



NEWS & EVENTS

MAY 2021

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

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

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

The Senior Center is OPEN!

The Senior Center is **OPEN** and we have lots of activities to keep people busy! Although we still require advance registration for in-person programs, classes, events, and the Fitness Center you can try calling **last minute** to see if we have space in the activity you are interested in. All visitors must wear a mask and maintain a 6-foot social distance. Give us a call if you would like to sign up for any of the following in-person activities: PEAK Fitness Center, indoor walking, Nurse Appointment (foot care, ear wax removal, cholesterol, blood pressure), visiting, billiards, computers, fitness classes, current events, open quilting, open knitting/crochet, Bingo, coloring club, book club, etc. We will continue to monitor State restrictions about in-person activities, social distancing, special events etc. and will make modifications regarding activities such as playing cards, pool tournaments, games and more when it is safe to do so.

COVID INFORMATION

Below are resources for scheduling a COVID vaccine. If you need assistance, call Stephanie at the Senior Center.

COVID VACCINE APPOINTMENTS AVAILABLE AT ESPN IN BRISTOL—The clinic will be open from 10 a.m.—4:00 p.m., Monday to Wednesday at the ESPN North Campus, 383 Middle St, Bristol. Bristol Health is offering the Pfizer and Moderna vaccines. Appointments are required. **Call:** 1-877-918-2224. **On-Line:** Register via the CDC's Vaccine Administration Management System (VAMS): <https://dphsubmissions.ct.gov/online-vaccine>

Hartford HealthCare <https://hartfordhealthcare.org/health-wellness/covid-vaccine/schedule-your-vaccine>.

Hartford HealthCare Access Center 860-827-7690 or toll-free 833-943-5721.

Visit UConn Health <https://health.uconn.edu/coronavirus/covid-vaccine/> or call 860-679-5589

CVS: <https://www.cvs.com/immunizations/covid-19-vaccine#statetool>

Walgreens: <https://www.walgreens.com/topic/covid19vac/CT>

Walmart: <https://www.walmart.com/cp/1228302>

Create a VAMS Account. Visit <https://dphsubmissions.ct.gov/OnlineVaccine>

Call the CT COVID Vaccine Appointment Assistance Line at 1-877-918-2224

Once an account is activated, you can search available locations and times for vaccination appointments. You will need an email address to use the VAMS system. Married couples will need separate email addresses.

COVID VACCINES FOR HOMEBOUND INDIVIDUALS

If you or someone you know is physically or medically unable to go to a COVID vaccination clinic, please contact Stephanie at the Senior Center for assistance.

CLASS & ACTIVITY DESCRIPTIONS

Even though reservations are needed for classes, pool, crafts, PEAK Center etc. if you feel that you would like to come in the day of an activity please call the Senior Center and we will be happy to see if there is an opening for you!

BILLIARDS: You must call the Senior Center to reserve a play time. Two players maximum. No spectators. Bring your own cue stick (if possible). Play time is limited to 1 hour. Call the Senior Center or register on line to reserve your space.

BINGO: Wednesdays 1:00 p.m. Bingo will be allowed for up to 20 people including Bingo volunteers. Paper bingo cards will be used instead of our regular bingo cards. Dabbers will be available to purchase (\$1.00) at the Plainville Senior Center or you can bring your own. Bingo will be 1 hour per State guidelines. Call the Senior Center to reserve your space.

COLORING CLUB: Wednesdays 3:00—4:00 p.m. Call the Senior Center or sign up on-line to reserve your space. The Senior Center has coloring books, colored pencils, crayons, etc. if anyone needs coloring supplies (free).

COMPUTERS: One hour appointments are needed for computer time. For Senior Center members only. Individuals must sanitize the keyboard and mouse prior to and after using the computer. Masks must always be worn. Call the Senior Center or register on line to reserve computer time.

CURRENT EVENTS DISCUSSION GROUP: Tuesdays 1:00 p.m. Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more. Call the Senior Center to sign up.

