



Plainville Senior Center News

May 2018



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860.747.5728
www.plainvillect.com/senior-center

Hours

Monday: 9 A.M.—6 P.M.
Tuesday-Thursday: 9 A.M.—5 P.M.
Friday: 9 A.M.—1 P.M.

**About the New
Medicare Cards!
Beware of Medicare
Scams! See page 10.**

Free Sign-Up Day AND Mega Sign-Up Day are both on Wednesday, May 2 from 9:15 a.m. to 4:45 p.m. Sign-up by phone starts no earlier than 9:15 a.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center only.

Signing up by Phone? Please Note this Change!

To be fair to everyone, including members who wait at the Senior Center until 9:15 to register on Free/Mega Sign Up Day, phone sign-ups will now begin no earlier than 9:15 a.m. on Free/Mega Sign Up Day.

THE CHANGING BRAIN—A CAREGIVING AFFAIR

WEDNESDAYS, MAY 9, 16, 23 6:00 P.M. at LIBRARY

Michelle Wyman and Patty O'Brian of Hartford Health Care's Center for Healthy Aging will discuss brain health and illness, professional intervention, caregiving and self-care strategies. The three free sessions run from 6:00 p.m. to 8:30 p.m. and include a light dinner. **The program will be held at the Plainville Public Library**, 56 East Main Street in Plainville. You do not need to attend each session. When you register, let us know which session(s) you wish to attend. Call the Senior Center to register. Sign-up has begun.

Session 1: May 9 — Let's Talk About the Brain: normal brain changes, four tasks of the brain, keeping your brain healthy, staying engaged for brain health, exercise, purpose, socialization activity and signs and symptoms of dementia.

Session 2: May 16 — Something is Just Not Right: understanding memory loss, how and who to see for a diagnosis, different types of dementia and hallmark symptoms of each.

Session 3: May 23 — The Healthy Caregiver: accepting help, accessing resources and paying for care, daily challenges, long distance caregiving, avoiding and managing depression, isolation and frustration, preparing for good, meaningful visits with your loved one and community resources.

NOTICE — MAY 9 DELAYED OPENING

All Senior Center staff will be in a morning training on Wednesday, May 9th. To allow for this training, the Center will be closed that day until 10 a.m. Likewise, we will be unable to answer telephone calls until 10 a.m. We appreciate your understanding!

Save the Date!

The Lion's Club Annual Summer Picnic will be held on Tuesday, June 26th. More info to come!

Coming in June! See page 12 to learn about a new automated alert system. "Code Red" — coming to Plainville.

Medicaid and Paying for Nursing Home Care

On Thursday, May 17 at 10:00 a.m., Attorney Marilyn Denny of Greater Hartford Legal Aid, will present a program on Medicaid and Paying for Nursing Home Care. Attorney Denny will discuss:

- What is Medicaid and who can apply;
- Current income and asset limits;
- State regulations as they pertain to transferring a home and other assets, including the 5-year look back period of financial records;
- State guidelines that determine how much income, savings and/or assets a spouse who remains in the home will receive; and
- What is an Elder Law Attorney and how can they assist in Medicaid and financial planning (including pre-paid burial accounts).

Call the Senior Center beginning May 2 to register for this informative and educational program.

BeFit: Brain & Body Boosters

This new and improved class combines simple brain games and cognitive activities with physical movement, designed to stretch your brain in a new way! The classes support overall health and well-being while strengthening the "mental muscle." Research shows that doing brain games while moving can strengthen, improve and even change some regions of the brain. Each week a different topic will be discussed on ways to help improve your brain health.



A free demo class taught by Amy Gray will be offered on Tuesday, May 15 at 10:00 a.m. The 8-week class will run from May 22 to July 10 for members only. Cost: \$8. Sign-up starts May 2. Funding provided in part by the Older Americans Act through the North Central Area Agency on Aging.

The Waiting List at the Plainville Housing Authority will be open May 22, May 23 and May 24 from 10:00 a.m. to 2:00 p.m. at 20 Stillwell Drive in the Sunset Community Room. You may stop in and fill out an application or call the Housing Authority during the hours above and ask for an application to be mailed to you. If you have any questions, please call the Authority at (860) 747-5909.

Special Events

CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

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

HOMEOWNERS TAX ASSISTANCE

Until May 15, Marcy Miller of the Plainville Tax and Assessing Office is holding appointments at the Senior Center to help Plainville residents with Tax Assistance Benefit programs. Call Marcy directly at 860-793-0221, ext. 244 to schedule an appointment for help with the following:

- **Elderly and Disabled Homeowners:** Applications must be filed by May 15, 2018. Homeowner income limits are: Single Person, not to exceed \$35,300. Married Couple, not to exceed \$43,000.
- **Local Elderly Program Option:** Income limits are \$42,600 for single person and \$48,100 for a married couple. Applicants must meet all other requirements of the State program.
- **Qualification for above benefits:** Applicants must have been 65 years old before December 31, 2017 or have a 100 percent disability rating from the Social Security Administration or be the age 50+ widow/widower of a previously approved applicant.
- **Local Option Tax Freeze:** Applicants must be 70+ years of age and must meet certain income and asset requirements.
- **State Veterans:** The Veteran must meet qualifications, as well as have his/her DD214 on file with the Town Clerk by September 30, 2017. Veterans must meet the 90 day qualifications for wartime, as set forth in Connecticut General Statute 27-103.
- **Local Option Veterans:** Income limits are \$42,600 for a single person and \$48,100 for a married couple. Local option benefit amount is 6,000 assessment dollars.

VETERANS' COFFEE HOUR

TUESDAY, MAY 1, 10:30 A.M.

This monthly informational and support meeting is conducted by Wayne Rioux, a Veteran's Liaison for Hartford Health-Care at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Call the Center at 860-747-5728 to register. Sign-up has begun.

LIVE WELL WITH DIABETES WORKSHOP

TUESDAYS, APRIL 17 - MAY 29, 12:45 – 3:15 pm
(NO PROGRAM MAY 8)

Deborah Smith, Live-Well Coordinator at Connecticut Community Care is offering this series, which covers:

- Meal planning and healthy nutrition choices
- How to manage low and high blood sugar
- Tips for dealing with stress
- How to fight fatigue
- How to care for your feet
- How to set small, achievable goals

Sign up has begun.

UKULELE LESSONS AT THE SENIOR CENTER!

TUESDAY, APRIL 24—JUNE 5, 10 A.M. NO CLASS MAY 8

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

NUTRITION FOR ARTHRITIS SYMPTOMS

THURSDAY, MAY 3, 10:00 A.M.

What — if anything — can nutrition do for arthritis? How best to preserve your joints? Among the dozens of costly supplements which are beneficial and which might be snake oil? Join Miles Everett RN, RD, CDE to consider current information on this issue. The program is free. Sign-up has begun.

COLORECTAL BINGO AND FACTS!

FRIDAY, MAY 4, 11:00 a.m.

Join us for this short talk about the 3rd most common cancer in the U.S., which will include information on early detection. We will follow up with a BINGO game based on the information in the talk where everyone is a winner! Presented by Linda Ivey of Hartford Healthcare. Free. Sign-up has begun.



THE "NOT-SO" EMPTY NEST

TUESDAY, MAY 8, 9:00 – 2:00 P.M.

The 10th Annual Conference for Grandparents Raising Grandchildren at the Plainville Senior Center will offer a full day of information and support for grandparents and other relatives who are raising young children full-time (24/7). The keynote discussion will focus on **"Keeping Children Healthy in the Age of Addiction."** Participants will also have an opportunity to explore information and support including mental health resources, probate court, guardianship, internet safety, domestic violence, and more. Event is free and lunch will be provided. Sign-up has begun.

BEFORE YOU GO....

THURSDAY, MAY 10, 10:00 A.M.

What do I do now? What happens next? Who do I talk to? Do you want your loved ones to have to answer these questions? Leave your family with the answers. Join Andrea Wasley, Funeral Director and owner of the new Plainville Funeral Home as she discusses the many ways you can prepare ahead, from pre-planning your final wishes, listing the locations of important documents, putting together a family tree and what to include in your obituary tribute. This light and informational talk will give you the resources on how to leave your family with the gift of preparedness. Program is free. Please call the Senior Center beginning May 2 to register.

An important note about our program reminders!

We email reminders to folks registered for some of our events and programs. We don't send an email reminder for **every** program and we typically do not call people to remind them that they are signed up for an activity or class. **Please do not rely on an email or phone call to remind you of activities for which you have registered!** If you are unsure, please give us a call.



