

Shawn Cohen, *Director*

Ronda Guberman, *Assistant Director*

200 East Street, Plainville, CT 06062 860.747.5728 www.plainvillect.com/senior-center
 Monday: 9:00 a.m. – 6:00 p.m. Tuesday-Thursday: 9:00 a.m. – 5:00 p.m. Friday: 9:00 a.m. – 1:00 p.m.

Mega Sign-Up Day (for free and paid programs) is on Thursday, May 2 from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 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 a.m. during regular Senior Center hours. We accept cash and checks made out to the Plainville Senior Center only.

More Seats Available for **JESUS! Trip** **June 4—6, 2019 Now Open to the Public!**

Due to our “shares” with other groups, we now have plenty of room on the popular trip to Amish Country in Pennsylvania. The main event, “Jesus” at the Sight and Sound Theater, is an action-packed musical stage adventure. Cost is \$471 per person, double/triple, and \$591 single room. Insurance is available and recommended, starting at \$38. Call Friendship Tours at 800-243-1630 for insurance details and purchase. Register now at the Senior Center. More details are on page 8 and full itineraries are available at the Senior Center.

Free Breakfast Will Provide Info about Volunteering for Senior Transportation Service

Do you drive and do you have an interest in helping others? Senior Transportation Services, Inc. (STS) provides rides to medical appointments for seniors and is planning to expand into Plainville. Volunteer drivers are needed to make it a success. Volunteers use their own vehicles to drive persons to out-of-town medical appointments and to visit loved ones at health care facilities. Volunteer drivers receive reimbursement for mileage, and supplemental automobile and liability insurance. STS is different from Dial-a-Ride; it provides rides to medical appointments as far away as 25 miles from Plainville (Hartford, Glastonbury, Rocky Hill, West Hartford, Avon, Meriden, and more). Rides can start at 6:00 a.m. Riders must be able to walk on their own but volunteers can accompany them into their appointments, which Dial-a-Ride cannot do. **Join us for a volunteer recruitment breakfast on Friday, May 3, at 9:30 a.m.** to meet the Senior Transportation Services staff and learn more about how you can help make a difference in someone’s life! Call to RSVP for the breakfast at 860-747-5728.

PEAK Center Members! There is Still Time to Join the “TIME TO MOVE” Fitness Challenge!

MAY 1—MAY 31, 2019

Join us as we defend our title 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 month’s end, the Senior Center that tallied the most total exercise time by its members wins the challenge! Not only that, but the participant at each Center who logs the most exercise minutes will win a complimentary one-year membership at their Fitness Center! All participants will be guests at a large party in June, courtesy of the two non-winning Senior Centers. Sign up at the Peak Center right away and let’s get moving!

RETIREMENT PARTY FOR DIAL-A-RIDE DRIVER TONY GUERRIERO!

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

After more than 25 years of driving for Dial-a-Ride, Tony has retired! Join us as we wish him well in his retirement! We will be having a celebration in his honor this month. His wife Shirley, sons Tony, Glenn and Mark and his sister Rita will also be attending the party. Tony was a dedicated driver who provided superb care and attention to his passengers. His sense of humor, thoughtfulness, compassion and devotion made working and riding with Tony a pleasure. We all miss him already but are happy that he will have an opportunity to enjoy some well-deserved relaxation time. Please let us know if you will be joining us for the party by calling the Senior Center at 860-747-5728. Also, if you need a ride to the party, let us know when you sign up.

Volunteers! Don’t forget to sign up for the Volunteer Recognition Party on May 31st!

Invitations for the Volunteer Party will be mailed out by May 1. REMEMBER: We rely on our volunteer tracking board at the Center when creating our invitation list, so be sure to update your volunteer hours as soon as possible! If you have volunteered for us in the last year and do not receive a mailed invitation by May 10, please call us at 860-747-5728 with your volunteer hours so we can mail you one.



“Art of Aging” Exhibit — Participate and/or Visit! See page 12.

Radio City Music Hall Christmas Show! See page 10.

More Slots open for “JESUS” Trip — See page 8.

Special Events

CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news as well as current events. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

VETERANS' COFFEE HOUR

TUESDAYS, MAY 7 and JUNE 4, 10:30 A.M.

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

MICHAELA'S GARDEN: ANNUAL FOUR O'CLOCKS SALE: MAY 6, 8, 9 at the SENIOR CENTER

Once again, we are selling Michaela's Garden Four O'Clock plants for your flower pots and planters. The plants will be on sale all day at the Plainville Senior Center on May 6, 8, and 9. (No sales on Tuesday, May 7.) Plants are \$5 each and all proceeds benefit the Petit Family Foundation and the Plainville Public Library. If you can help sell plants at the Senior Center, please leave your name and day/time preference at the Senior Center front desk. Plants will also be for sale at Gnazzo's from May 9 through May 11 — Thurs. and Fri. from 10 a.m. to 7 p.m. and Sat. 10 a.m. until sold out.



COOKING FOR ONE CLUB

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

This group meets on the 2nd Tuesday of each month at 2:00 P.M. at the Senior Center. We are looking for a new group moderator or co-moderator. Bring your favorite recipes, cooking tips and fun ideas. Free and all members are welcome! Sign-up begins May 2.

The "Not-So" Empty Nest 11th Annual Conference for Grandparents Raising Grandchildren



TUESDAY, MAY 7, 9:00 – 2:00 P.M.

We will once again offer a full day of workshops, support, resources and prizes for grandparents and other relatives who are raising young children full-time. Event is free; lunch will be provided. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc., the Dept. of Rehabilitation Services State Unit on Aging, Plainville Senior Center and Plainville Youth Services. Please call or visit the Senior Center for more information or to sign up! Phone: 860-747-5728.

YOGA HIKING!

FRIDAY, MAY 10 & FRIDAY MAY 24, 1:00 p.m.

(sign up for one or both sessions)

Embark on a yoga-hike adventure! Don't worry if you have never practiced yoga — all levels are welcome. Bring a walking stick if you wish. First we will hike up to the top of Crescent Lake on some uneven, rocky trails, then begin our self-care practice by setting an intention. We will practice walking meditation and mindful movement as we connect with Mother Earth, pausing and practicing yoga postures along the way. When we reach our destination we will practice sacred rest/pranayama/Yoga Nidra/meditation/chanting mantras/gratitude. Bring a water bottle, blanket and yoga mat. Our Journey Guide Rosalie Tanguay is a board-certified holistic registered nurse and **embodiyoga** teacher. Meet at Crescent Lake, 103 Shuttle Meadow Road, Southington. Space is limited to 12 students per session. Cost is \$5.00 per session. Sign up has begun.

LIVING IN THE MOMENT: INTRODUCTION TO THE PRACTICE OF MINDFULNESS —

A 3-Part Series

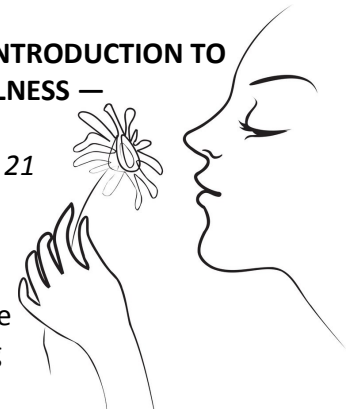
TUESDAYS — MAY 14, MAY 21
and MAY 28

10:00 A.M. TO 11:00 A.M.

Mindfulness is a state of active, open attention to the present. Instead of allowing life to pass by, mindfulness means living in the moment and awakening to our experience. Topics to be discussed are:

- Understanding mindfulness and how it can be applied to everyday life
- Benefits of mindfulness practice
- The Art of Now: 10 Steps to living in the moment
- Establishing a daily mindfulness practice
- Mindfulness to enhance focus and concentration

Presented by Jo Anne Harrison-Becker, MS Gerontology, CEO Therapeutic Recreation Services in Windsor, CT Program is FREE. Participants are encouraged to attend all three sessions. Sign-up has begun.



