

**NEWS & EVENTS**

**MAY 2022**

**Shawn Cohen, Director**

**Ronda Guberman, Assistant Director**

**200 East Street, Plainville, CT 06062**

**860.747.5728**

**[www.plainvillect.com/senior-center](http://www.plainvillect.com/senior-center)**

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

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

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



**Plainville Housing Authority opens their waiting list in June. See details on page 7.**

**EMMY AWARD WINNER WILL TOMLINSON**

**FRIDAY, MAY 6, 10:00 A.M., FREE!**

**CALL THE SENIOR CENTER TO REGISTER.**

Join us as we welcome Will Tomlinson to the Senior Center. Will is a 2020-2021

Emmy Award Winner as a Producer on SportsCenter, which won for "Outstanding Sports Show - Daily." He will bring his beautiful Emmy Trophy and speak about his award-winning program. He is currently a Producer for CBS News Streaming Network's show "Red & Blue."



**HELP US REOPEN THE SENIOR CENTER CAFÉ!**

**VOLUNTEERS NEEDED! CAFÉ VOLUNTEER MEETING TUESDAY, MAY 10, 3:00 P.M.**

If you enjoy cooking or being around great food, please let us know! Volunteers are needed for prep cooking, and assembling food, as well as servers, dishwasher and cashiers. The Café will be open on Tuesdays and Wednesdays. All food is prepared to order and includes homemade soups, fresh salads, sandwiches, paninis and more! A Café volunteer meeting will be held on **Tuesday, May 10, at 3:00 p.m.** Please contact Ronda at the Senior Center, if you are interested in learning more!



**TWO ADDITIONAL COVID BOOSTER SHOT CLINICS ON MAY 9, JUNE 20 OPEN TO THE PUBLIC**

Hartford Healthcare will be holding a COVID Booster Clinic on **Monday, May 9, from 10 a.m.-4:00 p.m.** at the Senior Center. Moderna & Pfizer are available. If you had your first booster before January 9, you are able to receive your second booster shot. People can also receive their other shots (1st, 2nd and 1st Booster). An additional 2nd COVID Booster Shot Clinic will be held on **Monday, June 20, from 10:00 a.m.—4:00 p.m.** To be eligible for the second booster for this clinic, you would need to have received your 1st Booster Shot before Feb. 20. People can also receive their 1st, 2nd shots and 1st booster at this clinic.



**WEST CENTRAL CT TRIAD HEALTH & WELLNESS FAIR**

**TUESDAY, JUNE 7, 9:30 A.M. TO 12:00 P.M.**

**PLAINVILLE SENIOR CENTER. FREE!**

**OPEN TO THE PUBLIC!**

Pre-registration required for a reserved 45-minute exhibitor viewing time. Walk through and speak with over 20 senior provider professionals, health screenings, raffle prizes, receive a File of Life packet, free bagged lunch and more. Call the Senior Center to register. RSVP by June 1.

# PROGRAMS

## **EVERY SMILE COUNTS!**

### **FREE ORAL HEALTH SCREENING & GIFT BAG**

THURSDAY, MAY 5, 10:00 A.M. –2:00 P.M.

Licensed dental hygienist provides five-minute screening to help the CT Dept. of Health collect oral health information from older adults. This survey helps DPH advocate for better oral health services. Free gift bag includes toothbrush, toothpaste, floss and more. No need to sign up, just come!

## **FORMER WHITE HOUSE BUTLER SHARES STORIES**

THURSDAY, MAY 5, 2:00 P.M. FREE.

CALL TO REGISTER.

Former White House butler Alan DeValerio gives us the inside details about all the preparations involved in White House entertaining.

## **BRAIN HEALTHY COOKING ...FOR ONE!**

WEDNESDAY, MAY 11, 2:00-3:00 P.M. FREE!

RSVP BY MAY 6. OPEN TO THE PUBLIC.

Senior Living Residences' chefs will show you how to prepare multiple tasty dishes for one using a short list of healthful staples. **Call the Senior Center to register.** Sponsored by Farmington Station Senior Living Residence.

## **MEET & GREET OUR NEW QUILTING INSTRUCTOR!**

Join us on **Wednesday, May 11, at 9:30 a.m.** to meet

Darlene Bachand, Quilting Instructor.

Darlene has over 30 years of experience as a quilter. She's excited to meet our members who have an interest in quilting...beginners to advanced!

Darlene has worked at JOANN Fabrics for 22 1/2 years and also runs Quilt Retreats.



## **EASY PILLOW COVER**

WEDNESDAY, MAY 25 & JUNE 1, 9:30-11:30 A.M.

COST: \$4.00. SUPPLY LIST AVAILABLE AT

REGISTRATION. INSTRUCTOR DARLENE BACHAND

SIGN-UP BEGINS MAY 4. COST: \$4.00.

An easy project to make, quilt and finish! The envelope method will be used for the back of the pillow so NO zipper! Please see the sample in the Senior Center showcase.

## **BACK PAIN & ORTHOPAEDICS LUNCH & LEARN**

THURSDAY, MAY 12, NOON. COST: FREE!

CALL THE SENIOR CENTER TO REGISTER

OPEN TO THE PUBLIC. MUST REGISTER BY MAY 9.

Specialists discuss how to manage spine injury pain. Bag lunch provided. Co-sponsored by Comprehensive Orthopaedics and National Health Care.

## **MANAGING STRESS IN STRESSFUL TIMES**

MONDAY, MAY 16, 11 A.M. COST: FREE!

SIGN-UP BEGINS MAY 4. OPEN TO THE PUBLIC.

CALL THE SENIOR CENTER TO REGISTER.

Laurel Reagan, APRN from Hartford HealthCare at Home will offer tips for managing stress in stressful times, especially with the uncertainty of COVID.

## **GOAT & ICE CREAM PARTY**

TUESDAY, MAY 17, COST: FREE! RAIN DATES: MAY 18 OR 19, REGISTER FOR A TIME SLOT: 1:00-1:30

PM., 1:30-2:00 P.M., 2:00-2:30 P.M.