More Special Events

COOKING FOR ONE

TUESDAY, MAY 15, 2 P.M.

Do you have any tips, ideas, short cuts or recipes that make "Cooking for One" easy-peasy? Bring them to our first "idea swap" meeting on May 15 at 2 PM. The program is free and open to members only. Sign-up begins May 2.

SUPPORTING A FRIEND OR LOVED ONE WITH CANCER

TUESDAY, MAY 15, 10 A.M.

Join us in a discussion about the psychological, physical, social and spiritual impact that cancer causes for patients and loved ones. Learn what to say and what *not to say* to a person with cancer. Sponsored by Hartford Healthcare at Home and presented by Poullette Schwartz, LCSW and Bill Pilkington, Supervisor for Pastoral Care. Call the Senior Center at 860-747-5728 to register. Sign-up has begun.

LEARN ABOUT ADVANCED DIRECTIVES AND LIVING WILLS AT THE CT TRIADS SPRING CONFERENCE

WEDNESDAY, MAY 16, 12:30

The Plainville Senior Center will provide transportation to and from this event at the Bristol Senior Center. Guest speaker Attorney Marilyn Denny from Greater Hartford Legal Aid will speak about **Living Wills and Advanced Directives** and more. Register now for the Conference at (860) 693-5811. Sign-up now for free transportation at the Plainville Senior Center. The Conference is free and runs from 1:30 to 3:00 P.M. at the Bristol Senior Center, 240 Stafford Avenue, Bristol. The bus leaves Plainville at around 12:30 and returns at around 4:00.

SNAPPY SENIORS

THURSDAY, MAY 17, 10 A.M., PLAINVILLE LIBRARY

The Snappy Seniors Club meets on the third Thursday of each month at 10:00 AM at the Plainville Public Library.

INFLAMMATION & NUTRITION

FRIDAY, MAY 18, 11:00 A.M.

Inflammation in the body is associated with conditions including heart disease, diabetes and arthritis. Marisa McCoy, Shop-Rite's dietician for Southington and Wallingford, will identify foods that help prevent or reduce inflammation's negative effects and describe how they work in the body. Program is free and tastings are included. Sign-up has begun.

PAINT PARTY!

MONDAY, MAY 21, 3:00 P.M.

Join your friends at the Senior Center for an afternoon of fun and refreshments, and leave feeling accomplished with your own unique painted canvas! No prior art experience is necessary. You will receive step-by-step instruction and be extremely delighted by what you can create in less than 3 hours!! See the sample in our Display Case: "A Touch of Spring - Cardinal on a Tire Swing." Instructor is Becca Fazzino, an artist and recent Fine Arts graduate of Green Mountain College. Cost: \$10.00 includes all paint supplies, canvas, and refreshments! Sign-up begins May 2. Limited to 20.



FRIENDS HELPING FRIENDS

FRIDAY, MAY 18, 11:30 A.M.

For single, widowed or divorced members. Come out and socialize! The May meeting will be at El Pulpo Restaurant and Tapas Bar, 1217 Queen Street, Southington. Sign-up begins May 2.

AARP FRAUD WATCH NETWORK SEMINAR

SATURDAY, MAY 19 Bus leaves Plainville Senior Center at 9:15 A.M. and returns at 12:30 p.m.

The CT Masters' Games and AARP Connecticut are providing a free seminar on the psychology behind ID theft, fraud & scams. Free transportation to the event at New Britain High School. Register at the Senior Center or call us at 860-747-5728. Sign-up has begun.

CELEBRATION FOR EVELYN

TUESDAY, MAY 22, 12:30 P.M.

Join us in congratulating Evelyn Morin on her 20th anniversary of working at the Plainville Senior Center! We will have a celebration luncheon and Would love for you to join us in thanking Evelyn for all she's done to make the Senior Center a wonderful place for our members! Twenty years ago, Evelyn called the Senior Center to ask if she could volunteer to teach a knit and crochet class. She was getting certified by the Yarn Council and needed to do some volunteer work in order to become certified. The class was a huge success. Evelyn was hired and still teaches this very popular class! Over the years Evelyn has assumed many roles at the Center including Circle Group coordinator, volunteer coordinator, teaching technology classes, coordinating the annual craft fair and so much more! Sign-up for the free party begins Wednesday, May 2.



BOOKS AND BAGELS

WEDNESDAY, MAY 23, 9:30 A.M.

Senior Center member and volunteer Kathy Marsan leads this group. We will discuss **The 19th Wife: A Novel** by David Ebershoff. This tale of Ann Eliza Young, the 19th wife of Brigham Young, the prophet and leader of the Mormon Church, is a rich account of her family's polygamous history and how both she and her mother became plural wives. In 1875, with great difficulty and an act of Congress, Ann divorced her famous husband to travel the U.S. speaking against polygamy. This heartrending read will provide much for us to discuss! Join us for tea, coffee and bagels! Books are available at the library. Sign-up begins May 2.

ADVANCED DRAWING WORKSHOP

WEDNESDAY, MAY 30, 1:00—3:00 P.M.

Do you want to expand upon your skills drawing people and certain features of the human body? Join local artist Becca Fazzino as she guides you through techniques to enhance your skills. This is an intermediate/advanced level class where students will work with each other to develop their understanding of how angles and proportions are key to drawing realistic human body parts and features. \$5.00 class fee includes paper and materials. Sign-up begins May 2.

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Craft, Technology & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor’s appointments, etc. Members may sign-up for new classes beginning on Mega Sign-up Day, Wednesday, May 2, between 9:15 a.m. - 4:45 p.m. Non-members may sign up for classes that allow non-members starting May 9, 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 May 2
MONDAY			
Zumba Tone	9:30 – 10:30	March 26--May 14. 8 weeks, \$24. Members only.	May 21—July 16. 8 weeks. No class 5/28. \$24. Members only.
Acrylic Painting	10:00—12:00	April 23—June 11. 8 weeks. \$24 members; \$48 non-members	
Power Burst	1:30-2:30	8 week class April 16 – June 11 th , \$16.00.	June 18—August 6. 8 weeks. \$16. Members only.
Beginner’s Yoga	10:15-11:15	May 7—June 25. \$24. Class held at Plainville Library.	
TUESDAY			
BeFit		Free Demo May 15 at 10:00 a.m. Class: May 22 – July 10 th at 10:00 a.m. 8 weeks, \$8. Members only.	
French Class	3:00—4:00	April 10—June 12	
Intermediate Yoga	10:15-11:15	May 8—June 26. 8 weeks. \$24. Members only. Class held at Library.	
Ukulele	10:00—11:00	April 24-June 5. No class on May 8. 6-week class: \$12.00.	June 12—July 24. 6 weeks. \$12. No class 6/26.
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	
Zumba Gold	10:00-11:00	April 11— May 30. 8 weeks, \$24. Members only.	June 6—Aug. 1. 8 weeks. \$24. No class 7/4. Members only.
THURSDAY			
Ceramics	9:30 – 11:30	April 5—May 24. 8 weeks, \$32. Members only.	May 31--July 19. 8 weeks. \$32. Members only.
Knit & Crochet	1:00 – 3:00	March 29—May 10. No class May 3. 6 weeks, \$12. Members only.	May 17--July 5. 8 weeks. \$16. Members only.
FRIDAY			
Chair Yoga 1	9:30-10:30	Friday, April 20—June 15 th at 9:30 a.m. CLASS IS FULL. No class June 8. 8 weeks. Cost \$16.00	
Chair Yoga 2	10:40-11:40	Friday, April 20—June 15 th at 9:30 a.m. 8 weeks. No class June 8. Cost \$16.00	
Beginner Bridge	9:30—11:30	Friday, June 15—August 3, 9:30 a.m. 8 weeks. Free	

More Special Events

UNDERSTANDING PARKINSON’S DISEASE

TUESDAY, JUNE 5, 1:00 P.M.

Gain a broader understanding of the symptoms, treatment and management of Parkinson’s Disease. Presented by Kathleen McGuire, RN, Interim Health Care. Sign up begins May 2.

HEALTHY EATING FOR WEIGHT LOSS

WEDNESDAY, JUNE 6, 11:00 A.M.

This free workshop will prevent ways to eat healthy and to be conscious of healthy eating throughout our lives. We will discuss what it means to be healthy as we age. Presented by Mara Davis, R.D., Hartford Hospital. Sponsored by Hartford HealthCare Senior Services. Call the Senior Center to register. Sign-up has begun.