PAINT PARTY

WEDNESDAY, MAY 15, 1:00 P.M.

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

Cost of \$10.00 includes all materials.

SNAPPY SENIORS

THURSDAY, MAY 16, 10:00 A.M.

The Snappy Seniors Camera Club meets on the third Thursday of the month at the Plainville Public Library. The Library opens at 10:00 a.m. and the meeting begins at 10:10 a.m. At the May 16 meeting, we will be viewing the next installment of our instructional DVD. Please bring a flash drive of your photos or your camera card to share your latest photos. There is no sign-up for this club.

More Special Events, next page

More Special Events

AARP SMART DRIVER

THURSDAY, MAY 16, 1:00—5:00 P.M. **FULL**
TUESDAY, JULY 16, 9:30 A.M. — 1:30 P.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 and \$20.00 for all others. Limited to 25. Sign-up for July class begins May 2. *NOTE: Class on Thursday, May 16 from 1:00 P.M. to 5:00 P.M. is full. You may sign up for Wait List.*

FRIENDS HELPING FRIENDS

FRIDAY, MAY 17, 11:30 A.M.

This gathering, typically on the third Friday of each month, is for single, widowed or divorced members. Come out and socialize! We will meet at 11:30 a.m. at Lola's Bistro, 161 Woodford Avenue, Plainville. Sign-up begins May 2.

BOOKS AND BAGELS

WEDNESDAY, MAY 22, 9:30 A.M.

The Traitor's Wife by Allison Pataki is the tale of Benedict Arnold, a sordid piece of American history told to every American child from elementary through high school. In this fictionalized, romantic tale of spies, traitors and vixens, the novel propels readers through the events that led up to Benedict Arnold's fall from grace. This story gives a new perspective on America's quest for freedom. Join us for what will surely be a vibrant discussion led by Kathleen Marsan, coauthor of **Beyond the Book: How to start or Jump Start a Book Club**. Copies of the book are available at the Plainville Library's front desk. Sign-up begins May 2.

'TIS THE SEASON

THURSDAY, MAY 23, 1:00 P.M.



We will highlight local and seasonal produce with vibrant colors and great nutritional value. This free program will be presented by Peter Fescue, Director of Dining Services at Mulberry Gardens of Southington. Sign-up has begun.

PLAINVILLE LIBRARY SERIES CONTINUES AT THE SENIOR CENTER

Plainville Public Library Director Trish Tomlinson visits the Senior Center to share how the Library has evolved into a gateway to information and resources available anytime, anywhere, for FREE. Learn how to access and navigate online library resources! All programs begin at 1:00 P.M.

- **Wednesday, May 1:** Introduction to Mango
- **Tuesday, May 28:** Introduction to Ancestry Online Genealogy
- **Tuesday, June 25:** Introduction to Gale Virtual Reference Library

Sign-up has begun at the Senior Center.

MEDICARE & YOU: UNDERSTANDING YOUR MEDICARE CHOICES

MONDAY, JUNE 3 5:00 P.M.

Are you new to Medicare, turning 65, or deciding on retirement? You will need to make important decisions about your health care coverage.

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

All of these choices can make your head spin! Join Stephanie Soucy, Senior Center Social Worker, as she discusses the Medicare options available to you, so you can make an informed choice. Refreshments will be served. Call or visit the Senior Center beginning May 2 to register.

RESCHEDULED: MADAM C.J. WALKER

TUESDAY, JUNE 4 11:00 A.M.

Program will be followed by free light lunch.

A few seats are available for the rescheduled performance by Gwendolyn Quezaire-Presutti as she depicts a remarkable, inspirational character and brings to life her success as a black businesswoman during the Jim Crow era. C.J. Walker struggled doggedly to escape poverty and build a better life. She built a successful business and mobilized 20,000 African American women as employees and paid them a fair wage. As much as any woman of the 20th century, Madam Walker paved the way for the profound social change that altered women's place in our society. **Program is free and includes a light lunch.** Sign-up has begun.

WHAT IS A STROKE? WE HAVE THE ANSWER

THURSDAY, JUNE 13, 1:00 P.M.

Knowing the signs and symptoms of a stroke can save your life or the life of a loved one. Be prepared if you see someone experiencing the signs and symptoms of a stroke. You will learn: What a stroke is; Risk factors; Stroke prevention; and How the stroke recovery process works. Presented by Dr. Kateryna Kurako, Neurologist, Bristol Hospital. Please sign up starting May 2.

ADAPTIVE EQUIPMENT

THURSDAY, JUNE 20, 10 A.M.

Life throws us curveballs when we least expect it, but many people manage to adapt to their situations and keep rolling along with the use of adaptive equipment. Many different pieces of equipment have been developed and created in order to help everyone maintain the best quality of life and promote their independence while keeping them safe. Come join us at this free program to learn more about adaptive equipment and what devices may work for you or a loved one. It's never too late to adapt! "When in doubt, adapt it out!" Sign-up begins May 2.

More Special Events, next page

Ongoing Support for Veterans

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments each month at the Senior Center. He will be at the Center on **Wednesday, May 1 and Wednesday, June 5 at 10:00 A.M.** Please call Jason at 1-203-805-6340 to make an appointment in advance. No appointments in July or August.

More Special Events

FIVE WAYS TO USE LIFE’S CHALLENGES TO MAKE YOU BETTER, NOT BITTER

TUESDAY, JUNE 25, 1:00 P.M.

Mary Jane Liddel, Program Coordinator from the CHERISH program will lead a group discussion on how to keep a realistic perspective, focusing on how you deal with whatever you are dealt, how to be able to go with “Plan B” and how giving back to others is so worthwhile. Sign-up begins May 2.

INCONTINENCE & BLADDER TRAINING WORKSHOP

THURSDAY, JUNE 27, 10:00 A.M.

Do you or a loved one have questions regarding incontinence and what you can do to improve it? Join the Enliven team as we discuss types of incontinence and how it can be helped with bladder training. We will discuss how bladder training can help, how bladder training works and questions to ask your doctor. Sign-up begins May 2.

HOW TO FALL SAFELY

TUESDAY, JULY 9, 10 A.M.

Sometimes, there's no way to avoid a fall. At least if you’re aware of the inevitability of a fall, you can prepare yourself to fall properly! Learn how to fall down the correct way — forwards or backwards — and get all the details on how to fall safely to reduce the risk or lessen the severity of injury. This program is free. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness and sponsored by Southington Care Center. Sign-up has begun.

Le Petit Cafe

at the Plainville Senior Center

Open TUESDAYS and WEDNESDAYS

11:00 a.m. - 1:00 p.m. No reservations needed!

Le Petit Café features made-to-order fresh salads, a variety of sandwiches, grilled Panini and weekly specials. Le Petit Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, hand-crafted foods that are sure to wow your taste buds! Prices range from \$3.00—\$6.00.