NORTON PARK. FOR MEMBERS ONLY.

SPACE IS LIMITED.

Pet, feed and snuggle with the goats and enjoy a free ice cream from the ice cream truck. Ice cream provided by National Health Care & The Pines of Bristol. Goats are from Got Your Goat in Washington Depot, CT. **Call the Senior Center or register online at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**



## **PINT-SIZE FABRIC ICE CREAM HOLDER**

WEDNESDAY, MAY 18, 10:00 A.M.-12:00 P.M.

INSTRUCTOR: EVELYN MORIN, COST: \$4.00.

SIGN-UP BEGINS MAY 4. LIMIT OF 8 STUDENTS.

Must be able to use a sewing machine independently. Bring your own sewing machine or use one of the Senior Center's. List of supplies (fabric, etc.) available at registration. Sample in showcase. Keeps your hand from freezing when you are devouring a pint of your favorite ice cream!! Perfect for gift giving.

## **ROSIE THE RIVETER**

THURSDAY, MAY 26, 10:00 A.M.

INSTRUCTOR: JOE THE HISTORY GUY COST: FREE!

SIGN-UP BEGINS MAY 4.

Joe "The History Guy" returns to discuss Rosie the Riveter, a cultural icon of World War II, who represented the women who worked in factories and other businesses, replacing the male workers who were serving in the military. Rosie the Riveter is used as a symbol of feminism and women's economic power. Call the Senior Center at (860)747-5728 to register.

# PROGRAMS

## **AMERICANA TIN CAN POCKET PLANTER**

**FRIDAY, MAY 13, 9:30-11:30 A.M.**

**INSTRUCTOR: PENNY KINDBLOM, AVID CRAFTSPERSON, ACRYLIC & WATERCOLOR PAINTER.**

**COST: \$5.00. SUPPLIES INCLUDED. SIGN-UP BEGINS MONDAY, MAY 2. MUST REGISTER BY MAY 9.**

Learn to make this decorative pocket planter out of a tin can! Perfect for Memorial Day or 4th of July! Sample on display in the Senior Center showcase.

## **NEW PHOTOGRAPHY GROUP**

**THURSDAY, MAY 19, 10 A.M. COST: FREE!**

**CALL TO REGISTER. FOR MEMBERS ONLY.**

Informational meeting for people who might be interested in learning about photography, sharing pictures and possibly getting involved in a photography group at the Senior Center. Beginners welcome! You don't need a fancy camera. Cell phones work great!



## **WATERMELON & SUNFLOWER PAINTED FLOWERPOT**

**FRIDAY, MAY 20, 27, JUNE 3, 9:30-11:30 A.M.**

**INSTRUCTOR: PENNY KINDBLOM, AVID CRAFTSPERSON, ACRYLIC & WATERCOLOR PAINTER.**

**COST: \$10.00. SUPPLIES INCLUDED.**

**SIGN-UP BEGINS MAY 2. SPACE LIMITED TO 12 STUDENTS. MUST REGISTER BY MAY 13.**

Create a beautiful summer flowerpot, perfect for your porch, deck or flower garden. Using a pattern, you will transfer the image onto an 8-inch terracotta flowerpot. Using acrylic paints, you'll paint the watermelon and sunflower design. An indoor/outdoor modge podge is applied as the final step to make this flowerpot weatherproof all summer long! Sample on display in the Senior Center showcase.



## **BINGO BLITZ!**

**WEDNESDAY, MAY 25, 1:00 P.M. FREE!**

**SIGN-UP BEGINS MAY 4. MEMBERS ONLY.**

Join us for a special BINGO with extra prizes on Wednesday, May 25 at 1:00 p.m. Euro Home Care will be supplying \$5.00 gift cards to local stores in addition to the regular cash prizes that you can win during Bingo. Bingo cards are \$1.00 for the first card and .25 cents for each additional card. **Call the Senior Center or register online at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**



## **CHOLESTEROL TALK AND SCREENING**

**MONDAY, JUNE 6, 10:30 A.M., COST: FREE**

**CHOLESTEROL SCREENING SPECIAL ONLY \$10.00**

**(REGULAR PRICE IS \$12.00), IF YOU ATTEND THE**

**PRESENTATION FIRST. SIGN-UP BEGINS**

**WEDNESDAY, MAY 4. PAY FOR THE SCREENING ON THE DAY OF THE PROGRAM.**

Join Miles Everett, Registered Nurse and Dietician, as he explains how you can do good things to fight bad cholesterol. He'll discuss what you can do with diet and lifestyle to combat this cause of cardiovascular disease. Following the talk, Georgia Strepka, APRN, will be able to do a nonfasting cholesterol screening. Come for Miles' presentation and stay to have your cholesterol taken, and you will save \$2.00! Results available in 10 minutes!

## **FREE! SKIN CANCER SCREENING**

**DATE: FRIDAY, JUNE 17, 9:00 A.M. -12:00 P.M.**

**CALL THE SENIOR CENTER TO SCHEDULE AN APPOINTMENT**

Our APRN, Georgia Strepka, will conduct free skin cancer screenings. If you are concerned about something on your skin, and would like her to examine it, please call for an appointment.



## **DENTAL CLINIC RETURNS TO OUR SENIOR CENTER!**



We are pleased to announce that the Community Health Center Mobile Dental Clinic will be offering preventative dental services by appointment on **June 29 & June 30**. To schedule an appointment, call Gabriela DeLeon, Community Health Center Program Coordinator, at (475)260-3184. Services include x-rays, cleaning, fluoride & oral health education. For patients with no dental insurance, a standard fee of \$30 for cleaning, x-rays and fluoride applies. Patients unable to afford the \$30 fee, can contact Stephanie Soucy, Plainville Senior Center Social Worker, for scholarship information.

