

NEWS & EVENTS

MARCH 2022

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

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

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



ALL DROP-IN ACTIVITIES WILL BEGIN AGAIN ON MONDAY, MARCH 7. SEE PAGE 10 FOR DETAILS.

SELF-CARE DAY

WEDNESDAY, MARCH 23, 10 A.M.-2:00 P.M. COST: FREE.

REGISTER BY MARCH 18. SIGN-UP BEGINS MARCH 3.

Couldn't we all use some pampering and self-care? Stop by the Senior Center on **Wednesday, March 23**, between 10 a.m. and 2:00 p.m. and pick up a self-care information and goodie package. Learn guided/focused meditation to relax your mind and bring calmness to your world. Goodie package includes lip balm, candle, hand scrub, tea and cookies. **Call the Senior Center or register online by March 18 at www.schedulesplus.com/plainville.**

ELLIS ISLAND & THE STATUE OF LIBERTY

THURSDAY, MARCH 17, 10:00 A.M. COST: FREE!

INSTRUCTOR: JOE THE HISTORY GUY.

SIGN-UP BEGINS MARCH 3.

Joe "the History Guy" returns to the Senior Center to present Ellis Island & the Statue of Liberty. The Gateway to America is filled with dreams of a better way of life for millions who only wanted little more than an opportunity to escape starvation, tyranny and despair in their homeland. Join us in this special tribute to a priceless landmark. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**



CORNERD BEEF AND CABBAGE DINNER GRAB 'N GO

THURSDAY, MARCH 17, 11:00 - 11:30 A.M.

\$8.00 PER PERSON. SIGN-UP BEGINS MARCH 3.

MUST REGISTER BY MARCH 15.

Enjoy a taste of St. Patrick's Day with a traditional corned beef dinner! Corned beef, cabbage, boiled potatoes and carrots served with a slice of soda bread and a green cookie for dessert. Pick it up at the Senior Center and just reheat in the microwave at home.



DOWNTON ABBEY STYLE & TEA PARTY

WEDNESDAY, APRIL 20, 2:00 P.M.

COST: \$10.00 PER PERSON

SIGN-UP BEGINS MARCH 3.

This program was originally scheduled for April 2020, and we are delighted to offer it again and in-person!! 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.



DOWNTON ABBEY MOVIE

TUESDAY, APRIL 5, 1:00 P.M. COST: FREE!

SIGN-UP BEGINS MARCH 3.

Call the Senior Center to register. Movie will be shown at the Plainville Public Library. To help get you excited about the Downton Abbey Style & Tea Party, we have reserved the auditorium at the Plainville Public Library to show the Downton Abbey Movie! Join us to get refreshed on the fashions of the Crawley family and see how they prepare for a royal visit from the king and queen of England.

PROGRAMS

CALL TO BE ADDED TO SENIOR CENTER FREE TAX PREP WAITING LIST, ALTERNATIVES ALSO AVAILABLE

The Senior Center is hoping to add more free income tax prep appointments. Call (860)747-5728 to be put on our waiting list. Free income tax prep appointments are still available in either Bristol or New Britain through the **Volunteer Income Tax Assistance Program (VITA)**. Call: **(860)356-2000** for appointments at United Way of West Central CT in Bristol or Human Resources Agency (HRA) in New Britain and Bristol.

Dial-a-Ride can also bring you to the United Way or HRA if you need a ride.



****ATTENTION SNAPPY SENIORS PHOTOGRAPHY GROUP & ATTENDEES FOR JUDY HUMPHREY'S PARTY...WE'RE HOPING FOR APRIL. CHECK THE APRIL NEWSLETTER FOR DETAILS. ****

VOLUNTEERS! EVERY VOLUNTEER HOUR COUNTS!