May 7	Café closed because of Grandparent Conference
May 8	Chef’s Choice Chef’s Choice Soup
May 14 & 15	Steak Quesadillas (shaved steak, peppers and onions). Served with salsa Chicken Corn Chowder
May 21 & 22	Red, White and Blue Salad. Roasted beets, goat cheese and fresh blueberries atop a bed of field greens Sausage Soup
May 28 & 29	Ham and Swiss Panini Baked Potato Soup



Donations

The Senior Center Always Needs Sympathy, Get Well and Thinking of You Cards! We send **cheer, get well** and **sympathy** cards to our members who could use a lift of their spirits. If you wish to donate cards, please bring them to the Senior Center’s front desk. We appreciate it! **We do not use blank cards, holiday cards, religious cards, mass cards or birthday cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need! **Please note:** When you bring donations into the Senior Center, our receptionist needs to know your name and what you are donating so that we may list your name in this Newsletter. (If you wish 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

Lynn Gonzalez, Jeanne Raducha, Richard Vieira, Doug Bell, Barbara Martello for Bill Lacaille, Susan Desrochers, Rosalie Sastre, Bette Green, Marianne Grace, Lois Schmidt, Anonymous, Bernadine Kahn, Lori Corsini, Carol Loiselle, Peter Wijas, Val Dumais, Kay Evans, Barbara Petit, Ronda Guberman, Albert Muller, Madeline Drake, Maria Cutler, Neema Michaud, Sharon Simpson, Sam and Maria Guzzo, AnnMarie Ondrick, Albert Mueller, Trivia Group

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: Jeanne Shugrue
by Betty Kirch
by Eileen Longo
by Marge & Richard Mitchell
by Margaret Lemrise
by Mike Hermanowski—Pool Table Fund

DIAL-A-RIDE DONATIONS, MARCH 16—APRIL 15

Joseph and Pina Fortuna, Rose Lefemine, Barbara Barton, Fran Martin, Rosaleen Peters, Peter Ledwith

Lynne's Weight Loss Tip of the Month

Another way I utilize our Senior Center and know that it benefits my health is to take some courses that I feel I can strive to complete, and that will help me with overall health benefits. I signed up for and am taking the Tai Chi class and I LOVE IT!

Recipe of the Month: A Sweet Craving Treat

Although I am eating healthy I still have cravings for sweets. To keep myself on the right path I never deprive myself of anything. When I have a sweet, I eat it in moderation, and NOT DAILY. I take a nice big tomato, slice it and put it in a container. I sprinkle a tablespoon of sugar all over the tomato and let it sit and marinate for at least one hour. Then I totally **enjoy** it! This takes care of my craving, and please keep in mind, SUGAR is NOT what made me fat! You may use a sugar substitute if desired.

Weekly Tournament Winners PEAK Fitness Center

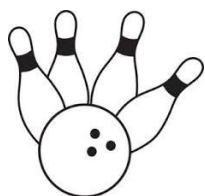
SETBACK

- MARCH 18** 1ST: John Gasparini & Mike Chapman
2ND: Mary Levanti & Carol Diana
TIE for 3RD: MaryAnn Cunningham & Joe Fortuna and Gladys DuFour & Barbara Cichon
- MARCH 25** 1ST: Charlie Stepney & Elaine Chartier
2ND: MaryAnn Cunningham & Joe Fortuna
3RD: Gladys DuFour & Barbara Cichon
- APRIL 1** 1ST: John Gasparini & Mike Chapman
2ND: Lynn Krakauske & Marla Ludwig
3RD: John Sisson & Verna Perkul
- APRIL 8** 1ST: Sally Miller & Gail Kreneck
2ND: Lorraine Stachelec & Ida Pedrolini
3RD: John Gasparini & Mike Chapman

BILLIARDS

- MARCH 7** 1ST: Bob Ryer & Stan Funk
2ND: John Clancy & Joe Babin
- MARCH 14** 1ST: John Gasparini & Joe Babin
2ND: Mike Hermanowski & John Coffey
- MARCH 21** 1ST: Stan Funk & Val Dumais
2ND: Ellen Couture & Bob Ryer
- MARCH 28** 1ST: John Gasparini & Val Dumais
2ND: Stan Funk & Joe Babin
- APRIL 4** 1ST: John Clancy & Val Dumais
2ND: Stan Funk & Pat Cancelli
3RD: Ed Zareck & Joe Babin
- APRIL 11** 1ST: Bob Ryer & Stan Funk
2ND: John Clancy & Joe Babin

Bowling League



Bowlers of the Month for March:

- Ladies: Ruth Anderson, Bernice St. Jean
- Men: Bill Livingston, Herb Dirrigl

Congratulations to our Bowlers of the Month! Please call Frank Robinson at 860-747-2918 or e-mail him at fgrahamR@aol.com with questions.

TAX RELIEF PROGRAMS THROUGH THE TOWN OF PLAINVILLE

Residents must apply for the latest State and Local Tax Relief Programs by May 15, 2019. Please call Marcy at the Tax and Assessing Office for an appointment at the Senior Center and complete application guidelines — 860-793-0221 extension 244. Programs include:

- Elderly & Disabled Homeowners
- Local Option Elderly Program
- Local Option Tax Freeze for Applicant Age 70+
- State Veterans
- Local Option Veterans Program

PEAK FITNESS SPECIAL!

Now through January 2020

Join for 13 months for the price of 12! \$60.00 for one year, good for new **and** renewing memberships. That's only \$4.61 per month... such a **GREAT** deal!

Exercise can help you:

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



Enjoy a great workout 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 cardio-vascular workout using both upper and lower body.
- Bicycle:** Recumbent bicycle allows you to ride in comfort. There is a seat back 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.

Membership Costs: \$9/one month, \$40/six months and \$60/13 months till Jan. 2020. Registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is due at the time of initial training. Stop by our front desk for a packet that includes a medical approval form.

TALK TO THE TRAINER SESSIONS

MONDAY, MAY 6, 9:00 to 9:30 A.M.

THURSDAY, MAY 9, 3:00 to 3:30 P.M.

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

Don't forget! Next time you are at the Senior Center please ask for a Membership Card!



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, May 2 from 9:15 a.m. to 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 and/or has space available, is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session—Sign up May 2
MONDAY			
Zumba Tone	9:30 – 10:30	April 1—June 3. 8 wks. \$24 members only. No class May 6 or May 27.	June 10—June 24. 3 wks. \$9. Members only
Acrylic Painting	10:00—12:00	April 29—June 24. 8 wks. \$24. Members Only No class May 27.	
Beginner's Yoga	10:15-11:15	April 8—June 3. 8 wks. At Library \$24 Members Only. No class May 27.	June 10 – July 29 8 weeks. \$24.00 Members only.
Power Burst 1	1:15—2:05	April 8—June 3. 8 wks. \$16 Members Only. No class May 27.	June 10 – July 29 8 weeks. \$12.00 Members only.
Power Burst 2	2:15—3:05	April 8—June 3. 8 wks. \$16 Members Only. No class May 27.	June 10 – July 29 8 weeks. \$12.00 members only
TUESDAY			
Intermediate Yoga	10:15-11:15	Mar 19—May 14. 8 wks. \$24. Members Only. At Library. 8 weeks.	May 21 – July 9 8 weeks. \$24.00 Members only
Aqua-Arthritis Water Fitness	10:45-11:30	April 30—June 18. 8 wks. \$24. Free for YMCA Members. Class held at YMCA	No classes during the summer.
French Class	3:00—4:00	Every Tuesday	Every Tuesday
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.
Zumba Gold	10:00—11:00	Mar 20—May 15. No class May 8. 8 wks. \$24. Members Only	May 22- June 26 6 weeks \$18.00 Members only
iPad Basics	1:00—3:00	April 10 to May 8 5 wks. \$25.00 Members Only.	
THURSDAY			
Ceramics	9:30 – 11:30	Apr 25—June 13. 8 wks. \$32 Members Only	
Aqua-Arthritis Water Fitness 2	10:45-11:30	April 25—June 13. 8 wks. \$24. Free for YMCA Members. Class held at YMCA	No classes during the summer.
Knitting & Crochet	1:00 – 3:00	Mar 14—May 23. 8 wks. \$16 Members Only	June 6 – July 25 6 weeks \$12.00 Members only. No Class June 27 or July 4
Ukulele	1:30-2:30	April 25 — May 30. 6 weeks, \$12. Members only	June 6 – July 18 (no class July 4) 6 weeks \$12.00/members. \$24 non-members
FRIDAY			
Chair Yoga 1	9:30-10:30	Mar 15—May 10. 8 wks. \$16. Members Only	May 17 – June 14 (no class 5/31) 4 weeks \$8.00 Members only
Chair Yoga 2	10:40—11:40	Mar 15—May 10. 8 wks. \$16 Members Only	May 17 – June 14 (no class 5/31) 4 weeks \$8.00 Members only