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



# OUTDOOR ADVENTURE

## MCLEAN GAME REFUGE HIKE & THE BREWERY AT MAPLE VIEW FARM TRIP IS FULL, SIGN UP FOR WAITING LIST.

FRIDAY, MAY 13 (RAIN DATE FRIDAY, MAY 20)

LEAVES PLAINVILLE AT 1:00 P.M.

RETURNS APPROXIMATELY 6:00 P.M. COST: \$5.00.

Join adventure leader, Eileen Cyr, as we travel on the Senior Center bus to the McLean Game Refuge in Granby. We will walk on the blue and yellow easy trail loop (3.3 miles) for approximately 2 hours. After burning some calories, we will go to the Brewery at Maple View Farms. You can bring your own food/snacks or purchase (on your own) light snacks from the Farm Store or from the food truck on site. Bring a lawn chair or blanket, in the event that the comfy Adirondack chairs are all occupied.

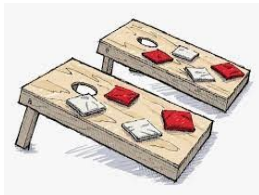
## GAME DAY!

THURSDAY, JUNE 2, 10:00 A.M. - 12:00 P.M.

PADEREWSKI PARK, PLAINVILLE

FREE! CALL THE SENIOR CENTER BEGINNING WEDNESDAY, MAY 4, TO REGISTER.

Join Eileen Cyr for a morning outdoors in the park! We'll supply a variety of games including croquet, badminton and corn-hole! Bring water and a snack.

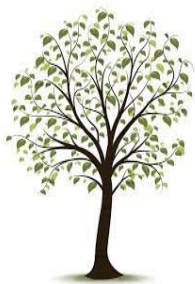


## TREE WALK AT CEDAR HILL CEMETERY HARTFORD

SATURDAY, JUNE 4, LEAVES SENIOR CENTER 9:15 A.M. RETURNS APPROXIMATELY 12:45 P.M.

COST: \$5 (INCLUDES TRANSPORTATION).

Join us for a guided walk through the Cedar Hill Cemetery featuring rare and notable trees. The tour, through the ornamental foreground and historic memorial sections of the cemetery, will highlight trees such as the beautiful European Weeping Beech, the unusual (for the Northeast) Umbrella Magnolia, and the Huss Hemlock, named for a resident of Cedar Hill. Cedar Hill Cemetery was established in 1864 and encompasses 270 acres. It is a sanctuary for memorial artworks, Hartford history, wildlife and offers arts, culture and heritage programming to the community.



## HORSES AND HIKING, OH MY!

SATURDAY, JUNE 18

LEAVES SENIOR CENTER 9:15 A.M.

RETURNS APPROXIMATELY 2:00 P.M.

COST: \$5.00 INCLUDES TRANSPORTATION

SIGN-UP BEGINS WEDNESDAY, MAY 4.

SPACE LIMITED TO 10. LEADER: EILEEN CYR

Join us for a fun adventure as we visit the CT Draft Horse Farm in East Hampton where horses have been res-

cued and are being rehabilitated with the hopes of being rehomed. The farm provides a place of refuge where the beautiful horses can feel secure and heal. Many of the horses have previously suffered injuries and in some cases, abuse. The mission of the farm is to return them to good health.

You'll have a chance to see these horses up close and even get to feed them! **THE FARM IS VERY ROCKY AND HAS ROUGH, UNEVEN TERRAIN. IT IS UNSUITABLE FOR PEOPLE WHO HAVE ISSUES WITH THEIR BALANCE OR TROUBLE WALKING INDEPENDENTLY.**

Following our visit to the farm, we will go for a 45-minute hike on the Airline Trail in East Hampton. The trail is not paved. After the hike we will go for lunch at Sadler's Ordinary in Marlborough (on your own).

**Closed-toed, sturdy shoes are a must for this trip. Bring water, sunscreen, hat and a snack.**

## GUIDED KAYAK ADVENTURE MILL RIVER, NEW HAVEN

SATURDAY, JUNE 25, DEPARTS SENIOR CENTER

9:00 A.M. RETURNS APPROXIMATELY 3:00 P.M.

SIGN-UP BEGINS WEDNESDAY, MAY 4.

COST: \$49.00 INCLUDES 2-HOUR GUIDED KAYAK TOUR, GUIDE GRATUITY, LIFE JACKET, TRANSPORTATION. LIMITED TO 12.

Enjoy a 2-hour guided kayak tour on the Mill River in

New Haven. After working up an appetite, we will walk 2 blocks to P & M Market to enjoy lunch (on your own) before heading back to Plainville. Bring water, sunscreen, hat and a dry change of clothes and shoes. Also bring a

dry bag or Ziploc bag for your phone if you wish to bring it on the kayak.



