



NEWS & EVENTS

MARCH 2020

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 Wednesday, March 4 from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. Online registration begins at noon for programs accepting online sign-up. If the Center is closed on Mega Sign-Up Day due to weather or 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., Mon.- Fri. We can only accept cash and checks made out to the Plainville Senior Center.

RUN OR WALK YOUR WAY TO A 5K!

MARCH 17, 9:00 A.M., **INFORMATION MEETING**
APRIL 7 - MAY 26, 9:00 A.M., **TRAINING**

Have you ever wanted to run or run/walk a 5K (3.1 mile) race? All you need is a desire to challenge yourself, improve your fitness, and have an open heart and mind! Led by seasoned running coach Rich Dillion (75 years young and still running 3 or 5 times a week). You will be able to successfully complete a 10-week program that includes weekly group workouts of run/walk interval training, where you will walk and run for a specific distance, but each week you increase your running and decrease your walking. The program will culminate with the UConn Health 5K Race in Simsbury on Saturday June 6.

Learn more at an informational meeting on Tuesday, March 17 at 9:00 a.m. **Call the Senior Center to register for this informational meeting beginning Monday, March 2.** You will receive a registration packet, training schedule and all the positive energy you need!

The physical training program begins on Tuesday, April 7 at 9:00 a.m. and will continue on Tuesdays until May 26. Training sessions will leave from the Senior Center and will run through the Senior Center neighborhoods. **Please sign up for the March 17 meeting starting Monday, March 2.** If you are unable to attend but wish to join the training program, please contact Ronda at 860-747-5728.

TWO BIG TRIPS MEETINGS

Come learn about and discuss these Big Trip opportunities! Your attendance is important—it can help decide where we'll go!

- **Wed. March 11 at 3:30 p.m.:** Talk about Cowboy Country — Grand Tetons, Yellowstone National Park, Mount Rushmore, Deadwood South Dakota Badlands, and Wall Drug Store.
- **Friday, March 20 at 10:00:** American Queen Steamboat River Cruise — **Please see page 9.**

GET COUNTED!

The 2020 Census is here. It's SAFE, it's EASY, and it's IMPORTANT.

Every 10 years, the US Census Bureau does a full tally of the people and households in the United States. In March 2020, the Census will begin, and we want to be sure that YOU are counted; we're hosting a free program to answer any questions or concerns you may have. Please plan to attend:

SHAPE THE FUTURE: LEARN ABOUT THE CENSUS

THURSDAY, MARCH 12, 10:00 A.M.

Jamie McDonald, Partnership Specialist from the U.S. Census Bureau, will be at the Senior Center to talk about the importance of the Census, the four easy ways that you can choose to reply, questions that are asked and not asked, and how to identify scams. Census data, among other things, is used to determine the allocation of Federal funding for senior services, housing, schools, Medicaid, and many other services. Learn how you can help shape Plainville's future! No need to pre-register; just stop by to learn more about the Census and how you can make an impact in our community! Census Cake will be served. Free.

Did You Know?

The Census is a tally of every person living in all 50 states, the District of Columbia and five U.S. territories. The count is mandated by the U.S. Constitution to be done every 10 years. It is conducted by the U.S. Census Bureau, a nonpartisan government agency. Census data helps lawmakers decide how much money our community gets for critical services, school lunches, highway plans, and support for firefighters, law enforcement and families in need. Census results affect planning and funding for construction, Section 8 housing, federal transit, community development and waste disposal systems.

Continued, page 12

2 Downton Abbey Events!
See page 3

Overnight Parking @
OLM See page 8

Elderly & Disabled Tax Relief
Programs See page 10

New Trips/Big Trips
See page 9

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. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

VETERANS' COFFEE HOUR

TUESDAY, MARCH 3, 10:30 A.M.

TUESDAY, APRIL 7, 10:30 A.M.

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



VETERAN APPOINTMENTS WITH JASON COPPOLA

WEDNESDAY, MARCH 4, 10:00 A.M. and

WEDNESDAY, April 1, 10:00 A.M.

Jason Coppola, Veterans Service Officer from the State Office of Advocacy and Assistance, hosts appointments at the Plainville Senior Center on the first Wednesday of the month. You may set up a personal appointment with Jason by calling him at 1-203-805-6340.

FOCUS GROUP STUDY SEEKS PARTICIPANTS

THURSDAY, MARCH 5, 1:00 P.M.

Master's Level Occupational therapy students at Quinnipiac University are exploring the challenges and needs of older adults living in the community. We invite you to be a participant in this focus group if you are 65 or older and currently living in the community (with or without assistance), and you are interested in remaining at home and avoiding hospital admissions and facility placement. We will discuss your interests and hobbies, as well as any challenges you may face in your day to day activities. Refreshments and raffles. Sign up now! Call 860-747-5728.

ADVANCED DIRECTIVES & LIVING WILLS

WEDNESDAY, MARCH 11, 2:00 P.M.

Presented by Attorney Shirley Pripstein with Greater Hartford Legal Aid. Please call the Senior Center to sign up or **register online at www.schedulesplus.com/plainville**. Sign-up has begun. Free.



"THE IRISH MUSIC GUY" AND BREAKFAST

FRIDAY, MARCH 13, 9:30 A.M.

This event is full. You may sign up for the wait list.

CREATE A FASHION TOTE BAG

WEDNESDAY, MARCH 18, 2:00 P.M.

Join Evelyn Morin to make a mesh tote bag for carrying groceries or taking to the beach. Basic sewing machine skills are required. Supplies needed are:

- 1/2 yard of 45" fabric;
- 1 yard of mesh fabric (you can get at Joanne Fabrics or pet screen at Lowes);
- 1 and 3/8 yard of 1-inch webbing (less expensive if you order from Amazon, but available at Joanne Fabric);

Continued...

CREATE A FASHION TOTE BAG *continued*

- 1 pkg of extra wide double-fold bias tape (should match webbing).

You will also need basic sewing supplies, including scissors, straight pins and thread, etc. We have a sample tote bag in our showcase. Limited to 8 people. \$2 due at sign-up.

HALL HIGH POPS 'N JAZZ SENIOR SHOW

WEDNESDAY, MARCH 18 1:00 P.M.

Home of one of the nation's top high school music programs, Hall High in West Hartford has produced the musical extravaganza known as Pops 'n Jazz. This show features more than 100 student performers from the school's Jazz Band, Jazz Dancers and Choraliers (singers) including Ronda's high-school senior daughter Lily! Enjoy an array of American jazz classics and an eclectic blend of music. Leaves OLM at 1:00 p.m. Returns approximately 4:30 p.m. Show is free; \$8 for bus to Hall High School. Sign-up begins March 4.

PLAINVILLE LIBRARY SERIES CONTINUES AT THE SENIOR CENTER

WEDNESDAY, MARCH 18 1:00 P.M.

Presented by Public Library Director Trish Tomlinson. The subject for March is HOOPLA. Sign-up begins March 4. **Online sign-up at www.schedulesplus.com/plainville**.

SNAPPY SENIORS

THURSDAY, MARCH 19, 10:00 A.M.

After eight years, the Snappy Seniors Camera Club is undergoing a reorganization. We will have our regular meeting on Thursday, March 19th, at 10:00 AM, at the Plainville Library to adopt the changes. Thank you all for your participation.

CBD & PAIN MANAGEMENT

THURSDAY, MARCH 19, 1:00 P.M.