BEGINNER BRIDGE

FRIDAYS, JUNE 15—AUGUST 3, 9:30 A.M.

Barbara Wallace, a Senior Center member and long-time bridge player will again offer group Bridge lessons for beginners at the Senior Center. The program is free and open to Senior Center members only. It is suggested you attend all classes since they build on one another. Space is limited to 8. Bring a pad of paper and a pencil so you can take notes! Sign-up begins May 2.



More Special Events, page 5

Class Descriptions

ACRYLIC PAINTING: You will learn methods to overcome the challenges of the medium, plus some special techniques. A supply list will be given to you at registration. If you're not sure if this class is for you, we provide beginner kits which include some paints, canvas and drawing pads. Scholarships are available through the generosity of the Plainville Amateur Art Group. Call Ronda for info. **Instructor: Abbe Wade**

BeFit: This class combines simple brain games and cognitive activities with physical movement designed to stretch your brain in a new way! Classes support overall health and well-being while strengthening the "mental muscle." Research shows that doing brain games while moving can strengthen, improve and even change some regions of the brain. Each week a different topic will be discussed on ways to help improve your brain health. **Instructor: Amy Gray**

CERAMICS: 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 supplies. Class fee includes instruction, glazes and firing. **Instructor: Gloria Cerniglia**

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

FRENCH: You will learn conversational French and have opportunities to attend French cultural events, field trips and more! **Instructor: Rachel St. Onge**

GENTLE YOGA FOR BEGINNERS—LEVEL 1
This class is an introduction to the building blocks of yoga, emphasizing basic postures, breathing techniques and relaxation skills. This class promotes balance, flexibility, strength and stress release. It's especially good for newcomers to yoga or those who would like a refresher on the basics. **Instructor: Jayaprbaha Mare DiBenigno.** *Class is held at Plainville Public Library.*

GENTLE YOGA FOR EXPERIENCED — LEVEL 2



This class is designed for experienced students who are ready for the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. **Instructor: Jayaprbaha Mare DiBenigno** *Class is*

held at Plainville Public Library.

KNITTING & CROCHET: Finish an old project that's been hanging around in your closet or start something new! **Instructor: Evelyn Morin**

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

QUILTING: Beginners are always welcome to this class. Beginners will learn proper rotary cutting and sewing techniques. Class participants may also work on the annual Senior Center quilt that is raffled during the Holiday Fair or they may work on their own projects. **Instructor: Karen Kebinger**

UKULELE LESSONS

No musical experience needed. Learn how to hold the ukulele and play a few basic chords. You'll need your own ukulele (\$29 to \$50 for a starter instrument) and a tuner. **Instructor: Sue Hill**


ZUMBA GOLD: Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray**

ZUMBA TONE: Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**

More Special Events

BUTTERFLIES OF THE WORLD

THURSDAY, JUNE 14, 11:00 A.M.

 "Butterflies of the World" is a PowerPoint presentation featuring images of butterflies from every major continent throughout their life cycles. Learn fascinating facts about these enchanting insects, including myths and legends about butterflies in different cultures, distinguishing characteristics of the five butterfly families, wing coloration, feeding behavior, mating and migration. Tips on landscaping for butterflies and establishing butterfly gardens are also presented. Presented by John Root, Naturalist and Educator. Please call the Senior Center starting May 2 to register for this free event.

**** Volunteer Recognition Party! ****

Invitations for the June 8th Volunteer Party will be mailed out by May 10. We refer to the volunteer tracking board when sending out our invitations. If you do not receive an invitation by mail, please call us at 860-747-5728 and tell us how many hours you volunteered last year. We will send an invitation out to you.

AARP SMART DRIVER

THURSDAY, JUNE 21, 9:30 A.M.

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15.00 for AARP members providing a membership number, \$20.00 for all others. Limited to 25. Bring a bag lunch if you wish. Sign-up begins May 2.

We Welcome New Members for March 2018!



Ledizia Howe, Ronni Bonura, Lynette Cormier, Ismael Maldonado, Jr., Ronald Stankevich, Millie Gagnon, Cornelia Hanson, Francis Ouellette, Mary Ouellette, Joseph Szczepanski, Ursula Szczepanski, James Posadas, Jacqueline Posadas, John Bernardo, John Johnston and Carmen Pecorelli

Sign-Up Info Trips Current Trips

Sign-up: Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is May 2 from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign up.

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

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

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

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

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

FYI: We keep Reserve Lists for all trips including Quick Trips. When you sign a Reserve List for a trip that is filled, we will ask whether or not you are a member. If there is a cancellation, we always sign up members from the Reserve List first! Members who sign the Reserve List and want to bring a non-member friend should be aware that since we always sign up members first, we will skip over non-members until all members have been contacted.

ONE WORLD OBSERVATORY & 9-11 MUSEUM, NYC SUNDAY, MAY 6, 7:30 A.M.—7:30 P.M.

Ascend to the top of the tallest building in the Western Hemisphere in less than 60 seconds at **One World Observatory** and take in iconic sights and panoramic views of Manhattan. Lunch on your own at Brookfield Place, an upscale food court nearby. You'll also tour the national **9-11 Museum**, which documents the impact of the September 11 attacks. Multimedia displays, artifacts and narratives recall the stories of victims and survivors. The **Memorial's** twin reflecting pools are inscribed with every victim's name. Your bus will leave the Senior Center lot at 7:30 A.M. and return at around 7:30 P.M. Cost is \$102 per person, payable at registration. Sign-up has begun.

EDWARDS TWINS, AQUA TURF, SOUTHTON MONDAY, MAY 21, 11:30 A.M.

Don't miss the world-famous Edwards Twins, the #1 impersonation act in the world, when they appear at the Aqua-Turf in Southington for an afternoon performance. You'll think you're seeing and hearing stars like Barbra Streisand, Sonny and Cher, Bette Midler, Ray Charles, Neil Diamond and others, all in one show. On arrival at 11:30 a.m., enjoy a snack of coffee and donuts, and then sit down to a delicious family-style lunch of salad, pasta, Chicken ala Kathryn, broiled scrod with crumb topping, vegetable, potato, rolls, dessert, and beverage. Drive on your own. Cost: \$78 per person, payable at sign up. Sign-up has begun.

STATUE OF LIBERTY & ELLIS ISLAND THURSDAY, JUNE 14, 7:00 A.M.

Millions of immigrants began their American dream in The Great Hall on Ellis Island, where they were processed and sometimes detained. Included is a new 45-minute audio guide which helps visitors to relive the experience as a new immigrant to America. Your round-trip ferry ticket will allow you to depart Liberty Park, New Jersey and disembark at both Ellis Island and Statue of Liberty Island. Cost is \$77 per person, payable at registration. Depart Our Lady of Mercy Church, Plainville at 7:00 A.M. and return at 7:00 P.M. Sign-up has begun.



BROOKLYN'S BEST

SATURDAY, JUNE 23, 7:15 A.M.

Visit Brooklyn's most captivating neighborhoods on this motorcoach tour. Enjoy lunch (on your own) at the new De-Kalb Market Hall, where dozens of NYC vendors and markets offer up delicious and unique dishes. Explore the captivating neighborhoods of Brooklyn on a guided tour from the comfort of your coach and visit Brooklyn Bridge Park for views of NY Harbor, the Statue of Liberty, and the sweeping NYC skyline. From Flatbush Avenue, you'll see echoes of Ebbets Field and Loew's Kings Theatre, and in Park Slope, Cobble Hill and Boerum Hill, enjoy beautiful brownstone buildings. Cost is \$76 per person, due at sign-up. Leave the Senior Center at 7:15 a.m. and return around 7:15 p.m. Sign-up has begun.

More, next page

Big Trip Survey 2019

Please help us plan our Big Trips for 2019 by completing a Big Trip Survey. We are hoping to plan trips to destinations that **you** find interesting. We have received only a few surveys so far. Help us design the Best Big Trips Ever for 2019! Surveys are available on the Trip Rack and at the Front Desk. Return surveys to the Front Desk. Thank you!

More Current Trips

ALL YOU CAN EAT LOBSTER, THE DELANEY HOUSE MONDAY, JULY 9, 9:45 A.M.