# FITNESS PROGRAMS

## **POWER BURST**

*MONDAYS, 1:30–2:30 P.M.*

*INSTRUCTOR: CAROLINE DUBE*

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

## **BALANCE CLASS**

*TUESDAYS, 2:00–2:45 P.M.*

*INSTRUCTOR: NANCY PANDOLFO*

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

## **ZUMBA GOLD**

*WEDNESDAYS, 9:30–10:30 A.M.*

*INSTRUCTOR: AMY GRAY*

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

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

*FRIDAYS, 11:00–11:45 A.M.*

*INSTRUCTOR: NANCY PANDOLFO*

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

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

## **BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS**

*MONDAYS, 2:45–3:45 P.M.*

*INSTRUCTOR: CAROLINE DUBE*

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

## **CARDIO CHAIR FITNESS WITH NANCY**

*TUESDAYS, 1:00–1:45 P.M.*

*INSTRUCTOR: NANCY PANDOLFO*

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

## **THE PEAK FITNESS CENTER IS OPEN**

### **NO APPOINTMENTS NEEDED!**

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

# CLASS DESCRIPTIONS

## **ACRYLIC PAINTING**

*MONDAYS, 10:00 A.M. — 12:00 P.M.*

*INSTRUCTOR: ABBE WADE*

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



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

## **CERAMICS**

*THURSDAYS, 9:30 — 11:30 A.M.*

*INSTRUCTOR: GLORIA CERNIGLIA*

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

## **KNITTING/CROCHET**

*THURSDAYS, 1:00 — 3:00 P.M.*

*INSTRUCTOR: EVELYN MORIN*

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

# CLASS SCHEDULE Class descriptions on pages 5

**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 4, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **May 11** if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session Sign-Up Begins May 4. Payment Due Upon Registration.
<b>MONDAY</b>			
Acrylic Painting	10:00-12:00	March 14-May 9. No class March 21. 8 weeks. \$16.00.	
Power Burst	1:30-2:30	April 4-May 23. \$16.00. 8 weeks.	June 6-Aug. 1, 8 weeks. \$16.00.
Chair Pilates & Balance	2:45-3:45	April 4-May 23. \$16.00. 8 weeks.	June 6-Aug. 1, 8 weeks. \$16.00.
<b>TUESDAY</b>			
Cardio Chair Fitness w/ Nancy	1:00-1:45	March 15-May 17. \$16.00. 8 weeks. No class March 29 & April 5.	May 24-July 12. 8 weeks. \$16.00.
Balance Class	2:00-2:45	March 15-May 24. \$16.00. 8 weeks. No class March 29 & April 5.	May 24-July 12. 8 weeks. \$16.00.
<b>WEDNESDAY</b>			
Zumba Gold	9:30 -10:30	May 18-June 29. 7 weeks. \$21.00.	
<b>THURSDAY</b>			
Ceramics	9:30 – 11:30	May 12-June 30. 8 weeks. \$32.00.	
Knitting/Crochet	1:00-3:00	March 24-May 19. \$16.00. 8 weeks.	May 26-July 14. 8 weeks. \$16.00.
<b>FRIDAY</b>			
Yoga-Lates	11:00-11:45	March 25-June 3. \$16.00. FREE if you have Silver Sneakers. 8 weeks. No class April 1, 8 & 15	June 10-July 29. 8 weeks. \$16.00. FREE if you have Silver Sneakers.

## HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. And You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, you can call us here at the Senior Center (860)747-5728 so we can register

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

## PROGRAMS, ETC.

### **Plainville Housing Authority Opens their waiting list in June**

The Plainville Housing Authority will be giving out applications to be on their waiting list, **June 7, 8, and 9**, from **10:00 a.m. – 2:00 p.m.** at the Housing Authority Office at 20 Stillwell Drive (behind the Senior Center). Applications are due **June 16, 2022**, to be considered valid and can be submitted in person or by mail postmarked by **June 16**. Senior Housing is available to anyone over the age of 62 or handicapped or disabled over 18 years of age. Plainville residency is not a requirement. Income guidelines apply. Once applications close, a lottery done by local AARP volunteers determines your place on the waiting list so there is no need to be the first in line to pick up an application or to hand in your application. Base rents start at \$500.00 for a studio, \$600.00 for a smaller one bedroom and \$650.00 for a larger one bedroom. Heat, lights, air conditioning and hot water (all electric) are the responsibility of the tenant. Energy assistance is available if you meet the income guidelines. Of the 120 units at the Housing Authority, 62 are studio apartments and 58 are one-bedroom apartments. The current wait list for one bedrooms is long. If you should have any questions or you would like an application mailed to you, please call (860)747- 8519.

### **SNAPPY SENIORS THROUGHOUT THE YEARS**

In honor of Judy Humphrey's retirement from Snappy Seniors, John Clancy composed a retrospective of photography of the Snappy Seniors throughout their 10 plus years of photo fun, learning, travel and friendships. Please see it playing in May in our living room on the message computer!

### **BOOK BUDS: MAY BOOK: "LADY CLEMENTINE"**

*BY MARIE BENEDICT, FRIDAY, MAY 27, 10:00 A.M.*

*COST: FREE! SIGN-UP BEGINS MAY 4.*

*INSTRUCTOR: KATHLEEN MARSAN.*

*FOR MEMBERS ONLY.*

Join us for an interesting discussion on this historical novel. The book is available at the library. **Call the Senior Center or register online at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**

### **RAINBOW LUNCH HOUR - MAY 26: 12:00-1:00**

**p.m. via Zoom from home or from the Senior Center.** Presented by the CT LGBT Moveable Senior Center and the CT Healthy Living Collective. Pre-registration required. Bringing your own lunch is optional. For more information, call Karen Green at (860)589-6226, ext. 2226. **Register at [www.cthealthyliving.org](http://www.cthealthyliving.org). If you want to view the program here, call the Senior Center or go online to register at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**

### **MEMORY CAFÉ AT THE SENIOR CENTER**

*THURSDAY, MAY 12, 2:30 P.M.*

*SIGN-UP BEGINS MAY 4. CALL THE SENIOR CENTER TO REGISTER. OPEN TO THE PUBLIC.*

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Relax and socialize with others experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. & the CT State Unit on Aging.

### **GREATER HARTFORD TRANSIT DISTRICT SUSPENDING FARES THROUGH JUNE 30**

The Greater Hartford Transit District is pleased to announce the suspension of fares on our vehicles starting from April 1, 2022 through June 30, 2022. The three month suspension of fares also includes public bus fares statewide. The emergency bipartisan legislation House Bill 5501, signed by Governor Ned Lamont, includes suspending fares on public transportation. We would like to thank our riders, providers, and community members for working with our team so that we can provide safe transportation.



### **RABIES CLINIC SET FOR MAY 21**

Plainville PAWS (Partners of the Animal Welfare Society) will host a Rabies Clinic on **Saturday, May 21, from 12:00-3:00 p.m. at the Plainville Dog Pound, 29 Granger Lane.** Rabies vaccines will be given at a discounted rate -**\$10.00-cash only!** All dogs must be on leashes and all cats must be in carriers. Please remain in your vehicle. For more information, contact Donna Weinhofer at (860)747-0728, ext. 291.



