and presented by the Connecticut Council on Problem Gambling (CCPG), this 45 minute workshop will show you how to keep gambling fun by following easy budgeting rules. You will also find resources for any friends or family members who may have a problem staying within their limits. A light lunch will be provided. Funded in part by the Older Americans Act through the North Central Area Agency on Aging. Presented by Kaitlin Foshay of the CCPG. Sign-up begins March 5.



AARP Trips

March 13, 2018, Bus trip to Mohegan Sun Casino. Cost is \$25 per person, payable in advance. Bus departs Our Lady of Mercy parking lot at 8 a.m.

April 14 to 24, Tour the Historic South, including Savannah and Charleston.

June 7, Deep Sea Fishing, Plymouth, MA

June 22, Perkins Cove Cruise and Bull N'Claw, Maine.

For more information on any of these trips or to sign up please call Sally at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center.

SUPPORTING A FRIEND OR LOVED ONE WITH CANCER

TUESDAY, MAY 15, 10 A.M.—11 A.M.

Join us in a discussion about the psychological, physical, social and spiritual impact that cancer causes for patients and loved ones. Learn what to say and what *not to say* to a person with cancer. This free session will be both educational and interactive. Sponsored by Hartford Healthcare at Home and presented by Paulette Schwartz, LCSW and Bill Pilkington, Supervisor for Pastoral Care. Call the Senior Center at 860-747-5728 to register, starting March 5.

AARP FRAUD WATCH NETWORK SEMINAR

SATURDAY, MAY 19 Bus leaves Plainville Senior Center at 9:15 A.M. and returns at 12:30 p.m.

The Connecticut Masters' Games and AARP Connecticut are providing a FREE seminar to look into the psychology behind ID theft, fraud & scams and the "Con Artist's Playbook." The seminar will provide ways you can protect yourself and your family against Consumer Fraud. The AARP CT Fraud Watch Network team members Rich and Pat Bright will walk you through tips and tools along with actual footage of scammers. Free transportation to the event at New Britain High School. Register at the Senior Center or call us at 860-747-5728. Sign-up begins March 5.



The Connecticut Masters' Games

Team sports and individual sports competitions for older adults will be held throughout the spring. Hosted by the Town of New Britain. For more information, call (860) 788-7041 or email Ben Guisto at ctmasters@ctmastersgames.org

Congratulations to the Plainville Wind Ensemble on being selected to perform at the American Concert Band Association's National Convention in Buffalo, New York! You can support our local Ensemble's efforts by attending the...

Swing into Spring Fundraiser Dance

to benefit the

Plainville Wind Ensemble and their trip to perform at the National Convention in Buffalo, NY

Friday, March 16, 2018 at 7:00 P.M.
at the New England Carousel Museum
95 Riverside Avenue, Bristol



Tickets \$20 per person



BYOB & Snacks / Door Prizes / Large Dance Floor
Dance music by Center Stage Jazz

Buy your tickets at the Plainville Recreation Department, Plainville Wind Ensemble, from Center Stage Jazz band members, or call 860-877-5057

MUST BE PRESENT TO WIN DOOR PRIZES

Craft, Technology & Fitness Classes

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

Members may sign-up for new classes beginning on Mega Sign-up Day, March 5, between 9:15 a.m. - 4:45 p.m. Non-members may sign up for classes that allow non-members starting March 12, 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 DESCRIPTIONS ARE ON PAGE 6.

Class	Time	Current Session	Next Session Sign-up begins Mar. 5
MONDAY			
Zumba Tone	9:30 – 10:30	Jan. 22—March 19. No class February 19. 8 weeks, \$24. Members only.	March 26--May 14. 8 weeks, \$24. Members only.
Acrylic Painting	10:00—12:00	February 26 – April 16. 8 weeks, \$24 members; \$48 non-members.	
Power Burst	1:30-2:30	Jan 22—March 26. No class February 19. 8 weeks, \$16. Members only.	
Beginner’s Yoga	10:15-11:15	February 26—April 30, 8 weeks, \$24. No class April 2 or April 9 Members only. Class held at Library	
TUESDAY			
BeFit	9:30—10:30	Feb. 13 — April 3. 8 weeks, \$8. Members only.	
Chair Yoga	3:15—4:00	Jan. 16 — March 6. 8 weeks, \$16. Members only	March 13 — March 27. 3 weeks, \$6. Members only.
French Class	3:00—4:00	Class will resume in April.	
Intermediate Yoga	10:15-11:15	February 27—April 24, no class on April 3. 8 wks, \$24 Members only. Class held at Library	
Android-Based Cell Phone Class	3:00-4:30		March 27. One session. Free, members only. Space is limited to 10.
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	
Zumba Gold	9:30 – 10:30	Jan. 31--March 28. 8 weeks, \$24. Members only.	April 4 — May 23. 8 weeks, \$24. Members only.
iPad Basics	1:00—3:00		March 21 - April 18. 5 weeks. \$25. Members only. Books will be discussed at first class.
THURSDAY			
Ceramics	9:30 – 11:30	Jan. 18—March 15. 8 weeks, \$32. Members only.	March 22—May 10. 8 weeks, \$32 Members only.
Functional Fitness	1:30 –2:30	Jan. 18—March 15. Class is full. Members only.	March 22—March 29 2 weeks, \$4. Members only.
Knitting & Crochet	1:00 – 3:00	Jan. 18—March 8. 8 weeks, \$16. Members only.	March 15—April 26. No class March 29. 6 weeks, \$12. Members only.
FRIDAY			
Beginner’s Bridge	9:30—11:30	Jan. 19 —March 9. 8 weeks, free. Members only. Class is full.	

More Classes...

