

NEWS & EVENTS

MARCH 2023

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 & more. No question is too small. Call (860)747-5728.

ST. PATRICK'S DAY LUNCH

THURSDAY, MARCH 16, 12:00 PM

COST: \$12.00 SIGN UP BEGINS MARCH 1,
MUST REGISTER BY MARCH 13

Enjoy a traditional corned beef and cabbage lunch including potatoes, carrots, cabbage, Irish soda bread, and dessert. Following lunch, we'll be serenaded by our very own ukulele players and singers!

COME TALK TO YOUR LEGISLATOR

MONDAY, MARCH 20, 9:30 — 10:30 AM
CALL THE SENIOR CENTER TO REGISTER

*Local lawmakers State Rep. Francis R. Cooley (R-22) and State Sen. Henri Martin (R-31) will be speaking at the Senior Center to provide a legislative update on the state issues near and dear to Plainville seniors.
*The event is designed to provide residents with an opportunity to speak with each of the lawmakers in a relaxed setting about issues affecting the district, bill proposal ideas, or other legislative related topics.
*If you have questions or cannot make the event but would like to connect with the representatives, please call 800-842-1423 for Rep. Cooley or 860-240-8800 for Sen. Martin.

Sen. Henri Martin serves on the Finance, Revenue & Bonding Committee, Ranking Member, Commerce Committee, Ranking Member, Transportation Committee, Member and Executive & Legislative Nominations Committee.
Member. Rep. Francis Cooley serves on the Education Committee, Higher Education and Employment Committee and the Environment Committee.

THE SENIOR CENTER LE PETIT CAFÉ IS OPEN!

Join us for a fresh and delicious lunch, prepared to order on **Tuesdays and Wednesdays, 11:30 - 1:00**. Homemade soups, our famous grilled cheese sandwiches, BLT's and a new "build your own salad" featuring your choice of fresh greens, tomatoes, hard boiled eggs, chickpeas, peppers, red onion, glazed walnuts and more! Each week we feature a new special in addition to the regular menu. Fresh baked cookies are also available. **CASH OR CHECK ONLY.**

For our loyal café customers... buy 5 paninis, sandwiches, salads or specials and get one free!

FEBRUARY 28 & MARCH 1: Chicken Fajita Quesadilla (grilled chicken, sautéed onions & peppers, melted cheese)

Soup: Chicken and Rice

MARCH 7 & 8: Tuna Melt Panini or Tuna Salad over fresh greens

Soup: Creamy Tomato Soup

MARCH 14 & 15: Grilled Corned Beef Reuben (corned beef, sauerkraut, thousand island dressing on grilled rye bread)

Soup: French Onion Soup

MARCH 21 & 22: California Veggie Burger with sautéed spinach and garlic aioli

Soup: Baked Potato Soup

MARCH 28 & 29: Café closed due to kitchen floor repairs



DIAL-A-RIDE Driver Needed—See Page 10 For Details

COVID Clinic
See page 4

Mammography Bus
See page 4

Valentine The Clown
See Page 5

Aqua Turf Trip
See Page 9

CLASSES & PROGRAMS

FLEECE QUILLOW

WEDNESDAY, MARCH 15

9:30 AM—11:30 AM

COST: \$2.00 SIGN UP BEGINS MARCH 1

A fun, easy project to make for family & friends!



STITCH 'N TIME

WORK ON YOUR OWN PROJECTS

WEDNESDAY, MARCH 22, 9:30 AM—11:30 AM

COST: \$2.00 SIGN UP BEGINS MARCH 1

BEAUTIFUL BUTTERFLIES WALL HANGING

WEDNESDAYS, APRIL 5, 12 & 19, 9:30 —11:30 AM

COST: \$6.00. SIGN UP BEGINS MARCH 1

This gorgeous applique wall hanging will bring "Springtime" into your home!

PET THERAPY—COME & GET SOME RYDER LOVE!

MONDAY, MARCH 13, 10:00 AM TO 11:00 AM

Ryder, a Golden Retriever, is a Pet Therapy dog who loves to visit with everyone! Ryder and his 'Mom', Karen, are registered with Pet Partners & have been visiting hospitals, schools, colleges and Senior Centers since he was 2 years old. He has visited with Babies as young as 7 months & seniors as old as 103! He likes hugs, kisses, belly rubs and pets. Please call the Senior Center to register & come meet Ryder.



PAINT POURING CLASS

TUESDAY, APRIL 18, 1:30 TO 2:30 PM COST: \$15.00

INSTRUCTOR: SUNNY SWEARSKY,

FLUID PAINT ARTIST

SIGN UP BEGINS MARCH 1. LIMIT: 15 STUDENTS

Acrylic pouring is a wonderful abstract art technique in which acrylic paints are poured onto a canvas or other painting surface. The paint is made fluid by adding a medium. The paint is then poured onto the canvas, creating a beautiful and unique design.

During the one hour workshop, Sunny will walk you step by step to create a beautiful work of art on an 8" X 10" canvas ready for hanging. No two paintings are the same. There is no experience required!



BREAKFAST CLUB – MEN AND WOMEN INVITED

TUESDAY, MARCH 14, 9:00 AM

Join us for an informal breakfast at D' Marie's Restaurant, 17 Whiting Street, in Plainville! You'll order (and pay on your own) off the menu. Enjoy breakfast out with a great group of friends. If we have enough interest, we will try and make this a regular event! Call the Senior Center to register.



AARP SMART DRIVER COURSE

WEDNESDAY MARCH 15, 12:30 PM—4:30 PM

COST: \$20-AARP MEMBERS. \$25-NON-AARP MEMBERS.