Upon arriving by bus at the Delaney House in Holyoke, MA you'll start with a cheese and vegetable platter, shrimp cocktail, salad and bread served at your table, followed by the All You Can Eat Lobster buffet. A variety of other dishes are included, such as chicken marsala, grilled haddock, salads and baked ziti, delicious desserts and beverages. Gifted entertainer Jimmy Mazz will take you on a musical journey with impressions of Tom Jones, the Temptations, Tony Orlando, Bobby Darin and more. His show brings plenty of laughter too, with his impressions of John Wayne, Ed Sullivan and Arnold Schwarzenegger, among others. Cost is \$98 per person, payable at registration. Trip will leave at 9:45 a.m. from Our Lady of Mercy Church in Plainville and return at approximately 4:30 p.m. Sign-up has begun.

JESUS! — SIGHT & SOUND THEATER, LANCASTER, PA SEPTEMBER 24-26

This deluxe motor coach tour takes you to Lancaster, Pennsylvania, where you will stay two nights at the Comfort Suites and enjoy a smorgasbord dinner. Visit the Landis Valley Village Museum, enjoy a horse-drawn wagon ride, tour the Victorian Village and enjoy a taste of sticky buns and cider in the Landis Valley House Hotel & Tavern. "JESUS!" is an action-packed musical with the most famous person to ever walk the earth. Dine at the Hershey Farm Restaurant and travel to Longwood Gardens — it's easy to imagine you are enjoying a vast royal garden in Europe. Cost: \$561 single; \$451 p/p double or triple. Trip includes travel, 2 nights hotel, 2 breakfasts and dinners, sightseeing, admissions and gratuities. Trip insurance is available and recommended. \$150 trip deposit due at sign-up. Registration has begun.

New Trips



STAGELOFT THEATER PRESENTATION OF "FOUR WEDDINGS & AN ELVIS" / LUNCH AT THE SALEM CROSS INN SUNDAY, JULY 22, 9:30 A.M.

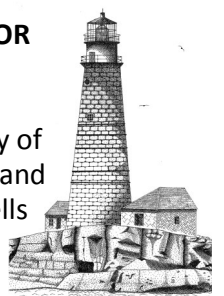
Enjoy a delicious lunch at the classic Salem Cross Inn and take in a heartwarming comedy at StageLoft Theater on this delightful motorcoach trip. Your meal includes a choice of Yankee Pot Roast or Baked Boston Scrod, along with house salad, bread basket, vegetable, potato, ice cream cake ball with hot fudge, and beverage. The theater presentation tells the story of Sandy, a four-times-married, three-times divorced owner of a wedding chapel in Las Vegas and four of the most memorable weddings there. The cost of \$84 per person includes your round-trip motorcoach transportation, your full-course luncheon at the Salem Cross Inn, the play and driver gratuity. Return around 6:45 p.m. Sign-up begins May 2.

BOBBY RYDELL AT THE AQUATURF THURSDAY, AUGUST 16, 11:30 A.M.

His career spans six decades and encompasses a starring role in the film "Bye Bye Birdie" and countless television appearances. Bobby Rydell is a classic performer — superb singer, outstanding drummer, agile dance and fine actor. His hits include "Wild One," "Volare," "We Got Love," Kissin' Time, and "Forget Him." Enjoy the show over a delicious lunch at the elegant Aqua Turf in Plantsville. Your family-style meal will include garden salad, pasta, chicken parmesan and baked salmon with dill sauce, vegetable, potato, rolls, dessert and beverage. The cost is \$86 per person; drive on your own and arrive by 11:30 a.m. Sign-up begins May 2.

THE LIGHTHOUSES OF BOSTON HARBOR MONDAY, AUGUST 27 7:30 A.M.

Relax aboard a 90-minute, narrated historical cruise highlighting the history of the five Boston Lighthouses — Long Island Head Light, Deer Island Light, The Lovells Island Light, Boston Light and The Graves Light. You'll enjoy a panoramic view from the Provincetown III, a sleek catamaran. Before the cruise, you'll have lunch at The Venezia Restaurant, a waterfront eatery with breathtaking views of the Boston skyline. Choose from Baked Haddock or Chicken Parmesan, along with salad, potato, vegetable, dessert & coffee. Cost is \$105 per person, which includes transportation from Our Lady of Mercy Church and return, cruise, lunch and driver gratuity. Return around 7:00 p.m. Sign-up begins May 2.



GEORGIA O'KEEFE: VISIONS OF HAWAII, THE NY BOTANICAL GARDEN

SUNDAY, SEPTEMBER 9, 7:30 A.M.

Enjoy a lush flower show evoking the gardens and landscapes that inspired artist Georgia O'Keeffe, as well as showcasing the remarkable and complex ecology of Hawaii. The Mertz Library Art Gallery is displaying more than 15 of the artist's Hawaii paintings, not seen together in New York since 1940. Highlights also include perennial and rock gardens in bloom, the Home Gardening Center, NYBG Museum Shop, the Garden Café and the new Pine Tree Café. Last stop is Arthur Avenue in the Bronx, to eat lunch (on your own) or to pick up some fresh pasta, superb cheeses, and pastries to take home. Cost is \$76 per person. Bus will return to Plainville around 6:45 p.m. Sign-up begins May 2.

Big Trips 2018

These great trips are planned for 2018! Trip brochures are available at the Senior Center.

- **France Hidden Canals, June 26—July 4** Cruise Loire Canal — fly to Paris.
- **Adriatic Cruise, July 15—22** Venice, Italy; Dubrovnik, Croatia; Kotor, Montenegro; Corfu, Greece; Split, Croatia; and back to Venice.
- **France Hidden Canals, August 28—September 6** Cruise the Doubs & Saone Rivers — fly to Paris.
- **Vietnam, September 20—30** Ho Chi Minh City, Junk Cruise, Hanoi, Train to Danang, Hoi An. Visit

local-home factory, markets, hands-on traditional fishing and more.

- **Italy, October 1—11** We have been invited to join a senior group from Berlin, CT on a "small group" trip to Italy. Eleven-day tour, Tuscany to Amalfi including Florence, Pisa, Rome, Vatican City, Isle of Capri and more!
- **Iceland 2, November 3—10** The escorted group tour teems with wildlife, spectacular landscapes and landmarks including Skogafoss Waterfall, Blue Lagoon, Glacial Lagoon, Northern Lights excursions, a tour of Reykjavik City and more.

Outdoor Adventure Club

SCENIC PLANE RIDE OVER PLAINVILLE & BEYOND

FRIDAY, MAY 4 (weather permitting)

Join us for either a 30 or 60 minute (your choice) scenic passenger ride from Plainville's Robertson Airport in a C-172P or a Piper Warrior PA-28. Two or three passengers per plane (depending on total passenger weight). Enjoy a beautiful air tour of Plainville and head towards Long Island. Cost is approximately \$52 per person for 30 minutes and \$102 per person for 60 minutes. Price will depend on number of passengers per flight. Pay directly at Robertson Airport. Call the Senior Center to sign up, and please tell us whether you want 30 or 60 minutes. You must sign up by May 2.

RAILS TO TRAIL BICYCLE RIDE: UNIONVILLE TO COLLINSVILLE

WEDNESDAY, MAY 9, 10:00 A.M.

Meet at Northwest Drive near the Airport. All bicycle rides are on paved rails-to-trails paths. Directions to trailheads will be provided.

Dress for the weather and have your bike in good working condition. A helmet is required. Bring plastic water bottle and light snack. We ride for about 90 minutes to two hours at a comfortable pace. Cost is \$3.00, due to Eileen on the day of the trip. Sign up begins May 2.



CASE MOUNTAIN HIKE, MANCHESTER (RESCHEDULED)

FRIDAY, MAY 18, 1:00 P.M.

This short but unique mountain hike involves a 2.8 mile round trip that offers really nice views over the city of Hartford. With extensive trails and a view that few local mountains offer, it is a hike worth checking out. The trail is rated moderate, and part of the hike crosses the blue-blazed Shenipsit Trail. In total, the hike should take approximately 2.5 hrs. Bring a snack, some water, and a craving for some nice views! ***This trip was originally scheduled for April 27.*** The van will depart from the Senior Center at 1:00 and return at approximately 5:00 p.m. Cost of \$10.00 includes transportation and fee to leader. Sign up has begun. Jared Scoville, Leader

URBAN WEST END WALKING & CULINARY FOOD TOUR, HARTFORD

WEDNESDAY, MAY 23, 9:15 A.M.

