

Shawn Cohen, *Director*

Ronda Guberman, *Assistant Director*

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

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

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

Betty Boukus Month of Service! Please Join Us!

“Caring and Kindness Change the World”

Betty Boukus was a true friend of our Senior Center and to honor her memory we will be holding a special program that epitomizes the way Betty lived her life. Betty always asked others, “What can I do for you?” She loved Plainville. She loved people. And she dedicated her life to helping others.



To capture her spirit of caring, we are sponsoring a **Betty Boukus Month of Service** and are asking folks to volunteer to do something for another person or organization between March 15 – April 15. During that time show some kindness by helping a friend or neighbor, pay it forward and then stop by or call the Senior Center to record your name or “anonymous” if you prefer and the good deed or deeds you did.

We will keep a list of all good deeds and display them on Betty Boukus Month of Service posters at both the Senior Center and the Municipal Center. Posters will be updated weekly so join us anytime during the month of service. Then, on Tuesday, April 16th, join us for a celebration at the Senior Center when we will reminisce about Betty and congratulate everyone on their wonderful good deeds. Betty’s husband, Gary and their children and grandchildren will be our guests of honor.

Flyers are available at the Senior Center with information about locations in the Plainville and surrounding communities that are looking for short and long term volunteers.

Acts of kindness can be big or small, and don’t have to cost you a penny! Our hope is that people will help others and carry the spirit of Betty’s good will with them. Pick up your good deed form at the Senior Center.

IDEAS FOR ACTS OF KINDNESS DURING BETTY BOUKUS MONTH:

- ♥ Take a neighbor grocery shopping
- ♥ Bake a birthday cake for a child at a homeless shelter
- ♥ Volunteer at a local agency or organization
- ♥ Do a chore for someone
- ♥ Introduce your child or grandchild to the happiness of volunteering to help others
- ♥ Pick up litter
- ♥ Bake a dessert for a neighbor
- ♥ Write a thank you note to your mail carrier
- ♥ Set up a lemonade stand with a young person and donate the profits to a charity
- ♥ Buy a coffee for a stranger
- ♥ Surprise a neighbor with freshly baked cookies or treats
- ♥ Weed or do yardwork for a neighbor
- ♥ Help someone unload groceries at the store
- ♥ Volunteer at a soup kitchen, nursing home, local school, food pantry
- ♥ Bring your neighbor’s garbage cans in for them
- ♥ Run an errand for a family member who is busy
- ♥ Set an alarm on your phone to go off at three different times during the day. In those moments, do something kind for someone else
- ♥ Donate old towels or blankets to an animal shelter
- ♥ Be creative and come up with your own ideas...it doesn’t have to cost money or take a lot of time to be kind



Special Events

CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news as well as current events. We do not discuss politics; rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! Feel free to come and just listen. There is no pressure to participate and new folks are always welcome!

VETERANS' COFFEE HOUR

TUESDAY, MARCH 5, at 10:30 A.M.

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



BEGINNER TAI-CHI FOR HEALTH AND BALANCE CLASS

SIX WEEK CLASS: TUES., MARCH 5-APRIL 9TH, 1:30 P.M. (FULL)

ADDITIONAL CLASS ADDED

@2:45 P.M. SPACE AVAILABLE

INSTRUCTOR: WALTER BRUCE

COST: \$12.00 for 6 week class.



The core of this program covers the most important Tai-Chi principles, safety, balance, health and growth. This class is designed for beginners. Why try Tai-Chi? When learned correctly and practiced regularly, Tai-Chi can be a positive part of an overall approach to improving your health. Some of the benefits include: decreased stress and anxiety, increased energy and stamina, increased flexibility, balance and agility, increased muscle strength and definition, reduce risk of falls. Walter Bruce has 35 years of experience teaching and studying Yang and Sun style Tai-Chi. **Sign up has begun.**

COOKING FOR ONE CLUB

TUESDAY, MARCH 12, 2:00 P.M.

This group meets on the 2nd Tuesday of each month at 2:00 P.M. at the Senior Center. We are looking for a new group moderator or co-moderator. Bring your favorite recipes, cooking tips and fun ideas. Free and all members are welcome! **Sign up begins March 5.**

AARP SMART DRIVER

TUESDAY, MARCH 12 9:30 A.M. – 1:30 P.M. (FULL)

THURSDAY, MAY 16 1:00 P.M.—5:00 P.M. **SIGN UP BEGINS MARCH 5.**

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

Don't forget...next time you are at the Senior Center please ask for a Membership Card



UKULELE LESSONS AT THE SENIOR CENTER!

THURSDAYS, MARCH 14—APRIL 18 1:30 P.M.

Take a 6-week ukulele class! No musical experience needed. Local musician Sue Hill will teach you how to hold the ukulele and play a few basic chords, and encourage you to strum along while you sing (if you wish)! You'll need your own ukulele (\$29 to \$50 for a starter instrument) and a tuner. Cost for the 6-week class is \$12.00. **Sign-up has begun.**



SNAPPY SENIORS

THURSDAY, MARCH 21, 10:00 A.M.

The Snappy Seniors Camera Club meets on the third Thursday of the month at the Plainville Public Library. The Library opens at 10:00 a.m. and the meeting begins promptly at 10:10 a.m. Reminder: ongoing project is gathering your photos of Plainville for this year's display "Hometown Plainville". Bring your photos to the meeting to share on a flash drive or camera card. **Sign up begins March 5.**



DO YOU HAVE ACID REFLUX?

THURSDAY, MARCH 14, 1:00 P.M.

Learn natural ways to prevent heartburn and medications that can help or worsen stomach acid. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist, Integrated Care Partners, Hartford HealthCare Group and clinical professor at the UCONN School of Pharmacy, and Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist with Hartford HealthCare Integrated Care Partners and assistant clinical professor at UCONN School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. **Sign-up has begun.**



PAINT PARTY

WEDNESDAY, MARCH 20, 1:00 P.M.

COST: \$20 at registration. Includes canvas, paints and brushes.

Join us for an afternoon of fun and leave feeling accomplished with your own unique painted canvas! No prior art experience is necessary. You will receive step-by-step instruction and be delighted by what you can create in an afternoon! Photo of the finished painting (a spring crocus scene) can be seen in our display case. Instructor is local artist Becca Fazzino. **Sign up begins March 5.**



More Special Events

BOOKS AND BAGELS

WEDNESDAY, March 27, 9:30 A.M.