This course teaches valuable defensive driving strategies & provides a refresher for the rules of the road. You may qualify for an auto insurance discount by completing the course (check with your auto insurance agent for details).

BLACK HISTORY: BEYOND THE AMISTAD

WEDNESDAY, MARCH 22, 2:00 —3:00 PM

PRESENTED BY :

THE CT HISTORICAL SOCIETY

COST: FREE—Call the Senior Center to register.

Join us as we take a tour of items from the CT Historical Society representing a spectrum of the Black experience in CT. You'll learn about a Harlem Renaissance writer, examine daguerreotypes by Augustus Washington, browse through the photo album of a Hollywood actress and marvel at the gorgeous costumes created by CT's West Indian community. This informative program will also provide insight into the Civil Rights movement in our state.



INCOME TAX PREPARATION—BY AARP TAX AIDE & HRA VITA TAX COUNSELORS

Free income tax preparation assistance by certified volunteer tax counselors for low to moderate income taxpayers. The dates for 2023 (tax returns for calendar year 2022) are **every Tuesday beginning Tuesday, February 7 and ending Tuesday April 11 and Fridays, beginning March 3 and ending April 14.** Appointments are required. Call the Senior Center to schedule an appointment. IMPORTANT REMINDERS: Before your appointment, please stop by the Senior Center to pick up a checklist of items required to bring to your appointment and an intake packet that **MUST** be completed before your appointment.

MORE CLASSES AND PROGRAMS

WOMEN TO WOMEN, AGING GRACEFULLY AND CONFIDENTLY

THURSDAY, MARCH 23, 9:00 AM—2:00 PM

COST: \$10.00 (INCLUDES CONTINENTAL BREAKFAST, LUNCH, GIVE-A-WAY AND MORE!)

SIGN UP BEGINS FEBRUARY 1. SPACE IS LIMITED.

Ladies, join us on March 23, 2023 for the day-long Women's Day Conference. We will start the day with a continental breakfast after which you will be able to pick from 4 different topics pertinent to women as we age gracefully. You will be able to choose one workshop at 10:00 and one workshop at 11:00.

10:00—**Cardiac Health in Women** presented by Stephanie Saucier, MD, Cardiovascular Medicine -**or- Benefits of Healthy Sleep**, presented by Casey Aivano, APRN

11:00—**Brain Health**, presented by Michelle Wyman, Dementia Specialist -**or- Urinary Health and Why We Never Mention It**, presented by Jacqueline Phanavong, PA Urology

Our keynote speaker, Heather Hitchcock, Community Education Manager, Bristol Behavioral Health, will present: "Who are Your People and Where are They Hiding?" Why is socialization so important in healthy

aging and how you can develop friendships, create joy and find the spark to make life more fun. Following the workshops, we will enjoy a Panera lunch of sandwiches, salad, chips and dessert. One lucky lady will be

eligible to have a free makeover (during lunch) by famed celebrity make-up artist and educator, Joby Rogers.



TELEPHONE BINGO IS BACK!

THURSDAY 1:00—2:00 PM

Peggy Grant will be calling bingo over the telephone and on Zoom so you don't have to leave your cozy home to go outdoors! If you'd like to play, call the Senior Center to register and to get a bingo card. There is no charge to play. Playing for fun!

BETTY WHITE, HER LIFE AND TIMES

THURSDAY, MARCH 9, 10:00 AM

Presented by Joe Ouellette

"The History Guy". Program is free.

Please call the Senior Center to register beginning February 1. Betty Marion White

Ludden was an American actress and comedian. White was noted for her vast work in the

entertainment industry and being one of the first women to work both in front of and behind the

camera. Let's share a few moments in laughter. Remember Password, Mary Tyler Moore Show, The

Golden Girls, Saturday Night Live, Hot in Cleveland and many more funny moments in our lifetimes.



UKULELE JAM

THURSDAYS from 2:15—3:15 PM

Join our group of ukulele enthusiasts to play and sing.



BOOK BUDS MARCH BOOK:

"SHADOWPLAY"

by JOSEPH O'CONNOR

FRIDAY, MARCH 31, 10:00 AM

COST: FREE! FOR MEMBERS ONLY.

INSTRUCTOR: KATHLEEN MARSAN

Historical Fiction at its finest. The author takes us to center stage of the

Lyceum Theatre in England and from the wings we watch the great actors, Henry Irvin and Alice Terry strive to bring the theatre back to its glory under the watchful eye of the business manager, Bram Stoker. Based on historical fact and sprinkled with fiction, this story of friendship, loyalty, and inspiration in the performing arts and literary world may become one of our favorite reads!

Books are now available at the Library front desk.



SNAPPY SENIORS PHOTOGRAPHY

GROUP MEETS THURSDAY, MARCH 16, 10:00 AM

CALL TO REGISTER (860)747-5728

Share photos from anytime or

place. Show us something you

learned **OR** a special photo **OR**

one of your all time favorites!

Bring ideas for future classes, trips and lectures.



MORE PROGRAMS

MAMMOGRAPHY BUS

TUESDAY, APRIL 4, 8:00 AM—2:00 PM

BY APPOINTMENT - CALL THE SENIOR CENTER TO MAKE AN APPOINTMENT BY MARCH 17
Hartford Hospital's Mobile Mammography program will be offering screening mammograms on Tuesday, April 4 between 8:00 AM and 2:00 PM at the Plainville Senior Center. The Mobile Mammography bus will be in the Senior Center parking lot. These mammograms are offered for women over the age of 40 who have not had a screening mammogram in the past 12 months. Hartford Hospital will accept all health insurances and if a woman has no health insurance, donated funds are available to cover the cost of her screening. Appointment and pre-registration is required.