We love our volunteers and want to thank you for all you've been doing to help keep our Senior Center running so smoothly! Please be sure to record every volunteer hour ... they all count! Anyone who records their hours will be entered in a special volunteer raffle which will be drawn on March 11. There are volunteer sheets and a special box in the living room that you can use to record your hours OR you can record them online. To record online follow these simple directions:

1. Go to www.schedulesplus.com/plainville
 2. Click on: LOGIN
 3. Enter your 7-10 digit telephone number (no dashes needed)
 4. Click SEARCH
 5. Click on your name
 6. Click on VOLUNTEER VIEW & LOG HOURS
 7. Enter your volunteer hours.
 8. Click on the type of volunteer activity you did (PEAK, greeter, newsletter, Meals-on-Wheels, front desk, Bingo, Setback, etc.)
 9. Click SAVE
 10. You can view your hours by clicking on VIEW HISTORY
- When you are done Click on LOGOUT
If you need assistance logging your hours, please don't hesitate to call the Senior Center at (860)747-5728.



LIMITED NUMBER OF FREE AT-HOME COVID TEST KITS AVAILABLE AT SENIOR CENTER

The Senior Center has a very limited supply of free COVID test kits. Call the Senior Center at (860)747-5728 to reserve yours. You must be a Plainville resident 60 years or older. Another option: go to: <https://www.covidtests.gov/>. Every home in the U.S. is eligible to order four free tests. Orders will usually ship in 7-12 days. If you don't have a computer or need help, please call Sharon or Stephanie at the Senior Center and they will register you on the computer to receive four free test kits by mail.



FREE MASK GIVEAWAY – The Plainville Senior Center is offering two free N95 face masks per person. Stop in today and get yours!

NUTRITION TRIVIA BINGO

TUESDAY, APRIL 19, 2:00 P.M.

PROGRAM IS FREE & IN-PERSON.

SIGN-UP BEGINS MARCH 3.

Test your nutrition knowledge and play Bingo with ShopRite Dietitian Jessica! Everything you need to play will be provided, and Jessica will have prizes for BINGO winners. **Call the Senior Center or register online at www.schedulesplus.com/plainville.**

DOLLY PARTON– THE LIFE & TIMES OF DOLLY PARTON

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

COST: FREE!

INSTRUCTOR: JOE THE HISTORY GUY. SIGN-UP BEGINS MARCH 3.

Dolly Parton—Her life and career together make a rags to rhinestones story. Her songs have captured the hearts of generations. From singing barefoot on the porch of her Tennessee Mountain home to commanding the stage in six-inch heels, Dolly Parton is a larger-than-life living legend. American singer, songwriter, actress, author, businesswoman and humanitarian. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**



MEGA SIGN-UP DAY is set for THURSDAY, MARCH 3, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

PROGRAMS

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, MARCH 17, 2:30 P.M. SIGN-UP BEGINS MARCH 3. CALL THE SENIOR CENTER TO REGISTER.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Join us on **Thursday, March 17, at 2:30 p.m.** Relax and socialize with others experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Connecticut State Unit on Aging.



BOOK BUDS

MARCH BOOK: "THE DICTIONARY OF LOST WORDS" BY PIP WILLIAMS, FRIDAY, MARCH 25, 10:00 A.M.

COST: FREE! SIGN-UP BEGINS MARCH 3

INSTRUCTOR: KATHLEEN MARSAN

Based on true events, "The Dictionary of Lost Words" tells the story of the Oxford English Dictionary compilation through the fictional Esme and her interactions with characters based on the real men and women behind the book. The book is available at the library. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**



OUTDOOR ADVENTURE CLUB

VIRTUAL WINTER CLIMBING IN THE ADIRONDACK MOUNTAINS: TREKKING WOLFJAW RIDGE

FRIDAY, MARCH 11, 11:00 A.M. -12:30 P.M.

COST: FREE! PRESENTED BY JARED SCOVILLE.