CBD is growing in popularity for people seeking relief from pain and in treating common conditions. Come learn what CBD can and cannot do, and find out about various forms of CBD. Presented by Michael Peshka, RN, Hartford Health-Care Pain Treatment Center. *Sponsored by Hartford HealthCare.* Call the Senior Center to register or **sign up on-line at www.schedulesplus.com/plainville**. Sign-up has begun.

FRIENDS HELPING FRIENDS

FRIDAY, MARCH 20, 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! On March 20, we will meet at 11:30 a.m. at Great Taste in New Britain. Sign-up begins March 4.

More special events, next page...



Have You Tried Online Sign-up?

www.schedulesplus.com/plainville

More Special Events

MEDICARE AND YOU: UNDERSTANDING YOUR MEDICARE CHOICES

TUESDAY, MARCH 24, 6:30 P.M.

This program will be held at the Plainville Library. Are you new to Medicare, or are you turning 65 or making decisions about retirement? You will need to make important choices about your health care coverage.

- Traditional Medicare
- Medicare Advantage
- Part D Coverage
- Medigap / Supplemental Policies

The options can make your head spin! Join Stephanie Soucy, Senior Center Social Worker, as she discusses the Medicare options available. Sign up begins March 4 at the Senior Center, by phone or **online at www.schedulesplus.com/plainville**.

CARD CRAFT

WEDNESDAY, MARCH 25, 2:00 P.M.

Senior Center member and volunteer Diane Sperry will be offering a class to make Spring greeting cards. Bring your own scissors; all other supplies will be provided. No experience necessary. \$2.00 due at sign-up. Please register beginning March 4.

BOOKS AND BAGELS

WEDNESDAY, MARCH 25, 9:30 A.M.

James Patterson and former US President Bill Clinton collaborated on a novel. Intrigued? Filled with undercurrents of cyberterrorists, espionage, traitors in the Cabinet and a missing president, **The President is Missing** is full of particulars that could only be told by someone familiar with the White House, and another who is one of the world's finest storytellers. The book is available at the Library. Join us at 9:30 am for what will be an "intriguing" book discussion! Please sign up, as there is limited space. Sign-up begins March 4.

GET BETTER FASTER!

FRIDAY, MARCH 27, 10:00 A.M.

University of Hartford physical therapy doctoral students will be giving a presentation on the role of "prehab" before common surgeries. Several recent medical studies have found that exercise prior to surgery actually help a person to recover faster. Please attend if you're interested in learning about what *prehab* is and why it is prescribed. Sign up begins March 4 and **on-line at www.schedulesplus.com/plainville**

BORED OF WINTER?

THURSDAY, APRIL 2, 2:00 to 4:00 P.M.

Bored of winter? Come on out for board games, hot dogs and ice cream sundaes! Join us for an afternoon of games, grilled hot dogs and ice cream! Bring your own favorite game or use ours: Uno, Parchessi, cards, Mexican Train, Rummikub, chess, checkers and more! \$2.00 Sign-up begins March 4.

"DOWNTON ABBEY" — THE MOVIE!

WEDNESDAY, APRIL 15, 2:00 P.M.

Come to the Senior Center to watch the Downton Abbey movie! Sit back and enjoy the splendor of Downton Abbey and the Crawley family. Fresh-popped popcorn will be served. Free. Sign-up begins March 4.

DOWNTON ABBEY STYLE & TEA PARTY

THURSDAY, APRIL 16, 2:00 P.M.

Join the fun on a beautiful Spring afternoon, Downton Abbey Style. ***"Downton Abbey Style: Influences on Fashion, 1912 -1925"*** explores the social, technological, and political developments of the early 20th century as reflected in the notable evolution of women's and men's clothing. This presentation will look back at what was fashionable or not, as a way of understanding why people wore what they did. Presented by Susan J. Jerome, Collections Manager at the University of Rhode Island Historic Textile and Costume Collection. Afterward, enjoy a delightful English-style tea, with small tea sandwiches, lavender scones and chocolate, presented by Kim Larkin. Cost: \$10.00 per person. Sign-up has begun. Space is limited.

FOCUSED AWARENESS MEDITATION

FRIDAY, APRIL 17 AT 10:00 A.M.

Focused Awareness Meditation is a simple, five-step technique. Come learn how this scientifically-based practice can help you to feel more relaxed, focused and calm. Please bring a large towel or a small blanket for proper positioning in your chair. Presented by: Christine Solimini-Swift, Exercise Physiologist, The Orchards at Southington. Sign up begins March 4.

DENTAL CLINIC APPOINTMENTS

TUESDAY, APRIL 21—BY APPT. ONLY

A registered dental hygienist from Community Health Center, Inc. will visit the Senior Center to provide dental hygiene exams, dental cleanings and x-rays when appropriate. The cost is \$30 for individuals without insurance. Help in paying for the clinic (scholarships) may be available for Plainville residents over age 60 who have monthly income below \$1,429 (single) or \$1,928 (married). Contact Stephanie or Ronda at the Senior Center for scholarship information. **To make an appointment or ask questions about an appointment, call Melissa at 860-983-2990.**

INTERGENERATIONAL DISNEY BINGO

TUESDAY, APRIL 14, 2:00 P.M.

Come join us for a Disney-inspired game of intergenerational bingo. Refreshments will be served along with an enjoyable game of bingo, Disney music and fun prizes. Grandchildren, nieces and nephews are welcome to come and dress up as their favorite Disney character. Free. Sign up starts March 4.

ELLIS ISLAND AND THE STATUE OF LIBERTY

THURSDAY, APRIL 30, 2:00 P.M.

These landmarks were gateways to America, filled with dreams of a better way of life for millions who wanted an opportunity to escape starvation, tyranny and despair in their homeland. This story is about all of us today and well worth a look back to our ancestors who made that frightening and unforgettable journey to America. Join us for this free, special tribute to priceless landmarks. Presenter Joe Ouellette is an avid history buff who developed the "History for Fun" series. He is currently a member of the Ellington Historical Society. Sign-up begins March 4.

More special events, next page...

More Special Events

AARP SMART DRIVER CLASS

THURSDAY, APRIL 30, 9:30 A.M.

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Once you complete the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15 for AARP members providing a membership number and \$20 for all others. Limited to 25. Program ends about 1:30 p.m. Bring a bag lunch if you wish. Sign-up begins March 4.

"I CAN'T DIE BUT ONCE" — HARRIET TUBMAN

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

Harriet Tubman left a record of vigilance and a legacy of sacrifice and struggle. This dramatic presentation by Gwendolyn Quezaire-Presutti weaves a tale of truth, pain, courage and determination that takes the audience into Tubman's life as a slave, her eventual escape and work as a scout and spy during the Civil War. Our presenter gives voice to the real-life accounts, struggles and triumphs of the women she portrays. Cost is \$5.00 due at sign-up. Event includes finger sandwiches, pasta salad and dessert. Sign-up has begun.

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 religious cards or mass cards.** If you know someone who needs a smile, please let us know! **Please note:** *When you bring donations into the Senior Center, our receptionist needs to know your name and what you are donating so that we may list your name in this Newsletter. (If you wish your donation to 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, JAN. 16—FEB. 15

Rosaleen Peters, Doris Olson, Lynne Krakauske, Joe Martino, Anonymous, Circle Group, Family of Marcia Chapman, Christine Swiatek, Elaine Osipowicz, Fran Martin, Lena Capodice, Steve Castiola, Rachel Bell, Lorraine Corsini, Doris Rudnicki, Diane Roth, Sue Piercy, Claudia Piotrowski, Nancy Burns, Lynn Gagnon, Louise Walker, Stan Funk, Nursing Students at St. Joseph's College, and Natalia Zajackowski

DIAL-A-RIDE DONATIONS, JAN 16—FEB. 15

Rosemarie Babin

Please see Memorial Donations, at right

We Welcome our Intern, Lauren!