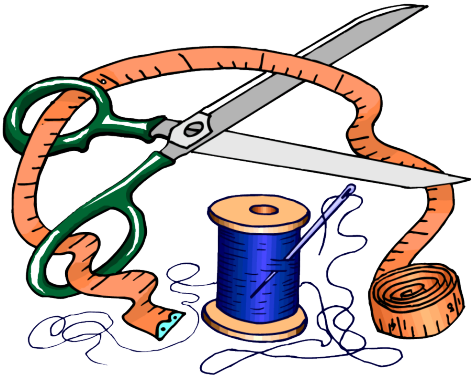
QUILTING CLASS

Join our Quilting class on Wednesday mornings. Beginners are always welcome! In March, our project will be a Chevron style table runner. A sample will be on display in the showcase in the Senior Center front office.

BEGINNER SEWING CLASS

THURSDAYS, APRIL 5 — MAY 24, 1:00 – 3:00 P.M.

Have you wanted to learn to sew? Or get back into it again? Learn all the basics of machine sewing to create simple projects. The first project will be a fun pillowcase. Bring a sewing machine, if you have one. The cost for this 8- week class is \$16.00. Instructor: Karen Kebinger. Sign up begins March 5th.



Class Descriptions



ACRYLIC PAINTING: You will learn methods to overcome the challenges of the medium, plus some special techniques. A supply list will be given to you at registration. If you're not sure if this class is for you, we provide beginner kits which include

some paints, canvas and drawing pads. Scholarships are available through the generosity of the Plainville Amateur Art Group. Call Ronda for information.

Instructor: Abbe Wade

ANDROID-BASED CELL PHONE CLASS

Tuesday, March 27, 3:00—4:30 Free.

This single class is limited to 10 participants. Bring your Android-based phone to learn its basic functions; take and store photos; learn to use Apps properly and manage your data plan. There will be time for questions and answers. **Instructor: Patti-Anne Cook, Senior Center member and volunteer**

BeFit: This class combines simple brain games and cognitive activities with physical movement designed to stretch your brain in a new way! Classes support overall health and well-being while strengthening the "mental muscle." Research shows that doing brain games while moving can strengthen, improve and even change some regions of the brain. Each week a different topic will be discussed on ways to help improve your brain health. **Instructor: Amy Gray**

BEGINNER'S YOGA FOR EVERY BODY: Designed for individuals who are new to yoga. Improve health and cultivate inner peace. **Instructor: Mare DiBenigno**
Class is held at Plainville Public Library.

CERAMICS: 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 supplies. Class fee includes instruction, glazes and firing. **Instructor: Gloria Cerniglia**

CHAIR YOGA

This 45-minute class helps you improve strength and balance and enhances your stretching and relaxation. Modifications are offered for all moves. This program can be adapted for everyone. **Instructor: Kristin Champagne**

FUNCTIONAL FITNESS: This popular exercise class is designed to build fitness for everyday life. Gentle exercises are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor: Kristin Champagne**

INTERMEDIATE YOGA FOR EVERY BODY: Designed for those who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. **Instructor: Mare DiBenigno.** *Class held at the Plainville Library.*

APPLE IPAD BASICS

WEDNESDAYS, MARCH 21 - APRIL 18, 1-3 P.M.

Learn the basics of your new Apple iPad in this fun and informative class. Discover your iPad's main components including the keyboard, internet, camera and basic apps, and its intermediate functions such as email, music and using social media sites like Facebook. **Instructor: Evelyn Morin.** Open to all skill levels.

KNITTING & CROCHET: Finish an old project that's been hanging around in your closet or start something new! **Instructor: Evelyn Morin**

POWER BURST: This class includes intervals of low-impact movement including walking, marching and other low impact 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 over all workout. **Instructor: Kristin Champagne**

QUILTING: Beginners are always welcome to this class. Beginners will learn proper rotary cutting and sewing techniques. Class participants may also work on the annual Senior Center quilt that is raffled during the Holiday Fair or they may work on their own projects. **Instructor: Karen Kebinger**

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

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

Info for Veterans

NEW! INDIVIDUAL ASSISTANCE FOR VETERANS!

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments at the Plainville Senior Center on the first Wednesday of each month starting **March 7**. Please call Jason to make an appointment at 1-203-805-6340. All appointments are held at the Senior Center. Jason is extremely knowledgeable and able to help veterans, their spouses and widows with veterans benefits. He may also be able to identify assistance for financial, medical, home care matters and more.

VETERANS' CAREGIVER SUPPORT

Veterans who need a caregiver may be eligible for up to 30 days of respite care each year. Care can be offered at home, at a VA community living center, at a VA-contracted community residential care facility,

or at an adult day health care center. To see if you are eligible for respite care services, call the Caregiver Support Line at **1-855-260-3274**.

PLAINVILLE VETERAN'S MEMORIAL WALL

There is a moveable memorial wall in the Plainville Municipal Center near the Town Clerk's office to honor the military service of deceased veterans. Friends and family members are invited to purchase a plate in honor of a deceased veteran for \$8.00. Please fill out the form available at the Municipal Center or at the Plainville Senior Center.

ROLL CALL — WEST HARTFORD SENIOR CENTER

EVERY MONDAY, 10 AM

A program of sharing led by a WWII veteran. Refreshments are served. For information, call 860-561-7583.

Trip Sign-Up Information

Sign-up: Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m. to 4:45 p.m., and Fridays 9:15 a.m. to 12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is March 5 from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (Not on the Stillwell Drive side.)



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

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

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

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

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

FYI: We keep Reserve Lists for all trips including Quick Trips. When you sign 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 will 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 the non-members until all members have been contacted.

Current Trips

IRISH COUNTRY CABARET SHOW

CASTLE OF KNIGHTS, CHICOPEE, MA

TUESDAY, MARCH 13 9:45 A.M.—4:30 P.M.

Don't miss this Irish Country St. Patrick's celebration starring acclaimed singer/songwriter Deirdre Reilly. This show features classic Irish songs, Irish dancers, a spectacular band and a top-notch comedian. Enjoy an elegant lunch at the Castle of Knights, including tax and gratuities. Choose from Corned Beef or Baked Scrod, along with soup, rolls, vegetable, potato, dessert and coffee or tea. Cost is \$78 per person. The bus will leave Our Lady of Mercy at 9:45 a.m. and return at approximately 4:30 p.m. Sign-up has begun.