Cheer Report



Get Well & Thinking of You Cards were sent to:
Carol Webster, Pat Landry, Gisela Toth, Shirley Platt, Sonia Sperduti, Helen Bonner, Jennie Asensio, Ann Krupinski, Tammy M. Roth, Beatrice Dumont, Helene Bannon, Hazel Decker, Rita Dewyea, Helene Fabian, Len Wishart, Evelyn Case, Ann Smedick, Johanna Zielinski, Norma Weisenburger, Norman Muir, Faith Sullivan

Sympathy Cards were sent to:
Family of Elizabeth McCoy, Ceal DiFrancesco, Family of Joe Plourde, Family of Anne McCarthy, Family of Angela Orzolek, Tom & Barbara Martello, David & Jeanette Schmidt, Family of David Oliveira, Ellen Couture, Family of Helen Maciag, Morris & Joanne Hart, Family of Evelyn Kuziak, John & Audrey Bergenty, Family of Gisela Toth, Family of Betty Rousseau, Family of Robert Warnat

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 help 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.

Class Descriptions

ACRYLIC PAINTING: You will learn methods to overcome the challenges of this medium, plus some special techniques. A supply list will be given to you at registration. If you're unsure whether this class is for you, we provide beginner kits, which include some paints, canvas and drawing pads. Scholarships are available through the generosity of the Plainville Amateur Art Group. Call Ronda for info. **Instructor: Abbe Wade**

AQUA ARTHRITIS WATER FITNESS AT THE Y:

This course is held at the Plainville YMCA pool and offers a gentle range-of-motion workout to help people with arthritis to improve joint flexibility and reduce pain or stiffness through the warmth, buoyancy and gentle resistance of the water. Bring a bathing suit and towel. You may use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. The sessions are made possible thanks to the Main Street Community Foundation Grant, providing for the partnership between the YMCA and Plainville Senior Center to offer quality programs to local seniors.

CERAMICS: Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners are welcome! Students are responsible for their own greenware, brushes and specialty supplies. Class fee includes instruction, glazes and firing. **Instructor: Gloria Cerniglia**

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**

GENTLE YOGA FOR BEGINNERS—LEVEL 1



This class is an introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release and is especially good for newcomers to yoga or those who would like a refresher on the basics.

IMPORTANT: Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** Class is held at Plainville Library.

GENTLE YOGA FOR EXPERIENCED — LEVEL 2

This class is for experienced students who are ready for the next level. Perform yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. **NOTE:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** Class is held at Plainville Public Library.

iPAD BASICS

Learn the basics of your Apple iPad in this fun and informative class. Discover your iPad's main components including the keyboard, internet, camera and basic apps, and its intermediate functions such as email, music and using social media sites like Facebook. **Instructor: Evelyn Morin.** Open to all skill levels.

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

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. You will learn proper rotary cutting and sewing techniques. Participants may also work on the Annual Senior Center quilt that is raffled during the Holiday fair, or on their own projects. **Instructor: Karen Kebinger**

UKULELE LESSONS

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 a ukulele (\$29 to \$50 for a starter instrument) and a tuner.

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**

Library News

To sign up for or ask questions about any events at the Plainville Public Library, please call the Library at 860-793-1446 or stop by the Reference Desk.

The movie for May is **Welcome to Marwen**, playing Thurs., May 9 at 1:00pm and Sat., May 25 at 1:30pm.

On Wednesday, May 22 at 7:00pm enjoy **An Evening with the Gillettes**. Harold & Theodora Niver will portray William and Helen Gillette and discuss: who William Gillette was; Gillette Castle in East Haddam; and Sherlock Holmes. Registration is requested. Please call 860-793-1446.

THE SENIOR CENTER WELCOMES NEW MEMBERS FOR MARCH 2019!

Nancy Giannini, Joan Green, Nancy Goodwin, Frances Belli, James Mahan, Kelly Scott, John Coffey, Mary Klosek, Grant Bienkowski, Ann Parmelee, Robert Ferone, Mary Ann Ferone, Patricia Gingras, Timothy Caswell, Betsy Valentine, Karen Costagliola, Joanne Ferguson, Cesar Mojica, Clara Mateo, Elaine Frac and Sandra Ciriello

Trips

Sign-Up Info 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. Early each month we offer Mega Sign-up for new trips. This month it is on 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 up on the Reserve List for a trip that is filled, we will ask if you are a Senior Center member. If there is a cancellation, we always sign up any members from the Reserve List first! Therefore, a member who signs the Reserve List with a non-member friend should be aware that since we always sign up members first, we will skip over non-members on the Reserve List until all the members have been contacted.

**Flyers are available
for most trips on the Trip Rack
at the Senior Center!**

MAMMA MIA, WARNER THEATRE, TORRINGTON, CT

SUN., MAY 5

11:00 A.M. OPEN TO THE PUBLIC

Act fast! Enjoy a matinee performance of "Mamma Mia." The greatest hits of Abba are woven into 3 wonderful love stories. Your pre-show lunch at Black Rock Tavern in Thomaston includes salad, choice of Grilled Beef & Vegetable Kabob with Couscous or Grilled Chicken Breast with Baked Mac & Cheese & Vegetables, seasonal dessert & beverage. **COST:** \$99. Depart Senior Center 11:00 a.m., return about 5:30 p.m. Choose entrée at sign-up.

ALL-YOU-CAN-EAT BBQ, GAVIN IRISH COUNTRY INN

DATE CHANGE!! TUES., MAY 21, 7:00 A.M.

OPEN TO THE PUBLIC

Homemade scones upon arrival! BBQ Lunch includes: BBQ spare ribs, BBQ chicken, corn on the cob, potato salad, tossed salad, baked beans, lemonade, iced tea, apple crisp ala mode. Enjoy Bingo and live traditional Irish music. **COST:** \$90 pp. Depart OLM at 7:00 a.m. Estimated return at 6:15 p.m. Sign-up has begun.

JESUS! LIVE ON STAGE, AMISH COUNTRY AND PHILADELPHIA

JUNE 4-6, 2019 SEATS HAVE BEEN ADDED! OPEN TO THE PUBLIC!

Roundtrip motorcoach transportation and two nights' stay at Comfort Suites Lancaster; Family-style meal at Amish Homestead along with stories of Amish life; Sturgis Pretzel Bakery; Tour and Tasting at Mt. Hope Estate & Winery; "Jesus" at the Sight and Sound Theater, an action-packed musical stage adventure; Dinner at Millers Smorgasbord Restaurant; Visit to the new Museum of the American Revolution with original artifacts and dynamic presentations. Itineraries at the Senior Center.

ON YOUR FEET! at the WESTCHESTER DINNER THEATRE **WED., JUNE 12, 8:15 A.M. JUST ONE SEAT LEFT AT TIME OF PRINTING**

"On Your Feet" is a musical about Gloria & Emilio Estefan, young performers whose heart, talent and faith in each other led them to international music stardom. Once seated at your reserved table, you may select from an excellent menu and enjoy a pre-show lunch. **COST:** \$107 per person. Trip departs at 8:15 a.m. from OLM and returns at 5:30 p.m. Sign-up has begun.