The Cat's Table, by Michael Ondaatje

On this particular ocean liner, prominent passengers are seated at the captain's table, but those deemed irrelevant are relegated to an inconspicuous area in the dining room, known as "the cat's table". This is a tale of three young boys whose adventures are intertwined with the motley members who sit with them while at sea. The author guides the reader through the various emotions of lives gone awry, deadly, mysterious events and misplaced devotion. Join this lively group of book-clubbers for coffee, tea and bagels and what will be a spirited discussion. Books are available at the Plainville Library. Please read the book before the meeting. New members always welcome! **Sign up begins March 5.**



FRIENDS HELPING FRIENDS

FRIDAY, MARCH 15, 11:30 A.M.

This gathering, typically on the third Friday of each month, is for single, widowed or divorced members. Come out and socialize! We will meet at 11:30 a.m. at Pagliacci's Restaurant, 333 East St. Plainville. **Sign-up begins March 5.**



DIABETES PROGRAM

FRIDAY, MARCH 29, 9:30 A.M.

Diabetes leads to bad complications throughout our body: eyes, heart, brain, kidneys, stomach, joints, feet, gums etc. Most diabetics die of heart attack and stroke. All of this is preventable. If you already have diabetes or if you'd like to avoid it, join Miles Everett, (Nurse, Dietitian, and Certified Diabetes Educator) for a class in how to combat this disease. **Sign up begins March 5.**

HEALTHY EATING FOR WEIGHT LOSS

THURSDAY, APRIL 4, 10 A.M. FREE

Learn how to eat healthy and be conscious of healthy eating throughout our lives. Presented by Tracey Luciani, registered dietitian. *Sponsored by Southington Care Center.* **Sign up has begun.**



PLAINVILLE LIBRARY SERIES CONTINUES AT THE SENIOR CENTER

If you thought your public library is just about books, think again! **Plainville Public Library Director Trish Tomlinson will visit the Senior Center** to share how YOUR Library has evolved beyond traditional offerings to become a gateway to information and resources available anytime, anywhere, for FREE. Come and learn how to access and navigate online library resources from the experts. Call the Senior Center to register. All programs begin at 1:00 P.M.

- **Tuesday, March 26:** Introduction to Hoopla (downloadable e-books, audiobooks, and magazines).
- **Tuesday, April 30:** Introduction to Mango Online Language Learning
- **Tuesday, May 28:** Introduction to Ancestry Online Genealogy

TUESDAY TRIVIA

THURSDAY, APRIL 11, 10:00 A.M.

Looking to "stretch your brain?" during a morning of fun trivia? Join us for "trivia" with students from Plainville High School. You'll be paired with high school students in teams to take on this fun, non-threatening trivia challenge. Fun prizes and tasty snacks will also be provided. *Sponsored by the PHS National Honor Society.* **Sign up begins March 5.**



WOMANHEART CHAMPION

THURSDAY, APRIL 11, 1:00 P.M. FREE

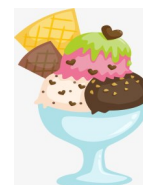
In October 2018, Plainville Senior Center member Sharon Wynkoop Corlette, attended the Womenheart Consortium held at the Mayo Clinic in Rochester, Minnesota. Upon completion of the course she became a Womenheart Champion. Heart disease is the number one killer of women and it can go undetected because women's symptoms can sometimes mask other physical situations and ailments in women. Sharon wants to share her story and hopefully bring more awareness to women and the disease. **Call the Senior Center beginning March 5 to register.**



ICE CREAM SOCIAL AND PERFORMANCE BY THE HUMBLE BEES

TUESDAY, APRIL 23, 1:00 P.M. FREE

Join us for a fun hour of unique musical entertainment and an ice cream social! Come and enjoy a great performance by musical group, The Humble Bees. This band is from central Connecticut and features six talented musicians playing such instruments such as a ukulele, banjo, auto-harp, bass and tenor guitar. They will play familiar songs in a sing-a-long format, comedy songs and a solo by each member of the group. And if this wasn't enough, you can top off this great event by enjoying a dish of delicious ice cream and toppings! A hint of summer to come! Free. **Sign up begins March 5.**



TIS THE SEASON

THURSDAY, MAY 23, 1 P.M. FREE

We will highlight local and seasonal produce with vibrant colors and great nutritional value. Presented by Peter Fescio, director of Dining Services, Mulberry Gardens of Southington. **Sign up begins March 5.**



NAVIGATING THE WORLD OF HEALTHCARE OPTIONS PRESENTED BY STATE REPRESENTATIVE BILL PETIT, JR. AND STATE SENATOR HENRI MARTIN

TUESDAY, APRIL 30TH, 10:00 A.M. — 11:00 A.M. PLAINVILLE SENIOR CENTER

Please join us for an informative presentation about how the Office of the Healthcare Advocate can help you navigate the complex world of healthcare options. **Sign up begins March 5.**



Two More Special Events!

LIVING IN THE MOMENT: INTRODUCTION TO THE PRACTICE OF MINDFULNESS.

A 3-Part Series.

*Presented by Jo Anne Harrison-Becker, MS (Gerontology), CEO
Therapeutic Recreation Services in
Windsor, CT*



TUESDAYS, MAY 14, MAY 21, MAY 28, 10:00 A.M. TO 11:00 A.M.

Program is FREE. Participants are encourage to attend all three sessions

Mindfulness is a state of active, open attention on the present. Instead of allowing life to pass by, mindfulness means living in the moment and awakening to our experience. Topics to be discussed are:

- Understanding mindfulness and how it can be applied to everyday life
- Mindfulness vs. Absentmindedness
- Benefits of mindfulness practice
- The Art of Now: 10 Steps to living in the moment
- Establishing a daily mindfulness practice
- Mindful approaches to worry and anxiety
- Mindfulness for preventing falls
- Mindfulness for a better night's sleep
- Mindfulness to enhance focus and concentration

Sign up begins March 5.

Ongoing Support for Veterans

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments each month at the Senior Center. He will be at the Center on **Wednesday, March 13 and April 10 at 10:00 A.M.** Please call Jason directly at 1-203-805-6340 to make an appointment in advance.

Library News

To sign up for or ask questions about any events at the Plainville Public Library, please call the Library at 860-793-1446 or stop by the Reference Desk.

MARCH MOVIE: *A Star is Born*. Showtimes are March 14 and March 23 at 1:30 p.m.

BOOK CLUBS FOR MARCH: Tuesday Night Book Club is reading "Lilac Girls" by Martha Hall Kelly for the March 5 meeting at 7p.m.

Wednesday Night Book Club is reading "The Family Romanov" by Candace Fleming for the March 20th meeting at 7p.m.

Looking for Medical Equipment or Want to Donate Medical Equipment?