Join us for an exciting walking and food tour of Hartford's eclectic West End! We will travel by CT Transit from Plainville to Hartford where we will meet our guide, Wendy, who will walk us through historic neighborhoods of the West End. Afterward, we will go on an ethnic culinary adventure! First stop will be Tangiers International Market for Middle Eastern appetizers such as hummus, tabouli and kibbee. Next, we will lunch on Korean and Japanese food at Ichiban, and end at Monte Alban for a Mexican dessert. We will order menu items based on the group's preference and share a variety of dishes. Please bring \$30-40 in cash (small bills) to pay for food, plus \$1.70 in exact change for the cost of the bus and \$3.00 for leader and tour guide. Meet at the Plainville Public Library at 9:15 a.m. We will return to Plainville around 3:00 p.m. You must be able to walk continuously for at least 2 hours without assistance (no canes); there is nowhere to stop and rest until lunch time. Leader is Eileen Cyr. Sign-up has begun. Rain date: May 30.

RESCHEDULED!

DISCOVER THE NEW ENGLAND TRAIL

WEDNESDAY, MAY 23, 4:30 PM

TRIP IS FULL; you may sign up for the waiting list.

LAKE COMPOUNCE, BRISTOL

FRIDAY, JUNE 1, 10:30 A.M.

Let yourself be a kid again! Cost of \$27.00 per person includes general admission to Lake Compounce. Bus leaves from Senior Center at 10:30 a.m. and returns about 3:30. We've invited folks from a number of Senior Centers across Connecticut to join us for a day at the oldest continuously operating amusement park in North America! Bring your bathing suit and enjoy the water park, ride the Ferris Wheel or roller coaster or simply walk around and enjoy the sights! Sign up begins May 2.

RAILS TO TRAILS BIKE RIDE — AVON CT TO SOUTHWICK, MA

WEDNESDAY, JUNE 13, 8:30 A.M.

Meet at Our Lady of Mercy Church at 8:30 a.m. to carpool. All bicycle rides are on paved rails-to-trails paths. Directions to trailheads will be provided. Dress for the weather and have your bike in good working condition. A helmet is required. Bring plastic water bottle and light snack. We ride for about 90 minutes to two hours at a comfortable pace. Cost is \$3.00, due to Eileen on the day of the trip. Sign up begins May 2.

INTRO TO KAYAKING, GLASTONBURY RIVER FRONT

FRIDAY, JUNE 15, 9:15 A.M.

Learn to kayak with L.L.Bean's Outdoor Discovery School! This fun course for all fitness levels begins with a brief intro and safety talk from an L.L.Bean paddling instructor. You'll be taught a variety of paddling techniques. Once you feel comfortable on the water, set out in a kayak on a guided tour with your group, experiencing the freedom of skimming across the water and learning about the ecosystem and history of the area. After kayaking, have a picnic lunch (bring your own) on the riverfront. \$30.00 per person includes transportation, instruction and all kayak/paddle equipment. Bus leaves from the Plainville Senior Center at 9:15 and returns approximately 12:30. Please wear clothing that can get wet. Sunscreen and a hat are recommended. Bring water bottles for hydration, a bagged lunch and snacks. Rain date June 22nd. Sign-up begins May 2.

DRAGON BOATING—RIVERFRONT RECAPTURE

SATURDAY, JUNE 30, 12:15 P.M.

We will join members of the South Windsor Outdoor Adventure program for this 1.5 hour Dragon Boat fun program. Participants meet Dragon Boat staff for introductions and on-land orientation. Instruction includes Dragon Boat history, paddle technique, drills and terminology. Experience the thrill of paddling together on the water and then racing against participants from the South Windsor Senior Center! Bus leaves Senior Center at 12:15 p.m. and returns approximately 4:00 p.m. Cost of \$30 per person includes transportation and Dragon Boat experience. Sign up begins May 2.

More, next page

More Outdoor Adventure Quick Trips

SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC

FRIDAY, JULY 20, 7:45 A.M. — 3:00 P.M.

This trip is full. You may sign up for the Waiting List.

EXPLORE THE RHODE ISLAND RAILS ON A RAIL EXPLORER!

FRIDAY, AUGUST 17, 8:15 A.M.

Based on last year's sell-out trips, we're offering this adventure again! A rail explorer is a pedal powered vehicle that rides on (unused) railroad tracks. We will be pedaling on Quad Explorers which has 4 seats and 4 sets of pedals. Not everyone has to pedal, so if you get tired, you can take a rest or take photos along the scenic trail. You will ride along the Northern Ramble route for 6 miles and then take a narrated bus ride back to the start. Following our ride, we will stop for lunch at the Gulf Stream Grille, which is located on a marina so you can dine inside or out. The menu features a variety of soup, salads, sandwiches and entrees. Cost: \$39.00 includes transportation and Rail Explorer experience. Departs Senior Center at 8:15 a.m. Returns approximately 5:30 p.m. Sign up begins May 2. Space is limited to 12.

WHITE WATER RAFTING, DEERFIELD RIVER

FRIDAY, SEPTEMBER 7, 8:15 A.M.

The length of the rafting trip is 10 miles and includes fun spots with opportunities to get out of the boat and float or engage in team water fights! Be sure to bring your bathing suit or shorts, sandals with straps or water shoes, sunscreen, towel, change of clothes and shoes for after the trip. **This trip goes rain or shine and is non-refundable.** \$94.00 per person includes lifejacket, helmet, safety lecture, paddle instructions, hearty riverside picnic lunch, raft guide gratuity and transportation. We leave at 8:15 a.m. from the Senior Center and return at approximately 7:30 p.m. We will stop at McDonalds on the way home for a bite to eat. Sign-up begins May 2.



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

TRIP GUIDELINES: All Quick Trips charge \$8.00 for transportation, payable at registration. No phone reservations will be accepted. Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. If you are ill and cannot attend, please call the Senior Center when it is open or call Ceal DiFrancesco after hours (860-747-1927). Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens. **Please help us by signing up for trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!**

WESTBROOK OUTLETS; LUNCH AT LENNY & JOE'S

SATURDAY, MAY 5, 9:00 A.M.

Take advantage of the spring bargains at the Tanger Outlets in Westbrook with over 50 retailers! Then enjoy lunch at Lenny & Joe's in Madison (on your own). \$8 for transportation is due at registration. **Home pick-ups for those who do not drive** begin at 8:45 A.M., then Senior Center pick-up at 9:00 A.M. Return to Plainville about 3:30 P.M. Sign-up has begun.

MAGIC WINGS BUTTERFLY CONSERVATORY & GARDENS / YANKEE CANDLE, DEERFIELD, MA

SATURDAY, MAY 12, 9:00 A.M. — 4:30 P.M.

Enjoy a day at the 8,000-square foot tropical conservatory which is home to nearly 4,000 exotic and domestic butterflies. Then a visit to one of New England's most popular destinations! Yankee Candle Village offers a unique shopping, entertainment and dining experience. Lunch will be at a restaurant of the group's choice. \$8.00 for transportation is due at registration. Magic Wings admission (\$14.00) payable at the door. Lunch is on your own. Home pick-ups, **for those who do not drive**, begin at 9:00 a.m. Leaves the Senior Center at 9:30 a.m. Returns to Plainville at about 4:30 p.m. Sign-ups begin on May 2.

SUBMARINE FORCE LIBRARY & MUSEUM, HOME OF THE USS NAUTILUS, GROTON / OLDE MISTICK VILLAGE, MYSTIC

SATURDAY, JUNE 2, 9:00 A.M.

The Submarine Force Museum has the world's finest collection of submarine artifacts. There is no admission charge for the Museum or the Nautilus. This is the only submarine museum operated by the U.S. Navy and documents U.S. Submarine Force history. It traces the development of the "Silent Service" from David Bushnell's Turtle (used in the Revolutionary War) to the Ohio and Virginia class submarines. There are over 33,000 artifacts, 20,000 significant documents and 30,000 photographs. Then take a self-guided audio tour of the Nautilus.

Save the Dates... More 2018 Trips!

These additional trips are being planned:

September 27: Turkey Train, Winnepesaukee RR

October 23: Kruckers Octoberfest, NY

November 2-9: Iceland #2

November 12: Bob Hope's USO Style Show, Aqua Turf

A NOTE ABOUT OUR TRIPS



Plainville Senior Center Trips are Scent-Free Zones! Help us to keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, after shave or other fragrances on our bus trips!