NEWPORT PLAYHOUSE: "EXIT LAUGHING"

NEWPORT, RI

TUESDAY, APRIL 10, 8:00 A.M.

At this unique dinner theater, enjoy a Great Buffet with salads, hot and cold entrees, desserts and beverages. Afterward, enjoy Paul Elliott's gentle comedy, "Exit Laughing," about three lifelong bridge-playing friends in the South who handle a crisis that turns out humorously uplifting. The bus will leave Our Lady of Mercy Church at 8 A.M. and return around 7 P.M. Cost is \$87 per person. Sign-up has begun.

ONE WORLD OBSERVATORY & 9-11 MUSEUM, NYC

SUNDAY, MAY 6, 7:30 A.M.—7:30 P.M.

Ascend to the top of the tallest building in the Western Hemisphere in less than 60 seconds at **One World Observatory** and take in iconic sights and panoramic views of Manhattan. Lunch on your own at Brookfield Place, a new, upscale food court nearby. You'll also tour the national **9-11 Museum**, which documents the impact of the September 11 attacks and their continued influence. Multimedia displays, artifacts and narratives recall the stories of victims and survivors. The **9-11 Memorial's** twin reflecting pools are located precisely where the towers once stood and are inscribed with every victim's name. A profoundly moving experience, not to be missed. Your bus will leave the Senior Center lot around 7:30 A.M. and return at around 7:30 P.M. Cost is \$102 per person, payable at registration. Sign-up has begun.



ONE WORLD
OBSERVATORY
AN EXPERIENCE ABOVE

New Trips

NEW! EDWARDS TWINS, AQUA TURF, SOUTHTON

MONDAY, MAY 21, 11:30 A.M.

Don't miss the world-famous Edwards Twins, the #1 impersonation act in the world, when they appear at the Aqua-Turf in Southington for an afternoon performance. Their vocals and costumes are amazing; you'll think you're seeing and hearing superstars like Barbra Streisand, Sonny and Cher, Bette Midler, Ray Charles, Neil Diamond and others, all in one show. On arrival at 11:30 a.m., enjoy a snack of coffee and donuts, and then sit down to a delicious family-style lunch of salad, pasta, Chicken ala Kathryn, broiled scrod with crumb topping, vegetable, potato, rolls, dessert, and beverage. Cost: \$78 per person, payable at sign up. Sign-up begins March 5.

More new trips, next page

More New Trips Big Trips 2018

NEW! STATUE OF LIBERTY & ELLIS ISLAND

JUNE 14

For 62 years — from 1892 to 1954— millions of immigrants began their American dream within the walls of The Great Hall on Ellis Island, where they were processed and sometimes detained. Today when you disembark at Ellis Island you stand in the same place as millions of travelers before you. Included with your trip is a new 45-minute audio guide which helps visitors to relive the experience as a new immigrant to America. Your round-trip ferry ticket will allow you to depart Liberty Park, New Jersey and disembark at both Ellis Island and Statue of Liberty Island. Cost is \$77 per person, payable at registration. Depart Our Lady of Mercy Church, Plainville at 7:00 A.M. and return at 7:00 P.M. Sign-up begins March 5.



JESUS! — SIGHT & SOUND THEATER, LANCASTER, PA SEPTEMBER 24-26

This deluxe motor coach tour takes you to Lancaster, Pennsylvania, the heart of Amish Country. You will stay two nights at the Comfort Suites Lancaster and enjoy a smorgasbord dinner the first evening at the Bird-In-Hand Family Restaurant. The next day, visit the Landis Valley Village Museum, a mini-Williamsburg village dedicated to preserving and demonstrating early German life. Enjoy a horse-drawn wagon ride, take a guided tour of the Victorian Village grounds and buildings, and enjoy a tasting of sticky buns and cider in the 1856 Landis Valley House Hotel & Tavern. The new show “JESUS!” is an action-packed musical adventure that takes you on a journey with the most famous person to ever walk the earth and those whose lives he changed forever. Dinner the second night is at the Hershey Farm Restaurant next to the theater. On Day Three, travel to Longwood Gardens — a premier horticultural display garden; it’s easy to imagine you are enjoying a vast royal garden in Europe. Acres of exquisitely maintained grounds feature 11,000 different types of plants. The indoor Conservatory is lush with exotic flowers, ferns and bonsai. Cost: \$561 single; \$451 p/p double or triple. Trip includes travel, 2 nights hotel, 2 breakfasts and dinners, sightseeing, admissions and gratuities for drivers and tour director. Trip insurance is available and recommended. \$150 trip deposit due at sign-up. Registration begins March 5.

Save the Dates 2018-2019 Trips!

These additional trips are being planned. More info and sign-up to come!

2018

June 23: Brooklyn’s Best
July 9: All You Can Eat Lobster, MA
July 22: Stageloft Theater, “Four Weddings & An Elvis”
August 16: Bobby Rydell at the Aqua Turf
August 27: Boston Lighthouse Cruise
September 9: Georgia O’Keefe, NYC Botanical Gardens
September 27: Turkey Train, Winnepesaukee RR
October 23: Kruckers Octoberfest, NY
October 19 –26: Iceland #1
November 2-9: Iceland #2
November 12: Bob Hope’s USO Style Show, Aqua Turf

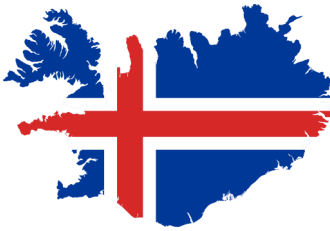
We have some great trips planned for 2018! Trip brochures are available at the Senior Center.