THE PEAK FITNESS CENTER IS OPEN AND ACCEPTING NEW MEMBERS!

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. New and returning fitness center members must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The Fitness Center is open by appointment. Masks must be worn while exercising and participants are required to sanitize equipment before and after use.

TELEPHONE BINGO: Thursdays at 1:00 P.M. If you miss **BINGO** then join us for a weekly game over the phone or on Zoom so you can see other friends. Give us a call to register, so we can provide you with the call-in or Zoom information. We will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes could include toilet paper, lottery tickets, paper towels.

VISITING: Per state guidelines, people will not be allowed to drop-in and “visit”. We have established “visiting” times throughout the week. Call the Senior Center or register on line at: **www.schedulesplus.com/plainville** to reserve a visiting time (check the calendar for dates and times).

WALKING: Daily indoor walking. Call the Senior Center or register on line to reserve your walking time. Limited to 30 minutes and 3 walkers per appointment time. Masks must always be worn, and walkers must adhere to 6-foot social distancing.

THIS AND THAT

ACRYLIC PAINTING (IN-PERSON)

MONDAYS, MAY 17 TO JUNE 14,
10:00 A.M. — 12:00 P.M.

COST: \$8.00.

Instructor Abbe Wade returns to teach 4 unique techniques using acrylic paints. Students must provide their own supplies. Masks must be worn and 6-foot distance required. Sign up begins May 4th. **Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville.**



PLAINVILLE SENIOR CENTER RECEIVES UNITED WAY AWARD

United Way of West Central Connecticut is pleased to announce that we have selected Plainville Senior Center, along with the Senior Centers of Bristol and Burlington, to receive our "Change Maker Award". This award celebrates the ability to create, implement positive change, transform community, conditions and improve program outcomes. Your team was extremely helpful in recognizing the struggles older members were facing with isolation from friends and families and creating solutions to keep them informed and connected via Zoom lessons, weekly chat forums and drive through events, and setting up vaccination appointments and hosting clinics for our elderly population.

The award will be part of the 19th Annual Community Builders Reception virtually on Tuesday, June 22, 2021. The event recognizes and honors those who share their time and resources with United Way, who together inspire and empower our community, creating long lasting impact".

Outdoor Adventure Hike

Sub Edge Farm & Farmington River Loop
Tuesday, May 11th 3:00 pm—5:30pm
\$3.00 per person. Sign up begins May 4th.

Join Jared Scoville for this hike over flat, wooded terrain. Walk along the Farmington River and pass by the beautiful and certified organic farm, Sub Edge Farm. The beauty in this hike will be the variety of views, as well as the fun chance to chat about some of the best places and farms to eat from in CT. Wear waterproof/repellent footwear for possibly muddy trails, and bring a fleece for the spring weather! Meet at the Senior Center and we will follow each other to the destination.

SEEKING KNITTING/CROCHET/QUILTING INSTRUCTORS



Plainville Senior Center is seeking talented knitting/crochet and quilting instructors with excellent skills and previous experience teaching older adults. Must be creative, professional, enthusiastic, patient, and able to work positively with people of varying abilities. Beginner and intermediate classes are taught weekdays, in-person at the Plainville Senior Center; COVID-safe practices are followed. For further details regarding rate of pay, schedule, etc., please contact Ronda Guberman at: guberman@plainville-ct.gov.

THE MEMORY EXCHANGE

THURSDAYS, MAY 13—JULY 1, 10:00 – 12:00 P.M.

Class held in-person at the Plainville Senior Center. Class limited to 10 students. **Call the Plainville Adult Education Department: (860) 793-3209 to register. FREE: Generously Funded by the Elizabeth H. Norton Trust** Join the memoir writing and discussion group, where pen meets paper. Reminisce and record your most cherished memories within a structured, supportive environment. Relive your "growing up" days, and record your personal history. Memoirs may include personal artifacts, maps of your birthplace, pictures of pets, family, and friends. Materials provided. Midge Bresnahan will instruct this course.