NAUTILUS QUICK TRIP, continued from page 9

There are handicapped restroom facilities and an elevator to the second floor of the museum. Following the Nautilus, the group will go to Olde Mistick Village with its 40 unique shops and eateries. You will have time to shop, as well as to have lunch on your own, and to visit Mango’s Homemade Ice Cream. \$8.00 for transportation is due at registration. Home pick-ups, **for those who do not drive**, begin at 9:00 a.m. Leaves the Senior Center at 9:30 a.m. Returns to Plainville at about 4:30 p.m. Sign-ups begin on May 2.

Tuesday Shopping Bus



In order to ride the Senior Center’s Tuesday Shopping Bus, you must be a member of the Plainville Senior Center or a Plainville resident over 60, or a Plainville resident of any age who is disabled. **Home pick-ups begin at 11:15 a.m.** and pick-up from the store will be at 3:00 p.m. Please be ready at least 15 minutes before departure. We leave on time. Call the Senior Center before 11:00 a.m. on the Thursday before the Shopping Bus date to add your name to the list.

- **May 8, 2018—Aldi’s, Southington**
- **May 22, 2018—Bristol Shopping Plaza**
- **June 5, 2018—Price Chopper, Southington**

New Medicare Cards

5 Things You Need to Know Before the New Medicare Cards Arrive

1. New Medicare cards will be sent between April 2018 and April 2019. It is expected that residents in our region will start seeing their new cards this August. Meanwhile, make sure your address is up to date, because Medicare will be sending the card to the address associated with your Social Security account. To update your address, contact Social Security at 1-800-772-1213 or go online to **www.ssa.gov**.
2. Your new card will no longer include your Social Security number. It will include your name, new Medicare number, and the dates your Medicare Part A and Part B coverage started.
3. Start using your new Medicare card once you receive it. Destroy the old one immediately.
4. Keep your Medicare Advantage, Part D prescription, and/or Medigap cards. You can continue using your health or drug plan’s card for health care or prescriptions, but know that you’ll also get a new Medicare card.
5. The Railroad Retirement Board will also issue new cards to Railroad Retirement beneficiaries.

Please be aware that Medicare will NOT call you to ask for your Medicare number or other personal information. There are many scams out there — please be cautious!

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



Le Petit Cafe

At the Plainville Senior Center
Open **TUESDAYS** and **WEDNESDAYS**
11:00 a.m.—1:00 p.m.

Le Petit Café features a variety of made-to-order fresh salads, grilled Panini sandwiches and weekly specials. Le Petit Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, hand-crafted foods that are sure to wow your taste buds!
**Specials subject to change*

Le Petit Café Specials for May

- | | |
|--------------|---|
| May 1 & 2: | Chicken Tortilla Soup
Taco Salad |
| May 8: | Café Closed |
| May 9: | Chef du Jour Soup
Turkey Gobbler Panini (turkey, stuffing and cranberry sauce) |
| May 15 & 16: | Italian Wedding Soup
Spring Salad (fresh greens, roasted asparagus, tomatoes, feta cheese) |
| May 22 & 23: | Tuscan Soup
California Veggie Burger with Sauteed Spinach and Red Pepper Aioli |
| MAY 29 & 30 | Minestrone Soup
Grilled Cheese with Fig Jam |

DONATIONS

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

GENERAL DONATIONS, March 16-April 15

Deborah Nelson, Barbara Barton, Aurora Pedrolini, Mary Jane Dumais, Lions Club/Brenda Tella, Barbara Lombard, Circle Group, Elizabeth Essel, JoAnn Cephas, Marge Burns, William Costello, Anonymous (4), Kelly Gooding, Ronni Bonura, Rita Susco, Maria Cutler, Sam and Maria Guzzo, Sally McCann, Lila Winters, Mary and Josephine D’Addese, Ashley Misakian/Apple Rehab, AARP-Circle Group, Joan McBain, Mary Jane Snow, Gemma Croteau, Arlene Parker, Marilyn & Bill Petit, Donna Klos, Eunice Carden, Marge Burns, Peter Wijas, National Honor Society/Stephanie Aresco, Vella Panella and Lois Schmidt

MEMORIAL DONATIONS March 16-April 15

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

In Memory of:

- Jim Brunner:** Arlene Whipple, Cecelia DiFrancesco
William J. Furlong, III: Pina and Joe Fortuna
Michael Heslin: Lee Ann Korus
Doris Prassl: Nancy Jordan

DIAL-A-RIDE DONATIONS March 16-April 15

Kathi DeSanty, AARP, Leocina Celli, Donna Klos, Mary Michaud and Claire Stuart

Weekly Tournament Winners

PEAK FITNESS CENTER

SETBACK

- March 19

1ST: Bernard Grabeck & Stan Funk
2ND: Gemma Croteau & Barbara Metzger
3RD: Linda Dominique & Gladys Albrecht
- March 26

1ST: Nancy West & John Gasparini
2ND: Sandy Tyminski & Claudette Lucente
3RD: (TIE) Jackie D’Addese & Jackie Dionne
Gemma Croteau & Barbara Metzger
- April 2

1ST: Sally Miller & Gail Kreneck
2ND: Linda Dominique & Gladys Dufour
3RD: Ida Pedrolini & Elaine Chartier
- April 9

1ST: Sally Miller & Gail Kreneck
2ND: Pat Landry & Joan Litteral
3RD: Verna Pekrul & John Sisson

BILLIARDS

- March 29

1ST: Mike Hermanowski & Mitch Ziolkowski
2ND: Stan Funk & Bob Ryer
- April 5

1ST: Lee Akins & Mitch Ziolkowski
2ND: Ellen Couture & Tony Lusitani
3RD: Joe Babin & Stan Funk
- April 12

1ST: Stan Funk
2ND: John Gasparini

Wii BOWLING

- March 27

1ST: Lynne Krakauske
2ND: Rosemarie Machowski
3RD: Georgia Jewell
- The Statewide Wii Bowling Tournament is May 4th, and players from our A.M. and P.M groups will be competing. **Go Plainville “Young at Heart!”**

Bowling League

March Bowlers of the Month:
Ruth Anderson & Richard Bushey

The Plainville Senior Center Bowling league will wrap up its season on May 7, 2018 and has openings for seven bowlers for next season, which starts August 27. Adult bowlers over age 55 of all abilities, including beginners, are welcome to join. **For more information or to join the league, contact Frank Robinson, Bowling League President, at 860-747-2918.**

Plainville Wind Ensemble Anniversary Concert

Plainville Wind Ensemble’s free Spring Concert will be held at Plainville High School on **Sunday, May 20 at 2p.m.** with a pre-concert performance of the Flute Ensemble starting at 1:30 in the foyer of Mel Perry Auditorium. One featured piece, “A Hymn to the Beauty that Was,” is an elegy to Jennifer, Haley and Michaela Petit. Scott Perkins was commissioned to honor the Ensemble’s 30th Anniversary with “A Connecticut Fanfare,” another featured piece. Packets of Michaela Petit’s 4 O’Clock seeds and small plants will be for sale. Proceeds of the sale will benefit the Petit Foundation. The concert is free.

BE PART OF THE
“TIME TO MOVE”
FITNESS CHALLENGE!

Join us as we battle against the clock in a challenge with the Elmwood and West Hartford Senior Centers! Starting May 1, all PEAK Center members are encouraged to log their minutes spent exercising in the PEAK Center. At the end of May, the Senior Center that has tallied the most total exercise time by its members wins the challenge!

The Fitness Center participant at each center with the most exercise time logged will win a complimentary one-year membership at their Fitness Center! There will be a large party in June for all Challenge participants, courtesy of the two non-winning senior centers. So the Challenge is on! Sign-up has begun. See information at the Peak Center for keeping your records. **Let’s go, Plainville!**

Did you know that
exercise can help
you:

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

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.

Cardiovascular Equipment:

- **Treadmills:** *Walk at your own pace.*
- **NuStep:** *Seated “stair stepper” which offers a low-impact cardiovascular workout using both upper and lower body.*
- **Bicycle:** *Recumbent bicycle allows you to ride in comfort. There is a back to the seat for full support.*
- **Elliptical Cross Trainer:** *Provides a total body workout with minimal impact.*

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

Stop by the front desk for a membership packet that includes a medical approval form.

Membership rates: Costs are \$9/one month, \$40/six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training.



Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, MAY 7 & MAY 21, 12:30 P.M.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer's help in the community, caregiving, homecare, etc. Just stop by Stephanie's office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. No pre-registration necessary. No question is too small! If you are unable to make those times, feel free to call Stephanie at the Senior Center to schedule a time that's convenient.

GRANDPARENTS RAISING GRANDCHILDREN

See "The Not-So Empty Nest," page 2.

CAREGIVING CONNECTIONS

TUESDAY, MAY 15, 10 A.M.

It is Spring at last! Come get energized for caregiving at a gentler time of year. Bring your cares as we help one another lift our spirits. See Bette with any concerns.



BRIGHTER FOCUS

THURSDAY, MAY 17, 10 A.M.



Come share thoughts on keeping your focus bright in a changing society! "None" is not an answer... as we continue to explore a variety of options for living a satisfying life. See Bette with any concerns.

It's Time for Four O'Clocks!

It's time for the annual sale of Michaela's Garden Four O'Clock plants! The plants will be for sale all day on May 9, 10 and 11 at the Plainville Senior Center for \$5 each. This sale benefits the Petit Family Foundation and the Plainville Public Library. If you'd like to help sell plants at the Senior Center, please leave your name and your day/time preference at the Front Desk. Plants will also be sold at Gnazzo's from May 10 through May 12.



Info for Veterans

INDIVIDUAL ASSISTANCE FOR VETERANS

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments at the Plainville Senior Center on the first Wednesday of each month. Please call Jason to make an appointment at 1-203-805-6340. All appointments are held at the Senior Center. Jason is extremely knowledgeable and able to help veterans, their spouses and widows with veterans benefits. He may also be able to identify assistance for financial, medical, home care matters and more.

Cheer Report

March 15 to April 15, 2018

Get Well & Thinking of You Cards were sent to:

Albert Muller, Loretta Martin, Bob Cewe, Ann Krupinski, Evelyn Case, Judith Baston, Simone Dallaire, Jennie Asensio, Carmine LaLama, Len Wishart, John & Marie Cassidy, Mary D'Addese, Josephine D'Addese, Roberta Hastings, Shirley Roberts, Robert Galka, Catherine Trombley, Sandy Therrien and Charlene Damiano

Sympathy Cards were sent to:

Evelyn Desjardins, Family of Patricia Drachenberg, Family of John Daversa, Ida Pedrolini, Family of Doris Prassl, Charlotte and Richard Politis, William and Karen Morrison, Tony and Shirley Guerriero and Carl DiGiacomo



Do You Know Someone Who Could Use Some Cheer?

Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. As always, a special **thank you** to **Carol Perry** for overseeing our cheer report.

The Senior Center Needs Sympathy, Get Well and Thinking of You Cards

We send **cheer**, **get well** and **sympathy** cards to our members who could use a lift of their spirits. If you wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **At this time, we cannot use blank cards, holiday cards, mass cards or birthday cards, etc.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need!

Plainville to Implement New Emergency Notification and Alerts -- "Code Red"

The Plainville Police Department will introduce a new town-wide alert system in June, designed to immediately notify residents with emergency information. The system works to protect people and keep them safe, reduce uncertainty and increase residents' ability to take appropriate action. Plainville residents will be able to receive notifications by phone, email, text message and more, and will be able to opt in or opt out of various types of alerts. The Plainville Senior Center will host an informational session with a representative of the Police Department in June. Watch our June newsletter for information. Plan to come and learn more about Plainville's new emergency alert system and sign up while you are here!

AARP Trips

- **May 8, Mohegan Sun**
- **June 7, Deep Sea Fishing**, Plymouth, MA
- **June 22, Perkins Cove Cruise & Bull N'Claw**, ME
- **June 27, Essex Train and Riverboat Cruise**, includes lunch

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



Transportation

DIAL-A-RIDE ADA PARA TRANSIT

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

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

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



2017 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting is on **May 9, 2018 at 5 p.m.** The Forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation about the ADA Paratransit Service. Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: pwilliams@hartfordtransit.org 48 hours in advance.

Easter Basket Raffle Benefits Dial-a-Ride

Thanks to the generosity of two anonymous donors, the Plainville Senior Center had two lovely Easter baskets to raffle off at the end of March. The Center took in more than \$255.00 in raffle ticket sales, which will directly benefit the Dial-a-Ride program. Thanks, everyone, for participating!



Raffle winners: Bette Smith (big basket)
Shirley Heiskari (little basket)

A Guided Tour Through Loss and Grief

The Hospital of Central Connecticut is hosting three evenings about coping for people who have recently experienced the loss of a loved one.

- **Session 1, May 17: What's Happening?**
- **Session 2, May 24: Is There a Spiritual Path?**
- **Session 3, May 31: The Hills and Valleys**

All sessions run from 5:30 to 7:00 p.m. in Lecture Room 2. Program is free. Call 860-224-5463 to register. Validated parking is available in the Quigley garage. Light refreshments will be served.

Do You Need a Ride?

Americans with Disability Act (ADA) Paratransit Service provides more hours, more destinations and even runs on Sunday!

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

Some of these hours may change, depending on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3.50 and discount ticket books can be purchased at Stop and Shop in a book of ten for \$28 (only \$2.80 each).* **A driver can assist you door-to-door if you make arrangements ahead of time.** There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

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



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

Rides are reserved by calling **860-724-5340 x1**, seven days a week, 8:00 a.m.—5:00 p.m. So give it a try — broaden your horizons, go shopping, visit a friend. Sunday service can take you to religious services. You can schedule an appointment at a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

Have questions about transportation services? Call Bette or Stephanie at 860-747-5728.

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This & That

THE PLAINVILLE SENIOR CENTER IS A SCENT-FREE ZONE!

Help us to keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, after shave or other fragrances while at the Senior Center.



CHORAL GROUP REHEARSALS

Everybody who loves to sing is invited to attend! **Upcoming Choral Group Rehearsal Dates:** Fridays, May 4 and June 1 at 9:30 A.M.

SENIOR CENTER DISPLAY CASE

In May, the Coloring Club will showcase some of their recent efforts. Everyone is welcome to drop in to our free weekly group and enjoy this creative pastime. If you have a collection, hobby or artwork you would like to put on display, stop by the front desk to reserve a time period.

CONGREGATE MEAL PROGRAM: May 2018

You may stop by the big kitchen to pick up the May calendar. Reservations for a meal must be made at least one day ahead by calling Bonnie in the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. **A suggested donation is \$2.50.**

MEALS ON WHEELS VOLUNTEERS NEEDED

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Monday through Friday, typically from 10 A.M. to 12 noon. Deliver one or more days per week, or be on call to cover for other volunteers during an illness or vacation. Mileage reimbursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior Center for more information: 860-747-5728.

A NOTE ABOUT HEAT & AIR CONDITIONING

We have many requests each day to change the temperature in our building. If you are not comfortable, please come to the front desk right away and we will have the group or class or event vote (“too hot,” “too cold” or “just right”); majority wins. We will change the temperature or not, depending on the vote. Please remember that we are an older building so some parts of a room (under a vent, for instance) might be colder or in winter, warmer. Also, you are welcome to bring a sweater or dress in layers to help you be more comfortable.

Upcoming LGBT Events

The LGBT Moveable Senior Center is scheduling free monthly events across the state for the remainder of 2018. Come out and connect and watch for more to come!

May 30, Newington Senior Center. 10 a.m.—2 p.m. The program will include a panel discussion on housing and an interactive studio art class with Trinity College Professor Tricia Tillman. We will run a bus if enough people sign up. Sign up at front desk starting May 2 to ride.

June 11, Woodbury. Watch for more information.

July 13, East Hartford Senior Center. 11:00 a.m. to 2:00 p.m. Coffee hour, lunch and conversation with State Rep. Jeff Currey, and a presentation on Alternative Therapies.



Dancing! Food! Fun at the Senior Prom!

The United Way Senior Prom will be held **Thursday, May 24**, from 5:30 to 8:30 p.m. at the Bristol Senior Center. Plainville Senior Center members are invited.

Call the Bristol Senior Center for reservations, 860-584-6100.

SAVE THE DATE!!!

The **Hartford Pride Festival** is the largest and most diverse LGBT+ event in CT. Family, kid, and pet-friendly.

Pride Week 2018: September 4-8.
PrideFest: Sat., September 8

www.hartfordpride.com or call
(860) 841-2345

Nursing, Insurance Info, Etc.