SELF-CARE FOR GOOD HEALTH LUNCH & LEARN

THURSDAY, MARCH 30, 12:00 PM—1:00 PM FREE.

CALL THE SENIOR CENTER BY MARCH 22 TO REGISTER.
PROGRAM INCLUDES A COMPLIMENTARY LUNCH (turkey sandwich, chips, pasta salad, cookie & beverage)

Self-care means taking the time to do things that help us live well and improve our physical and mental health. When it comes to our mental health, self-care can help manage stress, lower risk of illness, and increase energy. Any small act of self-care added to our daily routine can have a positive impact. Please join us as we welcome

Heather Hitchcock, CDP, Community Educator with Bristol Behavioral Health as she discusses simple changes we can make to positively affect our own mental health.



COVID-19 BOOSTER CLINICS—OPEN TO THE PUBLIC

MONDAY, MARCH 20 AND APRIL 10, 9:30 AM—12:00 PM.

NO APPOINTMENT OR REFERRAL NEEDED, WALK-INS ONLY

AT THE PLAINVILLE SENIOR CENTER

Pfizer COVID-19 Bivalent Boosters offered by Wheeler's Family Health & Wellness Center.



Please bring your insurance cards, IDs and Vaccine Cards with you. Only the Pfizer COVID-19 Bivalent Booster will be offered. You can get the Pfizer COVID-19 Bivalent Booster even if you have had the Moderna vaccine in the past. The Pfizer COVID-19 Bivalent Booster is available to those who have had the primary two shot series and the COVID-19 booster in the past. There must be a two month time span from your last COVID-19 vaccination prior to being able to receive this booster. Note the Bivalent Booster is a one-time booster, you cannot get two bivalent boosters.

The clinics are made possible by a grant to Wheeler from the U.S. Department of Health and Human Services (HHS), through the Health Resources and Services Administration (HRSA).

WARNING SIGNS OF DEMENTIA **LUNCH & LEARN**

THURSDAY, APRIL 20, 12:00 PM—1:00 PM

COST: FREE. CALL THE SENIOR CENTER BY APRIL 14 TO REGISTER.

Program includes a complimentary lunch (turkey sandwich, chips, pasta salad, cookie and beverage) Heather Hitchcock, CDP, Community Educator with Bristol Behavior Health will discuss the 10 warning signs of dementia. She will also review the many types of dementia and provide information about what's normal aging and what is not with regard to memory issues.

FREE COVID-19 TESTS

Every home in the US is eligible to receive a 3rd round of free at-home COVID-19 tests. Up to 8 kits available. Order yours today and tell a friend to do the same!
<https://www.covid.gov/tests>.

- ♦ For those who need assistance ordering, please come to the Senior Center front desk.

ROLLATORS-ROLLING WALKERS WITH SEAT **NEEDED**

The Senior Center is looking for rolling walkers with seats to loan out. Call us at (860)747-5728 to make arrangements to drop off.



IMPORTANT NOTES

CLOWNIN' AROUND-COME MEET VALENTINE THE CLOWN AND HAVE CLOWNIN' FUN

WEDNESDAY, APRIL 12, 1:30 PM
COST: FREE, CALL THE SENIOR CENTER TO REGISTER.

Come spend time with Valentine The Clown as she applies her makeup and discusses Clown life over the past 40 years. Learn something along the way, followed by some entertainment with balloons and clown magic. Enjoy circus treats too!!



PEAK MEMBERS LUCKY LEPRECHAUN COIN CHALLENGE

MARCH 1—MARCH 31

Please join in the fun and

participate in the Lucky Leprechaun Coin



Challenge. All you need to do is record the minutes you spend exercising on any of the cardio equipment. Recording slips will be provided along with the container to deposit the completed clips. Fill your pot of gold coins and be the lucky winner!

**ATTENTION
PEAK CENTER
MEMBERS**

STORM CLOSING INFORMATION

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

- ♦ Announcements regarding cancellations are made on the television channels and websites of the following networks: **WFSB, WNBC and Fox 61** as well as radio **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 9AM 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.

RAINBOW LUNCH

LGBT adults & allies can join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Pre-registration required. For more information please call Karen Green (860)589-6226, ext. 2226. **Register at: www.cthealthyliving.org. To view the program here, call Ronda at the Senior Center.**

LET IT SNOW AND LET US SNOWSHOE!

Call the Senior Center to add your name to our impromptu snowshoe adventure list. If it snows and conditions are good for snowshoeing, we will contact you to see if you'd like to go for an impromptu snowshoe adventure. We have 5 pairs of snowshoes available for folks who need them. We will maintain the list through the winter.



COME JOIN THE LOCAL CHAPTER OF AARP

Meetings are the 3rd Wednesday of every month at 1:00 PM. Next one is March 15 at the Faith Bible Church, 168 Unionville Avenue, Plainville. Refreshments are served.

AARP TRIPS: June 7, 2023, Trip to Maggiano's Famous Italian Restaurant and then off to Boston's Encore Casino on the waterfront. COST: \$110.00.

For reservations or information, contact Sally Miller at 860-747-1732

JOHN WILLIAMS TRIBUTE CONCERT SUNDAY, MARCH 12, 2:00 PM, PLAINVILLE HIGH SCHOOL

COST: FREE, DONATIONS WELCOME AT THE DOOR

In honor of John Williams' 90th birthday, The Plainville Wind Ensemble presents an all John Williams Concert featuring his music from Schindler's List, Star Wars: The Force Awakens, Harry Potter and other signature tunes. The ensemble recently was awarded 'The American Prize' for the best recorded performances by a community band in the United States. The concert is family friendly and the auditorium is accessible. For more information on the Plainville Wind Ensemble visit www.plainvillewindensemble.com

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 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 & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

BEGINNERS GENTLE CHAIR PILATES/BALANCE

MONDAYS, 2:45–3:45 P.M.