ALL-YOU-CAN-EAT-LOBSTER, THE DELANEY HOUSE, HOLYOKE, MA

TUESDAY, JULY 9, 10:15 A.M.

An annual favorite! The buffet menu includes: Salads, Fresh Fruit, Pork Marengo, Grilled Focaccia Haddock, Chicken Marsala, Baked Ziti, Vegetables, Dessert & Beverage. Cheese & Vegetable Platter, Shrimp Cocktail & Salad and Bread Basket will be served at your table. Entertainer **John Timpanelli** will make you laugh with his great comedic timing and his singing voice. **COST:** \$101 per person. Trip departs from OLM at 10:15 a.m. and returns about 5:15 p.m. Sign-up has begun.

More current trips, next page ➡

More Current Trips

CELEBRATE ITALIA!! AT THE AQUA TURF

TUESDAY, JULY 16, 11:00 A.M.-3:30 P.M.

Dance to an amazing band from New Jersey! Polished, sophisticated and versatile, First Kiss Orchestra is the perfect fit to "Celebrate Italia." The dance floor will be open! Enjoy Salad, Penne Norma, Chicken Parmesan, Veal & Peppers, Vegetable and Dessert. Drive on your own. **COST:** 43.00 per person. Sign-up has begun.

RIVERBOAT CRUISE ABOARD THE INDIAN PRINCESS ON WEBSTER LAKE, WEBSTER, MA

TUESDAY, JULY 30, 9:30 A.M.

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

Scenic 90-minute cruise aboard a 19th century Mississippi Riverboat. Waterfront dining room at the Indian Ranch is the location for lunch: seasonal salad with warm rolls, followed by your choice of 3 entrees served with potato, vegetable, dessert. **COST:** \$90 per person.

TOGETHER AGAIN! AT THE AQUA TURF

MONDAY, AUGUST 12, 11:30 A.M.

"Together Again" recreates the musical magic of Dolly Parton and Kenny Rogers, as two professional impersonators deliver the incredible songs and onstage playfulness of Kenny & Dolly's "Real Love Tour." This tribute act has the songs, mannerisms, and vocals. Coffee & donuts upon arrival. Your family style menu includes Garden Salad, Pasta, Chicken Francaise, Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert and Beverage. **COST:** \$76.00. Drive on your own and arrive at the Aqua Turf at 11:30 a.m. Sign-up has begun.

OGUNQUIT MAINE/PORTLAND CITY TOUR/FOSTER'S CLAMBAKE/NUBBLE LIGHTHOUSE CRUISE

TUESDAY, OCTOBER 8 to THURSDAY, OCTOBER 10

A deluxe motorcoach trip to the coast of Maine! Enjoy 2 nights at **THE MEADOWMERE RESORT**, located with in walking distance from Ogunquit Village, Perkins Cove, and Ogunquit Beach. Rooms have balcony or patio. Indoor and outdoor pools are set on 4 acres in beautiful Ogunquit. Enjoy a delicious welcome dinner. **DAY 2:** Depart for a delightful tour of Portland, highlighting



the historic district, Longfellow House, Victoria Mansion, sea captains' homes, and a stop at Portland Head Light. Free time for lunch and exploring at the Old Port before returning to Ogunquit. Dinner is Foster's Downeast Clambake for prize-winning chowder, mussels, lobster, corn, potatoes, onion rolls, and fresh Maine Blueberry Crumb Cake! **DAY 3:** View the picturesque Nubble Lighthouse. Stroll Perkins Cove, a quaint fishing village that's home to local artisans, specialty shops and oceanside eateries. Then head for home with fun memories of our Maine getaway! **COST: \$471 per person double/triple, \$591 single.** Trip includes: Deluxe motorcoach, 2 nights at hotel, 2 dinners, 2 breakfasts, sightseeing & admissions as per itinerary, and a Friendship Tours Escort. \$150 deposit due at sign-up. Balance due by August 20th. If you want trip cancellation insurance that includes pre-existing conditions, you must pay for insurance within 10 days of your deposit. Sign-up has begun.

FRIESIANS OF MAJESTY, TOWNSHEND, VERMONT

WEDNESDAY, AUGUST 21, 8:00 A.M.

The Friesians of Majesty center is the only Friesian farm in North America devoted exclusively to this breed of jet-black horses from the Netherlands.



Tour the European-style stables and meet these gentle beasts. The horses will perform a choreographed musical show for your enjoyment in an impressive arena. Before the visit, we stop at Kringle Candle in Bernardston, MA, and enjoy a classic hot lunch at the New England House in Brattleboro, Vermont. Menu includes fresh-baked bread, Mesclun green salad with House dressing, choice of Herb-Crusted White Fish, Peach-Glazed Chicken Breast, Maple Barbecue Pork Loin, side dishes, vanilla ice cream with berry compote and soda, iced tea or coffee. Cost is \$100. We will leave OLM parking lot at 8:00 a.m. and return approximately 7:00 p.m. Sign-up has begun.

CIRCLE LINE CRUISE OF NEW YORK CITY

THURSDAY, SEPTEMBER 5, 7:15 A.M.

Experience the "Best of NYC" Cruise aboard the only sightseeing cruise vessel in Manhattan that travels completely around the island! This 2.5 hour cruise shows all five boroughs, three rivers, all major bridges and City highlights including the Manhattan skyline, the growing Brooklyn waterfront, Yankee Stadium, Harlem Heights, and a close-up view of the Statue of Liberty. On board, you'll enjoy live descriptions about the legends and lore of Manhattan, the "City that Never Sleeps." You'll have free time before the cruise to enjoy lunch on your own at Gotham West Market, one of the best food halls in the City. The cost of \$96 per person includes deluxe motor coach transportation, the cruise with cruise director, and all gratuities. Trip leaves at 7:15 a.m. from OLM parking lot and returns at about 8:00 p.m. Sign-up has begun.

COME FLY WITH ME — MUSIC OF FRANK SINATRA AT THE AQUATURF

TUESDAY, SEPTEMBER 17, 11:00 A.M.

Entertainer Rob Zappulla celebrates the music of Frank Sinatra in a stellar afternoon show.

Drive on your own and start off with coffee and donuts on arrival, followed by a delightful family-style lunch that includes salad, pasta, Chicken Florentine, Baked Scrod, potato, vegetable and dessert. A complementary glass of wine or beer will enhance your meal. Free door prizes will also be provided! Cost is \$43 per person. Sign-up has begun.



ALSO ON THE WAY FOR 2019!

Oct. 16: Delaware & Ulster RR — Fall Foliage
Oct. 20: Barry Manilow Tribute
Nov. 13-15: Miracle of Christmas Sight & Sound

We are hoping to get shares for:

- Isle of Shoals, NH
- Shear Madness, Boston
- Andy Warhol Exhibit
- United Nations
- Libraries of Manhattan
- Secrets of Grand Central Terminal

New Trips

GILDED AGE OF THE BERKSHIRES — LENOX, MA
TUESDAY, SEPT. 24, 7:45 A.M.

Tour Ventfort Hall in Lenox, Massachusetts, one of the last remaining Gilded Age Cottages. Savor a special lunch and tea in the Hall's elegant dining room, renovated to its original glory. Enjoy sandwiches, fruit, cake and cookies, cider, and of course, hot tea! Enjoy the view on this tour through the Stockbridge-Lenox countryside. The Berkshire Cottages tour will highlight how and why artists, writers, musicians and others have flocked to the Berkshire Mountains over the last 150 years to make this area "America's Premier Cultural Resort." Our guide will take us to Stockbridge and Lenox with a special walking tour of the Tanglewood campus, summer home of the Boston Symphony Orchestra. Cost: \$92 per person. Trip leaves at 7:45 a.m. from Our Lady of Mercy Church lot, and returns about 6:15 p.m. Sign-up begins May 2.