REGULAR AND DIABETIC FOOT CARE

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. **Cost is \$18.00 for Plainville resident Senior Center members and \$28.00 for Out of Town Center members.** You must with exact change, or by check made out to the Plainville Senior Center. Neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Senior Center members only.**

EAR WAX REMOVAL

Call the Senior Center to make your appointment for ear wax removal. At least one week before your appointment, you must come into the Senior Center for an instruction sheet that explains the preparation procedure and pick up the paperwork that you must fill out and bring in to your appointment.

FREE BLOOD PRESSURE SCREENINGS

- **Wednesday, May 2 and May 16,** 11:00 am-12 pm (provided by Interim Health Care)
- **Thursday, May 10,** 1:00—2:00 p.m. (provided by Hartford Health Care)
- **Monday, May 21,** 12:00—12:30 p.m. (with our Nurse)

CHOLESTEROL SCREENING

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

TRANSITIONAL CARE NURSE (TCN)

Hartford HealthCare Center for Healthy Aging provides a **free, one time visit** from a nurse who will do a thorough physical assessment and medication review in the client's home in order to ensure optimal health and wellness, along with proper use of medications as prescribed by the client's physician. Clients need to sign a form to allow their physician to provide their medication list to the TCN. Clients **do not** need to be home-bound to participate in this opportunity. The TCN will review the medications with the client and answer questions the client may have about the need for the medication and how to take it as directed. The TCN will follow up with the client for 30 days and will also help with referrals for homecare services and the CT Home Care Program for Elders, if the client is eligible. If you would like a TCN visit or have any questions, please call Bette or Stephanie. Medicare is **not** billed for this visit ...it is **free!**

MEDICARE SAVINGS PROGRAM (MSP)

New Income Limits — Effective 3-1-2018

QMB(Q01) Single: \$2,135.32/mo Couple: \$2,894.92/mo
SLMB(Q03) Single: \$2,337.72/mo Couple:\$3,169.32/mo
ALMB(Q04) Single: \$2,489.52/mo Couple:\$3,375.12/mo

There is No Asset Limit for MSP

There is No Estate Recovery

The State of CT DSS offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and Medicare part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Co-pays for medications are a maximum of \$3.35 for generic medications and \$8.35 for brand name medications. Please see Stephanie or Bette to review your eligibility.

CHANGES TO THE MEDICARE SAVINGS PROGRAM

We are continuing to wait to learn about any further changes to the State's Medicare Savings Program (MSP). The Department of Social Services (DSS) will keep beneficiaries informed as any new process is put into place. If you have any questions about your MSP benefits, please call Bette or Stephanie at the Senior Center, 860-747-5728.

ONGOING SUPPORT GROUPS IN THE AREA

Living with Alzheimer's

Mulberry Gardens of Southington

Second Tuesday of Every Month 10:30—11:30 a.m.

Living with Alzheimer's disease or a related memory disorder is challenging. Mulberry Gardens offers a support group for families and caregivers. Topics include Communication Techniques, Caregiver Support, Wandering and much more!

Bristol Hospital's free **Breathing Better Group** meets every third Friday from January through October at the Hospital. Everyone with a pulmonary illness such as COPD, asthma or CHF are welcome, along with family and caregivers. A light lunch of sandwiches, pizza and soft drinks is provided. Registered nurses and respiratory therapists are on hand to answer questions. Call 860-585-3580 to register and get more information.

Breathtakers, the pulmonary support group at The Hospital for Special Care in New Britain, meets the fourth Thursday of each month, March - November, and is open to anyone who struggles with their breathing. Sessions run from 11 am to 1 pm and usually include a lecture/education program and a light lunch. Registration is required. Call Stephanie Alderman at 860-827-4735 or email SAlderman@hfsc.org.

VOLUNTEERS NEEDED TO FIGHT MEDICARE SCAMMERS!

The Senior Medicare Patrol (SMP) program is looking for volunteers to be trained to educate seniors how to PROTECT their personal identity, DETECT potential errors, fraud, and abuse and how to REPORT it! Volunteers work in their own communities to educate others and fight against fraud on a local level. Hours are flexible and training is provided. On **Thursday, May 3 at 11:00 a.m.** Carol Walsh, Volunteer Coordinator for Senior Medicare Patrol will be in our living room to provide information and answer questions. Find out how you can help!

MAY 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: GR: Green Room, BR: Blue Rm, GA: Game Room, CR: Craft Room C: Café, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library *By Appt.		1 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Ukulele Lesson CR 10:15 Int. Yoga L 10:30 Veteran Coffee CR 12:00 Pinochle GA 12:45 Live Well w/ Diab. 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA	2 FREE SIGN UP DAY MEGA SIGN-UP DAY 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 10:00 Veteran's Appts.* CL 11:00 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	3 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Nutrition for Arthr. GR 11:00 Sr. Medic. Patrol 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS	4 Plane Ride 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral BR 9:30 Chair Yoga 1 GR 10:40 Chair Yoga 2 GR 11:00 Colorectal Bingo CR 12:00 Pinochle, Plainville Library	5 9:00 a.m. Westbrook Outlets Quick Trip
6 7:30 a.m. One World Obs. and 9-11 Museum, NYC	7 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga, Lib. 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for the Social Worker 12:45 Bowling League 1:30 Power Burst BR	8 No Ladies Billiards 9:00 Grandparents Conf. "Not So Empty Nest" 9:00 Walking GR 9:30 AM Wii Bowling OS 10:00 Cribbage GA 10:15 Int. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA	9 DELAYED OPENING — Sr. Center Opens at 10:00 A.M. 10:00 Walking GR 10:00 Quilting CR 10:00 Zumba Gold GR 10:00 Bike Ride 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 6:00 Changing Brain at Library	10 *9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Before you Go GR 12:00 COA CR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 BP CLINIC 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS	11 9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:40 Chair Yoga 2 GR 12:00 Pinochle Plainville Library	12 9:00 a.m. Magic Wings / Yankee Candle Trip
13	14 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	15 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 10:00 Ukulele Lesson BR 10:00 Supporting a Loved One with Cancer CR 10:00 BeFit Demo GR 10:00 Caregiving GA 10:00 Ladies Billiards 10:00 Cribbage CL 10:15 Int. Yoga L 12:00 Pinochle GA 12:30 Open Circle GR 12:45 Live Well w/ Diabetes CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 2:00 Cooking for 1 Cafe 3:00 French Class GA	16 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 11:00 BP Clinic 12:30 Bus to TRIAD 1:00 Open Paint CR 1:00 iPad Basics GA 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 6:00 Changing Brain at Library	17 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train CL 10:00 Medicaid Talk, GR 10:00 Brighter Focus GA 10:00 Snappy Seniors L 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 3:00 Bus to "Art of Aging"	18 9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:40 Chair Yoga 2 GR 11:00 Inflammation and Nutrition CR 11:30 Friends Helping Friends 12:00 Pinochle Plainville Library 1:00 Case Mtn Hike	19 9:15 AARP Fraud Watch Workshop
20	21 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Acrylic Ptg. CR 10:00 Current Events OS 10:15 Beg. Yoga L 11:30 Edward Twins, Aqua Turf 12:00 BP Clinic 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR 3:00 Paint Party BR	22 *9:00 NURSE 9:00 Walking GR 9:15 AM Wii Bowling OS 10:00 Ukulele Lesson CR 10:00 BeFit GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Celebrate Evelyn GR 12:45 Live Well w/ Diabetes CR 1:00 Bridge OS 1:15 PM Wii Bowling BR 3:00 French Class GA	23 9:00 Walking GR 9:15 West End Tour 9:30 Quilting CR 9:30 Books & Bagels GA 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 iPad Basics GA 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:30 Discover NE Trail 6:00 Changing Brain at Library	24 *9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR	25 9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:40 Chair Yoga 2 GR 12:00 Pinochle Plainville Library 1:00 Case Mountain Hike	26
27	28 Senior Center Closed For Memorial Day	29 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 10:00 Ukulele Lesson CR 10:00 BeFit GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 12:00 Pinochle GA 12:30 Open Circle GR 12:45 Live Well w/ Diabetes CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA	30 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint BR 1:00 Bingo GR 1:00 Adv. Drawing CR 1:15 Charlemagne C 3:00 Coloring Club GR	31 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR	June 1 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Gr. BR 9:30 Chair Yoga 1 GR 10:30 Lake Compounce 10:40 Chair Yoga 2 GR 12:00 Pinochle Plainville Library	2 9 A.M. USS / Nautilus Olde Mystic Village