Medical equipment is the term used for items like manual wheelchairs, walkers, commodes, transfer benches, shower chairs, crutches, raised toilet seats, "reachers" and dressing aids. Whether you are looking for an item for yourself or a loved one, or you have items that you no longer need, here are the details for three equipment exchange programs in the area.

Equipment Exchange

Hospital for Special Care
2120 Corbin Avenue
New Britain, CT 06053
(860) 612-6302

<http://hfsc.org/community/equipment-exchange>

To request equipment, please leave a voicemail detailing the item you need and if available, it will be left with your name on it. Pickups are held during daytime hours. Equipment donations and returns may be brought to the Equipment Exchange during daytime hours.

Orphan Grain Train

33 South Main Street
Terryville, CT
860-582-0723

Call and leave a message for the piece of equipment you are looking for and they will get back to you.

Services for the Elderly of Farmington

Community and Senior Center
321 New Britain Avenue
Unionville, CT 06085
(860) 673-1441

Call and leave a message for the piece of equipment you are looking for and they will get back to you.



New Year, New Goals, New You!

If you haven't stuck with a regular exercise plan lately, **now** is the time to get back on track! The benefits to your body, mind, stress level and energy cannot be overstated. Now is the perfect time to start taking advantage of everything that regular exercise can offer you. Enjoy a great workout in our state-of-the-art PEAK Fitness Center. New members receive fitness center training from a professional, certified Exercise Physiologist. It's never too late to start. Turn to page 6 for all you need to know about a PEAK membership!



PEAK FITNESS SPECIAL! Now through January 2020.

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

INCOME TAX ASSISTANCE

The Plainville Senior Center no longer has Income Tax Assistance Appointments

If you need an appointment you can call:

- The United Way (860) 356-2000
- Southington Senior Center (860) 621-3014
- Canton Town Library (860)693-5811
- Bristol Senior Center 8:30 a.m.—11:30 a.m. Tuesday or Friday (walk in only)
- Farmington (860) 673-1441
- New Britain Senior Center (860) 826-3553
- Berlin-Peck Library (860) 828-7125
- Avon (860) 675-4355

LYNN’S WEIGHT LOSS TIPS

All my life I have had a problem with my weight. Diets never worked for me. I knew I had to do something but did not know where to start. Then I joined the Plainville Senior Center. I noticed they had a daily lunch program which serves healthy daily meals at noon. The food covered all the major food groups and the cost was only \$2.50 a meal. So I decided to eat there Monday through Friday and also to make it my major meal of the day. My lighter meal is in the evening no later than 6:00 p.m. I am now 185 pounds lighter and have taught myself how to eat properly without dieting. I will be putting a tip and/or recipe in future newsletters with the hope that it will benefit everyone.

Lewis Mill High School to Host Senior Citizen Prom! Friday, March 8, 4:00—6:00 p.m. at the Lewis Mills High School Cafeteria.

If you would like to have some fun, dance with friends, and have a nice meal, sign up to attend this free event! Contact: Laura Faga at (860) 673-0423 or email: fagal@region10ct.org

FREE OPIOID EDUCATION & FAMILY SUPPORT GROUP

Wheeler Clinic has just started hosting *Change the Script*, an educational and supportive group for family members and loved ones of individuals using opioids or struggling with an opioid disorder. The group meets at 334 Farmington Avenue, Plainville on Thursdays from 6:00 p.m. to 7:00 p.m. All are welcome! (ages 16 and older) Please Contact Aisha Hamid for more information. Call 860.793.4625 or by email at: ahamid@wheelerclinic.org.

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



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

MARCH 5—6: Taco Salad. Fresh greens topped with seasoned ground beef, fresh avocado, salsa, shredded cheese and tortilla chips

MARCH 12—13: Kielbasa and Pierogis with sautéed mushrooms and onions

MARCH 19—20: Traditional Corned Beef Reuben

MARCH 26—27: Open Faced Chicken “Pot Pie”. All the yumminess of a chicken pot pie on top of a fresh baked biscuit



Tuesday Shopping Bus

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

- **March 5 :** Bristol Shopping Plaza, Bristol
- **March 26:** Shop Rite, Southington
- **April 9:** Walmart, Bristol

WE WELCOME NEW MEMBERS FOR JANUARY 2019

Ana Inan, Peggy Middleton, Louis Lombardo, Julio Gimenez, Caroline Domijan, Brenda Copeland, Antonio Ettore, Lidia Ettore, Louise Torres, Richard Seebauer, Peter Ledwith, Jr., Bernice Wright, Mary-Ellen Hebert, Carolyn Zenuh, Roger Marquis, Susan Shea, Cynthia Martel and Ronnie Zottola



Weekly Tournament Winners

SETBACK

- JAN.14:** 1ST: Bernard Grabeck & Stan Funk
2ND: John Gasparini & Mike Chapman
3RD: Joan Noyes & Adele Mancini
TIED 3RD: Shirley Platt & Agnes Ogonowski
- JAN. 28:** 1ST: Joan Noyes & Adele Mancini
2ND: Sandy Tyminski & Claudette Lucente
3RD: Barbara Cichon & Gladys Dufour
- FEB 4:** 1ST: Bob Albrecht & Richard Nordgren
2ND: Joan Noyes & Adele Mancini
3RD: Bernard Grabeck & Stan Funk
-

BILLIARDS

- DEC. 27:** 1ST: Ellen Couture/Mike Hermanowski
2ND: John Gasparini/Bob Ryer
3RD: Stan Funk/Patti Cancelli
- JAN 3:** 1ST: Mike Hermanowski/Tony Lusitani
2ND: Ellen Couture/John Gasparini
3RD: Joe Babin/Mitch Ziolkowski
- JAN 10:** 1ST: John Gasparini/Tony Lusitani
2ND: Mike Hermanowski/Mitch Ziolkowski

Bowling League

January Bowlers of the Month:

John Kirch, Tom Loiselle, Dianne Deshaies

Please call Frank Robinson at 860-747-2918 or e-mail him at FgrahamR@aol.com if you have any questions about the Bowling League.

PEAK Fitness Center

Did you know that exercise can help you:

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



Enjoy a great 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 cardio-vascular workout using both upper and lower body.
- **Bicycle:** Recumbent bicycle allows you to ride in comfort. There is a seat back for full support.
- **Elliptical Cross Trainer:** Provides a total body workout with minimal impact.