Lauren Acey, our student intern here at the Senior Center, is from Plainville and currently a senior at Central Connecticut State University. She plans to graduate this Spring with a Bachelor's degree in psychology and a concentration in gerontology. After graduation, she hopes to attend the State Police Academy to become a State Trooper. Drop by the office some Tuesday in March and say hello!

Ready to Volunteer?



We're looking for volunteers to sell coffee at the Senior Center. You do not have to make coffee or serve it — just sell it. Monday through Friday, 9:00 a.m. to 1:00 p.m. You can work any day of the week, for one or two-hour increments.... whatever works for you! If interested, please contact Evelyn or Jan at 860-747-5728.

Le Petit Cafe

at the Plainville Senior Center

Open Tuesdays & Wednesdays

11:00 a.m. to 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 tastebuds!

March Specials

- | | |
|-----------------------------|---|
| Mar. 3 & 4 | BBQ Chicken, black bean and melted cheddar quesadilla
Manhattan Clam Chowder |
| Mar. 10 & 11 | Quiche Lorraine (bacon, tomato and Swiss cheese)
Tortellini Soup |
| Mar. 17 & 18 | Traditional Corned Beef Reuben
Creamy Cauliflower Soup |
| Mar. 24 & 25 | Open Faced Chicken "Pot Pie" All the yumminess of a chicken pot pie on top of a fresh baked biscuit
Tuscan White Bean Soup |
| Mar. 31 & Apr. 1 | Kielbasa and Pierogis with sautéed mushrooms and onions
Beet Soup |

MEMORIAL DONATIONS, JAN. 16—FEB. 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: Frances D'Addese

By Jim & Linda Dionne, Kevin & Mary Eleanor Quinn, Sandra Panetta, Carol Hunt & Ed Shank, Richard Rapp

In Memory of: Michael Heslin

By Lee Ann Korus

In Memory of: Donald Liljedahl

By Diane Baraglia, Jean D. Kelly

In Memory of: Brian Soucy

By Mario & Angela Civitillo

Weekly Tournament Winners PEAK Fitness Center

SETBACK

- FEB. 10:** 1ST: Bob Albrecht & Rich Nordgren
2ND: Mike Chapman & John Gasparini
3RD: Rose Dunlap & Grace Lapila
- FEB. 3** 1ST: Bernard Grabeck & Stan Funk
2ND: Joan Litteral & Vicki Chapman
3RD: Sally Miler & Marla Ludwig
- JAN. 27:** 1ST: John Gasparini & Mike Chapman
2ND: Verna Pekrul & John Sisson
3RD: Terry Pedrolini & Sandy Colello
(TIE) Anne Theriault & Marla Ludwig

BILLIARDS

- FEB. 20:** 1ST: John Gasparini & Dan Burgess
2ND: Joe Babin & Mike Hermanowski
- FEB. 13:** 1ST: John Gasparini
2ND: Val Dumais
- FEB. 6:** 1ST: John Gasparini & Val Dumais
2ND: John Clancy & Bob Ryer
- JAN. 30:** 1ST: Ellen Couture & Joe Babin
2ND: Mike Hermanowski & Dan Burgess

Bowling League

Bowlers of the Month for January

Men — Frank DeFillippi
Women — Ruth Anderson and
Patty Weich



Please call Frank Robinson at 860-747-2918 or e-mail him at fgrahamR@aol.com with questions about the bowling league.

Plainville has Weekly Drop-In Pool Tournaments!



Every Thursday at 12:30 p.m., Senior Center members who enjoy pool gather for informal tournaments at the Center. If you have some experience playing pool, come and join in! Members can play or practice pool most hours during the week when the Senior Center is open, except for Thursdays during tournaments and Tuesday mornings from 9:00 a.m. to 11:30 a.m. when the tables are available to ladies only.

IMPORTANT: WINTER HOURS AT THE PEAK CENTER

These hours are in effect until Friday, March 27.

- Monday — Thursday, 9:00 a.m. to 4:00 p.m.
- Friday, 9:00 a.m. to 12:45 p.m.

Our PEAK Center offers:

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.
- Bicycles:** Recumbent bicycle allows you to ride in comfort. There is a seat back for full support. The new Espresso Bike features a fully-immersive 26.5 inch HD touchscreen.
- 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: \$9/one month, \$40/six months and \$60/12 months. Registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is due at the time of initial training. Stop by our front desk for a packet that includes a medical approval form.

TALK TO THE TRAINER SESSIONS

MON. MARCH 2, 9:00 A.M.

THURS. MARCH 5, 3:00 P.M.

“Talk to the Trainer” allows PEAK members to ask any question about their fitness plan, progress, new goals, wellness, our equipment, etc. Typically, you can drop by the PEAK Center on the first Monday and first Thursday of each month for expert advice from our Exercise Physiologist Eileen Cyr! Drop by!

Congratulations to the winners of the February Espresso Bike “Happy Heart” Challenge!”

The March Espresso Bike

Challenge will begin on March 2nd. It's called "Lucky Leprechaun Coin Challenge" and involves collecting coins (points) on the Games feature of the bike. Sign-up at the PEAK Center!



Plainville High School’s Theater Unlimited Club presents “The Haunted Cabin”

Cast: Abigail Feyerabend, Travis Lavigne, Daniel Przybysz, Hailey Calder, Julia Giacomi, Benjamin Royce, Kaylee Markavich, Jane Winkleman, Janessa Freitas, Lily Feyerabend

Written by Matthew Lynch

Directed by Mr. Riccardo

A freak storm, stranded scared hikers and high tensions surge in this suspenseful drama. Show dates and times are: Friday March 6 @ 7:30 p.m. and Sunday March 8 @ 1:30 p.m. at Plainville High School, Room 403. Senior tickets: \$3.00. Tickets available at the door.

Craft, Technology & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We 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, March 4 from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting March 11 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 descriptions are on next page.

Class	Time	Current Session	Next Session—Sign-up March 4
MONDAY			
Zumba Tone	9:30 – 10:30	March 2—March 23 \$12	March 30—April 20 \$12, 4 weeks
Acrylic Painting	10:00—12:00	Feb. 10—April 6, 8 wks., \$24 No class Feb. 17	
Beginner’s Yoga	10:15-11:15	(At Library) Feb. 24—March 16 \$12	(At Library) March 23 — April 13 \$12, 4 weeks
Power Burst	1:15—2:05	Feb. 24—March 16 \$8	March 23 — April 13 \$12, 4 weeks
Beginner Pilates	2:15-3:05	Feb. 24—March 16 \$8	March 23 — April 13 \$12, 4 weeks
TUESDAY			
Interm. Yoga	10:15-11:15	(At Library) Feb. 11—March 3 \$12	(At Library) March 10 — April 7 \$15, 5 weeks
Silver Sneakers Balance Class	1:30-2:15	Ongoing. Drop-in — No Sign-up. Free to Silver Sneaker members or pay \$2.00 per class.	
Silver Sneakers Chair Aerobics	2:30-3:15	Ongoing. Drop-in — No Sign-up. Free to Silver Sneaker members or pay \$2.00 per class.	
French Class	3:00 - 4:00	Will resume in Spring 2020	
WEDNESDAY			
Open Quilting	9:30 – 11:30	Drop in	
Zumba Gold	10:00 - 11:00	Feb. 12—March 4 \$12	March 11—April 1 \$15, 5 weeks
THURSDAY			
Ceramics	9:30 – 11:30	Feb. 13—March 5 \$16	March 12 — April 2 \$16, 4 weeks
Knit & Crochet	1:00 – 3:00	Feb. 13—March 5 \$8	March 12 — April 2 \$8, 4 weeks
Android Help	1:00—3:00	March 5, 19, 26 Free.	
Ukulele	1:30—2:30	Feb. 13—April 2, 8 weeks, \$16.00	

ANDROID EDUCATION WITH ANDREW

What is an Android and how do you use one? Is there a way to get on social media with it? How do you set this up? Is it just like the Apple? Find out the answers to these questions and more on three Thursdays in March!