- **France Hidden Canals, June 26—July 4*** Cruise Loire Canal — fly to Paris and then tour Nevers Marseilles Les-Aubigny, Chapelle Montlinard, Menetreol-Sous-Sancerre, Lere, Briare.
- **Adriatic Cruise, July 15—22** Venice, Italy; Dubrovnik, Croatia; Kotor, Monenegro; Corfu, Greece; Split, Croatia; and back to Venice.
- **France Hidden Canals, August 28—September 6*** Cruise the Doubs & Saone Rivers — fly to Paris then onto Besancon, Arc-et-Senans, Dole, Saint-Jean-de-Losne, Petit-Ouges, Dijon and more.
- **Vietnam, September 20—30** Ho Chi Minh City, Holong Bay Junk Cruise, Hanoi, Train to Danang, Hoi An. Visit local-home factory, markets, hands-on traditional fishing and more.
- **Italy, October 1 –11** We have been invited to join a senior group from Berlin, CT on a “small group” trip to Italy. Eleven-day tour, Tuscany to Amalfi including Florence, Leaning Tower of Pisa, Rome, Vatican City, Isle of Capri and more!
- **Iceland 2, November 3—10** The escorted group tour teems with wildlife, spectacular landscapes and landmarks including Skogafoss Waterfall, Blue Lagoon, Glacial Lagoon, Northern Lights excursions, a tour of Reykjavik City and more.



**The France Hidden Canal Cruises are on 22 passenger barges that travel areas not accessible to larger riverboats. Bikes are available on board if you wish to ride from town to town.*

Last Minute Iceland 1 Openings— October 19-26, 2018!



At the time of this printing, **one double room just opened** for this trip, so here’s your chance to travel with your friends from Plainville.

In 2017, the 16 travelers on our tour were astounded by Iceland’s beauty. Now, one last departure is available with Plainville travelers for the October 2018 trip. Dive into Iceland’s highlights from a local perspective.

The escorted group tour teems with wildlife, spectacular landscapes and wonderful people. See Thingvellir National Park, Skogafoss Waterfall, Hellisheioi Power Plant, Blue Lagoon, Frioheimar Farm, Glacial Lagoon, two Northern Lights excursions, Reykjavik City Tour and more. Brochures are available at the Senior Center. NOTE: We also have openings on **Iceland 2**, an identical trip which departs in November; see above.

Quick Trips

Senior Center Quick Trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or Our Lady of Mercy Church (OLM), depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts.

Passengers must be able to get to and from the bus on their own. If you need a wheelchair lift, tell us at sign-up.

TRIP GUIDELINES: All Quick Trips charge \$8.00 for transportation, payable at registration. No phone reservations will be accepted. Refunds will be 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 or call Ceal DiFrancesco after hours (860-747-1927). Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens.

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

SPRINGFIELD MUSEUMS, SPRINGFIELD, MA
SATURDAY, MARCH 10, 9:00 a.m.—4:00 p.m.

The Springfield Museums are a group of five museums in the city of Springfield, MA. At your own pace and schedule, you can view 27 iconic photographs in the *Kennedys in the White House* exhibit at the D'Amour Museum of Fine Arts. Costumes and props from "The Kennedys" miniseries are also at the D'Amour, along with a special exhibit of *Currier & Ives* prints. At the **Wood Museum** you can enjoy *Collecting Camelot: The Kennedy Era and Its Collectibles*, including campaign memorabilia, posters, toys and other vintage items. Visit the **Blake House Café** for lunch on your own. Admission is \$12.50 payable at the Museums. Fee of \$8 for transportation is payable at registration. Home pick-ups **for those who do not drive begin at 8:45 a.m.**, followed by pick-up at the Senior Center at 9:00 a.m. Please be on time. We will return to Plainville by 4:00 p.m.



CHRISTMAS TREE SHOP, MANCHESTER/LUNCH AT HOMETOWN BUFFET

SATURDAY, MARCH 24, 9:15 a.m.—3:00 p.m.
Time to look for all the spring bargains at the Christmas Tree Shop, then enjoy lunch at Hometown Buffet. \$8 for transportation is payable at registration. Home pick-ups **for those who do not drive** begin at 9:15 a.m., Senior Center pick-up is at 9:30 a.m. Return to Plainville by 3:00 p.m. Sign-up begins March 5.

Outdoor Adventure Club

INFORMATION REGARDING WALK/SNOWSHOE TRIPS

Every walk/snowshoe trip in the woods is along forest trails that include rocks and some gentle hills. Warm outdoor clothing (layers are suggested), good walking shoes, spikes on treads of shoes or snow shoes, weather dependent, are required. If you do not have a walking stick or snowshoes, we have a limited number available to borrow on a first come first serve basis. Let us know when you register if you'd like to borrow a pair of snowshoes. Please bring your own water and snack.

RED BRIDGE TRAIL WALK, MERIDEN

WEDNESDAY, MARCH 14, 9:30 A.M.

This easy walk is 45 minutes to one hour and is great for beginner outdoor enthusiasts! Walk along the river on a paved trail. Bring a water bottle and a snack. Meet at Our Lady of Mercy (OLM) parking lot at 9:30 a.m. to carpool. Pay \$3.00 to leader Eileen Cyr on day of walk. Sign-up starts March 5.

SESSIONS WOODS, BEAVER POND TRAIL, BRISTOL

WEDNESDAY, MARCH 28, 9:30 A.M.

We'll follow along the 2.6 mile Beaver Pond Trail at Sessions Woods. Along this gravel trail is a 38-acre wetland with a beaver dam. Nest boxes and feeders are located throughout, attracting songbirds and other wildlife. Wear sturdy, comfortable walking or hiking shoes and bring a water bottle and snack. Meet at OLM parking lot at 9:30 a.m. to carpool, or meet us at Sessions Woods at 10 a.m. (Directions available at front desk.) Pay \$3.00 to leader Eileen Cyr on day of walk. Sign-up starts March 5.