Free Shopping Bus Resumes

We are pleased to offer shopping trips again with Pierre driving our bus to shuttle groups of 2 to shop, have a bite to eat and rendezvous with friends. Call the Senior Center beginning May 4th to register for May dates.

May 13: (sign up by May 11 at 3:00) Bristol Walmart (Subway is available for food/seating). Shuttle begins at 9:00 a.m. with the first two shoppers. You will have approximately 2 1/2 hours to shop.

May 20: (sign up by May 18 at 3:00) Britsol Stop & Shop Plaza (also has TJ Maxx, Ocean State Job Lot, Jersey Mikes and Moe's for food/seating). Shuttle begins at 9:00 a.m. with 3.5 hours for shopping.

June 10 & 24: Southington Shopping Plazas ... details will be in the June newsletter.

PROGRAM AND EVENTS

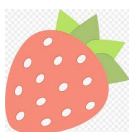
STRAWBERRY CRUMB BARS COOKING CLASS

TUESDAY, MAY 11, 2:00 P.M.

(on Zoom at home)

Join Katie, Registered Dietitian from Food Explorers to make Strawberry Crumb Bars! These bars can be made with any berry, fresh or frozen, or a mixture! You'll need the following ingredients: flour, butter, sugar, oats, strawberries (or raspberries, blueberries, blackberries), lemon juice, baking powder, salt, 1 egg and optional vanilla. **Call the Senior Center to register or register on-line at:**

www.schedulesplus.com/plainville. Sign up has begun.



KATHARINE HEPBURN: FROM HARTFORD TO

HOLLYWOOD (on Zoom)
WEDNESDAY, MAY 12, 3:00 P.M.

With a stage and film career that spanned six decades, Katharine Hepburn is an American icon. Born and raised in Connecticut, Hepburn had a career in stage,

film and television that reflected the changing role of women in broader society. Presented by The Connecticut Historical Society and presenter is Jennifer Busa. Jennifer is the Public Programs and Special Events Coordinator at the Connecticut Historical Society. **Sign up has begun. Call the Senior Center to register or register on-line at: www.schedulesplus.com/plainville.**

CROQUET IN MAY!

THURSDAY, MAY 13, 2:30 P.M.

(RAIN DATE: MAY 20, 2:30 P.M.)

Join us for an old-fashioned round of croquet at Paderewski Park. Enjoy some sunshine and time for socializing while playing croquet. Although we will be outdoors, masks will need to be worn and we will maintain a 6-foot social distance. Space is limited. **Call the Senior Center beginning May 4 to register or register on line at: www.schedulesplus.com/plainville**



MAY BIRTHDAY BASH

TUESDAY, MAY 18

2:00 P.M.—3:00 P.M.

PICK UP AT THE SENIOR CENTER

If you have a birthday in May please join us for a birthday treat! **Call the Senior Center by May 14th to register or register on-line at www.schedulesplus.com/plainville so that we know how many birthday surprises to prepare.**



VETERANS' SOCIAL HOUR IN PERSON

TUESDAY, MAY 25, 10:00 A.M.

These monthly information and support meetings are conducted by Sherry Vogt, Veteran's Liaison for Hartford

HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at 860-747-5728 to register or register on-line at: www.schedulesplus.com/plainville. Sign-up begins May 4.**



DOT MANDALA COASTERS (FREE)

(Zoom at home or from the Senior Center)

WEDNESDAY, MAY 26, 2:00 P.M.

Learn the art of dot mandalas with Lindsey's Craft Studio! Each kit will contain four white tile coasters, practice paper, and adhesive backing for each coaster, as well as paints for decorating. We will be using the backs of markers, thin dowels, paintbrushes, or whatever else you have on hand to make the dots, so get creative and have a few different sized items on hand before we begin. You do not need to purchase a fancy set of dot mandala tools for this craft.