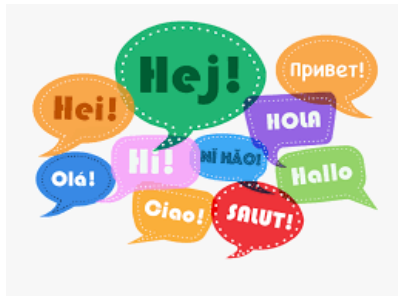


# NOTEWORTHY

## DIAL-A-RIDE DRIVERS NEEDED!

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

Contact Shawn or Ronda at the Senior Center for more information or visit [www.plainvillect.com](http://www.plainvillect.com) for an application.



## WE NEED YOUR HELP! DO YOU SPEAK SPANISH, POLISH, FRENCH OR RUSSIAN?

Once in a while, someone comes to us for help or calls and we cannot

communicate because of language. Would you help us understand and translate? Call Shawn or Ronda at the Senior Center.



REMINDER—WHEN COMING TO MEGA SIGN-UP (WHICH IS SET FOR WEDNESDAY, MAY 4, THIS MONTH) AT THE PLAINVILLE SENIOR CENTER, THE

DOOR WITH THE LONG RAMP IS OPENED FIRST.

**TWO FREE N95 FACE MASKS ARE AVAILABLE PER PERSON AND A LIMITED NUMBER OF FREE AT-HOME COVID TEST KITS ARE AVAILABLE AT THE SENIOR CENTER. STOP IN TODAY & GET YOURS.**

## FREE LORD OF THE RINGS SYMPHONY CONCERT

The Plainville Wind Ensemble will perform a free concert of “The Lord of the Rings Symphony” with famed composer Johan de Meij at Plainville High School on **Friday, May 22, at 2 p.m.** Based on the Lord of the Rings books, deMeij composed the Symphony independently years before the movies were made. The concert is family friendly and the venue is accessible. For more information, go to:

[www.plainvillewindensemble.com](http://www.plainvillewindensemble.com)

## MICHAELA’S 4 O’ CLOCK PLANTS SALE

**MAY 2-5, 9 A.M.-3 P.M.**

**AT THE SENIOR CENTER.**

**\$5.00 A PLANT. THIS FUNDRAISER**

**BENEFITS THE PETIT FAMILY**

**FOUNDATION & THE PLAINVILLE LIBRARY.**



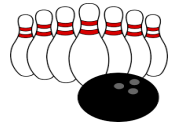
## PLAINVILLE BOWLERS!

**EVERYONE WELCOME! MONDAYS, 1:00 -2:00 P.M. LESSARD LANES.**

**\$12.00 A WEEK.**

**Thanks to our great leader, Frank Robinson.**

**Three games, shoes, free beverage. Call the Senior Center to join and for more information.**



## CALENDAR & READING MATERIAL COLLECTION FOR VETS

Please help our Vets by donating 2022 calendars, current magazines, soft cover books (no hard cover books) for the Rocky Hill Veterans Home. Bring these items to the Senior Center for collection.

## POOL BRUSH-UP GROUPS

### LADIES BILLIARDS BRUSH-UP GROUP

Ladies, if you’ve never played pool before or you haven’t played in a while and want to work on your game, come each Tuesday at 10 a.m. and Ellen will help you. Other dates and times may be available. Call the Senior Center at (860)747-5728 to register.

### MENS BILLIARDS BRUSH-UP GROUP

Guys, if you want to brush up on your pool skills or even if you’ve never played before, John can help you on Thursdays at 11:00 a.m. Other dates & times may be available. Call to register.

## WANT TO LEARN A NEW CARD GAME? TRY “HAND & FOOT!”

If anyone is interested in learning to play the card game "Hand & Foot," call the Senior Center by May 15. One of our members, Iva Dube, is willing to teach people how to play. Hand and Foot is a rummy type game of Canasta.



## PUZZLES RETURN TO THE SENIOR CENTER

Do you love to put puzzles together? Remember how much fun we’ve had doing puzzles together at the Senior Center – after two years, puzzles are back! Come puzzle with us.



# TRIPS

**\*PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE & MOTORCOACH TRIPS ON THE BUS. DESTINATIONS—BOATS, RESTAURANTS, MUSEUMS, ETC. ARE BY VENDOR'S POLICY OR LOCAL RULES\***

**SIGN-UP:** Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. One day a month, we also offer **Mega Sign-up Day**. This month it is **May 4** 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.

**ATTENTION TRAVELLERS, PLEASE SEE CORRECTED NUMBER BELOW.**

**CANCELLATIONS:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list (if we have one). *If you must cancel the night before or the morning of the trip, please call Angela at (860) 839-7346 before 9:00 p.m. the night before the trip or before 9:00 a.m. the day of the trip.* Angela 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. Once we pay, refunds are rarely given. 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. Some insurance policies cover most costs if the cancellation is due to illness, but others may cover a variety of additional

reasons.

**PARKING:** Parking for most trips is at Our Lady of Mercy Church parking lot, directly across South Canal Street from the church. It's the first lot on your right entering South Canal from Broad Street. Park as close to the fence as possible, one car directly behind another.

For many overnight trips, parking is provided at Our Lady of Mercy Parish Center, at your own risk. But we suggest, if possible, that someone drops you off and picks you up or have someone pick up your car after the multi-day trip has left and bring it back to OLM the day you are due back. Do not contact OLM on your own. There is no overnight parking at the Senior Center.

**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 latecomers.***

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

## **QUICK TRIPS GUIDELINES**

*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. 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:** 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 Angela at **(860)839-7346**. 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.

# TRIPS

## **MASK REQUIREMENTS** **ON FRIENDSHIP TOUR TRIPS**

Friendship Tour trips require masks on the bus. For restaurants & boats, etc., it is the decision of the vendor. Also, each person traveling with Friendship Tours will be required to sign a Wellness Declaration Form and Travel Liability Waiver at departure. To review a copy of the Waiver & Wellness Declaration, please see the front desk.