ANIMAL TRACKING PROGRAM & WALK W/ SOUTH WINDSOR SENIOR CENTER ADVENTURE PROGRAM

FRIDAY, APRIL 6, 12:00 noon to 5:00 P.M.

We'll travel to the South Windsor Senior Center for a presentation by LL Bean on Animal Tracking. Have you ever come upon a track in the woods and wondered what made it, or what happened? The LL Bean expert staff will teach you where to look and how to identify tracks and traces that animals leave behind. Following the program we will go on a guided walk led by Keith Ferry, a Nuisance Wildlife Control Operator, to discover some animal tracks! Wear boots and bring water and a snack. Space limited to 14 for this FREE program. Bus leaves Senior Center at 12:00 P.M. and returns approximately 5:00 P.M. Sign-up begins March 5. Rain date April 20.

A STROLL IN THE PARK & FLYING MONKEYS!

SATURDAY, APRIL 28TH, 9:15 A.M.

Join us for a unique adventure as we travel by bus to Glastonbury for a 1-hour walk that includes views of the Connecticut River, downtown Glastonbury and the new Riverfront Park. Afterward, we will go to the Glastonbury Senior/Community Center to hear the Glastonbury Ukulele Club perform at the "BIG SING," a community-wide sing-a-long. Following the concert we will travel to the **Flying Monkey** for brunch. The Flying Monkey is located at Brainard Airport, where you can watch small planes take off and land while enjoying a meal from the brunch menu. Cost is \$10.00, which includes leader and transportation. Brunch is on your own. Sign-up begins March 5 at 9:15 a.m.

More Outdoor Adventures

SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC
FRIDAY, JULY 20, 7:45 A.M. 3:00 P.M.

Join us as we sail away with Outdoor Adventure enthusiasts from the Groton and South Windsor Senior Centers! We have arranged for a private charter just for our Senior Centers! The Schooner ARGIA is one of the last sailing ships in New England. You'll discover islands, lighthouses and the beauty of sailing aboard a traditional sailing ship. The ship will sail in cloudy and light drizzle weather conditions; please dress for the weather by wearing an extra layer and bringing a jacket. There is a bathroom on board, however you would need to climb a ladder to access it. Following the cruise, there will be about 2 hours for lunch (on your own) and shopping in downtown Mystic. Bus will leave the Senior Center at 7:45 a.m. and return approximately 3:00 p.m. \$26.00 cost includes Schooner Sail and transportation. Sign up begins March 5th.

Weekly Tournament Winners

SETBACK

January 29

- 1ST: Joan Oliveira & Elaine Chartier
- 2ND: Verna Pekrul & Jennie Ascensio
- 3RD: Sandy Tyminski & Claudette Lucente

February 5

- 1ST: Joe Fortuna & Roger Willequer
- 2ND: Pat Landry & Joan Litteral
- 3RD: Bob Albrecht & Ron Roper

February 12

- 1ST: Rose Dunlap & Grace Lapila
- 2ND: Roger Willequer & Wendell Copeland
- 3RD: Lynn Krakauske & Gladys DuFour

BILLIARDS

January 25

- 1ST: John Gasparini & Tony Lusitani
- 2ND: Lee Akins & Joe Babin
- 3RD: Stan Funk & Ed Zarek

February 1: 1ST: Tony Lusitani & Ellen Couture
2ND: Stan Funk & Rich Nordgren

February 8: 1ST: John Gasparini
2ND: Stan Funk

February 15: 1ST: John Gasparini, Rich Nordgren
2ND: Stan Funk, Jeanne Shugrue

PLAYERS NEEDED!

Co-ed pool tournament players, men and women. All skill levels are welcome. Join us every Thursday afternoon at 12:15 p.m. at the Senior Center.



PEAK FITNESS CENTER

Did you know that exercise can help you:

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



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

Cardiovascular Equipment:

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



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

Stop by the front desk for a membership packet that includes a medical approval form.

Membership rates: Costs are \$9/one month, \$40/six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training.

Bowling League

January Bowlers of the Month:

Donna Steimer and Albert Deshaies

The Plainville Senior Center Bowling league welcomes new bowlers and meets Mondays beginning at 12:45 p.m. at Lessard Lanes, 136 New Britain Avenue, Plainville. The cost is \$9.50 per person, per week and includes three games of bowling, automatic scoring and free beverage. Adult bowlers over age 55, of all abilities, including beginners, are welcome to join. **For more information or to join the league, contact Frank Robinson, Bowling League President, at 860-747-2918.**

Le Petit Cafe

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

Le Petit Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. Le Petit Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, handcrafted foods that are sure to wow your taste buds! **Specials subject to change*

Le Petit Café Specials for March

March 6 & 7	Chef du Jour Soup Roasted beet and goat cheese spinach salad
March 13 & 14	Minestrone Soup Corned Beef Reuben
March 20 & 21	Tortellini Soup Pasta Bar (featuring Ziti pasta or “zoodles” (zucchini noodles) and choice of toppings: marinara sauce, pesto, alfredo sauce, tomatoes, sautéed mushrooms, sautéed onions, steamed broccoli, grilled chicken, bacon, cheese
March 27 & 28	Borscht Egg Salad Sandwich

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, MARCH 5 and MARCH 19, 12:30 P.M.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer’s help in the community, caregiving, homecare, etc. Just stop by Stephanie’s office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. No pre-registration necessary. No question is too small! If you are unable to make those times feel free to call Stephanie at the Senior Center to schedule a time that's convenient.



GRANDPARENTS/RELATIVES RAISING GRANDCHILDREN

TUESDAY, MARCH 13, 10:30 A.M.

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Millions of children are living in households where grandparents and relatives are responsible for the needs of children and teens. Come and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. There will be no meeting in April. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. Sign-up begins March 5.

CAREGIVING CONNECTIONS

TUESDAY, MARCH 20th at 10 A.M.