FRANKIE PIZZARO: MUSIC FROM THE SOUL AT THE GRAND OAK VILLA, OAKVILLE/WATERTOWN



THURSDAY, SEPTEMBER 19, 10:15 A.M.
Frankie Pizzaro, former lead singer from The Platters, served as a firefighter for the Fire Department of New York for 21 years.

He and his colleagues were among the first responders on 9/11. He has also performed with greats such as Barbra Streisand and The Temptations. Now a solo artist, Frankie will delight you with his smooth vocals as he continues to captivate audiences. He will perform with a live band and backup singers. Cheese, pepperoni and crackers will be served on your arrival, followed by a family-style meal of garden salad, pasta with homemade house sauce, Chicken Francaise and Roast Pork, roasted potato, vegetable, dessert, soda and coffee. Carafes of red and white wine on every table. Cost is \$91 per person. Trip departs from OLM at 10:15 a.m. and returns at 4:15 p.m. Sign-up begins May 2.

RADIO CITY CHRISTMAS SPECTACULAR!
WEDNESDAY, NOVEMBER 20, 7:45 A.M.

The Radio City Christmas Spectacular starring the Rockettes is back for its 90th year at Radio City Music Hall. This is an experience not to be missed! Enjoy the Parade of Wooden Soldiers, a magical 3-D Journey with Santa over the skies of New York, a living Nativity Scene and dancing scenes from the Nutcracker. Our pre-show lunch is at Buca Di Beppo Restaurant in Times Square.

Continued, page 13



Big Trips 2019

11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS
OCTOBER 6 — 16, 2019

There is still time to sign up for this trip to visit historic Spanish cities including Cordoba, Toledo, Barcelona, Seville, Madrid, Valencia Lladro, Granada, Alhambra Palace and **much more**. Costs include international airfare, 16 meals with wine at dinner and more. Pick up a trip flyer at the Senior Center!

ALASKA & THE YUKON JUNE 10-22, 2019 TRIP IS FULL.

Quick Trips, cont.

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.

QUICK TRIP GUIDELINES: All Quick Trips charge \$8.00 for transportation, payable at registration. No phone reservations are accepted. Refunds are given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. If you are ill and cannot attend, please call the Senior Center when it is open. After hours, you may call Ceal DiFrancesco at 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.

MAGIC WINGS BUTTERFLY CONSERVATORY & GARDEN, VISIT AND LUNCH AT YANKEE CANDLE SOUTH DEERFIELD, MA

SATURDAY, MAY 11, 9:00 A.M.

Enjoy a morning at an 8,000 square foot indoor tropical conservatory, home to nearly 4,000 exotic and domestic butterflies. Magic Wings' senior admission (\$14.00), as well as lunch and gratuity, are on your own.

Lunch is at Yankee Candle, where you can follow up with some shopping.



\$8.00 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up at 9:15 a.m. Return to Plainville by 4:30 p.m. Sign-up has begun.

WESTBROOK OUTLETS AND LUNCH AT LENNY & JOE'S, MADISON

SATURDAY, MAY 25, 2019, 9:00 A.M.

Take advantage of the spring bargains at the Westbrook Outlets with over 30 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 9:00 a.m., then Senior Center pick-up at 9:15 a.m. Return to Plainville about 3:30 p.m. Sign-up begins on May 2.

FRAGILE EARTH: A UNIQUE EXHIBIT COMBINING ART AND ECOLOGY AT FLORENCE GRISWOLD MUSEUM, OLD LYME AND LUNCH AT DOCK 11 CAFÉ, OLD LYME
SATURDAY, JUNE 8, 2019, 9:00 A.M.

The Griswold Museum is hosting a special exhibit using items from the natural environment, replicas of coral reefs, and debris collected along Connecticut's shoreline. It is truly a "one of a kind" display, and will only be at the Griswold from June 1 to September 8. The group will tour the museum, then go to lunch at Dock 11 Café on the Lieutenant River in Old Lyme (on your own). \$8.00 for transportation is due at registration. Museum entrance fee is \$9.00, which can be paid there. **Home pick-ups for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up at 9:15 a.m. Return to Plainville about 3:30 p.m. Sign-up begins on May 2.

Tuesday Shopping Bus

We can only accommodate eight (8) people on the Tuesday Shopping Bus. Sign up early! In order to ride the Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over age 60 or a Plainville resident of any age who is disabled. Please be ready at least 15 minutes before departure. We leave on time. Call the Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up. Home pickups start at 11:15 a.m. The bus leaves the shopping center at 3:00 p.m.

- May 7, 2019—Bristol Shopping Plaza
- May 21, 2019—ShopRite, Southington
- June 4, 2019—Price Chopper, Southington

Outdoor Adventure

METACOMET RESERVOIR LOOP HIKE

SATURDAY, MAY 18, 9:30 A.M.

Join us in exploring the many trails in Avon around one of the reservoirs in the West Hartford reservoir system. This **intermediate-level** hike will take us over wooded trails and rolling hills; it's a great hike for someone who is active — who walks and exercises on a regular basis. Our time on the trail will be approximately 2 to 2.5 hours, including rest breaks to enjoy the woods and rehydrate. This will be a great hike to see lots of spring growth and reservoir views. Please wear waterproof or water resistant hiking shoes in case of muddy trails, and bring a jacket in case the temperature drops. Pack a lunch for the ride home and/or snacks for our rest breaks. We will depart from the Senior Center at 9:30 A.M. and return about 1:30 p.m. Cost is 8:00 due at sign-up. Registration starts May 2.



RAILS TO TRAILS BICYCLE RIDE: COLLINSVILLE TOWARD AVON

WEDNESDAY, MAY 22, 8:30 A.M.

Meet at OLM lot to caravan or meet at Collinsville trailhead. 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 toward Avon and back for about 90 minutes at a comfortable pace. Lunch (on your own) at LaSalle Market, if you wish. Cost is \$3.00, due to Eileen on the day of the trip. Sign-up begins May 2.



Please help us by signing up for Trips, Outdoor Adventures and Quick 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!

More Outdoor Adventure

FARMINGTON RIVER TRAIL WALK

SATURDAY, MAY 25, 9:30 A.M.



Many of you have biked along the Farmington River Trail. This time we will have the chance to slow things down even more and take in views of the river as we walk along paved trails and enjoy some mid-spring cooler weather. The

Farmington River Trail is an off-shoot of the Farmington Canal Heritage Trail, which runs from New Haven to the MA state line. On this **intermediate-level** hike, we will walk for approximately 2.5 to 3 hours along the river trail, with rest stops to have a snack and drink some water. Make sure you have your camera along in case we see some Osprey or American Bald Eagles in flight. We will meet at 9:30 a.m. at the New Britain Avenue parking lot, located at approximately 1010 New Britain Ave. in Farmington. You can find it online by searching "Farmington Canal Heritage Trail Parking" or "Parking for Farmington River Trail" in Google Maps. We will return to Plainville by about 1:30 p.m. Pay leader Jared Scoville \$3 on day of walk. Sign-up begins May 2.

OLD WETHERSFIELD HISTORIC WALK

SATURDAY, JUNE 15, 9:30 A.M.

Join leader Eileen Cyr for a one-hour leisurely walk through historic Old Wethersfield. We will tour the quaint neighborhoods and historic Main Street. There will be time for shopping at Comstock Ferry and also a guided tour of the Silas Deane Museum. Located in the center of Connecticut's largest historic district, the Webb-Deane-Stevens Museum provides the quintessential New England experience. Visitors are immersed in life of the mid-18th and early-19th centuries during informative and entertaining one-hour tours. Lunch, on your own, will be at Lucky Lou's Restaurant. Cost of \$8.00 includes leader and transportation. Additional \$10.00 for admission to Silas Deane Museum (pay at museum). Bus leaves Plainville Senior Center 9:30 a.m. and returns approximately 2:30 p.m. Sign-up begins May 2.