- **March 5, 1:00 p.m.: Social Media Part II** — Pinterest, Instagram, V-logging (how to make a Youtube video).
- **March 19, 1:00: Android Customization and Tweaks** — How to set-up/customize your home/screen, how to set up widgets, how to change ringtones
- **March 26, 1:00: Android Customization and Tweaks Part 2** — How to disable unwanted notifications from apps, free up space, and handy apps to have on your phone. **Sign up begins March 4. Space is limited.**



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

Jan. 16—Feb. 15, Get Well & Thinking of You Cards were sent to:
Charlene Damiano, Jackie Posadas, Leosina Celli, Alfreda Rossignol, Mary Levanti, Beverly Heslin, Manli Luo, Ruth Pipkin, Joyce Wollenberg, Carol Beam, Judy Silvia, James Calderone, Mida Daigle, Clifford Logan, Jack & Janet Mastrianni, Marilyn May, Kathy DeSanty and Santana Mozzicato

Jan. 16—Feb. 15, Sympathy Cards were sent to:
Family of Alice “Dolly” Chamberlin, Family of Helen Berarducci, Family of Marcia Chapman, Family of Eunice Podolak, Sally Cobrain, Edgar & Tina Simard, Family of Mary Roche, Family of Beverly Ketchum, Stephanie Soucy, Family of Joe Maksimczyk, Family of Rita Liistro, and Jeffrey Morneault

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 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



PILATES (BEGINNER): Basic Pilates puts emphasis on breath, core conditioning and body awareness. Exercises are safe and effective ways to stretch, strengthen and streamline your body without building bulk or stressing your joints. Bring a water bottle and a yoga mat, if you have one. **Instructor: Caroline Dube**

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



ANDROID EDUCATION WITH ANDREW

This session will run three Thursdays in March from 1:00 – 3:00 p.m. and offer free help with your Android phone or tablet. (See page 6). Andrew Lasher is a Manchester Community College student who has lots of knowledge and experience with Android devices.

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

GENTLE YOGA —LEVEL 1: An introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release; good for yoga newcomers or those who would like a refresher. Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor: Jayapbaha Mare**

DiBenigno. *Class is held at Plainville Library.*

INTERMEDIATE GENTLE YOGA : For experienced students who are ready for the next level. We perform yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details.

Instructor: Jayapbaha 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

SILVER SNEAKERS CHAIR AEROBICS: This is a chair workout for people 65 and older. The class works on balance, posture, cardio and strength, and helps keep you active so you can stay independent! Please bring two light free weights to class; everything else is supplied. Free for Silver Sneaker members; \$2.00 per class for non-members. Drop-in only, no sign-up.

SILVER SNEAKERS BALANCE CLASS: Is balance getting tougher as you get older? This class is designed to help you with balance as well as toning your legs and working your core. The exercises vary from holding a pose to adding movement to a balance move. You will always have a chair next to you to hold onto or grab if you would like to challenge yourself not holding on. Free for Silver Sneaker members; \$2.00 per class for non-members. Drop-in only, no sign-up.

UKULELE: Local musician Sue Hill will teach you how to hold the ukulele, 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. **Instructor: Sue Hill**

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**

Where to Find Free Income Tax Preparation Appointments

All of the tax preparation appointments at the Plainville Senior Center have been filled. However, the Volunteer Income Tax Assistance (VITA) program has sites throughout Central Connecticut where you may still be able to find a free tax preparation appointment. For information about appointments being offered in New Britain, Bristol, Farmington, Plymouth, Southington, Meriden, Wallingford or Vernon, call HRA at (860) 356-2000.

Trips

Sign-Up Info

Current Trips

Space Available!

Sign-up: Trip sign-up takes 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. Each month we offer Mega Sign-up for new trips. This month it is on March 4 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 seven days after member sign-up unless otherwise stated.

Cancellations: Call the Senior Center immediately so we can try to find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call Carol Perry at 860-747-6968 that evening or before 9:00 a.m. the day of the trip.*** Carol 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 tell us so we can try to get you a refund. 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.

REVISED! Overnight parking: Overnight parking for our trips is allowed at your own risk at Our Lady of Mercy Parish Center, 19 South Canal St., Plainville. **NEW! If leaving your car overnight at OLM, please fill out a Vehicle Information Form at the Senior Center Front Desk to avoid being towed.** OR — you may have someone drop you off and pick you up, or have someone retrieve your car from OLM after the trip has left and bring it back on the day that you return. For more information, please see Senior Center staff.

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.

THE LUCY & DESI MUSEUM & NATIONAL COMEDY CENTER, JAMESTOWN NY APRIL 13—16, 2020

We have a few more seats! Call us at 860-747-5728 to confirm availability, then sign up and invite a friend! See itinerary or flyer for details.

STARS OF THE GRAND OLE OPRY, AQUA TURF CLUB

TUES., APRIL 28, Drive on your own

Doors open at 11:30 a.m. Following a delicious lunch at the Aqua Turf Club in Southington, the all-star cast of JUBILEE will present a tribute performance featuring the great music of Grand Ole Opry stars. Enjoy tunes popularized by Patsy Cline, Tammy Wynette, Ray Price, Charlie Pride and Porter Wagoner. Comedy by Doofus Doolittle. Good, clean family entertainment! For \$61, you'll get all entertainment and a delicious, family-style luncheon at the Aqua Turf, featuring Baked Scrod and Baked Ham with salad, rolls, penne, vegetable and potato, dessert and coffee, all taxes and gratuities. Sign-up has begun.

72ND ANNUAL ALBANY TULIP FESTIVAL

SATURDAY, MAY 9, 2020

Experience Albany's Tulip Festival in Washington Park with more than 140,000 colorful tulips! Over 100 different varieties! Celebrate Albany's rich Dutch heritage with live music, craft vendors, a fine arts show and great food. Enjoy a delicious lunch at Grandma's Restaurant, with tossed salad, rolls, choice of Yankee Pot Roast -OR- Roast 1/2 Chicken with apple-walnut stuffing -OR- Baked Haddock -OR- Vegetable Lasagna. Dessert will be a slice of Grandma's Pie. Soft drinks, coffee and tea included. Choose entrée at sign-up. Cost is \$92 per person, due at registration. Departs 8:00 a.m. from the Senior Center lot, and returns approximately 7:45 p.m. Sign-up has begun.



DANCING DREAM: ABBA TRIBUTE BAND, AQUA-TURF, SOUTHTON

THURSDAY, MAY 14, 11:30 A.M. Drive on your own

This tribute act will take you back to the days when the Swedish Disco group **ABBA** ruled the music world with its great pop hits and memorable performances. This band honors the original, fantastic members of ABBA. Experience the glitter and glamour of the 1970s. Coffee and donuts served upon your arrival at 11:30 a.m., followed by a delicious family-style lunch of garden salad, pasta, Chicken Francaise, Salmon with Dill Sauce, vegetable, potato, rolls, dessert and beverage. The cost is \$76 per person due at sign-up. Sign-up has begun.