March 20th marks the first day of Spring! We made it through another Connecticut winter! Winter caregiving is especially challenging as it is often a struggle to get out of our homes and leave our caregiving responsibilities behind, even if only for a short time. Esther Corcoran, the North Central Regional Director of the Alzheimer’s Association Connecticut Chapter, will join us and share pertinent information about care-giving and the new initiatives of the Association. Take an early Spring Break and join us for what promises to be an informative meeting. Caregivers from neighboring towns are welcome. Call Bette at the Senior Center with any questions or concerns.

BRIGHTER FOCUS

THURSDAY, MARCH 22, 10 A.M.



Join your friends for a Spring tune up! Time to shed the winter blahs as the days are getting longer and the sun is getting warmer. What better time to connect with friends and discuss timely topics as we continue to slow down and discover new ways of being. We cannot rid ourselves of

problems but we can learn and develop positive ways to respond to the struggles we face. Come share your thoughts and dreams, and brighten your focus! Brighter Focus welcomes Senior Center members. Call Bette with any questions or concerns.

Energy Assistance

State of CT Energy Assistance Program is available to income-eligible residents to help lower winter heating costs. This year a family of 1 could possibly make \$34,366.28 (gross) and a family of 2 could possibly make \$44,940.52 (gross) and be eligible. For more information or to see if you are eligible, call the HRA Energy Department at 860-582-7490. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR.

Tuesday Shopping Bus

In order to ride the Senior Center’s Tuesday Shopping Bus, you must be a member of the Plainville Senior Center or a Plainville resident over 60, or a Plainville resident of any age who is disabled. Home pick-ups begin at 11:15 a.m. and pick-up from the store will be at 3:00 p.m. Please be ready to leave at least 15 minutes before departure. We leave on time. Call the Senior Center before 11:00 a.m. on the Thursday before the Shopping Bus date to add your name to the list.

- **March 13, Aldi’s, Southington**
- **March 27, Bristol Shopping Plaza**

NOTE: Pick-ups now start at 11:15 a.m.

DONATIONS

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

GENERAL DONATIONS, January 20— February 20

Tim Miller, Jancie Kane, Stan Funk, Maureen Gibbs, Marilyn Fithian, Mulberry Gardens, Anonymous (3), Eunice Carden, Beth Fraychak, Barbara Napierkowski (2), Jeanne Nocera, Joanne McKenna, Carol Skultety, Val Dumais (2), Barbara Petit, Rosaleen Peters (2), Fran Rose, Jackie Plourd, Circle Group (2), Ellie Gendron (2), Sally Cobrain, Jeannine Ball, Richard Vieira, Maureen Riback, Rose Lefemine, Jacqueline Harvey, Madeline Johnson, Rita Susco, Laura Vigue (Plainville Middle School Art Club), Steve Castiola, Michele Cormier, Nancy Blake, Elizabeth Essel

MEMORIAL DONATIONS January 19—February 19

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

- In Memory of John Decker, Rosaleen Peters

DIAL-A-RIDE DONATIONS January 19—February 19

Walt Reckert, Rosaleen Peters (2), Barbara Barton, AARP #4146

Plainville Library

March Movie Matinee

The Plainville Public Library will be showing the film *Wonder* for its monthly movie matinee on Thursday, March 8th at 1:00 p.m. and Saturday, March 31st at 1:30 p.m. in Chase Auditorium. The PG-rated film is 1 hour, 53 minutes long and stars Julia Roberts, Owen Wilson, and Jacob Tremblay. Based on a best-selling novel, *Wonder* tells the inspiring story of Augie Pullman, a boy with facial differences attending elementary school for the first time in fifth grade.

Make Your Own Herbal Reed Diffuser

On Wednesday, March 7 at 6:30 p.m., the Library will host "Make Your Own Herbal Reed Diffusers" with Ehris Urban and Velya Jancz-Urban of the Grounded Goodwife in Woodbury. Participants will learn about scents of the past and the medicinal benefits of various herbs and essential oils. Each attendee will make an 8-ounce herbal reed diffuser to take home, choosing from four blends. Ehris and Velya are a mother-daughter team who believe that the art of healing comes from nature and the best pharmacy is within you. This program is sponsored by the Friends of the Plainville Public Library. Space is limited. Please call 860-793-1446 to sign up.

Cheer Report

January 15 — February 12, 2018

Get Well & Thinking of You Cards were sent to:

Shirley Hotchkiss, Gene Kelsey, John Mangan, Ruth Pipkin, Leonard Wishart, Rose Plourde, Charlene Damiano, Joan Hamel, John Daversa, Vera Cassile, Judy Humphrey, Marguerite Clancy, John Mangan, Lois Bridgett, Roberta Lalama, Gladys Roy, Charlene Damiano, Roberta Hastings, Patricia Backus, Elizabeth Essel, Ann Krupinski

Sympathy Cards were sent to:

Family of Jacqueline Pratt, Family of Alcide Ayotte, Tini Koss, Henrietta Green, Family of Kathleen Lozaw, Family of Mary Jo Tormey, Family of Lois Bridgett, Family of James Lathrop, Family of Elizabeth Essel, Family of Paul Syntlo

Do You Know Someone Who Could Use Some Cheer?

Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. As always, a special **thank you** to **Carol Perry** for overseeing our cheer report.

The Senior Center Needs Sympathy, Get Well and Thinking of You Cards

We send **cheer**, **get well** and **sympathy** cards to our members who could use a lift of their spirits. If you wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **At this time, we cannot use blank cards, holiday cards, mass cards or birthday cards, etc.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need!

A NOTE ABOUT HEAT & AIR CONDITIONING

We have many requests each day to change the temperature in our building. If you are not comfortable, please come to the front desk right away and we will have the group or class or event vote (3 choices: "too hot", "too cold", or "just right") majority wins. We will change the temperature or not, depending on the vote. Please remember that we are an older building so some parts of a room (under a vent, for instance) might be colder or in winter, warmer. Also, you are welcome to bring a sweater or dress in layers to help you be more comfortable.