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

Membership: Costs are \$9/one month, \$40/six months and \$60/13 months. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training. When you’re ready to sign up, stop by our front desk for a membership packet that includes a medical approval

Donations

The Senior Center Always Needs Sympathy, Get Well and Thinking of You Cards! We send **cheer, get well and sympathy** cards to our members who could use a lift of their spirits. If you wish to donate cards, please bring them to the Senior Center’s front desk. We appreciate it! **We do not use blank cards, holiday cards, religious cards, mass cards or birthday cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need! **Please note:** When you bring donations into the Senior Center, our 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 15 through February 15

Ceal DiFrancesco(2), Jackie Posadas, Val Dumais, Gail Adams, Anna DellaRusso, Mr. and Mrs. Mark Gaffney, Charlene Damiano, Barbara Petit (2),Judy Silvia, Marianne Grace, Cassandra Huchko, Cathy Ryan, Anonymous (3),Circle Group (2),Joanne Pylant, Millie Whitworth, Bette Green, Dr. William Petit, Lois Schmidt, Margie Pond, Daisy Troop 66081, Frank Battista

MEMORIAL DONATIONS through February 15

The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made out to the Plainville Senior Center. The deceased person’s name will be listed in the Memorial Book displayed in our lounge, along with the donor’s name. Memorial donations are used to enhance the operation of the Senior Center. **In Memory of:** Michael Heslin, by Lee Ann Korus

DIAL-A-RIDE DONATIONS through February 15

Barbara Barton, Walter Reckert



Craft, Technology & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor’s appointments, etc. Members may sign-up for new classes beginning on Mega Sign-up Day — **Tuesday, March 5** from 9:15 a.m. to 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 and/or has space available, is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session Sign up has begun
MONDAY			
Zumba Tone	9:30 – 10:30	Jan 14—Mar18. Members only	Mar 25—May 13. 8 wks. \$24 members only
Acrylic Painting	10:00—12:00	Feb 25—April 15. 8 wks. \$24. Members Only	
Beginner’s Yoga	10:15-11:15	Jan 14—Mar 18. At Library. \$24 Members Only	Mar 25—May 13. 8 wks. At Library \$24 Mem- bers Only
Power Burst 1	1:15—2:05	Jan 14—Mar 25. Members Only	April 8—June 3. (no class 5/27) 8 wks. \$16 Members Only
Power Burst 2	2:15—3:05	Jan 14—Mar 25. Members Only	Apr 8—June 3. (no class 5/27) 8 wks. \$16 Members Only
TUESDAY			
Intermediate Yoga	10:15-11:15	Jan 15—Mar 12. Members Only at Library	Mar 19—May 7. 8 wks. \$24. Members Only. At Library
Aqua-Arthritis Water Fitness	10:45-11:30	Jan 8—Feb 26 Free for YMCA Members. Class held at YMCA	March 5—April 23. 8 wks. \$24. Free for YMCA Members. Class held at YMCA
Tai Chi 1	1:30—2:30	Mar 5—April 9, 6 wks, \$12.00. Members Only	
Tai Chi 2	2:45—3:45	Mar 5—April 9, 6 wks, \$12.00. Members Only	
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volun- teering to work on Senior Center quilt.	
Zumba Gold	10:00—11:00	Jan 16—Mar 13. Members Only	Mar 20—May 8. 8 wks. \$24. Members Only
THURSDAY			
Ceramics	9:30 – 11:30	Feb 14—Apr 11. 8 wks. \$32. Members Only	Apr 18—June 6. 8 wks. \$32 Members Only
Aqua-Arthritis Water Fitness 2	10:45-11:30	Feb 28—Apr 18. 8 wks. \$24. Free for YMCA Members. Class held at YMCA	
Knitting & Crochet	1:00 – 3:00	Jan 17—Mar 7. \$16 Members Only	Mar 14—May 9. (no class 3/21) 8 wks. \$16 Members Only
Ukulele	1:30-2:30		March 14—April 18.6 wks. \$12.00 Members Only
FRIDAY			
Chair Yoga 1	9:30-10:30	Jan 18—Mar 8. \$16. Members Only	Mar 15—May 10. (no class 4/19). 8 wks. \$16. Members Only
Chair Yoga 2	10:40—11:40	Jan 18—Mar 8. \$16. Members Only	Mar 15—May 10. (no class 4/19). 8 wks. \$16 Members Only



Cheer Report



January 15, 2018 to February 15, 2019

Get Well & Thinking of You Cards were sent to:
Gloria Cerniglia, Jaqueline Posadas, Pat Landry, Mary Ann Cunningham, Carol Wright, Catherine Macca, Robert Kopinsky, Brenda Tella, James Torbick, Dana Babin, Frances D’Addese, Jim Calderone, Donna Cook, Patricia Buckus, Elizabeth Lackey, Barbara Kasabucki, Neema Michaud, Bill Horner, Claudette Carveth, Peg Nappier, Kathleen Gustavson, Sonia Sperduti, Helena Niziolek

Sympathy Cards were sent to:
Beatrice Dumont, Family of Frank Pylant, Family of Horace Matthews, Family of James Van Hoof, Family of Johnny Delin, Family of Jean Mike, Family of Mary D’Addese, Family of Jane Marsh, Diana Burby, Family of John Sweets, Marianne Grace, Family of Alden Goldsmith, William and Pat Sheehan, Family of Dana Babin, Family of Homer Case

If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at 860-747-5728. Cheer cards mean so much to our members and help us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out “cheer” on behalf of the Plainville Senior Center.

Class Descriptions

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

Instructor: Abbe Wade

AQUA ARTHRITIS WATER FITNESS AT THE Y:

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

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

Gloria Cerniglia

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

GENTLE YOGA FOR BEGINNERS—LEVEL 1

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

GENTLE YOGA FOR EXPERIENCED — LEVEL 2

This class is for experienced students who are ready for the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details.

Instructor: Jayaprbaha Mare DiBenigno. Class is held at Plainville Public Library.

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

Instructor: Evelyn Morin

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

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

TAI-CHI: Well suited for older adults because the moves are easy on the knees and hips, thereby helping to improve balance. This class is designed for beginners. Tai-Chi can be a positive part of an overall approach to improving your health. Some of the benefits include: decreased stress and anxiety, increased aerobic capacity, increased energy and stamina, increased flexibility, balance and agility, increased muscle strength and definition, reduce risk of falls. **Instructor: Walter Bruce**

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**

SHARE YOUR MUSICAL TALENT WITH THE CHORAL GROUP!

The Choral Group is looking for singers and musicians such as guitar players, pianists, violinists. We rehearse and perform at three area nursing homes each month. If you are interested, please call Henrietta Zooleck, 860-747-3063. The next Choral Group rehearsals are Friday, March 1 and Friday April 5 at 9:30 a.m. at the Plainville Senior Center.



VOLUNTEER OPPORTUNITIES AT THE SENIOR CENTER

CAFÉ: The Café is looking for someone who likes to be around people and food. We have need for a server. It requires only two days a month for 2-3 hours per day. You get to meet new people and have fun doing it. If interested please see Evelyn or Jan.