More trips next page...

Please note: The Senior Center, all Senior Center Trips, AND buses are **Scent-Free Zones!** Help us to keep the air we share healthy and fragrance-free for persons with asthma, allergies and any other respiratory conditions. Please don't wear perfume, cologne, aftershave or other fragrances.

New Trips

CULINARY INSTITUTE & STAATSBURGH MANSION, HYDE PARK, NY

THURSDAY, JUNE 11, 8:00 A.M.

The Culinary Institute of America, located in Hyde Park, NY, is dedicated to providing the finest culinary training in the world. Lunch at Catarina de' Medici, a Tuscan-style villa overlooking a stunning herb & rose garden. Lunch will include Lasagna alla Bolognese (classic lasagna), Petto Di Pollo alla Salvia (roasted chicken breast with sage), semolina gnocchi and glazed carrots. For dessert, Tiramisu Classico — Mascarpone creme layered with lady fingers soaked in coffee. After lunch, experience the Gilded Age of America at the Staatsburgh Mansion with a guided tour featuring more than 20 fully-furnished rooms. Cost of \$107 per person includes transportation, sightseeing, meal and driver gratuity. Departs from Our Lady of Mercy Church at 8:00 a.m. and returns about 8:00 p.m. Flyers available at Senior Center. Sign-up begins March 4.

SALEM & MARBLEHEAD, MASSACHUSETTS

THURSDAY, JUNE 25, 8:00 A.M.

Salem is a colorful coastal city with a rich maritime heritage, an impressive display of historic architecture and amazing tales spanning nearly four centuries. First, enjoy a buffet luncheon at the historic Hawthorne Hotel on the Salem Common. Sample menu includes soup, roast pork loin, crabmeat-stuffed sole, butter-milk mashed potatoes, green beans, seasonal dessert, coffee and tea. After lunch our Local Guide conducts a riding tour of Salem and Marblehead with opportunities to step off. We'll see and hear about many Salem highlights — the Old Burying Point, Witch Trials Memorial, Pickering Wharf, the Salem Witch Museum and more. The beautiful village of Marblehead offers Castle Rock, with spectacular Atlantic Ocean views. Shop in Marblehead's Old Town with winding streets and interesting stores. Cost of \$95 per person includes transportation, lunch, all attractions, guided sightseeing and driver gratuity. Departs from Our Lady of Mercy Church lot at 8 a.m. and returns about 7:30 p.m. Flyers available at Senior Center. Sign up begins March 4.

QUEEN ESTHER AT SIGHT AND SOUND THEATER, LANCASTER, PENNSYLVANIA

TUESDAY—THURSDAY, JULY 28—30

This 3-day motorcoach trip takes you to Lancaster, PA in the heart of Amish Country. Spend two nights at the newly-renovated Comfort Suites Lancaster, featuring spacious guestrooms, indoor pool, and fitness center. Enjoy a delicious dinner at the Mount Hope Estate and Winery, then prepare to laugh away the calories with an Improv Comedy Show! On **Day 2**, enjoy a fun hands-on experience at Kitchen Kettle Village. Everyone will receive a gift bag and set out to explore the Village, scavenger hunt-style. You can also enjoy a wine-tasting and make your own whoopie pie. That afternoon, take your reserved seat at **Sight and Sound Theater** for the brand new show, **Queen Esther**. Set in the opulent but perilous Persian Empire, **Queen Esther** is a captivating tale of beauty and bravery. Experience one of the most riveting Bible stories from the Old Testament as it comes to life with magnificent sets, special effects and live animals.

Continued...

QUEEN ESTHER, cont.

Dinner will follow at Miller's Smorgasbord. On **Day 3**, experience the best of Lancaster County's heritage and culture. First you'll visit the Old Windmill Farm, an authentic working Amish Farm owned by the Lapp family. Explore this genuine, centuries-old Amish family farm and learn more about their simple way of life as you walk the 72-acre farm and see a 1700s farmhouse, mules, chickens, goats and more. Next, hop aboard the Strasburg Railroad, a historic and beautifully-restored wooden coach pulled by a century-old steam engine for a trip through 2,500 acres of preserved Amish farmland while learning the history of the railroad and countryside. On the ride home, you'll relish your memories of this special time in Amish Country. Cost is \$521 per person based on double or triple. Single rate is \$651. Includes deluxe motorcoach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing and attractions as listed, a Friendship Tour escort and driver gratuity. **Trip departs from Our Lady of Mercy Parish Center, 19 South Canal Street, Plainville. This is NOT our usual pickup spot — it is down the street from Our Lady of Mercy Church next to the church rectory. If you wish to park overnight, you must complete a Vehicle Information Form at the Sr. Center Front Desk to avoid being towed.** Deposit of \$200 due at sign-up; balance due by June 9. Trip protection coverage is recommended. Pick up a flyer at the Senior Center with all details and insurance information. Sign-up begins March 4.

Big Trips Meetings

Come and learn about/discuss these Big Trip opportunities! Your participation is important—it can help decide where and when we'll go!

- **Wed. March 11 at 3:30 p.m.**, we will talk about Cowboy Country — Grand Tetons, Yellowstone National Park and Mount Rushmore, Deadwood South Dakota Badlands, and Wall Drug.
- **Friday, March 20 at 10:00:** American Queen — Our most popular trip by far on the Big Trip Survey was a cruise on the American Queen Steamboat. We had a gathering of folks for a Big Trip meeting last month and they agreed. Please join us on March 20 at 10:00 a.m. as we talk Steamboating on the Mississippi or the Snake River in Washington state. A big surprise was learning that you must book almost one year in advance as these trips are super popular! So come and hear all about the trip, hear from our members who have gone once, twice or three times and plan to go again. Friendship Tours will join us with photos, info, itineraries, details, dates and prices. You can travel as a group with us or book individually.

Also, join us for the March 11 discussion at 3:30 p.m. as we talk about the Cowboy Country trip in 2020 with Collette Tours! Please sign up for either or both meetings beginning **March 2**, so we know how many to expect. Call 860-747-5728 or sign up at Senior Center.

Quick Trips

QUICK TRIP GUIDELINES: Senior Center Quick Trips are curb-to curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center 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. 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 Carol Perry at 860-747-6968. 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.

CHRISTMAS TREE SHOP / RED ROBIN RESTAURANT, MANCHESTER

SATURDAY, MARCH 7 9:15 A.M.

THIS TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

DINOSAUR STATE PARK, ROCKY HILL & LUNCH AT JOEY GARLIC'S

SATURDAY, MARCH 21 9:30 A.M.

Travel back to the Age of Dinosaurs at one of the largest dinosaur sites in North America. The Exhibit Center houses an exceptional display of Jurassic fossil tracks left 200 million years ago. See the Triassic Mural, created to depict the CT River Valley and its inhabitants during this time period, as well as the life-size models of many dinosaurs that lived here. The "Life Through Time Exhibit" showcases hundreds of fossil specimens. Films are shown throughout the day. Weather permitting, you can experience two miles of nature trails and the Dinosaur State Park Arboretum. Adult admission is \$6, payable at the entrance. Free admission for Charter Oak Pass holders (must be 65 years old and a CT resident) is available. You can obtain a Charter Oak Pass at Dinosaur State Park. You must present a valid driver's license or photo I.D. Transportation fee of \$8 is due at registration. Afterward, we stop at Joey Garlic's for lunch (on your own). Home pick-up **for those who do not drive** begins at 9:30 a.m. Bus pick-up at the Senior Center at 9:45 a.m. Return to Plainville by about 3:00 p.m. Sign-up begins on March 4.