Priority for sign up will be given to individuals who have not taken a prior "free" class with Lindsey (heart wine glass, sharpie coaster, textured painting and/or birch tree canvas painting). If you have not taken one of these classes, you may sign up for the Dot Mandala class beginning May 4. Otherwise, sign up will begin May 10th. **Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville.**

Funding Provided by the Department on Aging & Disability Services, CT Senior Center Project: CARES ACT

MORE PROGRAMS & EVENTS



BOOK BUDS IN PERSON

"WHAT SHE LEFT BEHIND" by

Ellen Marie Wisemen

FRIDAY, MAY 28, 10:00 A.M.

This tale will both haunt and inspire the reader. Wrongful commitment to an asylum, the

hushed talks of insanity in a family tree, love and devotion, fear and acts of courage, this fictional story pulls you into their world and will surely be a riveting discussion. The book is available at the library front desk. **Call the Senior Center or register on-line at: www.schedulesplus.com/plainville beginning May 4.**

NO-BAKE MINI CHEESECAKE

COOKING CLASS ON ZOOM

TUESDAY, JUNE 8, 2:00 P.M.

Join Food Explorers to make some delicious No-Bake Mini Cheesecakes! You'll need the following ingredients: graham crackers, butter, brown sugar, heavy cream, cream cheese (2 bricks = 24 cheesecakes), white sugar, lemon juice, plain yogurt OR sour cream and optional vanilla extract plus topping of your choice (berries, sprinkles, chocolate chips). Whipped cream can be made from scratch during class! You will need an electric mixer. **Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville beginning May 4th.**



AFTERNOON JAZZ IN THE PARK

WEDNESDAY, JUNE 9, 1:00 P.M.

Join us for a live, outdoor concert in **Paderewski Park** with the Airborne Trio! This phenomenal Trio has performed for us in the past, and we are thrilled to welcome them back to Plainville. Cool jazz, swing, bebop and more! Space is limited. Masks must be worn, and 6-foot social distancing will be required. Bring your own lawn chair. **Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville. Sign up begins May 4th.**

IMPORTANT INFORMATION CONCERNING THE PLAINVILLE REVALUATION



As mandated by Connecticut State Statutes, the Town of Plainville will be conducting a revaluation of all real estate in the town. This revaluation will be effective for the Grand List of October 1, 2021. Tax bills for the new revaluation will be mailed out in June 2022 and due July 1, 2022. A question and answer fact sheet is available both in the Assessment and Revenue Collection Office and on the town's website: www.plainville-ct.gov or call the Assessor's Office at 860-793-0221 Ext. 7134.

The Town of Plainville has contracted with Tyler Technologies CLT to assist the Assessor with the revaluation. This process will be ongoing through most of 2021. Data collectors have been hired, trained, and are supervised by CLT. The data collector will carry an official photo identification badge and will be registered with the Assessment and Revenue Collection office and Town of Plainville Police Department. The Town urges its residents to NOT allow anyone enter their home without proper this identification.

Data Collectors will verify the exterior measurements of each building on a property and may ask questions. Data collectors will also ask permission to inspect the interior of the property. If applicable, they will ask for verification of recent sale information. The data collectors will not be able to answer questions regarding value, assessments, or taxes.

The Town, along with the CLT, will be taking pictures of all the properties in town. This is being done to update Town property cards to include photographs.

Residents and business owners are asked to assist in this important effort. At the conclusion of a site visit you will be asked to sign the data collection sheets to verify that a data collector visited the property. If no one is at home, the data collector will measure the exterior of all buildings on the property.

AND MORE PROGRAMS & EVENTS

PLAINVILLE ROTARY CLUB – PENNY SALE



The Plainville Rotary Club is very excited to hold our first Drive-In Penny Sale on Saturday, May 15, 2021 at Robertson Airport. The Drive-In opens at 3:00 PM with the Raffle beginning at 4:00 PM. Due to the Covid Pandemic, we are unable to hold the event in the Plainville High School gymnasium, so we have selected an outdoor location where we can safely social distance, but continue the tradition our clubs longest running fundraiser!