BINGO: We are looking for bingo volunteers. You will be calling bingo numbers, counting money, handling bingo cards etc.. This is a once a month commitment. If interested, please see Evelyn or Jan.



PEAK CENTER: We are looking for volunteers to sign peak members in during the day. It requires two hours per week. If interested, please see Evelyn or Jan.





Trips

Current Trips

GAELIC MEETS GARLIC-Grand Oak Villa

TUESDAY, MARCH 19, 10:45 A.M.

TRIP IS FULL. YOU CAN SIGN WAITING LIST

JESUS – LIVE ON STAGE, AMISH COUNTRY AND PHILADELPHIA

OPEN TO THE PUBLIC

TRIP IS FULL. YOU CAN SIGN WAITING LIST

JUNE 4-6, 2019

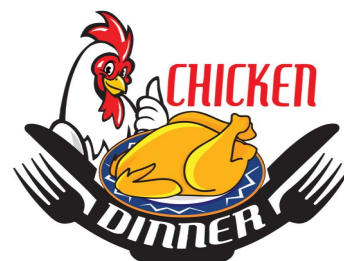
This trip to Amish country will be one to remember! Highlights: a family style meal at the Amish home of Henry & Linda Stoltzfus, along with their stories of Amish life, the family's miniature ponies, woodworking shop and a gift shop filled with baked goods and handcrafted items plus a visit to the Sturgis Pretzel Bakery and the Mt. Hope Estate & Winery for a tour and wine tasting. The main event, "Jesus" at the Sight and Sound Theater, is an action-packed musical stage adventure. Dine at Millers Smorgasbord Restaurant. Visit the brand new Museum of the American Revolution in Philadelphia, a fantastic experience with original artifacts and dynamic presentations that take you through the creation of a new nation. **Itineraries are at the Senior Center.**

WINNER, WINNER, CHICKEN DINNER-WRIGHTS FARM, BLACKSTONE VALLEY, RI & TWIN RIVER CASINO

FRIDAY, APRIL 26, 9:30 A.M.

OPEN TO THE PUBLIC

Wright's Farm serves a classic chicken dinner, all-you-can-eat: Rolls, Salad, Pasta, Wright's amazing French Fries and of course Wright's famous, tender and juicy baked chicken. Leave room for ice cream, then visit the Twin River Casino with 4,000 slots and live table games. **COST:** \$67.00 PP. Depart 9:30 A.M. from Our Lady of Mercy lot. Estimated return: 6:30 P.M. **Sign up has begun.**



MAMMA MIA, WARNER THEATRE, TORRINGTON, CT

SUNDAY, MAY 5, 11:00 A.M.

OPEN TO THE PUBLIC

Enjoy a matinee performance of "Mamma Mia". It's Abba's greatest hits woven into 3 wonderful love stories. A great fun show with lots of energy! Pre-show lunch at Black Rock Tavern in Thomaston: Salad, Choice of Grilled Beef & Vegetable Kabob with Cous Cous or Grilled Chicken Breast with Baked Mac & Cheese & Vegetables, Seasonal Dessert & Beverage. **COST:** \$99. Departs Senior Center 11:00 a.m., estimated return 5:30 p.m. **Choose Entrée at time of registration. Sign up has begun.**

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

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

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

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

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

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

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

More Current Trips ➡

Current Trips Cont...

ALL-YOU-CAN-EAT BBQ, GAVIN IRISH COUNTRY INN, CORNWALLVILLE, NY IN THE CATSKILLS

WEDNESDAY, MAY 22, 7:00 A.M.

OPEN TO THE PUBLIC

Homemade scones

upon arrival! BBQ

Luncheon Menu: BBQ

spare ribs, BBQ chick-

en, corn on the cob,

potato salad, tossed

salad, baked beans,

lemonade, iced tea,

apple crisp ala mode. Enjoy Bingo and a live traditional

Irish music. **COST:** \$90 pp. Depart OLM at 7:00 a.m.

Estimated return 6:15 p.m. **Sign up has begun.**



Big Trips 2019

11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS

OCTOBER 6 — 16, 2019

Explore historic Spanish cities including Cordoba, Toledo, Barcelona, Seville, Madrid, Valencia Lladro, Granada. Highlights: works by Gaudi (a UNESCO World Heritage Site), the Gothic Quarter, burial spot of Christopher Columbus, ride by rail to Madrid for an evening Flamenco show, the Prado Museum, the Royal Palace, the Bernabeu Football Stadium, Toledo, , magnificent Gothic cathedral and a 13th century synagogue, canal boat ride, Alhambra Palace and much more. Trip costs include international airfare, 16 meals with wine at dinner and more. Pick up a trip flyer at the Senior Center!



SPAIN TRIP PRESENTATION! MARCH 25 @ 3PM AT THE SENIOR CENTER. JOIN US TO FIND OUT ALL ABOUT THIS WONDERFUL AND EXCITING TRIP! CALL THE SENIOR CENTER TO REGISTER.

UTAH'S NATIONAL PARKS FROM LAS VEGAS

MAY 14—22, 2019

See the Grand Canyon, Monument Valley, Route 66 and the "Mighty 5" National Parks — Canyonlands, Arches, Capitol Reef, Bryce and Zion National Parks. Add to that a brief stop in Las Vegas for the trip of a lifetime! Added tours and adventures include: Antelope Canyon, 4-Wheel Drive Tour of Monument Valley, Jet Boat Ride on the Colorado River, Red Cliffs Adventure Lodge, Jeep Tour of Canyonlands National Park, Moab, and more!



ALASKA & THE YUKON JUNE 10-22, 2019

TRIP IS FULL. If you have any questions, please call Shawn at the Senior Center.

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

Quick Trips

Senior Center Quick Trips are curb-to-curb services.

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

QUICK TRIP GUIDELINES: All Quick Trips charge \$8.00 for transportation, payable at registration. No phone reservations are accepted. Refunds are given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. If you are ill and cannot attend, please call the Senior Center when it is open. After hours, you may call Ceal DiFrancesco (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.

TOUR OF THE NOAH WEBSTER HOUSE, WEST HARTFORD LUNCH AT BEACHLAND TAVERN, ELMWOOD SATURDAY, MARCH 2, 2019, 11:00 A.M.

Lunch at the Beachland Tavern (on your own), and then go to the Webster House for a tour of this 1750 home. An orientation film, *Noah Webster: Schoolmaster of America* will be shown, then enjoy touring the combined Noah Webster House and the W. Hartford Historical Society. \$5 fee payable at the Webster House and \$8 transportation fee due at registration. Home pick-ups **for those who don't drive** begins at 10:30 a.m., then Senior Center pick-up at 11:00 a.m. Returns to Plainville by 4:00 p.m. **Sign up has begun.**

HALL HIGH POPS N JAZZ CONCERT.