## Current Trips

### **CHARLES RIVERBOAT CRUISE, BOSTON**

*WEDNESDAY, MAY 25, DEPARTS AT 8:15 A.M.*

*FROM OUR LADY OF MERCY CHURCH,  
19 CANAL ST., PLAINVILLE. COST: \$117.*

*ESTIMATED RETURN 6:30 P.M.*

Narrated cruise on the legendary Charles River. Highlights include sights of Boston and Cambridge, Beacon Hill, Back Bay, Boston University, M.I.T., Harvard, countless sailboats and rowers, and much more. Prior to our cruise, enjoy lunch at the Cheesecake Factory. Menu: choice of luncheon entrée from a large list, beverage, dive into Original, Chocolate Mousse or Dulce de Leche Caramel Cheesecake. Transportation and Driver's Tip included.



### **LUNCHEON SHOW**

#### **AT ELEGANT SAINT CLEMENTS CASTLE**

#### **THE MUSIC OF BARRY MANILOW**

#### **PORTLAND, CT**

*WEDNESDAY, JUNE 15, DEPARTS FROM OUR LADY OF MERCY CHURCH AT 10:30 A.M. RETURNS AT APPROXIMATELY 4:30 P.M. COST: \$104.*

Dave Colucci's smooth, easy singing style will delight you as he showcases the songs that have enchanted fans throughout the decades including "I Write the Songs," "Can't Smile Without You," "Copacabana," and many more. The venue, Saint Clements Castle, is set amidst 82 scenic acres alongside a beautiful stretch of the Connecticut River in Portland, CT. You will enjoy a beautiful lunch in the Prince Edward Ballroom. Menu includes salad, and choice of: Sautéed Chicken Breast with Cremini Mushroom Demi-Glace **OR** Broiled Scrod with Crumb Topping, both served with vegetable, potato, delicious dessert and coffee. Entrée choice in advance. Transportation and Driver's Tip included.



## Upcoming Trips

### **NEW SERVICE FOR 2022**

We will be offering **4 dinner shows at Aqua Turf** this year. The cost is \$47.00 per person which includes family-style entrees, complementary donuts and coffee, complementary glass of beer or wine, complimentary door prizes. Transportation is on your own or if you do not drive and want to take our mini bus, you may pay \$4.00 round trip from your home to the party. Our four shows will be:

**JULY 12 - CELEBRATE ITALIA**

**SEPT. 13 – JIMMY MAZZ PAYS TRIBUTE TO BOBBY DARIN & CONNIE FRANCIS.**

**NOV. 15 – "BOB HOPE" USO SHOW**

**DEC. 13: "HOLIDAY FUN WITH THE CARTELLS"**

We are taking reservations for "Celebrate Italia" (see below). The other trips will be in later newsletters as we get closer to the dates.

### **CELEBRATE ITALIA, AQUA TURF**

*TUESDAY, JULY 12, 11 A.M. – 2:30 P.M.*

*\$47 PER PERSON (DRIVE ON YOUR OWN).*

*\$51 (FOR THOSE WHO DO NOT DRIVE– TAKE OUR BUS). SIGN-UP BEGINS MAY 4. SALAD, PASTA, FAMILY STYLE MEATBALLS & SAUSAGE/CHICKEN PARMESAN, VEGETABLE & POTATO, DESSERT.*

The Sam Vinci Band has been an Italian-American staple at numerous Italian festivals throughout Connecticut. Sam and his band know how and what to play to please a crowd! Special appearance by Aaron Caruso. Aaron's operatic voice brings his Italian songs to life!



### **LOBSTER & THE BEST OF PAUL ANKA**

#### **THE LOG CABIN, HOLYOKE, MA**

*WEDNESDAY, JULY 20, 10 A.M. DEPARTS FROM OLM. RETURN APPROXIMATELY 4:45 P.M.*

*COST: \$118. SIGN-UP BEGINS MAY 4.*

First-rate entertainer Lou Villano presents "The Best of Paul Anka." Excellent menu includes welcome tray with cheese & vegetable platter, shrimp cocktail, salad with signature breads, 1 ¼ lobster or prime rib, potato salad & cole slaw, lobster & crab cakes, BBQ chicken, strawberry sundae dessert with coffee. Advance choice required.



# TRIPS

## Overnight Trips

### DO YOU LOVE LUCY?

#### JAMESTOWN, NY-HOME OF LUCY & DESI MUSEUM

SUNDAY, SEPT. 11-WEDNESDAY, SEPT. 14, 2022

COST: \$767 PP/DOUBLE/TRIPLE, \$923 PP SINGLE. \$300

DEPOSIT. TIME: TBA. DEPARTS FROM OLM.

SIGN-UP BEGINS WEDNESDAY, MAY 7.

COVID stopped us from our "I Love Lucy" trip in 2020.

Now we can finally go and enjoy everything **Lucy** – visit her hometown, see her house, gravesite, Lucy Town Tour, Lucille Ball Desi Arnaz Museum and Desilu Studios, where you get an inside look at the couple's personal life and see the sets and cos-

tumes worn in the show. Also included: The National Comedy Center (50 immersive exhibits from vaudeville to present), Dinner Cruise on one of the four remaining steamboats in North America, and an overnight at the Villa Roma (so much to do, it is considered a cruise ship on land – "Dirty Dancing" style). Motor coach (it is a very long drive the first day), three nights hotel, three breakfasts, three dinners, sightseeing and admission, Friendship Tours Escort and Drive & Tour Director Gratuity. \$300 deposit due at sign-up. See brochure at the Senior Center for meal choices and more details when signing up.



## May Shopping Trip

### BRISTOL STOP & SHOP PLAZA

TUESDAY, MAY 24

PICKUP AT SENIOR CENTER AT 9:00 A.M.

HOME PICKUPS BEFORE 9:00 A.M.

SHOP FROM 9:30 A.M. – 1:00 P.M.