ZOOM FROM HOME OR FROM THE SENIOR CENTER

In this 1.5 hour virtual adventure, Jared shares video footage, gear demonstrations, and stories from one of his favorite winter backpacking & mountaineering trips in the Adirondacks Mountains of New York! Over the course of three days Jared and his best friend climbed nearly 20 miles over 1.5-3 feet of snow, going up multiple high peaks on top of Wolfjaw Ridge. Nighttime low temperatures of zero degrees made for a very interesting and successful trek. Join us for a fun adventure with some awesome winter scenery.

GASTROPARK FOOD TRUCKS & TROUT BROOK TRAIL WALK, WEST HARTFORD

FRIDAY, APRIL 8, (RAIN DATE APRIL 22)

LEAVES PLAINVILLE 10:35 A.M. RETURNS

APPROXIMATELY 2:30 P.M., \$3.00 PER PERSON.

SIGN-UP BEGINS MARCH 3

Join adventure leader Eileen Cyr on a food and walking adventure! We will meet at the bus stop in front of the Plainville Public Library at 10:15 for a 10:35 a.m. bus on the CT FastTrak and travel to the Elmwood Station, West



Hartford. We will have a short walk to the Trout Brook Trail and then to the Gastropark for lunch (on your own). The Gastropark is an indoor/outdoor foodie playground featuring a selection of local food trucks, a bakery and coffee shop. Bring correct change for the bus \$1.70.

DISC GOLF, TOWER RIDGE, SIMSBURY

FRIDAY, APRIL 29 (RAIN DATE FRIDAY, MAY 6)

LEAVES PLAINVILLE 1:00 P.M.; RETURNS APPROXIMATELY 6:00 P.M. COST: \$12.00 (INCLUDES TRANSPORTATION & 9 "HOLES" OF DISC GOLF).

SIGN-UP BEGINS MARCH 3

Join adventure leader, Eileen Cyr, for an exciting afternoon of Disc Golf! We will play 9 holes on the front nine of the disc golf course, which will take about 1 1/2 - 2 hours. We will be given a tutorial on how to throw the Frisbee (disc) and the rules of the game. Following the 9 holes, there will be time to grab something to eat and drink at the Talcott Mountain Collective (on your own). They have light snacks and a food truck. Disc golf is played much like golf. Instead of a ball and clubs, though, players use a flying disc or Frisbee®. A golf disc is thrown from a tee area to a target, which is the "hole." As a player progresses down the fairway, he or she must make each consecutive throw from the spot where the previous throw landed. Dare yourself to try something new!



MEGA SIGN-UP DAY is set for THURSDAY, MARCH 3, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:00–2:00 P.M.

INSTRUCTOR: CAROLINE DUBE

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

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:15–3:00 P.M.

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress and calms the mind and also builds core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Bring a water bottle.

CARDIO CHAIR FITNESS WITH NANCY

TUESDAYS, 1:00–1:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

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

BALANCE CLASS

TUESDAYS, 2:00–2:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30–10:30 A.M.

INSTRUCTOR: AMY GRAY

Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels.

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

FRIDAYS, 11:00–11:45 A.M.

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance. IN-PERSON OR ON ZOOM.

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

THE PEAK FITNESS CENTER IS OPEN

NO APPOINTMENTS NEEDED!

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

CLASS DESCRIPTIONS

ACRYLIC PAINTING IS BACK!

MONDAYS, 10:00 A.M. —12:00 P.M.

INSTRUCTOR: ABBE WADE

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



CERAMICS

THURSDAYS, 9:30 —11:30 A.M.

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to

choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

KNITTING/CROCHET

THURSDAYS, 1:00 – 3:00 P.M.