Wednesday, March 6th

Home of one of the nation's top high school music programs, Hall High (West Hartford) has produced the musical extravaganza known as Pops 'n Jazz. The show features more than 100 student performers from the school's Jazz Band, Jazz Dancers, and Choraliers (singers) including Ronda's daughter Lily! Enjoy an array of American jazz classics and an eclectic blend of music. Leaves OLM at 1:00 p.m. Returns approx. 4:30. Cost is \$8.00. **Sign up has begun.**

TANGER OUTLETS AT FOXWOODS

SATURDAY, MARCH 16, 2019, 9:00 a.m.—4:00 p.m.

Join us for a shopping bus trip to the **indoor** Tanger Outlets at Foxwoods. With approximately 80 stores, including clothing, footwear, housewares, home furnishings, specialty shops, as well as a variety of restaurants, there is something for everyone. \$8 for transportation is payable at registration. Lunch is on your own. Home pick-ups **for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up at 9:15 a.m. Return to Plainville by 4:00 p.m. **Sign-ups begins March 5.**

CHRISTMAS TREE SHOP AND RED ROBIN MANCHESTER

SATURDAY, APRIL 6, 2019, 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 Red Robin. \$8 for transportation is payable at registration. Home pick-ups **for those who do not drive** begin at 9:15 a.m., then Senior Center pick-up at 9:30 a.m. Return to Plainville by 3:00 p.m. **Sign-ups begin March 5.**

New Trips

ON YOUR FEET! At the WESTCHESTER DINNER THEATRE, ELMSFORD, NY
WEDNESDAY, JUNE 12, 8:15 A.M.

ON YOUR FEET is the inspiring true story about heart, heritage and two people who believed in their talent and each other to become the international sensation: Gloria & Emilio Estefan *"Rhythm is Gonna Get You"*. Once seated at your reserved table, you will select from an excellent menu and enjoy a pre-show lunch. Westchester Dinner Theater is an elegant year round equity theater featuring fine dining and full scale musical productions. **COST:** \$107 per person. **Depart:** 8:15 a.m. from OLM. **Return:** 5:30 p.m. **Sign up begins March 5.**



ALL-YOU-CAN-EAT-LOBSTER, THE DELANEY HOUSE, HOLYOKE, MA.
TUESDAY, JULY 9, 10:15 A.M.



Join us for another wonderful Lobster event! **BUFFET MENU:** Salads, Fresh Fruit, Pork Marengo, Grilled Focaccia Haddock, Chicken Marsala, Baked Ziti, Vegetables, Delicious Dessert & Beverage. **SERVED AT YOUR TABLE:** Cheese & Vegetable Platter, Shrimp Cocktail & Salad, Bread Basket. **John**

Timpanelli returns to the stage! He'll make you laugh with his great comedic timing and his outstanding singing voice will make for a great afternoon! **COST:** \$101 per person. **DEPART:** 10:15 a.m. from OLM, **EST. RETURN:** 5:15 p.m. **Sign up begins March 5.**



CELEBRATE ITALIA!! AT THE AQUA TURF
TUESDAY, JULY 16, 11:00 A.M.-3:30 P.M.

Dance to an amazing band from New Jersey: First Kiss Orchestra. Polished, sophisticated and versatile, First Kiss Orchestra is the perfect fit to "Celebrate Italia". The dance floor is open!. Enjoy Salad, Penne Norma, Chicken Parmesan, Veal & Peppers, Vegetable and Dessert. Drive on your own. **COST:** 43.00 per person. **Sign up begins March 5.**



RIVERBOAT CRUISE ABOARD THE INDIAN PRINCESS ON LAKE CHARGOGGAGOGGMANCHAUGGAGOGGCHAUBUNAGUNGAMAUGG (AKA WEBSTER LAKE), WEBSTER, MA
TUESDAY, JULY 30, 9:30 A.M.

You may not be able to pronounce the 45-letter name for this body of water, often cited as the longest place name in the United States, but you won't be able to forget your scenic 90 minute cruise on board this 19th century Mississippi Riverboat as we cruise the shores dotted islands of this historical lake. Lunch at the Indian Ranch. Enjoy a plated meal in the waterfront room with beautiful large glass windows. Seasonal Salad with warm rolls, choice of 3 entrees: Baked Cod, Tuscan Steak Tips or Maple Glazed Grilled Chicken all served with potato, vegetable and dessert. After the cruise depart for Foppema's Farm. Browse the produce and products of this family owned and operated farm—strawberries, blueberries, apples, tomatoes and more. Carol Perry will be giving lessons to teach us how to say **CHAR-GOGGAGOGGMANCHAUGGAGOGGCHAUBUNAGUNGAMAUGG!** Let us know if you want to learn when you sign up. **COST:** \$90 per person. **Choose entrée upon registration.** **DEPART:** 9:30 a.m. from OLM. **EST. RETURN:** 6:15 P.M. **Sign up begins March 5.**



TOGETHER AGAIN! AT THE AQUA TURF
MONDAY, AUGUST 12

Together Again recreates the magic of Dolly Parton and Kenny Rogers, as these two seasoned professionals deliver the incredible songs and on-stage playfulness of Kenny & Dolly's "Real Love Tour". Dolly Parton and Kenny Rogers are each legends in the entertainment world with singing and acting careers that spanned over 5 decades! This tribute act has it all... the songs, the mannerisms, the vocals, the professionalism and here they are "Together Again". Coffee & donuts upon arrival. Family Style Menu: Garden Salad, Pasta, Chicken Francaise, Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage. **COST:** \$76.00. Drive on own. Arrive at the Aqua Turf at 11:30 a.m. **Sign up begins March 5.**



New trips continued



MORE GREAT TRIPS ARE ON THE WAY FOR 2019!

August 21:	Friesians of Majesty Horse Show, VT
Sept. 5:	Circle Line, New York City
Sept. 17:	Frank Sinatra Tribute
Sept. 19:	Frankie Pizzaro - Platters lead singer
Sept. 24:	Berkshire Gilded Age
Oct. 6-16:	Spain—History to Heart
Oct. 16:	Delaware & Ulster RR — Fall Foliage
Oct. 20:	Barry Manilow Tribute
Nov. 13-15:	Miracle of Christmas Sight & Sound

We are hoping to get a share for:

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

Any other ideas for trips?

New Trips Cont...