Over the past 46 years, our Penny Sale has drawn quite a large crowd of local residents. This year those in attendance will remain in/next to their cars and purchase raffle tickets (\$1 each) from Rotarians, which will give them the chance to win over 200 gifts. All gifts have been donated from local businesses and private citizens.

Every 'penny' raised goes back into the community. We also help fund the Community Food Pantry, summer camperships for the Plainville Recreation Department, House of Hero's local projects, provide Back to School backpacks filled with school supplies, as well as donations to many local organizations.

Gather your family and friends, bring your chairs and snacks, and enjoy a fun afternoon to help raise money to support our community! For information contact: plainvillerotary@gmail.com and follow the Plainville Rotary Club on Facebook for updates.

OPEN KNITTING/CROCHET

THURSDAYS 1:00 – 2:00 P.M.



Come and knit away with your friends at the Senior Center! Call the Senior Center to reserve your space or register on-line at: www.schedulesplus.com/plainville.

(Participants are not allowed to share supplies)

OPEN QUILTING

WEDNESDAYS 9:30 – 10:30 A.M.



Come and join your friends every Wednesday for a fun quilting session! Call the Senior Center to register or register on line at: www.schedulesplus.com/plainville to reserve your space.

(Participants are not allowed to share supplies)

MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS EFFECTIVE MARCH 1, 2021

QMB (Q01) Single \$2,265/ mo	Couple \$3,064/mo
SLMB (Q03) Single \$2,480/mo	Couple \$3,354mo
ALMB (Q04) Single \$2,641/mo	Couple \$3,572/mo

There is No Asset Limit nor 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). Stephanie can review your eligibility for MSP.

THE NURSE IS IN!

GEORGIA STERPKA, APRN IS
AVAILABLE BY APPOINTMENT FOR:

REGULAR AND DIABETIC FOOT CARE

Cost is \$18.00 for Plainville resident members and \$28.00 for Out of Town members.

EAR WAX REMOVAL

CHOLESTEROL SCREENING -This type of test does not require fasting. Cost is \$12.00.

FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.



PLEASE STAY HOME IF YOU FEEL SICK

Please do not come to the Senior Center if you are under quarantine or have been exposed to COVID19. Please do not come to the Senior Center if you feel ill. We cannot transport you on Dial-A-Ride if you feel sick. Please contact your doctor if you feel ill.

FITNESS PROGRAMS



BELLY DANCING CLASS **(in PERSON or Zoom from home)**

WEDNESDAYS, JUNE 2 TO JULY 7, 2:00 P.M.

This class features simple, yet fun movements to authentic music. You'll learn short, easy dances that work every part of your body! No prior belly dancing experience necessary, nor do you need to wear anything special...dress comfortably for easy movement! If attending the class in-person, masks must be worn and a 6-foot social distance will be maintained. **COST: \$12.00 INSTRUCTOR: Gia Khalsa. Sign up begins May 4th.**

Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville



BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS (IN-PERSON)

MONDAYS, MAY 3 – JUNE 14, 2:15 P.M. – 3:15 P.M.

This class combines gentle chair Pilates to release tensions, stress and calm the mind. Build core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Limited to 12 students. Masks must be worn during class. Bring a water bottle. Sign up has begun. Pay \$12.00 when registering. Limited to 12 students. Instructor: Caroline Dube. **Call the Senior Center at 860-747-5728 or register on-line at www.schedulesplus.com/plainville**

POWER BURST

MONDAYS AT 1:00 P.M. MAY 10—JUNE 21
(6 Weeks) COST: \$12.00.

Description: 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. Masks must be worn at all times. **Instructor:** Caroline Dube. Class size expanded to 12 students! **Call the Senior Center at 860-747-5728 or register on-line at www.schedulesplus.com/plainville**



SILVER SNEAKERS CHAIR EXERCISE CLASS on Zoom



WEDNESDAYS AT 2:30 P.M.