INSTRUCTOR: EVELYN MORIN

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

CLASS SCHEDULE Class descriptions on pages 4

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, March 3, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **March 10** if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session Sign-Up Begins March 3. Payment Due Upon Registration
MONDAY			
Acrylic Painting	10:00-12:00		March 14-May 2. 8 weeks. \$16.00. Must sign up by March 9.
Power Burst	1:00-2:00	Jan. 10-March 28. \$16.00.	April 4-May 23. \$16.00. 8 weeks.
Chair Pilates & Balance	2:15-3:00	Jan. 10-March 28. \$16.00.	April 4-May 23. \$16.00. 8 weeks.
TUESDAY			
Cardio Chair Fitness w/ Nancy	1:00—1:45	Jan. 11-March 8. \$16.00.	March 15-May 3. \$16.00. 8 weeks.
Balance Class	2:00-2:45	Jan. 11-March 8. \$16.00.	March 15-May 3. \$16.00. 8 weeks.
WEDNESDAY			
Zumba Gold	9:30 – 10:30	Jan. 19-March 16. \$24.00. No class March 2.	March 23-May 11. \$24.00. 8 weeks.
THURSDAY			
Ceramics	9:30 – 11:30	Jan. 13-March 10. \$32.00.	March 17-May 5. \$32.00. 8 weeks.
Knitting/Crochet	1:00-3:00	Jan. 13-March 17. \$16.00. No class March 10.	March 24-May 12. \$16.00. 8 weeks.
FRIDAY			
Yoga-Lates	11:00—11:45	Jan. 21-March 18. 8 weeks. \$16.00. FREE if you have Silver Sneakers.	March 25-May 20. No class April 15. \$16.00. FREE if you have Silver Sneakers. 8 weeks.

HOW TO REGISTER FOR A CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to

SENIOR CENTER SEEKING YARN DONATIONS

The Senior Center is looking for donations of yarn. Please call us at (860)747-5728 for more information.



PROGRAMS, ETC.

FREE VIRTUAL EDUCATIONAL CONFERENCE MARCH 4-5 **FOR INDIVIDUALS LIVING WITH ALZHEIMER'S & DEMENTIA AND THEIR FAMILIES**

The State Unit on Aging, as a Community Partner of the Connecticut Chapter of the Alzheimer's Association, is happy to announce that The Alzheimer's Association will host a free virtual educational conference for individuals living with Alzheimer's and dementia, their caregivers and their families on **March 4-5**. For more information and to register for the event, visit alzfamilyconference.org.



RAINBOW LUNCH HOUR - MARCH 24

Join LGBT adults and allies for the Rainbow Lunch Hour on **Thursday, March 24, from 12:00—1:00 p.m. via Zoom from home or from the Senior Center**. Presented by the CT LGBT Moveable Senior Center and the CT Healthy Living Collective. Discussion on making connections...with each other, with family and friends, and in the community. Pre-registration is required. Bringing your own lunch is optional. **Register at www.cthealthyliving.org. If you are coming to view the program here, call the Senior Center or go online to register at www.schedulesplus.com/plainville.**

SENIOR CITIZEN PROM SET FOR APRIL 21 AT BRISTOL SENIOR CENTER

A Senior Citizen Prom will be held on **Thursday, April 21, from 5-8 p.m.** at the **Bristol Senior Center, 240 Stafford Ave.** Enjoy live music, dancing, a photo booth, and door prizes. Dinner will be provided by The Pines at Bristol. Tickets will be available starting April 1 at the Bristol Senior Center's main office on weekdays between 8:30 a.m. and 5 p.m. The event is sponsored by the United Way of West Central CT's Youth Board, the West Central CT TRIAD and The Pines at Bristol. Call (860)584-7895 for more information.

ATTENTION, GRANDPARENTS, RELATIVES...LET YOUR FAMILIES KNOW ABOUT...

DADDY BOOT CAMP

A Workshop Designed for Expectant & New Dads. Schedule a single session that fits your schedule: **Thursday, April 28** (register by April 14), or **Thursday, June 2** (register by May 19). Both sessions will meet from **5:30-8:30 p.m.** at **Plainville High School, Room 123**, with Coach Smith. Tuition: \$8. Full scholarships for those in need are available upon request. Please call (860)793-3209. Go to: [http://www.plainvilleschools.org/departments/adult ed](http://www.plainvilleschools.org/departments/adult%20ed). Participants will also get the book: "Crash Course for Dads-to-Be." For more information, call Plainville Adult Education at (860)793-3209.