More Outdoor Adventure

OGUNQUIT MAINE/PORTLAND CITY TOUR/FOSTER'S CLAMBAKE/NUBBLE LIGHTHOUSE CRUISE

TUESDAY, OCTOBER 8 TO THURSDAY, OCTOBER 10

DAY 1: Depart aboard a deluxe motorcoach for the Coast of Maine. Enjoy 2 nights at **THE MEADOWMERE RESORT**, centrally located within walking distance from Ogunquit Village, Perkins Cove, and Ogunquit Beach. Enjoy rooms with a balcony or patio, relax by the indoor and outdoor pools, all set on 4 acres in beautiful Ogunquit. **WELCOME DINNER** marks our arrival.

DAY 2: We depart for Portland and join our local guide for a delightful **CITY TOUR** highlighting the historic district, the Longfellow House, Victoria Mansion and the Sea Captains Homes along with a stop at **PORTLAND HEAD LIGHT**. Free time for lunch and exploring at the Old Port...many great shops, galleries, and innovative restaurants line cobblestone streets before returning to Ogunquit. Tonight it's off to **FOSTER'S DOWNEAST CLAMBAKE** to dig into their prize-winning chowder, mussels, lobster, corn, potatoes, onions, rolls, and fresh Maine Blueberry Crumb Cake!

DAY 3: We're off to view one of the most photographed houses in the world, the **NUBBLE LIGHT-HOUSE**—don't forget your camera. Time to stroll **PERKINS COVE**, a picturesque little fishing village that's home to local artisans, specialty shops and Oceanside eateries. Head for home with fun memories of our Maine getaway! **COST:** \$471 per person double/triple, \$591 per person , single. Includes: Deluxe motorcoach, 2 nights hotel, 2 dinners, 2 breakfasts, sightseeing & admissions as per itinerary, Friendship Tours Escort. \$150 deposit due upon sign up. Balance will be due by August 20th. If you need trip cancellation insurance that includes pre existing conditions, you must pay for the insurance within 10 days after paying your deposit. **Sign up begins March 5.**



Outdoor Adventure

NORTHWEST PARK HIKE OR SNOWSHOE & MAPLE SUGAR HOUSE, WINDSOR

SATURDAY, MARCH 9, 9:30 A.M.—2:00 P.M.

COST: \$8.00 includes transportation

LEADER: Jared Scoville

Our hike/snowshoe will consist of 3.5-4miles (~2.5 hours) of hiking over flat-to-slightly hilly and wooded trails. Additionally, we will check out the park's adventure center buildings, and their Maple Sugar House! Come ready for winter temperatures with a warm jacket and waterproof hiking shoes/boots or snowshoes, along with water and pack a lunch to eat there! We will depart from the Senior Center at 9:30am and return at approximately 2pm. Please let us know when signing if you would like to borrow a pair of snowshoes from the Senior Center. Available on a first come/first serve basis. **Sign up has begun.**

PRYDDEN BROOK FALLS HIKE

SATURDAY, MARCH 23, 9:30 A.M.- 1:30 P.M.

Leader: Jared Scoville



Join us for part 2 of our winter water-fall hiking excursions! As a follow-up to the Roaring Brook Falls in Cheshire, we'll be traveling to Paugussett State Forest for an approximately 4.5mile hike to view the beautiful Prydden Brook Falls, located right along the Housatonic River in Sandy Hook, CT. The hike will feature modest rolling hills and wooded trails, excellent for the folks who are active and have been walking and exercising on a regular basis. This state forest features the blue-blazed Zoar trail, as well as over 800 acres of woods for hiking. We will depart at 9:30am from the Senior Center, hike for approximately 2.5hrs, and return to the Center around 1:30pm. Bring a water bottle, a morning snack, and another snack or lunch for the ride home! Make sure to wear hiking shoes/boots and wear warm clothes. **Cost:** \$8.00 includes transportation and leader. Departs from Senior Center at 9:30am. Returns approximately 1:30 p.m. **Sign up begins March 5**

PINE & IRON AXE THROWING & HOG RIVER BREWERY, HARTFORD (in the former Hartford Rubber Works Building)



THURSDAY, MARCH 28, 5:00 P.M.

Join leader Eileen Cyr for the latest craze in entertainment fun ... axe throwing! Using small axes you'll aim for the target and try and get a bull's eye! (Ronda has done this and had a blast!). After a one hour axe throwing session we'll head over to the Hog River Brewery which is in the same complex. Enjoy a hand crafted beer and live entertainment. There will be a food truck on-site if you'd like to grab a bite to eat. Participants can also bring their own snacks and games. We suggest you have a light dinner before you go, so you won't be hungry during the axe throwing. **COST:** \$20.00 includes one hour of axe throwing (with instruction) and transportation. Leaves Senior Center at 5:00 p.m. Returns approximately 9:00 p.m. **Sign up has begun.**

NEPAUG RESERVOIR WALK. GREAT FOR BEGINNERS!

SATURDAY, MARCH 30, Leaves the Senior Center at 9:30 A.M. and returns approximately 3:00 P.M.

COST: \$8.00 Includes transportation and leader.

Join Leader, Eileen Cyr, for this easy 2 mile (round trip) paved trail located near New Hartford. The Nepaug Reservoir is quite scenic and features a lake. Great walk for beginners and folks who want to get outside for some fresh air! Dress appropriately for the weather. After our walk, we will have lunch (on your own) at Saybrook Fish House in Canton. **Sign up begins March 5.**

SAVE THE DATE!!

APRIL 24: URBAN ADVENTURE TO SPRINGFIELD BY TRAIN

Transportation

DIAL-A-RIDE

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

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

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



ADA Para-Transit

Another option with more hours and destinations

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

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

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

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

You Must be Pre-Approved — How to Apply:

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



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

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

2019 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA 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 date of the next meeting is March 13, 2019. Free ADA Transportation is available to attend the Forum. Please call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: **pwilliams@hartfordtransit.org** at least 48 hours before the meeting.

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

Garage Rental Needed

Looking to rent a garage. Will not be used daily, just occasional use. Call Shawn at the Plainville Senior Center 860-747-5728.

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This & That



Trips ... Call Sally Miller!

- March 12, 2019: MGM Casino Springfield MA.
- April 1-9, 2019: New Orleans Tour
- April 26– April 28, 2019: Cape Cod & Nantucket Daffodil Festival
- July 22-July 24, 2019: New Hampshire-Riding the Rails
- Nov. 9—Nov. 24, 2019: New York to Panama Canal Cruise


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

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

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.**
- 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 The next rehearsal dates are Friday, March 1 and Friday, April 5 at 9:30 a.m.

SENIOR CENTER DISPLAY CASE
If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for 2019!