TANGER OUTLETS AT FOXWOODS

SATURDAY, APRIL 4 9:00 A.M.

We are re-scheduling a trip to the **indoor** Tanger Outlets at Foxwoods. With approximately 80 stores, including clothing, footwear, housewares, home furnishings, specialty shops, as well as restaurants, there is something for everyone. \$8 for transportation is due 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-up begins March 4.

"JESUS!" FILM OF THE SIGHT & SOUND PRODUCTION, MANCHESTER, CT

TUESDAY, APRIL 7 3:45 P.M.

Can't get to the Sight & Sound Theater in Pennsylvania to see their magnificent live shows with phenomenal special effects? Join us for a movie of their "JESUS!" production that was filmed directly at the Sight & Sound Theater. *You will be amazed!* We leave the Senior Center at 3:45 p.m. for Manchester, where you may have dinner (on your own). We will then see the 2-hour, 18 min. film and arrive back in Plainville at approximately 9:45 p.m. Cost for movie & transportation is \$23. Sign-up begins March 4.

ELDERLY AND DISABLED TAX RELIEF PROGRAMS TOWN OF PLAINVILLE

Appointments are now being scheduled by the Assessor's Office for the State and Local Tax Relief Programs. Residents must apply by May 15, 2020. Applications will be taken at the Plainville Senior Center, by appointment only. Please call Bridget at the Assessor's Office for an appointment and complete guidelines, 860-793-0221 extension 244.

STATE ELDERLY AND DISABLED HOMEOWNERS:

Income limit for single: \$37,000; Income limit for married: \$45,100

LOCAL ELDERLY AND DISABLED PROGRAM:

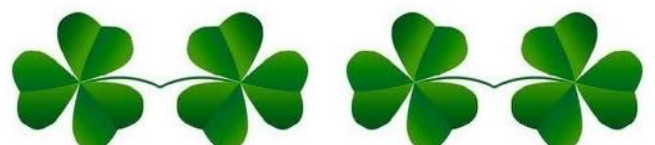
Income limit for single: \$43,000; Income limit for married: \$48,500

LOCAL TAX FREEZE: Must be 70 years old and meet income and asset requirement. A lien is placed on the property for the difference between the taxes paid and the taxes owed. Upon sale of property or death of the applicant taxes must be repaid. An interest rate of 2% accrues until taxes are paid.

STATE VETERAN'S EXEMPTION: DD214 must be on file in the Town Clerk's Office by September 30, 2020. Veteran must meet all requirements as stated in Connecticut State Statute 27-103. Income limit for single: \$37,000; Income limit for married: \$45,100

LOCAL VETERAN'S EXEMPTION: Income limit for single: \$37,000; Income limit for married: \$45,100

ALL INCOME DOCUMENT INFORMATION MUST BE PRESENTED AT THE TIME OF APPOINTMENT, INCLUDING: 2019 Income Tax return, 2019 SSA 1099 from Social Security, and all other 1099s. *Income for program includes all income, both taxable and non-taxable.*



Continued next column

Outdoor Adventure

IMPORTANT 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) and good walking shoes are advised, and spikes on treads as needed. Please bring water, a snack and any medications that you need.

NORTHWEST DRIVE RAIL-TO-TRAIL / SHADE SWAMP SANCTUARY TRAIL, FARMINGTON

FRIDAY, MARCH 27 9:30 A.M.

This hike for beginner/intermediate hikers will be about three miles long on a flat, paved and unpaved trail. Must be able to walk continuously. Meet at 9:30 a.m. at the Northwest Drive (Plainville) rails-to-trails parking lot. Wear sneakers and bring water and a snack. Leader is Eileen Cyr. Cost is \$5.00, due at sign-up, starting March 4. Return approximately 11:30 a.m.

WINTER HIKE AT RAGGED MOUNTAIN, SOUTHINGTON

SATURDAY, MARCH 21 9:00 A.M.

Come for a great hike that travels along a beautiful ridge on the backside of Ragged Mountain in Berlin/Southington. The intermediate-level hike will be an approximate 3.5 mile loop which will take approximately 3.5 hours. The hike includes wooded trails that may be muddy. Come prepared with appropriate clothing, including waterproof hiking boots (with a thick sock if they aren't insulated), a wind-resistant insulated jacket and gloves. We will meet at the Senior Center to caravan at 9 a.m. and drive to the trailhead at 514 Wigwam Rd., Berlin. There are 10-15 parking spots. Bring water and a light lunch to eat on the trail. Return at approximately 1:30 p.m. Leader is Jared Scoville. Sign-up begins March 4. Cost of \$5.00 due at sign-up.

ROARING BROOK FALLS HIKE IN CHESHIRE

SATURDAY, MARCH 28 9:30 A.M.

Get ready for a thrilling view of the highest single-drop waterfall in CT! At 80 feet, this waterfall is a gem in the local landscape, featuring a beautiful forest on the hike in. The intermediate-level hike will be approximately 1.4 miles to the bottom of the waterfalls.

Continued...

Please sign up for Trips, Outdoor Adventures and Quick Trips as **EARLY** as possible. This assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!



ROARING BROOK, continued

This is a moderate-level challenge over wooded trails with one moderately steep section. We will depart from the Senior Center at 9:30 a.m. and return at approximately 12:30 p.m. Make sure to dress in warm layers, bring a bottle of water and snack, and wear hiking shoes/boots with good traction and grip. Sign-up begins March 4. Cost of \$8.00 includes transportation to the hike site. Leader: Jared Scoville.

Shopping Bus

We can only accommodate eight (8) people on the Tuesday Shopping Bus. Be sure to sign up early! Home pick-ups for all participants begin at 11:15 a.m. We now ask riders if they prefer to go back home at 1:30 p.m. or 3:00 p.m. Please tell us when you sign up! In order to ride the 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 Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up.

- March 3, ShopRite, Southington
- March 17, Price Chopper, Southington
- March 31, Walmart, Bristol

Reminder: When you go shopping, please keep your receipt handy in your purse, pocket or wallet. Many stores now require customers to show their receipt when they leave the store.

We Welcome our Newest Members!

These new members joined the Senior Center in January 2020!

Joanne Varneke, Michael Meehan, Karen Meehan, Janet Pinto, Roy Spencer, Ted Nadolski, Rudolph Reinwald, David Bonczek, George Bielawski, Wayne Duffy, Richard Hardy, Joanne Cyr-Callaghan, Ghanshyamb Shah, Jean Hardy, Kurt Wolfahrt, Lori Zielinski, George Ralston, Gary Lamarre, Lee Hill, Michael Glover and Shirlee Klockars



A Clarification:

Last month we thanked readers for donations of cell phones and cans/bottles. Please understand that we do not accept cans and bottles from the outside....we were referring to empty bottles of water or soda that individuals had purchased and consumed at the Senior Center. We apologize for any confusion; we cannot accept recyclable bottles and cans brought from your home.

Census, cont. from page 1

More than 675 billion dollars of federal funding are at stake nationwide. Moreover, census data helps communities respond to natural disasters and secure funding for hospitals. Census results will affect our community every day.

Everyone Counts: Everyone is required to be counted in the 2020 Census.

When it Begins

From March 10 through 18, everyone will receive by mail their first notice to respond to the Census. This official mailing will be addressed to "Occupant."