UPCOMING CHANGES TO 3G WIRELESS NETWORK

Did you know that service providers will be shutting down their 3G networks beginning in early 2022? The Federal Communications Commission (FCC) has developed a consumer guide with more information on the 3G shutdown. Anticipated shutdown dates by provider include: AT&T on Feb. 22; T-Mobile/Sprint between March-July; and Verizon by end of the year. Providers like Boost, Cricket, and Straight Talk also use the networks of the larger providers. The FCC encourages customers of any network to contact their carrier for more information. Many carriers may offer free or low-cost replacement phones or devices. In addition to cell phones, this will also affect older devices made for the 3G network, including tablets, personal emergency response system devices, smart watches, assistive technology devices with SIM cards, certain medical devices and home alarm systems. These devices on 3G networks will not be able to send texts, use data, or make or receive phone calls, including calls to 9-1-1. These devices may still be able to access services via a public or personal Wi-Fi network. Some devices may only require a software update. FOR MORE INFORMATION, GO TO: <https://www.fcc.gov/consumers/guides/plan-ahead-phase-out-3g-cellular-networks-and-service>.



MEGA SIGN-UP DAY is set for THURSDAY, MARCH 3, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

HEALTH MATTERS

MEDICARE ADVANTAGE OPEN ENROLLMENT ENDS MARCH 31

The Medicare Advantage Open Enrollment Period (MA OEP) began Jan. 1 and ends March 31. This period allows beneficiaries who are already enrolled in a Medicare Advantage Plan to: 1. Switch to another MA Plan (with or without drug coverage). 2. Return to Original Medicare (this is done by simply enrolling into one of the 27 stand-alone drug plans for 2022). Beneficiaries who do so should also consider purchasing a Medigap plan. During the MA OEP, beneficiaries enrolled in Original Medicare cannot: 1. Switch from Original Medicare Advantage Plan. 2. Switch from one stand-alone drug plan to another. If you have any questions, please call Stephanie at the Senior Center, (860)747-5728.

GET HELP PAYING YOUR WATER BILLS

The Connecticut Low Income Water Assistance Program is now open. Get help paying your water bills. Households with one person who have a maximum annual income of \$39,027 and a two-person household maximum income of \$51,035 can qualify for this one-time benefit. There is no asset limit. Help is available for both drinking water and wastewater bills. To apply online, go to: <https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Highlights/Water-Assistance/CT-Energy-and-Water-Assistance-Application-rev-Nov-2021.pdf> or contact the Human Resources Agency of New Britain (HRA) at (860)356-2000. If you have any questions, contact Stephanie at (860)747-5728.

MEDICARE SAVINGS PROGRAM (MSP) INCOME LIMITS:

Singles Range From: \$2,265 to \$2,641
Couples Range From: \$3,064 to \$3,572

There is No Asset Limit nor Estate Recovery

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

THE NURSE IS IN!

GEORGIA STERPKA, APRN, IS
AVAILABLE BY APPOINTMENT FOR:

REGULAR AND DIABETIC FOOT CARE

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

EAR WAX REMOVAL: COST IS \$5.00.

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

FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.

VETERANS' NEWS & ACTIVITIES

INDIVIDUAL APPOINTMENTS FOR VETERANS- WEDNESDAY, MARCH 2, AT THE SENIOR CENTER

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance. Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance, is available on **Wednesday, March 2**, at the Senior Center to help you with all of your veteran benefit needs. Call Jason at (203) 805-6340 to schedule an individual appointment (please leave a message). Jason is scheduled to be at the Senior Center the first Wednesday of each month. In April, Jason will be here on **Wednesday, April 6**.

VETERANS' SOCIAL HOUR

TUESDAY, March 22, 10:00 A.M.

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

FOODSHARE, SUPPORT GROUPS & PROGRAMS

THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

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



CAREGIVING CONNECTIONS - Join your caring friends on **Tuesday, March 8, at 10 a.m.** at the Senior Center as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. Come share & be nourished. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.

