


# March 2021

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

	<b>1</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:00 Virtual Cardio Chair Fitness 10:30 Zumba 1:00 Power Burst	<b>2</b> <b>9:00 NURSE</b> 9:00 COVID Test 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:00 Income Tax* 1:00 Current Events	<b>3</b> 9:15 Walk (GR) 9:30 Pool 9:30 Quilting (BR) 9:45 Computers 10:00 Virtual Cardio Chair Fitness 1:00 Bingo (BR) 2:30 Virtual Silver Sneakers Chair	<b>4</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 1:00 Telephone Bingo 1:00 Knitting (BR)	<b>5</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 11:00 Virtual Yoga-lates	<b>6</b>
<b>7</b>	<b>8</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:00 Virtual Cardio Chair Fitness 1:00 Power Burst	<b>9</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:00 Income Tax* 1:00 Current Events	<b>10</b> 9:15 Walk (GR) 9:30 Pool 9:30 Quilting (BR) 9:45 Computers 10:00 Virtual Cardio Chair Fitness 1:00 Bingo (BR) 2:00 Birthday Bash 2:30 Virtual Silver Sneakers Chair 3:00 Coloring Club (BR)	<b>11</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 1:00 Telephone Bingo 1:00 Knitting (BR) 1:00 Mask Distribution 2:00 Explore Nashville (Z or IP)	<b>12</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 11:00 Virtual Yoga-lates	<b>13</b>
<b>14</b>	<b>15</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:00 Virtual Cardio Chair Fitness 11:30 Creamy Gnocchi Soup 1:00 Power Burst	<b>16</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:00 Income Tax* 10:00 Caregivers (BR) 1:00 Current Events 3:00 Planning Vegetable Garden (Z)	<b>17</b> 9:15 Walk (GR) 9:30 Pool 9:30 Quilting (BR) 9:45 Computers 10:00 Virtual Cardio Chair Fitness 10:00 St. Pat's Day Drive-Thru Treat 1:00 Bingo (BR) 2:30 Virtual Silver Sneakers Chair 3:00 Coloring Club (BR) 3:00 From Ireland to America Concert	<b>18</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 1:00 Telephone Bingo 1:00 Knitting (BR) 2:00 Sharpie Coasters	<b>19</b> 10:00 Virtual Memory Screening (Z or IP) 11:00 Virtual Yoga-lates	<b>20</b>
<b>21</b>	<b>22</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:00 Virtual Cardio Chair Fitness 1:00 Power Burst	<b>23</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:30 Grandparents (Z) 10:00 Income Tax* 1:00 Current Events	<b>24</b> 9:15 Walk (GR) 9:30 Pool 9:30 Quilting (BR) 9:45 Computers 10:00 Virtual Cardio Chair Fitness 11:30 Souper Soup 1:00 Bingo (BR) 2:30 Virtual Silver Sneakers Chair 3:00 Coloring Club (BR) 3:00 That's Weird (Z or IP)	<b>25</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 1:00 Telephone Bingo 1:00 Knitting (BR) 2:00 Texture Painting (Z or IP)	<b>26</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:00 Book Club (IP) 11:00 Virtual Yoga-lates	<b>27</b>
<b>28</b>	<b>29</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:00 Virtual Cardio Chair Fitness 1:00 Power Burst	<b>30</b> <b>9:00 NURSE</b> 9:15 Walk (GR) 9:30 Pool 9:45 Computers 10:00 Income Tax* 1:00 Current Events	<b>31</b> 9:15 Walk (GR) 9:30 Pool 9:30 Quilting (BR) 9:45 Computers 10:00 Virtual Cardio Chair Fitness 1:00 Bingo (BR) 2:30 Virtual Silver Sneakers Chair 3:00 Coloring Club (BR)	<b>1</b>	<b>2</b> <b>Good Friday</b>  <b>Closed</b>	<b>KEY:</b> <b>GR:</b> Green Room <b>BR:</b> Blue Room <b>Z:</b> ZOOM <b>IP:</b> In Person

# TRANSPORTATION

## ENCOMPASS: A NEW TRANSPORTATION SERVICE

Encompass is an exciting program that allows elderly and disabled persons to travel with no limitations...any time, any day, for any reason! Encompass is an on-demand transportation program offering ambulatory and accessible transportation for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 without restrictions.

**Eligibility:** Passengers must be approved through an eligibility process managed by the Greater Hartford Transit District. Eligible applicants must be at least 60 years of age or have a disability.

**Trip Cost:** Trips are discounted. Passenger pays only \$5.00 for the first 8 miles traveled and \$2.00 per additional mile after that. Your trip is automatically charged to your account, eliminating any exchange of money while you're in the vehicle.

**Service Area:** Service in the Greater Hartford area includes: Berlin, Cromwell, East Hartford, Farmington, Hartford, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, West Hartford, and Wethersfield.  
Call Encompass at 860-444-4444 or visit on line at [Encompass.M7Ride.com](http://Encompass.M7Ride.com).  
For help applying for Encompass, feel free to call Stephanie at the Senior Center, 860-747-5728.

## Plainville DIAL-A-RIDE

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

Our Dial-A-Ride will operate on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 2:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. ***We ask that you be ready and on time for your ride.***

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Southington, Bristol, New Britain, Newington VA Hospital and some locations in Farmington.

All other destinations are limited to Plainville only.

## 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.

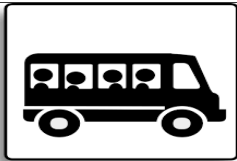
ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, 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.

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](http://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.



## Have You Heard About Senior Transportation Services? Another option for rides to medical appointments

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