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

CARDIO CHAIR FITNESS TUESDAYS, 1:30–2:15 PM

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 & stretching.

BALANCE CLASS TUESDAYS, 2:30–3:15 PM

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30–10:30 A.M.

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

SILVER SNEAKERS CLASSIC IS BACK!

FRIDAYS, 10:00 AM–10:45 AM

INSTRUCTOR: NANCY PANDOLFO

FREE IF YOU HAVE SILVER SNEAKERS.

Join in the fun in this certified Silver Sneakers class. Exercises are done in a chair and combine cardio and strength training. Beginners welcome.

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 & standing yoga poses, lots of stretching & Pilates. In Pilates, you will target a specific muscle, squeeze it & 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. PEAK Center hours are: **Monday—Thursday, 9:00 AM—3:00 PM and Friday 9:00 AM—1:00 PM.**

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 A.M.—12:00 P.M.

INSTRUCTOR: ABBE WADE

Abbe 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, 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.

WATERCOLOR CLASS

FRIDAYS, 9:30 A.M.-11:30 A.M.

INSTRUCTOR: PENNY KINDBLOM

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.

CLASS SCHEDULE Class descriptions on pages 2, 6

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 1 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting **March 8** 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 Registration Begins March 1st
MONDAY			
Acrylic Painting	10:00-12:00	Jan. 30—Apr. 3, 8 weeks, \$16.00 No Class Feb. 6 & Feb. 20	Apr. 10—June 5, 8 weeks, \$16.00 No Class May 29
Power Burst	1:30-2:30	Jan. 30—Mar. 20, 6 weeks, \$12.00 No Class Feb. 13 & Feb. 20	Mar. 27—May 1, 6 weeks, \$12.00
Chair Pilates & Balance	2:45-3:45	Jan. 30—Mar. 20, 6 weeks, \$12.00 No Class Feb. 13 & 20	Mar. 27—May 1, 6 weeks, \$12.00
TUESDAY			
Cardio Chair Fitness w/ Nancy	1:30-2:15	Mar. 14—Apr. 18, 6 weeks, \$12.00	
Balance Class	2:30-3:15	Mar. 14—Apr. 18, 6 weeks, \$12.00	
WEDNESDAY			
Zumba Gold	9:30 -10:30	Mar. 22—May 10, 8 weeks, \$24.00	
Quilting	9:30-11:30	See page 2	
THURSDAY			
Ceramics	9:30 – 11:30	Mar. 16—Apr. 20, 6 weeks, \$24.00	
Knitting/Crochet	1:00-3:00	Mar. 23—Apr. 27, 6 weeks, \$12.00	
FRIDAY			
Watercolor	9:30-11:30	Jan. 20—Mar. 31, 10 weeks, \$30 (Includes Paints) No Class Mar. 3	
Silver Sneakers Classic	10:00-10:45	Mar. 24—May 5, 6 weeks, \$12 No Class Apr. 7 Free if you have Silver Sneakers	
Yoga-Lates	11:00-11:45	Mar. 24—May 5, 6 weeks, \$12 No Class Apr. 7 Free if you have Silver Sneakers	

HOW TO REGISTER FOR A FREE 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 finish. You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**

SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, March 14** at 10 a.m. at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center 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 on **Tuesday, March 21** at 10:30 AM, 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.

MEMORY CAFÉ AT THE SENIOR CENTER

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

*CALL THE SENIOR CENTER TO REGISTER.
OPEN TO THE PUBLIC.*

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. 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. & the CT State Unit on Aging.

HOMEOWNERS TAX RELIEF BENEFITS FOR ELDERLY AND DISABLED

The Town of Plainville Assessment & Collections Department is accepting Homeowners Tax Relief applications for qualified elderly and disabled homeowners. Applications must be filed by **May 15, 2023**. Income limits must not exceed \$40,300 for a single person and \$49,100 for a married couple. The Town of Plainville also sponsors a local option elderly program. Income limits must not exceed \$46,800 for a single person and \$53,000 for a married couple. Applicants must be 65 years or older prior to December 31, 2022 or have a 100% disability rating from the Social Security Administration and must own and reside in the property for which tax relief is being sought. Additional benefits for Veterans are also available. Call the Town of Plainville Assessment & Collections office for information and to schedule an appointment, 860-793-0221 ext. 7136.

ENERGY ASSISTANCE

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$39,791 (gross) and a family of two could possibly make \$51,996 (gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. HRA is located at 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** Please call 860-356-2000 or go online to: <https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

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

BEREAVEMENT SUPPORT WORKSHOP

HARTFORD HEALTHCARE—FREE

BEGINS WEDNESDAY, MARCH 29

8 Week Program

2 Options:

1. In-person group @Hospital of Central CT, New Britain 3:00 PM—4:30 PM
 2. Virtual Zoom Group 5:00 PM—6:30 PM
- Space is limited. To Register:
Hartfordhealthcare.org/events OR
Call 1-855-442-4373.

SNAP stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were **INCREASED** as of October 1, 2022. There is no asset limit. **Single \$2,265 Couple \$3,052**. Call Stephanie with any questions or to assist with an application.



OUTDOOR ADVENTURES

SCOVILLE RESERVOIR, WOLCOTT

WEDNESDAY, MARCH 29. LEAVES SENIOR CENTER AT 10:30 AM OR MEET AT SCOVILLE RESERVOIR AT 11:00 AM. DRIVE ON YOUR OWN. COST: FREE! SPACE IS LIMITED. SIGN UP BEGINS MARCH 1.