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





Transportation



DIAL-A-RIDE ADA PARA TRANSIT

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

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



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

2017 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting is on March 14, 2018 at 5 p.m. The Forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation about the ADA Paratransit Service.

Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHDT, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: pwilliams@hartfordtransit.org. Comments are due 48 hours before the Forum.

Hearings Will Address Fare Increases

The Connecticut Department of Transportation (CTDOT) will hold public hearings to gather input on proposed bus and rail fare increases and service reductions. CTDOT will provide information and accept public comments about the fare and service proposals. These fare increases will affect rail, ferry and bus service which will also affects ADA transportation. CTDOT feels these actions are necessary due to an estimated \$60 million budget shortfall for transit and rail accounts. The proposal would raise the cost of ADA Paratransit from 3.50 to 4.00 per one way trip. ADA ticket books would increase from \$28.00 to \$32.00 for 10 rides or \$3.20 per one way ticket.

The hearing closest to Plainville will be held **Monday, March 5th from 4 – 7 pm at the New Britain Police Department Community Room**, 10 Chestnut Street, New Britain, CT 06051 Snow Date: Tuesday, March 6th 4 – 7:00 pm

Please see Shawn for more details.

Do You Need a Ride?

Americans with Disability Act (ADA) Paratransit Service provides more hours, more destinations and even runs on Sunday!

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

Some of these hours may change, depending on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3.50 and discount ticket books can be purchased at Stop and Shop in a book of ten for \$28 (only \$2.80 each).* **A driver can assist you door-to-door if you make arrangements ahead of time.** There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

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



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

Rides are reserved by calling **860-724-5340 x1**, seven days a week, 8:00 a.m.—5:00 p.m. So give it a try — broaden your horizons, go shopping, visit a friend. Sunday service can take you to religious services. You can schedule an appointment at a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

Have questions about transportation services? Call Bette or Stephanie at 860-747-5728.

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This & That

Want to learn about eye conditions that can develop with aging? See Back of Calendar for a free workshop on March 9!

STORM CLOSING INFORMATION

Our policy is to cancel activities when the Plainville Public Schools are closed. When this happens we cancel meals, Dial-a-Ride, Peak Center, and all classes and activities.



- Announcements regarding cancellations are made on the television channels and websites of the following networks: **WFSB, WNBC, and Fox 61** as well as radio **1080 AM**.
- If Senior Center activities are cancelled, the Center remains **OPEN**.
- If public schools have a delayed opening, we open at our regular time of 9:00 a.m. and our schedule is usually not affected. If you are taking an early class, please call ahead to confirm.
- Sometimes public schools have an early dismissal. This does NOT necessarily mean the Senior Center activities are cancelled. Please call the Senior Center to see if our afternoon schedule has changed.

CHORAL GROUP REHEARSALS

Everybody who loves to sing is invited to attend! **Upcoming Choral Group Rehearsal Dates:** Fridays, March 2, April 6 and May 4 at 9:30 A.M.

SENIOR CENTER DISPLAY CASE

The month of March will feature *Boxes, Baskets, Bags and Bows*, a collection of handmade paper-crafts designed and created by Senior Center member Diane Sperry. Also on display will be some samples of upcoming projects from the Quilting Class. If **you** have a collection, hobby or artwork you would like to put on display, stop by the front desk to reserve a time period.

CONGREGATE MEAL PROGRAM: March 2018

You may stop by the big kitchen to pick up the March calendar. Reservations for a meal must be made at least one day ahead by calling Bonnie in the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. **A suggested donation is \$2.50.**

MEALS ON WHEELS VOLUNTEERS NEEDED

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Monday through Friday, typically from 10 A.M. to 12 noon. You can deliver one or more days per week, or you can be on call to cover for other volunteers during an illness or scheduled vacation. Mileage reimbursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior Center for more information: 860-747-5728.

We Welcome New Members for January 2018

Barbara Napierkowski, Debra Savage, James Torbick, Monique Beaulieu, Richard Brenna, Clifford Snow, Rosa Bonilla, William Farnham, Joel Edman, Michael Chapman, Vicki Chapman, Paula Rich, Judy Garro, Candace Fischer, Richard Roberge and Denise Roberge



Nursing, Insurance Info, Etc.

REGULAR AND DIABETIC FOOT CARE

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. **Cost is \$18.00 for Plainville resident Senior Center members and \$28.00 for Out of Town Center members** and must be paid with exact change or by check only (made out to the Plainville Senior Center). Neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Senior Center members only.**

EAR WAX REMOVAL

Call the Senior Center to make your appointment for ear wax removal. At least one week before your appointment, you must come into the Senior Center for an instruction sheet that explains the preparation procedure and pick up the paperwork that you must fill out and bring in to your appointment.



FREE BLOOD PRESSURE SCREENINGS

- **Thursday, March 8**, 1:00—2:00 p.m.
(provided by Hartford Health Care)
- **Monday, March 26**, 12:00—12:30 p.m.
(with our Nurse)

CHOLESTEROL SCREENING

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

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We update this list throughout the year so we can be sure that such folks will be safe during a power outage or other weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728 to add your name to the At-Risk List. Our social workers Bette and Stephanie can help you develop a plan for power outages/weather emergencies.

Warming Center Information

Plainville's designated "warming center" is the Wheeler Regional Family YMCA at 149 Farmington Avenue in Plainville. During extremely cold weather, warming shelters become available for parts of each day for persons to warm themselves if they need to. Please call the YMCA at 860-793-9631 with questions. For a list of other warming centers, call 211 or check online at www.211ct.org

CHANGES TO THE MEDICARE SAVINGS PROGRAM

We are continuing to watch and wait to learn about any changes to the State's Medicare Savings Program (MSP). The Department of Social Services (DSS) will keep beneficiaries informed as any new process is put into place. If you have any questions about your MSP benefits, please call Bette or Stephanie at the Senior Center, 860-747-5728. In addition, State Senator Henri Martin and Representative William Petit want to hear from anyone who will be affected by these MSP income changes and how it will impact you personally. Senator Martin can be reached at 300 Capitol Avenue, Hartford, CT 06106, phone 1-800-842-1421, or email Henri.Martin@cga.ct.gov. Representative Petit can be reached at Room 4200, 300 Capitol Avenue, Hartford, CT 06106, phone 1-800-842-1423 or (860) 240-8700 or email William.Petit@cga.ct.gov.