RAILS TO TRAILS BIKE RIDE — SOUTHWICK, MA TOWARDS SIMSBURY

WEDNESDAY, JUNE 19, 8:30 A.M.

Meet at Our Lady of Mercy Church at 8:30 a.m. to caravan. All bicycle rides are on paved rails-to-trails paths. Directions to trailhead will be provided. Dress for the weather and have your bike in good working condition. A helmet is required. Wear sunscreen and bring a bike lock if you have one. Bring a plastic water bottle and light snack. We ride for about 60 to 90 minutes at a comfortable pace. Cost is \$3.00, due to Eileen on the day of the trip. Enjoy lunch (on your own) at Red Riding Hood Café at end of ride if you wish. Sign-up begins May 2.

More Outdoor Adventures, next page

More Outdoor Adventure

INTRO TO KAYAKING, GLASTONBURY RIVERFRONT

FRIDAY, JUNE 21, 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. Sign-up begins May 2.



BUTTERFLY HUNT AT CEDAR HILL CEMETERY, HARTFORD

SATURDAY, JUNE 29, 9:30 A.M.

Hunt for butterflies with Roy Zartarian and the Connecticut Butterfly Association. With nearly 20 species known to visit Cedar Hill, volunteers will help find and net butterflies for viewing. Appropriate hiking shoes, long pants and bug repellent are recommended. Free. Leaves Senior Center at 9:30 a.m., and returns approximately 12:00 noon. Sign-up begins May 2.



SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC

FRIDAY, JULY 12, 7:45 A.M.

Join us as we sail away with Outdoor Adventure enthusiasts from other Connecticut senior centers! The Schooner ARGIA is one of the last sailing ships in New England. You'll discover islands, lighthouses and the beauty of sailing aboard a traditional sailing ship. The ship will sail in cloudy and light drizzle weather conditions; please dress for the weather by wearing an extra layer and bringing a jacket. Leaves Senior Center at 7:45 a.m. and returns at about 3:00 p.m. Cost of \$26.00 includes Schooner Sail and transportation. Sign-up has begun.



DRAGON BOATING AT RIVERSIDE PARK, HARTFORD!

SATURDAY, JULY 13, 8:30 A.M.

Come paddle on the river! Learn the techniques of Dragon Boating and see why it is such a fun-filled, popular sport. We will join members of the South Windsor Senior Center for this 1.5-hour program, which includes the history of Dragon Boating, paddling drills and on-the-water terminology. Bring a bag lunch and a bottle of water. Bus leaves the Senior Center at 8:30 a.m. and returns by approximately 1:00 p.m. Cost is \$23 per person. Sign-up begins May 2.

Calling All Artists!

The Art of Aging Exhibition

Sponsored by the Agency on Aging of South Central CT (AASCC)

May 16 – June 20, 2019

All artists 60 and over can enter their framed photography and framed paintings. There is NO entry fee and prizes are awarded!



The Exhibit will be held at the headquarters of the Agency on Aging of South Central Connecticut at 117 Washington Avenue, Suite 17, North Haven, CT.



Registration is now open. You must register BEFORE you drop off your artwork! All artwork must be dropped off by May 3. All artwork must be framed and ready to hang.

Register online at:

www.aascc.org/artofaging

The Senior Center will Provide Free Transportation!

- The Senior Center will run a free bus to **bring artwork** on Friday, May 3.
- The Senior Center will run a free bus to **the Opening Reception** on Thursday, May 16.
- The Center will also run a free bus to the **Closing Reception** on Thursday, June 20. This is when prizes are awarded and participants can take their artwork home.

Artists who register for the show may sign up NOW for free bus rides at the Senior Center Front Desk. Visitors and the public may sign up on or after May 9th for a bus ride to the May 16 Opening Reception.

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



Transportation

DIAL-A-RIDE

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.*



ADA Para-Transit

Another option with more hours and destinations

The Americans with Disability Act (ADA) Paratransit Service provides more hours and more destinations than the Senior Center's Dial-A-Ride service and even runs on Sunday! It is another option for seniors and persons with a disability who cannot drive.

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 usage of the CT Transit buses. ADA can transport you to many more towns during 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.



You Must be Pre-Approved — How to Apply:

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



After 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.

Once you are approved, you can reserve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m. to 5:00 p.m. So give it a try — broaden your horizons, go shopping or visit a friend. Sunday service can take you to religious services. You can schedule an appointment at a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

2019 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 date of the next meeting is May 8, 2019. Free ADA Transportation is available to attend the Forum. Please call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: **pwilliams@hartfordtransit.org** at least 48 hours before the meeting.

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



RADIO CITY SPECTACULAR, cont. from page 10



Our family-style menu will include mixed green salad, Apple Gorgonzola Salad, Spaghetti with Meat Sauce, Fettuccine Alfredo, Chicken Limone, Cheesecake for dessert and unlimited soft drinks, coffee and tea. Total cost is \$165, with a non-refundable deposit of \$70 due at registration and the balance due October 15. We will share this trip with seniors from South Windsor. Bus leaves at 7:45 a.m. from Our Lady of Mercy Church Plainville and returns approximately 6:30 p.m.

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This & That

AARP Trips ... Call Sally Miller

- Tuesday, May 14: Foxwoods Casino, \$25. Leave OLM 8:00 a.m.
- Tuesday, June 18: MGM Casino, \$25. Leave OLM 8:00 a.m.
- July 22—July 24: New Hampshire—Riding the Rails
- Aug. 29: Mambo Italiano @ Westchester Broadway Thr. \$114 inc. lunch
- Sept. 25: Broadway, NYC — “Tootsie” or “Ain’t too Proud to Beg” \$250 inc. lunch at Carmine’s
- Information and Reservations: Call Sally Miller at 860-747-1732.

AARP Trips are NOT sponsored by the Plainville Senior Center. You cannot sign-up or pay for them at the Center.

CHORAL GROUP The next rehearsal dates are Friday, May 3 and June 7 at 9:30 a.m. The Choral Group does not meet in July and August.


SENIOR CENTER DISPLAY CASE
If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for 2019!

CONGREGATE MEAL PROGRAM
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. WE CANNOT TAKE ANY CALLS BETWEEN 11:45 A.M. AND 12:15 P.M. AS WE ARE SERVING LUNCH. **You may call between 10:15 a.m. and 11:45 a.m. OR between 12:15 and 12:45 p.m. only.** A suggested donation is \$2.50.

PLAINVILLE SENIOR CENTER AT-RISK LIST
The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We update this list during the year so we can be certain that such folks will be safe during a power outage/weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure health and safety. Please call the Center at 860-747-5728 to have your name added to the At-Risk List. Our social workers Bette and Stephanie can help you develop a plan for power outages and weather emergencies. Please call 860-747-5728.

GARAGE RENTAL NEEDED! Looking to rent a garage. In winter, used only for storage. Will not be used every day, even in warmer months. Please call Shawn at the Plainville Senior Center at 860-747-5728.

Please Remember: The Plainville Senior Center AND Senior Center Trips are Scent-Free Zones!
Please 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 respiratory conditions. Please do not wear perfume, cologne, aftershave or other fragrances!



Congratulations to Raffle Prize Winner Mary Ann Ferone, who took home a lovely Tea Basket in our April Raffle. We were able to raise \$80, which will be donated to Dial-a-Ride.

Nursing, Insurance Info, Etc.