LEADER: EILEEN CYR

Enjoy an easy 3 1/2 mile loop (about 1 hour) around Scoville Reservoir. Trail is unpaved. Wear sturdy walking shoes and clothing suited for the weather. After the hike, enjoy lunch (on your own) at The East Street Eatery.

HILL-STEAD HIKE

SATURDAY, MARCH 18, 9:00 AM—11 AM
COST: \$3.00. SIGN UP BEGINS MARCH 1.

LEADER: JARED SCOVILLE

Join us for a great, very manageable hike in Farmington! This hike boast nice wooded trails, beautiful grounds, landscaping, and a nice view from one of the small vistas—overlooking the Farmington Valley. We will hike for approx. 1 1/2 hour. Appropriate for both intermediate & beginner level hikers who walk regularly. We will meet at the Hill-Stead museum at 9AM at 35 Mountain Rd, Farmington. Make sure to wear waterproof/water boots for muddy trails often seen in spring.



MONTHLY SHOPPING TRIPS

BRISTOL WALMART FRIDAY, MARCH 10

HOME AND SENIOR CENTER PICKUPS BEGIN 9:45 AM Shop for APPROX 2 hours. Return pickups from store begins approximately 12:45 PM. Timing depends on number of shoppers signed to attend. Times may vary slightly. ***Masks required on bus.**

BRISTOL SHOPPING PLAZA FRIDAY, MARCH 24

HOME AND SENIOR CENTER PICKUPS BEGIN 9:45 AM Shop for APPROX 2 hours. Return pickups from store begins approximately 12:45 PM. Timing depends on number of shoppers signed to attend. Times may vary slightly. ***Masks required on bus.**

CURRENT TRIPS

NATIONAL PARKS: ARIZONA ADVENTURE AND LAS VEGAS 10/06/2023—10/13/2023



Looking for a trip that combines the beauty of our Great National Parks: the Grand Canyon, Sedona, Petrified Forest, ancestral Pueblo dwelling perched on the edge of a volcanic field, Painted Desert, Historic Route 66, a Pink Jeep tour, Red Rocks and Hoover Dam. Lots of outdoor sights away from crowds and COVID, fully escorted so you can relax and enjoy, dip your toe into Las Vegas for shows, sights, shopping and lady luck! Flyers available now at the Senior Center. You can sign up now—with Friendship Tours—See Shawn for Questions.

ST. PATRICK'S DAY CELEBRATION AT THE AQUA TURF

FEATURING: THE MCLEAN AVENUE BAND & IRISH STEP DANCERS!!

TUESDAY, MARCH 14, 11:00 AM—3:30 PM COST: \$52.00 TO

DRIVE ON YOUR OWN. SIGN UP HAS BEGUN



(May have Bus). Padriag Allen & the McLean Avenue Band have taken the Irish American music and entertainment scene by storm with wonderful arrangements of pop, rock and folk songs, intertwined with traditional Irish toons and upbeat melodies!

MEAL: Corned Beef & Cabbage/Baked Scrod

Complimentary: Coffee & Donuts, Glass of Beer/Wine, Door Prizes.

CAPTAIN JP CRUISE—LOCKS &

LUNCH—SATURDAY, JUNE 24, 2023

COST: \$133.00 PER PERSON-(as our share has added a Tour Director)

SIGN UP HAS BEGUN

DEPARTURE: SENIOR CENTER

Enjoy a 3-hour cruise to the locks north of Troy, NY. Complete buffet with onboard entertainment.



ISLAND HOPPING-NANTUCKET & MARTHA'S VINEYARD: FRIDAY—SUNDAY, AUGUST 18—20

COST: \$729 PER PERSON DOUBLE/TRIPLE - \$919 PER PERSON SINGLE DEPARTURE: SENIOR CENTER

DEPOSIT: \$200 per person due at sign up. Balance due by May 19, 2023

Day 1: JFK Museum, 2 Nights at the HOLIDAY INN CAPE COD HYANNIS.

Day 2: Daytrip to Nantucket Island, Ferry Guided Tour, Free time for lunch, shopping or biking before return to mainland.

Day 3: Ferry to Martha's Vineyard. Guided tour Highlights include Victorian cottages and quaint shoppes.

NEW TRIPS

SALEM & MARBLEHEAD, MA WEDNESDAY, MAY 31, 2023

COST: \$126.00 PER PERSON. DEPARTURE: 7:45 AM, OUR LADY OF MERCY CHURCH.

ESTIMATED RETURN: 7:30 PM

Upon arrival in Salem, enjoy a Buffet Lunch at the Historic Hawthorne Hotel followed by a riding guided tour of Salem and Marblehead. Marblehead is a beautiful and fascinating village, Beautiful Homes, Castle Rock for spectacular views of the Atlantic. Free time for shopping in Salem on Pickering Wharf.

MOSES—AT THE SIGHT & SOUND THEATRE PLUS THE DUTCH APPLE DINNER THEATRE

LANCASTER, PA WEDNESDAY—FRIDAY, AUGUST 2—4,

COST: \$615.00 PER PERSON FOR DOUBLE/TRIPLE, \$745.00 PER PERSON SINGLE

SIGN UP BEGINS MARCH 1. DEPARTS FROM OLM.

DEPOSIT : \$150.00 due at sign up. FINAL PAYMENT DUE: June 14

TRIP PROTECTION COVERAGE MATERIALS ARE AVAILABLE.

INCLUDED: Deluxe motorcoach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions as per itinerary, Friendship Tours Escort, Driver & Tour Director Gratuity

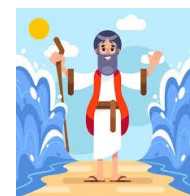
DAY 1: Lancaster, PA: enjoy 2 nights at the Comfort Suites Amish Country. Enjoy a buffet dinner and show at the Dutch Apple Dinner Theatre: DISNEY'S NEWSIES—set in 1899 NY City about a charismatic newsboy and young reporter who set out to form a union. Songs including "Seize the Day" and "Santa Fe."