Ways to Respond

Your invitation to the Census will provide the information you need to respond by mail, by phone, or online. If you complete your Census, you will not be contacted again. This year for the first time ever you may respond to the Census online. In Plainville, five locations will offer a special computer kiosk on which you can complete the Census. The five locations are: The Plainville Senior Center, the Plainville Library, Plainville Municipal Center (Town Hall), the Plainville YMCA and the Food Pantry. From April 8 through 16, if you haven't yet responded, you will receive a paper questionnaire in the mail.

April 1 is National Census Day Join us at the Senior Center at **11 a.m.** and enjoy a slice of Census Cake! By this date, every home will have received their invitation to participate in the Census. If you haven't completed your Census form by then you can do it at the Center before or after enjoying your cake! Help us celebrate the Census if you wish.

May through July visits Census takers will begin visiting homes that have not responded to the Census, to be sure everyone is counted. If you've already responded, you won't need to be visited.

Protecting Your Information

The Census Bureau protects your data — they are bound by law to keep your answers confidential. They cannot share your data with any government agency such as the FBI, local police, ICE, (U.S Immigration, Customs and Enforcement), CIA, etc., or use data against you in court. The answers are only used for statistics; you are kept anonymous. Census data cannot be released for 72 years.

To Avoid Scams

- What Will Be Asked on a Census Questionnaire?**
- How many people live in this home?
 - Are there any additional people staying in your home on April 1, 2020? (i.e., grandchildren, children, relatives, non-relatives such as roommates, babysitters, home health aides, etc.)
 - Is this home owned or rented?
 - What is your telephone number?
 - For head of household living in the home, please provide the following:
 - Name
 - Sex (M/F)
 - Age, birthdate
 - Is this person Hispanic?
 - Race

Continued, next column

- For all additional people living in the home:
 - Name
 - Sex (M/F)
 - Age, birthdate
 - Are they related to head of household?

Census Will NOT Ask:

- They won't ask for your Social Security number
- They won't ask for money or donations
- They won't ask for bank / credit card information
- They won't ask you if you are a U.S. Citizen
- They won't ask if you are a legal / illegal alien
- They are not affiliated with any political party
- If you suspect fraud, call 1-800-923-8282 to speak with a local Census Bureau representative.

In the 2020 Census, **you count!** Please be sure to complete your invitation when it arrives. If you need help, contact us.

PLAINVILLE HOUSING AUTHORITY

2020 Foodshare Dates

All dates are on Mondays

Location: Plainville Housing Authority
(860) 747-5909

Open only to seniors and persons with disabilities who are residents of Plainville.

January 13	July 13
January 27	July 27
February 24	August 10
March 9	August 24
March 23	September 21
April 6	October 5
April 20	October 19
May 4	November 2
May 18	November 16
June 1	November 30
June 15	December 14
June 29	

Doors open at 10 a.m. and truck comes at 11 a.m.



Irish-Themed Gathering at "Work Space," 903 Main St., Manchester

Thursday, March 12

Movie Screening: *The Queen of Ireland* begins at 6:00 p.m. Plainville will run a bus from the Senior Center, leaving at 4:15 p.m. and returning about 9:30 p.m. \$8 for cost of bus. Sign-up has begun. *Lesbian, Gay, Bisexual, and Transgender adults and allies of the LGBT community are invited to join the LGBT Moveable Senior Center, a partnership among senior centers in Greater Hartford to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging.*

Travel and Learn — See the Road Scholar Catalog!

Visit our Front Desk and ask to look through our copy of the Road Scholar Catalog. You may also go online to **www.roadscholar.org**.

Transportation

DIAL-A-RIDE

DIAL-A-RIDE PHONE: (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.

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

Hours may change depending on usage of the CT Transit buses. *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). There is a wheelchair lift, if needed.

Continued, next column

ADA Para-Transit, *continued*

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 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 you submit your application, call 860-724-5340, ext. 1 to set up a face-to-face interview. A medical form will be sent to your doctor if needed. The approval process generally takes two to four weeks. It is wise to get pre-approved, even if you don't need the service now. Please call Customer Service at 860-724-5340 ext. 3046 with any complaints or issues.

Once 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).

2020 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 will be March 11, 2020. 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@ghtd.org** at least 48 hours before the meeting.



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

Senior Transportation Services — a New Option for Rides

Senior Transportation Services, Inc. (STS) is now available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. The mission of this organization is to provide community-supported, affordable out-of-town medical transportation to older adults. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. STS works to help families coordinate their loved one's transportation needs by working one-on-one with individuals to ensure that family needs are met. There is an annual membership fee and cost (based on mileage) to use STS. Financial assistance is available for individuals who cannot afford the fees. STS is funded in part by grants from the Bristol Main Street Community Foundation and the North Central Area Agency on Aging. To discuss riding or volunteering with Senior Transportation Services, please call **860-224-7117**.

This & That

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.

- Cancellation announcements are made on the television channels and websites of the following networks: **WFSB, WNBC and Fox 61, and radio WTIC 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

The Choral Group will meet at the Senior Center on Friday, March 6 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!

CONGREGATE MEAL PROGRAM

You may pick up the March calendar at the Big Kitchen. Lunch reservations must

be made at least one day ahead by calling Bonnie at 860-747-5728. **You may call only between 10:00 a.m. and 11:45 a.m. to make a reservation or speak with Bonnie.** A suggested donation is \$2.50.

Trips...Call Sally Miller!

- **Mohegan Sun Casino** — April 14. Leave Our Lady of Mercy lot at 8:00 a.m.; leave Casino at 4:00 p.m. Cost: \$30 pp. Promo package included.
- **All Shook Up** — Westchester Theatre, April 23. \$122 per person.
- **MOMA Museum of Modern Art. N.Y. & lunch.** May 13. \$117 pp.
- **Bar Harbor, Maine** — Includes Perkins Cove and Seal Watching, June 15-17. \$629 per person, double.
- **Baltimore Lobster Feast** — July 24-26. From \$535 pp double.

Call Sally Miller at 860-747-1732 for info and reservations. *AARP Trips are not sponsored by the Senior Center, so we do not have details nor collect payments.*

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of persons who depend on electricity to maintain optimum health. We update this list during the year to be certain that everyone 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 worker can help you plan ahead. Please call us at 860-747-5728.

Save the Date: Thurs., April 30 9:30 a.m. to 1:30 p.m.

TRIAD Conference at the Bristol Senior Center

Free transportation will be provided from Plainville. **Featured programs:** "Dementia Friends" and "Next Street Driver Rehab Services." Lunch, door prizes and 20 vendors. More information to come!

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BC = Back of Calendar

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 Senior Center members who live in Plainville and \$28.00 for out-of-town 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 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 Pro-Health Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any out-standing balance over \$5.00. In most cases, patients will not pay more than \$5.00 for the service.

FREE BLOOD PRESSURE DROP-IN CLINICS

- **Wednesday, March 11**, 12:30 to 1:30 p.m.—by Hartford HealthCare
- **Monday, March 30**, 12:00 to 12:30 p.m. — by our Nurse

CHOLESTEROL SCREENING

Learn 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 first steps toward a healthier you! Call 860-747-5728 for an appointment with the Senior Center nurse. Cost: \$12.

MONTHLY BALANCE SCREENINGS

TUESDAY, MARCH 17, 10:00 A.M.

To assess your balance, a registered physical therapist will offer free balance screenings on the third Tuesday of every month at the Senior Center. Laurel Whalen, RPT/CLT of Jerome Home Outpatient Rehabilitation will provide the screenings from 10 a.m. to noon. Jerome Home is sponsoring. Please sign up for an appointment at the Senior Center by calling 860-747-5728.