REGULAR AND DIABETIC FOOT CARE

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. Cost is \$18.00 for Senior Center members who live in Plainville and \$28.00 for out-of town Senior Center members. You may pay with cash or check made out to the Plainville Senior Center. Please call the Senior Center to make an appointment. Senior Center members only.

EAR WAX REMOVAL

Call the Senior Center to make your appointment for ear wax removal. At least one week before your appointment, you must come to the Senior Center to pick up an instruction sheet that explains how to prepare, as well as paperwork to fill out and bring to your appointment. This service is provided by ProHealth Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any outstanding balance over \$5.00. In most cases, patients will not pay more than \$5.00 for the service.

FREE BLOOD PRESSURE SCREENING: DROP-IN

- **Monday, Monday, May 6** from 11:30 a.m. to 12:30 p.m. — by Bristol Hospital
- **Wednesday, May 8** from 12:30 to 1:30 p.m.—by Hartford HealthCare
- **Monday, May 20** from 12:00 —12:30 p.m. — by our Nurse

CHOLESTEROL SCREENING

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

A GUIDED TOUR THROUGH LOSS AND GRIEF

This series of dialogues about coping with the loss of a loved one will be held three Wednesdays in May from 5:30 to 7:30 p.m. at the Hospital of Central Connecticut, New Britain, Lecture Room 2. Sessions are free and open to all who have lost a loved one.

- May 15: “What’s Happening?” with Nadine Toce, LCSW and Father Ron Smith
- May 22: “Is there a Spiritual Path?” with Father Ron Smith
- May 29: “The Hills & Valleys: Steps to Healing,” with Nadine Toce, LCSW

Call the hospital at 860-224-5463 to register.

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER



MONDAYS, MAY 6 & MAY 13, 12:30 P.M.

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

GRANDPARENTS RAISING GRANDCHILDREN

Join us at the Annual Conference on May 7! See page 2.



CAREGIVING CONNECTIONS

TUESDAY, MAY 21, 10:00 A.M.

The Merry Month of May is almost over! Caregiving is not often very merry! Come share your challenges and successes with your friends as you make the most out of an often difficult responsibility. Caregivers from neighboring towns are welcome. Call Bette with any questions, concerns or to meet individually. No sign-up is necessary.

BRIGHTER FOCUS

THURSDAY, MAY 16, 10:00 A.M.

Join your friends as we continue to discuss the universal questions that men and women have grappled with throughout the ages! It is both a comfort and a challenge to know that we are like all those who came before us! Clearly, we do stand on the shoulders of giants! Bring any books/articles that you might enjoy sharing. Call Bette with any questions. No sign-up is necessary.



MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS

EFFECTIVE MARCH 1, 2019

The new income limits for the Medicare Savings Program (MSP)

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

There is No Asset Limit AND There is No Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Co-pays for medications are a maximum of \$3.40 for generic medications and \$8.50 for brand name medications. Please see Stephanie or Bette to review your eligibility for MSP.

MAY 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div><div>KEY: GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Caf�, CL: Computer Lab OS: Old Store K: Kitchen L: Library *By Appt.</div></div>	ALL MONTH: "TIME TO MOVE" FITNESS CHALLENGE FOR PEAK MEMBERS. SIGN UP AT FRONT DESK	1 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 10:00 J Coppola Vet Appt CL 1:00 Open Paint CR 1:00 I-Pad Basics GA 1:00 Library Series BR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR 4:00 Walking BR	2 MEGA/FREE SIGN UP 9:00 Walking GR 9:30 Mexican Train GA 9:30 Ceramics CR 10:45 Aqua Fit 2 YMCA 12:30 Pool Tournament 12:30 Bridge OS 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit/Crochet GR 1:30 Ukulele CR 3:00 Talk to Trainer 4:00 Walking BR	3 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Grp BR 9:30 STS Breakfast CA 9:30 Ch. Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L 1:15 Bus to bring artwork—North Haven	4
5 11 a.m. Mamma Mia, Torrington 1:00 Wadsworth Falls State Park	6 *9:00 NURSE Four O'Clock sales 9:00 Walking GR 9:00 Talk to Trainer 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 11:30 BP Clinic 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	7 No AM Walking *9:00 NURSE 9:00 Grandparents Conf 10:00 Ladies Billiards 10:00 Cribbage CL 10:15 Inter. Yoga L 10:30 Vets Coffee Hr. GA 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle GR 1:00 Bridge OS 1:00 Wii Bowling CL 3:00 French Class GA 4:00 Walking BR	8 Four O'Clock sales 9:00 Walking GR 9:30 Quilting CR 12:30 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:00 I-Pad Basics GA 1:15 Charlemagne C 3:00 Color Club GR 4:00 Walking BR	9 *9:00 NURSE Four O'Clock Sales 9:00 Walking GR 9:30 Mexican Train GA 9:30 Ceramics CR 10:45 Aqua Fit 2 YMCA 12:00 COA Mtg GA 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 Knit/Crochet GR 1:00 Scrabble C 1:30 Ukulele CR 3:00 Talk to Trainer 4:00 Walking BR	10 9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L 1:00 Yoga Hike	11 9:00 a.m. Magic Wings Butterfly
12	13 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Acrylic Paint CR 10:00 Curr. Events OS 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	14 *9:00 NURSE 9:00 Walking BR 10:00 Living in Moment GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 1:00 Wii Bowling CL 1:00 Bridge OS 2:00 Cooking for One C 2:00 Retirement Party BR 3:00 French Class GA 4:00 Walking BR	15 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Paint Party BR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	16 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train CL 10:00 Snappy Srs. L 10:00 Brt. Focus GA 10:45 Aqua Fit 2 YMCA 12:15 Bus to Art Exh., North Haven 12:30 Pool Tourn. 12:30 Pinochle CL 12:30 Bridge OS 1:00 AARP Driver GR 1:00 Scrabble C 1:30 Ukulele CR 4:00 Walking BR	17 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 11:30 Friends Helping Fr. 12:00 Pinochle L	18 9:30 a.m. Metacomet Hike
19	20 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:00 BP Clinic 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	21 7:00 a.m. Gavin Country Inn, Catskills *9:00 NURSE 9:00 Walking BR 10:00 Living in Moment GR 10:00 Caregiving CR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle GR 1:00 Bridge OS 1:00 Wii Bowling CL 3:00 French Class GA 4:00 Walking BR	22 8:30 Bike Ride, Collinsville / Avon 9:00 Walking GR 9:30 Quilting CR 9:30 Books & Bagels GA 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	23 *9:00 NURSE 9:00 Walking GR 9:30 Mex. Train GA 9:30 Ceramics CR 10:45 Aqua Fit 2 YMCA 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Tis the Season BR 1:00 Scrabble C 1:00 Knit/Crochet GR 1:30 Ukulele BR 4:00 Walking BR	24 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L 1:00 Yoga Hike	25 9:00 a.m. Westbrook Outlets, Lenny & Joe's 9:30 a.m. Farmington River Trail Walk
26	27 MEMORIAL DAY HOLIDAY SENIOR CENTER IS CLOSED	28 *9:00 NURSE 9:00 Walking BR 10:00 Living in Moment GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Library Series GR 1:00 Bridge OS 1:00 Wii Bowling CL 3:00 French Class GA 4:00 Walking BR	29 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	30 9:00 Walking GR 9:30 Mex. Train GA 9:30 Ceramics CR 10:45 Aqua Fit 2 YMCA 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Scrabble C 1:00 Open Knit GR 1:30 Ukulele BR 4:00 Walking GR	31 9:00 Walking GR 9:00 Mahjong GA 11:00 Volunteer Party, Nuchies Rest. 12:00 Pinochle L	JUNE 1