Hotel Amenities: pool, fitness center

Day 2: Visit the heart of the Amish farmlands. Lunch on your own & shopping at KITCHEN KETTLE VILLAGE. Afternoon: Reserved seating for MOSES—includes The Red Sea, the Burning Bush, the Plagues, the Ten Commandments. Dinner at the Greenfield Restaurant.

DAY 3: In the morning, head to Hershey, PA, 'The Sweetest Place on Earth' for a guided tour that highlights Milton Hershey's fascinating life. Visit the WIND CREEK BETHLEHEM CASINO for 2 1/2 hours—time for lunch, gambling and outlet shopping. Afternoon departure for home. (No Casino Bonus)

PLEASE NOTE: We only have 12 seats available at the moment...don't miss a chance to see Moses.



UPCOMING TRIPS: A FEW OF THE TRIPS WE ARE PLANNING

MORE INFO IN FUTURE NEWSLETTERS

SAVE
THE
DATE!

Motor Coach Tours

October 17: Covered Bridges of New Hampshire

Aqua Turf Parties

(Drive on your own until we hire another DAR Driver)

August 15: "Come Fly With Me"—Music from Sinatra, Kenny Rogers, Tim McGraw, Dionne Warwick, Dianna Ross, & Roberta Flack

September 12: Donna Summers Tribute

November 8: Elvis is in the Building!

December 12: Holiday Classics with Downtown 6 Band! Sing-a-long from The Glamour Girls & Santa George & Mrs. Claus!

Lake George Luncheon Cruise—We are hoping to offer this trip again in 2024.

PLAINVILLE SENIOR CENTER PART TIME DIAL-A-RIDE DRIVER NEEDED!!



The Plainville Senior Center and Human Resources Agency (HRA) of New Britain run a transportation system to provide Dial-a-Ride for Plainville residents 60 and over. There is an immediate opening for a morning driver Monday to Friday. Drivers must have an F-endorsement (Taxi, Livery, Service Bus/Coach) or a CDL in order to drive the 14 passenger, wheelchair lift equipped bus. Paid training and hourly wage provided. Approximately 19-22 hours per week. HRA fringe benefits provided. The F-endorsement info can be obtained on-line or from Shawn or Ronda. Reimbursement for Medical Exam available. Contact Shawn or Ronda at the Senior Center 860-747-5728. For more information about Human Resource Agency & the application process, contact Nancy Shannon at 860-589-6968 extension 3.



NOTEWORTHY

GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs in the area or "give a-ways" or last minute trip shares or lectures or important information on community news and fun stuff to do!! On occasion, we send out emails during the month with details. Would you like to join our email list? Call, send an email or stop by and give us your email address. If you want to email us, send an email to beamc@plainville-ct.gov.

PLEASE NOTE: we do not share our email address list with anyone.

DAILY LUNCHES AT THE SENIOR CENTER

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860) 747-5728 between 10:00-10:30 AM to reserve your meals. If you do not reserve your meal in advance, you can try calling the day that you want a meal to see if there is a cancellation. Menu is available at the Senior Center.

SHOWCASE YOUR COLLECTION OR HOBBY!

If you have a collection or hobby that you'd like to display in our showcase, please call us at the Senior Center to let us know. Displays are typically in the locked showcase for a month at a time.

MARCH Display: GNOMES

Jackie Posadas will display her delightful collection of Gnomes for us to enjoy all month!!



VOLUNTEERS

PEAK CENTER FLOATER VOLUNTEERS NEEDED

We need floater volunteers to cover shifts when our regularly scheduled volunteers need coverage. We would like to add names to our call list of volunteers who might be able to cover a two-hour shift as needed. Floater volunteers will get a reduced subscription to the PEAK Center. Please see Sharon if interested.

Attention Fabulous Volunteers!

The Volunteer Board is Back!!

Please be sure to record your hours. You can use the board or online if you prefer (<https://schedulesplus.com/plainville/kiosk>). Every volunteer hour counts and we appreciate all that you do to keep our Center so active!

JEWELRY MAKING CLASS VOLUNTEER

We have received a large donation of jewelry making supplies. If you would like to volunteer to teach a jewelry making class here at the Senior Center, please call us at 860-747-5728.



ADULT COLORIST CLUB

WEDNESDAYS AT 3:00 PM

Come & color with us!! We have everything you need to color & create: coloring books, colored pencils, pens, markers and more. Connect with other colorists while you enjoy this relaxing, restorative activity.



VETERANS' NEWS & ACTIVITIES

VETERANS' SOCIAL HOUR

TUESDAY, MARCH 28, 10:00 AM

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



HELP FOR VETERANS

Our new Veterans Service Officer, CT Department of Veterans' Affairs, is Eric Vickers. He will be at the Senior Center March 1, and April 5 at 10:00 AM. By appointment only. To schedule an appointment, call Eric at 203-805-6343.

HEALTH PROGRAMS AND INFORMATION

N
E
W

NEW INCOME LIMITS:
MEDICARE SAVINGS PROGRAM (MSP)
Singles Range From: \$2,564 to \$2,989
Couples Range From: \$3,468 to \$4,043

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share): The State of CT offers financial assistance to eligible Medicare enrollees. They 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.