Free for people with Silver Sneakers through their health insurance. If you do not have Silver Sneakers, please contact Nancy Pandolfo, to make arrangements to pay for the class. If you are not sure if you have Silver Sneakers through your insurance, call the 1-800 number on the back of your insurance card and ask if your plan covers the Silver Sneakers program. New Silver Sneakers students must sign a waiver prior to taking the class. You can pick up a waiver at the Senior Center. Please email Nancy Pandolfo, Instructor, if you would like to take her class or if you have any questions: Fitness123@live.com.

YOGA-LATES FITNESS CLASS ON ZOOM

FRIDAYS AT 11:00 A.M.

Taught by Nancy Pandolfo. Call the Senior Center to register and receive Zoom link. This is a combo class of Yoga poses and Pilates core training which incorporates balance, stretching and relaxed breathing. This is a chair class using light weights (if desired). For all fitness levels.

CARDIO CHAIR FITNESS WITH NANCY ON ZOOM **(this class will be in PERSON in JUNE!)**

MONDAYS AND WEDNESDAYS 10:00 A.M.

Call the Senior Center to register and receive the Zoom link.

Everything you can do standing you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching all from the comfort of your own home!
Instructor: Nancy Pandolfo

ZOOM HELP AVAILABLE BY PHONE THROUGH THE SENIOR CENTER

More and more programming and classes are now being offered virtually. If you have a smart phone, tablet or computer, you can take advantage of many programs on Zoom. If you haven't given it a try or need help learning how to use it, call the Senior Center and schedule your telephone appointment, 860-747-5728.

FOODSHARE AND SUPPORT GROUPS

MOBILE FOODSHARE SITE IN PLAINVILLE: NORTON PARK, 15 Norton Park Road

MONDAYS: MAY 3, MAY 17, JUNE 14 11:00 A.M. — 11:30 A.M.

Perishable foods including fresh fruits, vegetables, dairy, meat and bread. This service is available to everyone 16 years and older. No identification needed. Please remember to bring your own bags. For the entire Mobile Food Share schedule visit: www.Foodshare.org/mobile. To check other locations around Plainville and/or cancellations visit the website or call 860-856-4321. Text FOODSHARE to 85511 to receive the mobile schedule and cancellation alerts directly to your phone.



THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

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

HOMEOWNERS TAX ASSISTANCE PROGRAM FOR ELDERLY/DISABLED /VETERANS

State and Local benefits for Elderly/Disabled Homeowners and or Additional Veteran exemption programs, allows for individuals due to renew their benefit(s) this year (2021) to be automatically renewed. For more information please contact Ann Marie Heering, Supervisor Assessment & Collections at the Town of Plainville 860-793-0221 ext. 7131.

CAREGIVING CONNECTIONS-IN PERSON

TUESDAY, MAY 11, 10:00 A.M.

Join your caring friends **IN PERSON** as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. It is critical to give and receive support from others who truly understand. Come share and be nourished. Caregivers from neighboring towns are welcome! Call the Plainville Senior Center at 860-747-5728 or go on-line at: **www.schedulesplus.com/plainville** to register. Masks must always be worn and social distancing must be followed. You must register to attend.

GRANDPARENTS RAISING GRANDCHILDREN-IN PERSON

TUESDAY, MAY 18, 10:30 A.M.

If you are raising a grandchild or other young relative, you are not alone. Join us **IN PERSON** for our Grandparents/Relatives Raising Grandchildren Information and Support Meeting. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Please call the Plainville Senior Center at 860-747-5728 or go on-line at: **www.schedulesplus.com/plainville** to register. *Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act.*



VETERAN'S BENEFITS- Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance. Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance is available by phone to help you with all your Veteran Benefit needs. You can reach Jason at 203-805-6340 (please leave a message).

CARING AND CONNECTING

Would you like someone to chat with? We have volunteers who are happy to connect with folks to say "hello" and to help brighten someone's day, especially during these difficult times. Call Morgan at the Senior Center, if you'd like a call or if you would like to volunteer.