GRANDPARENTS RAISING GRANDCHILDREN

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at **10:30 a.m. on Tuesday, March 15**, at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.



CARING AND CONNECTING

Would you like someone to chat with? We have volunteers who are happy to connect with folks to say “hello” and to help brighten someone’s day, especially during these difficult times. Call the Senior Center if you’d like to volunteer.

LIVING WELL TELEPHONIC & VIRTUAL WORKSHOPS SCHEDULED

The North Central Area Agency on Aging and the Department of Rehabilitative Services – State Unit on Aging will be offering three free telephonic workshops: **“Living Well with Diabetes”** on **Monday, March 7, at 10:00 a.m.** and **“Living Well with Chronic Conditions”** on **Tuesday, March 15, at 10:00 a.m.** and **“Live Well with Chronic Pain”** on **Thursday, March 31, at 2:00 p.m.** Participants will learn about a variety of tools to manage their conditions including Healthy Eating, Exercise, Goal Setting, Stress Management and Self Advocacy.

Please register a week prior to the start date to ensure materials arrive on time. Telephonic calls are approximately one hour in length and take place conference-call style to 4-6 participants. To sign up, please contact Carley Taft, Regional Coordinator, at carley.taft@ncaaact.org or call (860)724-6443, ext. 224.



“It’s Your Life...Live it Well”

A free 6-week virtual workshop, “Live Well & Manage Your Chronic Pain,” will be offered on Thursdays, from **10 a.m. to 12:30 p.m. on March 24, April 7, 14, 21, 28, and May 5**. Learn how to better manage your ongoing health condition. Participants will need a computer, tablet or smart phone and a reliable internet connection. A technology training session will be provided on **March 24**. To sign up, please contact Carley at carley.taft@ncaaact.org or call (860)724-6443, ext. 224.

CAREGIVER RESPITE PROGRAMS AVAILABLE

According to the North Central Agency on Aging:

- * 6 in 10 caregivers report working while caregiving (61 percent) & the majority have experienced at least one work-related impact (61 percent).
- * 1 in 5 caregivers report high financial strain as a result of caregiving;
- * 3 in 10 have stopped saving (28 percent) and:
- * 1 in 4 have taken on more debt (23 percent).

What can you do to assist your friends, colleagues & family members who need some help? Caregiver Respite Programs can provide families with some necessary space to breathe. **Call Stephanie at (860)747-5728 for more information.**

Donations

JANUARY 20---FEBRUARY 10

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.

GENERAL DONATIONS

Barbara Petit, Wilma Michaud, Lea Toner, Paul Lickwar, Dee Martin, Bill Petit, Cathy Ryan, Anonymous, Sally Cobrain, Ray Phillips, Dale Nightingale, Carol Skultety, Lillian Ouellette, Lori Delvaglio, Jeanette Schmidt, Marci Negro, Loretta Sperazza, Rosaleen Peters, Mary Trombley, Diane Nordgren, Barbara LaRosa, Sue Holcomb, Marge Burris, Rita Susco, Dorothy Hamel, Carole Dimock, Anne-Marie DesRoberts, Jeannette Varkal, Marianne Grace, Thomas Martin, Charles Orvis, Sue DesRochers, Virginia Salmon, Paula Stimac.

MEMORIAL DONATIONS

In Memory Of: Maryange Boilard

by D.R. Templeman Co.

In Memory Of: Wendell Copeland

by Sue DesRoches for Dial-A-Ride.

DIAL-A-RIDE DONATIONS

Anonymous, Marci Negro, Rosaleen Peters, Marlene Maglio.