DEMENTIA SUPPORT GROUP

Arden Courts of Farmington—45 South Road, Farmington, CT 06032

<https://www.arden-courts.org/farmington>

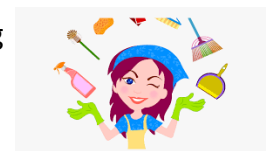
Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month beginning **January 3rd** at 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. To RSVP call Hollis Hartman 860-543-1010 or Hollis.Hartman@promedica.org.

WOMEN WITH HEART DISEASE SUPPORT NETWORK

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference room A, 81 Meriden Ave., Southington. To sign up for the support group call :1.855.HHC.HERE (1.855-442-4373).

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist Plainville residents with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceiling, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.



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.

ACTIVE LIVING TOOLKIT

♦ **LIVE WELL WITH CHRONIC CONDITIONS TELEPHONIC WORKSHOP—**

BEGINS MARCH 14, 2:30 PM

♦ **LIVE WELL WITH CHRONIC PAIN TELEPHONIC WORKSHOP—BEGINS MARCH 6, 11:00 AM**

The toolkit can be sent directly to participants at no cost and includes all learning materials. (Must share name, address and phone number)

Contact: Carley Taft at carley.taft@ncaaact.org or

860-724-6443 Ext. 224

Six weekly meetings, approx. 1 hour



SCAM ALERT

BEWARE OF THE 'NEW MEDICARE CARD' SCAM

Fraudsters may be calling people claiming they need to verify information and obtain payment information over the phone to receive a new card. This scam may be even more effective since the fraudsters obtained PPI (Personally Identifiable Information) and may use that information to gain trust. If anyone is contacted and shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed information.

Donations

JANUARY 20-FEBRUARY 15

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

MEMORIAL DONATIONS

IN MEMORY OF: Lucille Boilard

Jean Kelly

IN MEMORY OF: Eunice Carden

Joan McBain, Carol Loiselle

IN MEMORY OF: Ida Pedrolini

David & Elizabeth Satagaj, Barbara Jarvis, Michael & Elaine Keller, Henry & Julie Fioravanti, Aurora Pedrolini, Nancy Raducha, Mike Raducha, Paul Raducha, Joann Healey, Olga & Charles Stepney, Joan McBain, Linda & Walter Gancarz, Margaret Lemrise, Richard & MaryAnn Miecznikowski, Ann & Jason Thompson, Joan & Paul Phaneuf, Frances Grigerek, Sue DesRochers, Ana Covey, Carol Loiselle, Joan Sattler

IN MEMORY OF: Hazel Decker

Ana Covey

IN MEMORY OF: Rosemarie Miller

Ana Covey

IN MEMORY OF: Thomas St. Onge

Flo Nixon, Sue DesRochers, Claudette Collin, Rinette Pelletier, Val & Sue Dumais

GENERAL DONATIONS

Kathy Marsan, Chuck Kaminski, Diane Chamberlain, Sandy Whitman, Rosemarie Nyberg, Virginia Worrell, Madeline Drake, Vella Panella, Dolores Krampitz (Treas./Art League of Plainville), Ken Roden, Steve Castiola, Maria Wynkoop, Pat Josephs, Briggs Family, Santa Claus, Barbara Lombard, Dorothy Strickland, Bill Petit, Marge Burris, Joan Hardy, Barbara Barton, Grace Bonola, Elizabeth Clark, Anonymous

Cheer Report

JANUARY 20-FEBRUARY 15

*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:

Laverne Merolle, Janet Sanborn, Sally Miller, Gladys Roy, Charles Stepney, Jacqueline Plourd, Norma Weisenburger, Ceal DiFrancesco, Beatrice Dumont, Lois Maitz, Skip Kense, Richard Belden, Jeanine Martino, Helena Niziolek, Dorothy Mikulak

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Sandra Carver, Ida Pedrolini, Astolfo Scardacchi, John Andy, Thomas St. Onge

SYMPATHY CARDS WERE SENT TO:

Loretta Noon, Maria Wojdyla, Karen Pagliaro, Beverly Heslin

*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!*

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.



DIAL-A-RIDE DONATIONS

Sue DesRochers, Rita Susco, Barbara Barton, Anonymous



JANUARY NEW MEMBERS

Kathleen Aitken, Doreen Barzilauskas, Richard Bryant, Sarah Cassidy, Cheryl Cone, Isabelle DeFosses, Bill Dillane, Kathleen Drozd, Betsy Gaudian, Lester Green, Brian Hackney, Michael Hebert, Patricia Jahn, Carol Klatt, Patricia Mik, William Prokop, Catherine Romano, Kathy Roosa, Brenda Ruiz, Sherri Wells and Catherine 'Cathy' Zabrensky

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FUN AND GAMES

WEEKLY SETBACK TOURNAMENT WINNERS

JAN. 23: 1st: Bob Albrecht/Joe Fortuna 2nd: Linda Dominique/Mary Levanti 3rd: Donna Albrecht/Sandy Tyminski

JAN. 30: 1st: Fran Bolduc/Sandra Colello 2nd: Linda Dominique/Mary Levanti 3rd: Alyce Lembo/Judy Laprise

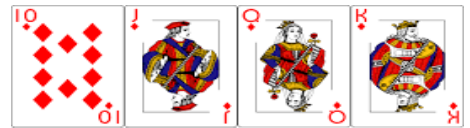
FEB. 6: 1st: Mary Levanti/Linda Dominique 2nd: Liz Aloï/Mary Ann Cunningham 3rd: Sandra Colello/Marla Ludwig

FEB. 13: 1st: Fran Bolduc/Jackie Lemelin 2nd: Liz Aloï/Bernie Grabeck 3rd: Mary Levanti/Linda Dominique Elaine Chartier/Ann Testa

WEEKLY POOL TOURNAMENT WINNERS

FEB. 2: 1st: John Gasparini/Ray Phillips 2nd: Bob Korpita/Val Dumais

FEB. 9: 1st: Bob Korpita/Dan Burgess 2nd: Stan Funk/Val Dumais



POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play—NO need to sign up, just show up.
EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.
Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.