Donations

MARCH 24—APRIL 23

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

MEMORIAL DONATIONS

In Memory Of: Carol Harmon by Diane Sperry,
Barbara Hardy by Maria Wynkoop;
Ann Krupinski by Maria Wynkoop, Big Y;
Rudy Buck by Diane Sperry

GENERAL DONATIONS: Carolyn Ingalls,
Anonymous, Marlene Maglio, Donna Klos,
Virginia Salmon, Sue Piercy, Grace Bonola,
Kathleen Knox

DIAL-A-RIDE DONATIONS:

Sue Piercy

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

Cheer Report

MARCH 24—APRIL 19

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

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Judie Duperry, Elsie Senaldi, Ed Stagis, Helena Niziolek, Joseph Pelletier, Priscilla Gundry, Darlene Casorio, Daryl Alatsatianos, Pat Cancelli, Sally Cobrain, Ruth Anderson, Maryange Boilard, Claire Rohon, Anna Smedick, Hazel Decker, Cathleen Macca, Ceal DiFrancesco, Evelyn Case, Rosaleen Peters, Norma Weisenburger, Elaine Wyzga, Wendall Copeland.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Yolanda Sciucco, Roland Houle, Rosalie Sastre, Katherine Waite, Andy Antonelle.

SYMPATHY CARDS WERE SENT TO:

Gladys Roy, Pam Faiazza, Donna Cook

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



MARCH NEW MEMBERS

George Kelly, Helen Kelly, Brigitte Murzin, Mark Dunn, Kathleen Joslyn, Sandra Dorazio, Marie Bordonaro, Vincent Bordonaro, Donna Larson, Laura Sycz, Ellen Scarpa, Cheryl Dutko, Cynthia Staire, Theresa McLaughlin, Benjamin Rodick, Alan Anderson, Donna Lee, Gary Perry, Theresa Perry, Jonathan Goodemote, Vanso Lim, Patricia Harlow



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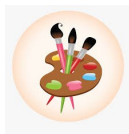
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BC= Back of Calendar

THIS AND THAT

COMPLIMENTARY JIGSAW PUZZLES AND BRAIN GAME BOOKS

Do you like sudoku, word searches, crosswords, jigsaw puzzles, and other stimulating games? Give the Senior Center a call if you'd like some complimentary jigsaw puzzles or a book of brain games funded through a grant. The grant is provided through a grant from the Department on Aging & Disability Services, CT Senior Center Project: CARES Act .



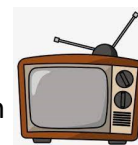
THE ART OF AGING-VIRTUAL ART EXHIBIT FEATURING ARTISTS 60 YEARS OF AGE OR OVER

Visit www.aoascc.org/artofaging for how to submit your artwork. The art exhibition will run from May 3rd to May 27th. *Sponsored by Agency On Aging of South Central Connecticut.*

ELECTRONIC RECYCLING EVENT

SATURDAY, MAY 15, 9:00 A.M. TO 11:00 A.M.

There will be an electronic recycling event on May 15 at Indian Rock Nature Preserve, 501 Wolcott Rd, Bristol. Everything from old phones (cell and landline), TV's, keyboards, DVD players, microwaves, printers, monitors etc



RESILIENT LIVING WITH DEMENTIA: FIRST STEPS ONLINE EDUCATION SERIES

TUESDAYS APRIL 27 TO JUNE 1, 11:00 A.M.-12:15 P.M.

Have you or someone you care for been recently diagnosed with dementia? The First Steps 6 week online education series provides a foundational understanding of dementia and practical ways to adapt as a person living with dementia and as a care partner. To register: Please contact Erica DeFrancesco at edefrancesco@livewell.org or call 860-681-4781.

SENIOR CENTER VIRTUAL PROGRAMS

Senior Centers from across the state are collaborating and sharing a variety of virtual programs with older adults in Connecticut. Have fun! Learn something new! If you wish to receive a state-wide virtual program list, please email: Guberman@plainville-ct.gov and we will forward the list to you. Please be sure to check your spam/junk mail as well.

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist individuals with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceilings, washing walls and so much more. If this is something that you would be interested in or like more information about, please call Stephanie Soucy at the Senior Center.