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

FREE UPRIGHT PIANO
Interested person must make arrangements to have it moved. Contact Shawn or Ronda at the Senior Center, if interested.

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

PLAINVILLE HOUSING AUTHORITY

The Plainville Housing Authority Wait List is closed. A list of regional housing authorities and housing options is available at the Front Desk.

cies. Please call 860-747-5728.

Nursing, Insurance Info, Etc. Care & Support

We are here to help!

REGULAR AND DIABETIC FOOT CARE

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

EAR WAX REMOVAL

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

FREE BLOOD PRESSURE SCREENING

- **Wednesday, March 13, 12:30 to 1:30 p.m. with Hartford Health Care**
- **Monday, March 25, 12:00 to 12:30 p.m. with our Nurse**

CHOLESTEROL SCREENING

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

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 \$34,366 (gross) and a family of two could possibly make \$44,941 (gross) and be eligible for the program. For more information or to see if you are eligible, call the HRA Energy Department at 860-356-2000. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** See Bette or Stephanie with any questions.

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, MARCH 4, MARCH 25, 12:30 P.M.

When you have questions, we have answers! We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find Alzheimer's help in the community or homecare. Stop by Stephanie's office to have an individual chat with her. *Please note:* this service is for Plainville residents 60 and over only. No sign-up needed and no question is too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center to schedule a time that's convenient.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, MARCH 19, 10:00 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 their needs. Come 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. Sign-up February 6.



CAREGIVING CONNECTIONS

TUESDAY, March 26, 10:00 A.M.

The days are getting longer and warmer as Spring returns! Caregiving brings with it unique challenges in each season. In Spring time hope fills our hearts as the crocuses and snowdrops push through the late winter snow reaffirming our resolve to enjoy our days no matter how we are being tested! Join caregiving friends as we welcome Spring! Caregivers from neighboring towns are welcome. Call Bette with any questions or concerns.

BRIGHTER FOCUS

THURSDAY, March 28th, 10:00 A.M.

It is easy to keep a brighter focus in Spring time! Longer hours of day light warmed by the rising sun have a positive impact on our winter weary souls. Come share your wisdom and humor with other willing to do the same. New members are always welcome. Call Bette with any questions.



TAX RELIEF PROGRAMS ANNOUNCED BY THE TOWN OF PLAINVILLE

Appointments are now being scheduled by the Tax and Assessing Office for the State and Local Tax Relief Programs. Residents must apply by May 15, 2019. Applications will be taken at the Plainville Senior Center by appointment only. Please call Marcy at the Tax and Assessing Office for an appointment and complete guidelines, 860-793-0221 extension 244.

ELDERLY AND DISABLED HOMEOWNERS: Income for single: \$36,000; Income for married: \$43,900.

LOCAL OPTION ELDERLY PROGRAM: Income for single: \$43,000; Income for married: \$48,500.

LOCAL OPTION TAX FREEZE FOR APPLICANT AGE 70 AND OVER: Must meet certain income and asset requirements.

STATE VETERAN'S: the veteran must meet the above qualifications (with the exception of age), as well as have his/her DD214 on file with the town Clerk by September 30, 2019. Veteran must meet the ninety-day qualifications for wartime as set forth in Connecticut General Statute 27-103.

LOCAL OPTION VETERANS PROGRAM: Income for single: \$43,000; Income for married: \$48,500.



MARCH 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Café, CL: Computer Lab OS: Old Store K: Kitchen L: Library *By Appt.					1 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Grp BR 9:30 Chair Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	2 Tour of Noah Webster House 11:00 A.M.
	4 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	5 *9:00 NURSE 9:00 Walking BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:30 Vet Coffee CR 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Tai Chi 1 BR 2:45 Tai Chi 2 BR 4:00 Walking BR MEGA/FREE SIGN UP	6 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:00 Hall High Pops 1:15 Charlemagne C 3:00 Color Club GR 4:00 Walking BR	7 9:00 Walking GR 9:30 Mexican Train GA 9:30 Ceramics CR 10:45 Aqua Fit 2 YMCA 12:30 Pool Tournament 12:30 Bridge OS 12:30 Pinochle CL 1:00 Knit/Crochet CR 1:00 Scrabble C 2:00 Healthy Back BR 4:00 Walking BR	8 9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	9 Northwest Park Hike or Snowshoe & Maple Sugar House 9:30 A.M.
10	11 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Acrylic Paint CR 10:00 Curr. Events OS 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	12 *9:00 NURSE 9:00 Walking BR 9:30 Smart Driver CR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle 1:00 Wii Bowling CL 1:00 Bridge OS 1:30 Tai Chi 1 BR 2:45 Tai Chi 2 BR 2:00 Cooking for One C 4:00 Walking BR	13 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR *10:00 Vet Assist CL 12:30 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	14 *9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:45 Aqua Fit 2 YMCA 12:00 COA Mtg CR 12:30 Pool Tournament 12:30 Pinochle CL 12:30 Bridge OS 1:00 Knit/Crochet CR 1:00 Acid Reflux GR 1:00 Scrabble C 1:30 Ukulele CR 4:00 Walking BR	15 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 11:30 Friends Helping Friends 12:00 Pinochle L	16 Tanger Outlets at Foxwoods 9:00 A.M.
17	18 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	19 *9:00 NURSE 9:00 Walking BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Grandparents CR 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 10:45 Gaelic Trip 12:00 Pinochle GA 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Tai Chi 1 BR 2:45 Tai Chi 2 BR 4:00 Walking BR	20 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:00 Paint Party BR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	21 9:00 Walking GR 9:30 Mexican Train GA 9:30 Ceramics CR 10:00 Snappy Srs. L 10:45 Aqua Fit 2 YMCA 12:30 Bridge OS 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:30 Ukulele CR 4:00 Walking BR	22 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	23 Prydden Brook Falls Hike 9:30 A.M.
24	25 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:00 BP Clinic 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 3:00 Spain Presentation 4:00 Walking BR	26 *9:00 NURSE 9:00 Walking BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Caregiving CR 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Library Series BR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Tai Chi 1 BR 2:45 Tai Chi 2 BR 4:00 Walking BR	27 9:00 Walking GR 9:30 Quilting CR 9:30 Books & Bagels GA 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	28 *9:00 NURSE 9:00 Walking GR 9:30 Mex. Train CL 9:30 Ceramics CR 10:00 Bright. Focus GA 10:45 Aqua Fit 2 YMCA 12:30 Bridge OS 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit & Crochet GR 1:30 Ukulele CR 4:00 Walking GR 5:00 Axe Throwing	29 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 9:30 Diabetes CR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	30 Nepaug Reservoir Walk 9:30 A.M.