ASSORTED BOARD GAMES RAFFLE—3 for \$1.00. Proceeds benefit Dial-a-Ride. Tickets available at the greeter desk. Raffle will be drawn March 31.



FREE/GIVE-A-WAY ITEMS AT THE SENIOR CENTER

The Senior Center has 2 areas that have items such as books, magazines, cards, trinkets, puzzles, etc. that people can have for free. There is a counter in the lounge (next to the computer stations) & a table in the green room. We have had a recent problem with people taking items (food, decorations, etc.) that are not meant to be taken. If you see something anywhere else in the building, do not assume it is meant to be given away. It belongs to the Senior Center. If you are unsure, please ask a staff member.

MEGA SIGN-UP DAY MARCH 1, 9:15 AM—4:45 PM

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.



RAINY DAY RAFFLE BASKET

You could win a Rainy Day Umbrella! Under the umbrella, you will find cash and gift certificates totaling \$150.00. Tickets are \$1.00 each or 6 for \$5.00. Proceeds benefit Dial-a-Ride. See Front Desk for tickets. Drawing will be held on Thursday, March 23



Transportation

Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, **call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.**

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 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 on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.

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. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



ADDITIONAL TRANSPORTATION OPTIONS

ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 days a year without restrictions.

Eligibility: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.90 per additional mile after that.

Call Encompass at (860)444-4444 or visit online at Encompass.M7Ride.com.

ADA Paratransit



ANOTHER OPTION WITH MORE HOURS & DESTINATIONS

FREE FARES UNTIL MARCH 31, 2023

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 AM—Midnight

Weekends 6:00 AM—Midnight

There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

You Must be Pre-Approved — How to Apply:

The online application can be found at www.ctada.com. **You can also call the Senior Center at (860)747-5728 for an appointment with Stephanie who can assist with the online application process.** Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Para-Transit rider.

CANCELLATIONS: please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghdtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours please call the dispatch department).

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call **(860)247-5329, extension 3086.**

MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	28 9:00 NURSE* 9:15 Walk (GR) 10:00 Veterans Social 10:00 Income Tax (GR)* 10:00 Cribbage (GA) 10:00 Ladies Pool 10:30 Grandparents 1:00 Current E.(GA) 1:00 Bridge (OS)	1 MEGA SIGN-UP 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 10:00 Veterans Help (CL)* 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	2 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Chinese Buffet (GR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Knit/Crochet (GR) 1:00 Scrabble (CA) 1:00 Tele. Bingo 2:15 Ukulele Jam	3 9:15 Walk (GR) 9:30 Choral (BR) 10:00 Income Tax (CA)*	4
5	6 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	7 9:00 NURSE* 9:15 Walk (GR) 10:00 Income Tax (GR)* 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Cardio Chr (BR) 2:30 Balance (BR)	8 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	9 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:00 Betty White (GR) 12:00 COA (CR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Knit/Crochet (GR) 1:00 Scrabble (CA) 1:00 Tele. Bingo 2:15 Ukulele Jam	10 9:15 Walk (GR) 9:45 Shopping Bus 9:30 Watercolor (CR) 10:00 Silver Sneak. Classic (GR) 10:00 Income Tax (CA)* 11:00 Yoga-L(GR)	
12	13 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 10:00 Pet Therapy (BR) 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	14 9:00 NURSE* 9:00 Breakfast Club 9:15 Walk (GR) 10:00 Income Tax (GR)* 10:00 Ladies Pool 10:00 Cribbage (GA) 10:00 Caregiving (CR) 11:00 Aqua Turf 1:00 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Cardio Chr (BR) 2:30 Balance (BR)	15 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 12:30 AARP Driver Class (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	16 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:00 Snap. Seniors 12:00 St Pat's Day Lunch 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Tele. Bingo 2:00 Memory Café (CR) 2:15 Ukulele Jam	17 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Silver Sneak. Classic (GR) 10:00 Income Tax (CA)* 11:00 Yoga-L(GR)	18 9:00 Hillstead Hike
19	20 9:00 NURSE* 9:15 Walk (GR) 9:30 COVID Booster 9:30 Legislator Talk 10:00 Acrylic Paint. (CR) 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	21 9:00 NURSE* 9:15 Walk (GR) 10:00 Income Tax (GR)* 10:00 Cribbage (GA) 10:00 Ladies Pool 10:30 Grandparents (CR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:30 Cardio Chr (BR) 1:30 Circle Grp (CR) 2:30 Balance (BR)	22 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting(CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 2:00 Black History: Amistad (BR) 3:00 Coloring (BR)	23 9:15 Walk (GR) 9:00 Women/Women Aging Gracefully (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00 Tele. Bingo 2:15 Ukulele Jam	24 9:15 Walk (GR) 9:30 Watercolor (CR) 9:45 Shopping Bus 10:00 Silver Sneak. Classic (GR) 10:00 Income Tax (CA)* 11:00 Yoga-L(GR)	25
26	27 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	28 9:00 NURSE* 9:15 Walk (GR) 10:00 Income Tax (GR)* 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet. Social Hr.(BR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:30 Cardio Chr (BR) 1:30 Circle Grp (CR) 2:30 Balance (BR)	29 9:15 Walk (BR) 9:30 Zumba (GR) 10:30 Scoville Hike 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	30 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:00 Self-Care (GR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00 Tele. Bingo 2:15 Ukulele Jam	31 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Book Buds (OS) 10:00 Income Tax (GR)* 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	