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

Cheer Report

JANUARY 20-FEBRUARY 10

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

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Phil Heim, Joan Sartori, Wendell Copeland, Rose Le Feminine, Bonnie Carilli, Paula Harland, Madeline Drake, Barry Creswell, Robert Burns, Colleen Shover, Evelyn Stelma, Bonnie Pelletier, Sally Miller, Ann Campbell, Norma Weisenburger, Elaine Wyzga, Elsie Senaldi, Vivian Arena, Helena Niziolek, Ceal Di Francesco, Evelyn Case, Cathleen Macca, Hazel Decker, Rose Plourd, Mary Michaud, Stella Massa, Beatrice Dumont, Laurette Ortner, Bill & Judy Briggs, Robin Brown, Marcia Medina, Skip Kensel, Gene Kelsey, Marie Cutler.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Dennis Brown, Ken Wholey, Lois Lindskog, Claire Rohon, Albert Muller, Faith Sullivan, Pat Landry, Wendell Copeland.

SYMPATHY CARDS WERE SENT TO:

Linda Berube, MaryAnn Carlson, Deborah Wishart-Parker, Tina Wishart, David Spencer, Loretta Sperazza, Helga Schramma, Joseph Faraci, Sally Miller.

The Senior Center ALWAYS Needs Sympathy, Get Well and Thinking of You Cards! We do not use religious cards or Mass cards. If you wish to donate cards, please drop them off at the Senior Center. We appreciate it!



January New Members

Shirley Archick, Victor Capirchio, Iva Dube, Judith Gemmell, Karen Gervais, Diane Guimond, Gil Guimond, Elizabeth McCoy, John Reinwald, Laura Reinwald and David Schonrock.



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Veterans' News & Activities	7
Volunteer Hours	2
Virtual Alzheimer's Conference	6
Water Assistance Program	7
Yarn Donations	5
Zumba Gold	4
BC= Back of Calendar	

THIS AND THAT

THE FOLLOWING ACTIVITIES WILL RESUME AGAIN ON MARCH 7 :

* Mahjong	* Setback	* Cribbage
* Pinochle	* Bridge	* Charlemagne
* Mexican Train	* Chair Volleyball	* Pool Tournaments
* Scrabble	* Women's & Men's Brush-Up Pool Lessons	

VOLUNTEERS WANTED TO ASSEMBLE THE NEWSLETTER

No experience necessary. You can help with folding, collating, stapling and stuffing envelopes. Contact the Senior Center at (860)747-5728 to sign up. It's just a once a month commitment that takes just a few hours.

INSTANT UPDATES

Be sure you are getting the latest information from the Senior Center by providing us with your email address. Sometimes we get important news to share after the newsletter has gone out, or there's something that is so timely, we want to be sure our members get the information right away. We will never give out or sell your email. All personal information (address, phone, e-mail) remains confidential. E-mail us even if you think we have your e-mail address at beamc@plainville-ct.gov to provide your email (include your full name & phone number in the event we have any questions). Check your Spam folder & add the Senior Center to your contact list.



DIAL-A-RIDE DRIVERS NEEDED!

The Plainville Senior Center is looking for on-call drivers for our Dial-a-Ride Program. Drivers must have a CDL or F-endorsement in order to drive our wheelchair lift-equipped bus. Training and hourly wage provided. Hourly range between \$15.50—\$16.61. Hours are on-call to assist when regularly scheduled drivers are out or when the schedule is busy and more drivers are required to assist with rides. F-endorsement is now easier to obtain and can be done without going to DMV and can be completed in two weeks. Contact Shawn or Ronda at the Senior Center for more information or visit www.plainvillect.com for an application.

AARP SAFE DRIVING COURSE AVAILABLE ONLINE



Become a Safer & More Confident Driver! The course is now 100% online and self-paced. Learn about skills and strategies you can use on the road every day. Discover defensive driving techniques to help you deal with aggressive drivers. Explore local laws and traffic rules for drivers. Get tips for proper maintenance of your vehicle so it's safe before you drive. Go to: <https://campaigns.aarp.org/driversafetycourse> to sign up. If you don't have access to a computer, you can call us here at the Senior Center to reserve a computer. We can help you sign up and you can take the class here online.



Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle and logo is "cover page."