BEREAVEMENT SUPPORT

The Wolfson Palliative Care Department at the Hospital of Central Connecticut is offering two free bereavement support groups at the Hospital each month. Choose one of two sessions — afternoon or evening. Each meeting will focus on a specific topic as a discussion point, and content will build on the preceding month.

Spring meeting dates are:

March 25, April 1, April 8, April 15, April 22,
April 29, May 6

You must pre-register for the afternoon or evening series. Please call Nadine Toce, Bereavement Coordinator at 860-224-5900 ext. 6573 to sign up. Parking is free.

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAY, MARCH 9, 12:30 P.M.

MONDAY, MARCH 23, 5:00 P.M. NEW TIME!

We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters or if you need to find help in the community or home-care. Stop by Stephanie's office to have a private chat. **This service is only for Plainville residents, age 60 and over.** No sign-up needed and no question too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center — 860-747-5728 — to schedule a time that's convenient for you.



CAREGIVING CONNECTIONS

TUESDAY, MARCH 10, 10:00 A.M.

Join your caring friends as we support each other on our journeys. We recognize the challenges and frustrations of 24/7 caregiving! It is very important to give and gain support from others who truly **do** understand. Come share and be nourished! Caregivers from neighboring towns are welcome.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, MARCH 17, 10:30 A.M.

If you are raising a grandchild or other young relative, you are not alone. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act. Sign-up begins March 4.

MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS EFFECTIVE MARCH 1, 2019

QMB (Q01)	Single \$2,196.51/ mo	Couple \$2,972.99/mo
SLMB (Q03)	Single \$2,404.71/mo	Couple \$3,254.79/mo
ALMB (Q04)	Single \$2,560.86/mo	Couple \$3,466.14/mo

There is No Asset Limit nor Estate Recovery

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

“Thank You” from Cradling Threads!

As the Cradling Threads project nears its end, Kathy O'Reilly (niece of Senior Center member Judy Humphrey) thanks all of you who donated your **beautiful wedding gowns last year**. So far, 2,176 burial garments for infants were made; the final number will be close to 3,000. These hand-crafted burial garments were given to Connecticut hospitals and funeral homes, and to some hospitals in MA. Each wedding gown provided the material for up to 46 garments. To view the items made from wedding gowns, search **Facebook** online for the **Cradling Threads Project** page. Select “Photos,” then “Albums,” then “See All.” Find the photo of your wedding gown and you'll see the garments produced from it. Thank you once more for your generous donations!

MARCH 2020

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.	March 2 *9:00 NURSE Walking 9:00 or 4:00 9:00 Talk to Trainer 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst BR 2:15 Beg. Pilates BR CENTER CLOSSES 4:00 PM FOR STAFF TRAINING	3 *9:00 NURSE Walking 9:00 or 4:00 *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage CL 10:15 Interm. Yoga L 10:30 Vet. Coffee Hr. CR 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Balance Class BR 2:30 Chair Aerobics BR	4 MEGA SIGN-UP Walking 9:00 or 4:00 9:30 Open Quilting CR 10:00 Zumba Gold GR 10:00 Vet Appts. With Jason Coppola CL 1:00 Open Paint BR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club CR	5 Walking 9:00 or 4:00 9:30 Ceramics CR 10:00 Mex. Train CL 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 Focus Group GR 1:00 Scrabble C 1:00 Knit /Crochet GR 1:00 Android Help CR 1:30 Ukulele BR 3:00 Talk to Trainer	6 9:00 Walking GR 9:00 Mahjong GA 9:15 Bus to Hartford to pick up artwork 9:30 Choral Group BR	7 9:15 Christmas Tree Shop Quick Trip
5	9 *9:00 NURSE Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for the Social Wrker 12:45 Bowling 1:15 Power Burst BR 2:15 Beg. Pilates BR	10 *9:00 NURSE Walking 9:00 or 4:00 *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage CL 10:00 Caregivers CR 10:15 Interm. Yoga L 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Balance Class BR 2:30 Chair Aerobics BR	11 Walking 9:00 or 4:00 9:30 Open Quilting CR 10:00 Zumba Gold GR 12:30 BP Clinic 1:00 Open Paint BR 1:00 Bingo GR 1:15 Charlemagne C 2:00 Advanced Directives & Living Wills CR 3:00 Color Club CR 3:30 Big Trip Mtg. CA	12 *9:00 NURSE Walking 9:00 or 4:00 9:30 Ceramics CR 10:00 Learn About the Census GR 10:00 Mex. Train CL 12:CO GA 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit / Crochet GR 1:30 Ukulele BR 4:15 LGBTQ Trip	13 9:00 Walking GR 9:00 Mahjong GA 9:30 Irish Music Breakfast BR	14
15	16 *9:00 NURSE Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Acrylic Ptg. CR 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst BR 2:15 Beg. Pilates BR	17 *9:00 NURSE Walking 9:00 or 4:00 9:00 Run/Walk Your Way to 5K CR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Balance Screen CL 10:00 Cribbage GA 10:15 Inter. Yoga L 10:30 Grandparents CR 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Balance Class BR 2:30 Chair Aerobics BR	18 Walking 9:00 or 4:00 9:30 Open Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint BR 1:00 Bingo GR 1:00 Library Series GA 1:00 Hall High Trip 1:15 Charlemagne C 2:00 Create a Tote Bag CR 3:00 Coloring Club GR	19 Walking 9:00 or 4:00 9:30 Ceramics CR 10:00 Mex Train CL 10:00 Snappy Srs. L 12:30 Pool Tourn. 12:30 Pinochle CL 12:30 Bridge OS 1:00 CBD Program, BR 1:00 Knit & Crochet GR 1:00 Android CR 1:00 Scrabble C 1:30 Ukulele GR	20 9:00 Walking GR 9:00 Mahjong GA 10:00 Big Trip Mtg. CR 11:30 Friends Helping Friends	21 9:30 a.m. Dinosaur State Park Quick Trip 9:00 Ragged Mtn. Hike
22	23 *9:00 NURSE Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Acrylic Ptg. CR 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst BR 2:15 Beg. Pilates BR 5:00 Questions for the Social Worker	24 *9:00 NURSE Walking 9:00 or 4:00 *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Balance Class BR 2:30 Chair Aerobics BR 6:30 Medicare & You L	25 Walking 9:00 or 4:00 9:30 Books & Bagels GA 9:30 Open Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 2:00 Card Craft BR 3:00 Coloring Club CR	26 *9:00 NURSE Walking 9:00 or 4:00 9:30 Ceramics CR 10:00 Mex. Train CL 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Android Help CR 1:00 Scrabble C 1:30 Ukulele BR	27 9:00 Walking GR 9:00 Mahjong GA 9:30 Shade Swamp Hike 10:00 Get Better Faster GR	28 9:30 Roaring Brook Falls Hike
29	30 *9:00 NURSE Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 BP Clinic 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst BR 2:15 Beg. Pilates BR	31 *9:00 NURSE Walking 9:00 or 4:00 *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Balance Class BR 2:30 Chair Aerobics BR	April 1 Walking 9:00 or 4:00 9:30 Open Quilting CR 10:00 Zumba Gold GR 10:00 Vet Appts. With Jason Coppola CL 11:00 National Census Day Cake 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club CR	April 2 Walking 9:00 or 4:00 9:30 Ceramics CR 10:00 Mex. Train CL 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Scrabble C 1:30 Ukulele GR 2:00 Bored of Winter BR	April 3 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Group BR	April 4 9:00 a.m. Tanger Outlets Quick Trip