ONGOING SUPPORT GROUPS

Living with Alzheimer's

Mulberry Gardens of Southington

Second Tuesday of Every Month 10:30—11:30 a.m.

Living with Alzheimer's disease or a related memory disorder is challenging. Mulberry Gardens offers a support group for families and caregivers. Topics include Communication Techniques, Caregiver Support, Wandering and much more!

Breathtakers

The Hospital for Special Care, New Britain

The pulmonary support group meets the third Thursday of each month from March through November and is open to anyone who struggles with their breathing. First meeting of the year is March 15. Sessions run from 11 am to 1 pm and about 60 people attend each meeting, which usually includes a lecture/education program and a light lunch. Registration is required. Contact Stephanie Alderman at 860-832-6256 or email SAlderman@hfsc.org. All are welcome.

Free Workshop: Eye Disease As We Age

FRIDAY, MARCH 9, 10 A.M.

Do you wonder about your eye health? Please join us for a free informational session on common age-related eye diseases. This program is part of a Service Learning Project for Goodwin College in East Hartford. The discussion will be led by two graduating students in Ophthalmic Science; Danielle Witte and Rebecca Roberts. Both students are nationally certified contact lens technicians and Board certified opticians. We will discuss dry eye, cataracts, glaucoma, and macular degeneration. We will provide opportunities to experience some warning signs and effects from these diseases and suggest ways to proactively maintain eye health. Snacks and beverages will be provided. Sign-up starts March 5.



A Low-Vision Reader is available FREE to someone with low vision. It fits on a 33-inch square card table and uses a camera and 40-inch TV to view any materials (newspapers, letters, prescription bottles, cooking instructions, etc.) It only needs an electrical outlet to operate. Instructions will be given to recipient. Please call 860-582-2211 and leave a message if no answer.

MARCH 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: GR: Green Room, BR: Blue Rm, GA: Game Room, CR: Craft Room C: Café, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library, *By Appt. Only				1 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 EcoVertical Evolution GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR	2 9:00 Walking GR 9:30 Choral BR 9:00 Mahjong GA 9:30 Beginner's Bridge OS 12:00 Pinochle Plainville Library	3
4	5 FREE SIGN UP DAY MEGA SIGN-UP DAY * 9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR 2:30 Keeping Your Memory Strong CR	6 9:00 Walking GR 9:30 AM Wii Bowling OS 9:30 BeFit BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:30 Veteran's Coffee CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:15 Chair Yoga BR	7 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 10:00 Veteran's Appts.* CL 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	8 9:00 Walking GR *9:00 Mammograms 9:30 Ceramics CR 9:30 Mexican Train GA 12:00 COA CR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 BP CLINIC 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR	9 9:00 Walking GR 9:00 Mahjong GA 9:30 Beginner's Bridge OS 10:00 Vision Program GR 12:00 Pinochle Plainville Library	10 The Spring-field Museums, 9 a.m. to 4 p.m.
11	12 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 11:00 Listen to Your Gut 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR 2:30 Keeping Your Memory Strong CR	13 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 9:30 BeFit BR*10:00 Income Tax GR 9:45 Irish Country Cabaret Trip 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:30 Grandparents Raising Grandch. CR 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:15 Chair Yoga BR	14 9:00 Walking GR 9:30 Quilting CR 9:30 Trail Walk, Meriden 10:00 Zumba Gold GR 1:00 Still Life Draw & Paint BR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	15 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Snappy Seniors L 10:00 What are the Benefits of Meditation? GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR	16 9:00 Walking GR 9:00 Mahjong GA 10:00 Nutrition for Diabetic Mgt. GR 11:30 Friends Helping Friends 12:00 Pinochle Plainville Library	17
18	19 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR 2:30 Keeping Your Memory Strong CR	20 *9:00 NURSE 9:00 Walking GR 9:15 AM Wii Bowling OS 9:30 BeFit BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Caregiving Conn. GA 10:15 Int. Yoga L 10:00 Cribbage CL 12:00 Pinochle GA 12:30 Open Circle CR 1:00 PM Wii Bowling BR 1:00 Bridge OS 3:15 Chair Yoga BR	21 9:00 Walking GR 9:30 Quilting CR 9:30 Books & Bagels GA 10:00 Zumba Gold GR 1:00 Still Life Draw & Paint BR 1:00 iPad Basics GA 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	22 *9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train CL 10:00 Brighter Focus GA 12:00 Oct. Kitchen GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet CR 1:30 Functional Fit BR	23 9:00 Walking GR 9:00 Mahjong GA 10:30 Diabetes, What is it? GR 12:00 Pinochle Plainville Library	24 Christmas Tree Shop & Home-Town Buffet, Manchester 9:15 a.m. to 3:00 p.m.
25	26 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:00 BP CLINIC 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR 2:30 Keeping Your Memory Strong CR 3:30 Celtic Chocolate	27 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 9:30 BeFit BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 2:00 Outdoor Adv. Open House 3:00 Andr. Cell Phone GA 3:15 Chair Yoga BR	28 9:00 Walking GR 9:30 Quilting CR 9:30 Sessions Woods 10:00 Zumba Gold GR 10:00 Golf Short Game, Paderewski 1:00 iPad Basics GA 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	29 *9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 11:00 Living History: Oney Judge 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet CR 1:30 Functional Fit BR	30 Good Friday Senior Center Closed	31