PICKUP AT STOP & SHOP AT 1 P.M.

SIGN-UP BEGINS MAY 4.

Includes Ocean State Job Lot, TJ Maxx, Burlington Coat Factory, 5 Below, Dollar Store & more.

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

## Quick Trips

### ON OUR DIAL-A-RIDE BUS

**FRIDAY, JUNE 3, 2022—TWO PHOTOG-**

**RAPHY EXHIBITS: ADGER COWANS: SENSE & SENSIBILITY PLUS 13 WAYS OF LOOKING**

**AT LANDSCAPE: LARRY SILVER'S CONNECTICUT PHOTOGRAPHS, FAIRFIELD UNIVERSITY**

**MUSEUMS. COST: \$8.00 PER PERSON TO SIGN UP PLUS LUNCH ON YOUR OWN.**

LEAVES SENIOR CENTER AT 9:00 A.M. PICK UP AVAILABLE BEFORE 9 A.M. IF YOU DO NOT DRIVE. RETURNS APPROXIMATELY 4:30 P.M. SIGN-UP BEGINS WEDNESDAY, MAY 4.

We heard of the Adger Cowans exhibit on public radio—celebrated photographer whose wide-ranging work includes the Civil Rights Movement, jazz musicians, landscape, artistic studies of the human form, water and light. He is also one of the founding members of Kamoinge, a black photographers collective. The exhibition presents the use of photography to articulate the beauty within the human condition. Cowans has won numerous awards and has displayed his photography at several prominent museums, including the Metropolitan Museum of Art. Photographer Larry Silver's Landscape Exhibition brings together 40 years of made of and in Connecticut and considers how he continues to push the boundaries of what landscape can be. The exhibit will showcase work from several areas of the state. Silver's work is held at several prominent museums including the Metropolitan Museum of Art. We will visit one exhibition then lunch (on your own) then back to visit the other exhibition.

### UPCOMING TRIPS

We have booked a few trips and are waiting for shares for many others—we will publish a list of trips and add to the lists as we are confirmed with a share. Please check the rounder rack in the living room for dates of confirmed trips. We are always adding more! Check often!

# HEALTH MATTERS

## HOUSEHOLD WATER ASSISTANCE PROGRAM AVAILABLE, APPLICATIONS DUE BY MAY 31

The Connecticut Low-Income Household Water Assistance Program is open for applications for those in need. All applications submitted by mail must be postmarked by **May 31, 2022**. Funding will be prioritized to households with disconnected water services and overdue water bills that put them at risk of disconnection. Households that are up to date with their water bills but meet all other program requirements will be eligible for a Basic Benefit of up to \$300, depending on the household size and need. Households with annual income at or below 60 percent of the state median income can qualify for this one-time water assistance benefit. Covered services include restoration of house-

hold water services; reduction of arrearages and prevention of service disconnection. There is no financial asset limit to qualify; rather, the application considers current household income. If you get benefits from the Connecticut Energy Assistance Program, Supplemental Nutritional Assistance Program (SNAP), Temporary Family Assistance, Social Security Income (SSI), State Supplement, State Administered General Assistance (SAGA), or Refugee Cash Assistance, then you will likely meet the requirements. For more information and to apply, go to: <https://portal.ct.gov/DSS/Highlights/Low-Income-Household-Water-Assistance-Program-Coming-to-CT/How-To-Apply>.

### **MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS:**

**Singles Range From: \$2,390 to \$2,786**

**Couples Range From: \$3,220 to \$3,754**

***There is No Asset Limit nor Estate Recovery***

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share):

Medicare Savings Programs (MSP)		
	Single	Couple
Q01/QMB	\$2,390	\$3,220
Q03/SLMB	\$ 2,617	\$ 3,525
Q04/ALMB	\$ 2,786	\$3,754

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

### **AYUDA PARA LAS PERSONAS CON NECESIDADES**

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto.



### **FREE ONLINE PROGRAM TEACHES HEALTHY HABITS TO PREVENT ONSET OF DIABETES**

Over 88 million Americans have prediabetes, and most don't know it. The State of Connecticut has partnered with WellSpark to offer a free online Digital Diabetes Prevention Program to help people who are at risk for prediabetes. Go to: <https://carecompass.ct.gov/diabetes/> for more information, or call (866)611-8005.

### **THE NURSE IS IN!**

GEORGIA STERPKA, APRN, IS  
AVAILABLE BY APPOINTMENT FOR:

#### **REGULAR AND DIABETIC FOOT CARE**

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

**EAR WAX REMOVAL:** COST IS \$5.00.

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

#### **FREE BLOOD PRESSURE SCREENINGS**

Senior Center Members only.



# FOODSHARE, SUPPORT GROUPS & PROGRAMS

## THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

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



## MEALS FOR NEIGHBORS SOUP KITCHEN LOOKING FOR VOLUNTEERS

Individual or group volunteers are needed in Bristol at the Zion Lutheran Church for the soup kitchen and also for bakers in the morning to make breads or cookies or desserts. For more information, contact Van Monak Chhun at (860)589-7744.

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

## TELEPHONIC WORKSHOPS ON CHRONIC CONDITIONS, CHRONIC PAIN & DIABETES OFFERED



"It's Your Life...Live it Well"

**Live Well with Diabetes** Telephonic Workshop, **May 12 at 1 p.m.** and **May 23 at 11:00 a.m.**

**Live Well with Chronic Conditions** Telephonic Workshop, **May 19 at 2:00 p.m., June 21 at 11:00 a.m.**

**Live Well with Chronic Pain** Telephonic Workshop, **May 23 at 1 p.m. and June 2 at 10 a.m.** Toolkits can be sent directly to participants at no cost. Participants must be willing to share their name, address and phone number so the toolkit can be mailed to them and the leader can place the call. Contact Carley Taft, Regional Coordinator, at [carley.taft@ncaaact.org](mailto:carley.taft@ncaaact.org) (860)724-6443, ext. 224. Sponsored by the Dept. of Rehabilitative Services—State Unit on Aging and the North Central Area Agency on Aging.

## MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER WORKSHOP

This workshop will be held in person at the Newington Senior Center on May 17, 31, and June 14, from 1-3 p.m. It will also be held virtually on ZOOM on June 13, 29 and July 6 from 3-5 p.m. The program is designed to give women the tools they need to take control of their bladder and bowel symptoms. The workshop consists of three two-hour sessions that meet every other week and provides information, group activities with simple exercises and dietary changes. For more information or to register contact Carley Taft, Regional Coordinator, at [carley.taft@ncaaact.org](mailto:carley.taft@ncaaact.org) (860)724-6443, ext. 224 or Barbara Womer at [bwomer@newingtonct.gov](mailto:bwomer@newingtonct.gov) or call (860)665-8778. Sponsored by the North Central Area Agency on Aging. **If you'd like to view on Zoom from the Senior Center, please call the Senior Center at (860)747-5728.**



## GRANDPARENTS RAISING GRANDCHILDREN

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at **10:30 a.m. on Tuesday, May 17**, at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center to register.

## AARP SAFE DRIVING COURSE AVAILABLE ONLINE

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



# VETERANS' NEWS & ACTIVITIES

## INDIVIDUAL APPOINTMENTS FOR VETERANS- WEDNESDAY, MAY 4, AT THE SENIOR CENTER

Do you need assistance applying for Veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance. Jason Coppola, from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance, is available on **Wednesday, May 4**, at the Senior Center to help you with all of your Veteran benefit needs. Call Jason at (203) 805-6340 to schedule an individual appointment (please leave a message). Jason is scheduled to be at the Senior Center the first Wednesday of each month. In June, Jason will be here on **Wednesday, June 1**.

## VETERANS' SOCIAL HOUR

**TUESDAY, MAY 24, 10:00 A.M.**

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



## APPLY FOR A VETERAN'S FLAG ON YOUR CT DRIVER'S LICENSE OR ID

To receive a Veteran's flag on an existing Connecticut license or identity card, veterans must submit documentation (dd-214 or pre-1950 discharge certificate WG AGO discharge certificate) of the following to the DVA:

- \* Active federal service, not including initial entry training; or entitled to retirement pay under 10 USC Chapter 1223, as amended from time to time, or, but for age, would be entitled.
- \* Characterization of discharge:
- \* Honorable discharge,
- \* Discharge under honorable conditions, or
- \* Discharge due to injuries received in the line of duty.

To apply, go to: <https://portal.ct.gov/dva/pages/apply-forveterans-flag-on-ct-driver-license-or-idcard/application>. For more information, call the CT Department of Veterans Affairs at (860) 616-3600.



## PLAINVILLE VETERANS' MEMORIAL WALL

A Memorial Wall has been created to provide a place to honor the military service of deceased Veterans by their friends and family members. The wall is located at Town Hall outside the Town Clerk's office. Brass plates engraved with the Veteran's rank, name and branch of service can be purchased for \$14. Contact the Senior Center for an order form.

## NEW LICENSE PLATE OPTIONS HONOR VETERANS

Governor Ned Lamont recently announced that the Connecticut Department of Motor Vehicles is now offering 10 new license plate options for veterans that commemorate specific war-time periods, including the Afghanistan War, Grenada, the Iraq War, the Korean War, Lebanon, Operation Earnest Will, Panama, the Persian Gulf War, the Vietnam War, and World War II. These plates are offered in addition to the standard Connecticut license plate for veterans and are available exclusively for veterans who served during these specific periods of war and those who received campaign medals. The license plates are available for passenger, commercial, combination, camper, and camp trailer types, and cost \$27.50. Veterans can request a new veteran plate by completing the Special Plate Application Form on the DMV's website at: [portal.ct.gov/DMV-War-Vet-Plate](https://portal.ct.gov/DMV-War-Vet-Plate).



## TOP 10 CELEBRITY VETERANS

1. George Carlin
2. Steve McQueen
3. Ice-T
4. Humphrey Bogart
5. Morgan Freeman
6. Chuck Norris
7. Mr. T
8. Johnny Cash
9. Clint Eastwood
10. Elvis Presley

SOURCE: MILITARY.COM

## Donations

MARCH 15—APRIL 18

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

### GENERAL DONATIONS

Valerie Johnson, Pat Nelson, Donna Cook, Carol Wright, Marlene Maglio, Kathleen Marsan, Ann Goupil, Janet Vandrilla, Richard Vieira, Madeline Drake, Judy Chatfield, Cathrine Hamei, Barbara Petit, Jennifer Tessier, Donna Delo, Anonymous, Bernice Castonguay, Ellie Gendron, Diane Chamberlain, Rosaleen Peters, Madeline Drake, Gladys Berry, Yvette Desjardins, Irene Steeves, Barbara Lumbard, Joan McBain, Bev Heslin, Anne-Marie DesRoberts, Catherine Camerato, Barbara Petit, Virginia Salmon, Cindi Whitham, Marguerite Burris, Dorothy Stickland, Pat Rossignol, Carolyn Zenuh, Jadwiga Markow, Donna Martin, Sue Piercy, Evelyn Rich, Grace Bonala.

### MEMORIAL DONATIONS

#### In Memory of: Wendell Copeland

Gail Kreneck, Doris Rudnicki,

#### In Memory of: Maria Cutler

Gene & Irene Kelsey, Ellen Cahill, Sandy Dellafera, Carol & Randy Groen, Larry Walters, Edward Walters, Sonya M. Cutler.

#### In Memory of: William "Billy" J. Furlong III

Pina & Joe Fortuna

#### In Memory of Ann Marie Hebert

Jean Kelly

#### In Memory of Joseph Martino

Jean Kelly.

#### In Memory of Randall J. Stack

Judith Ronewicz.

#### In Memory of James & Justina Tella

Brenda Tella.

### DIAL-A-RIDE DONATIONS

Marci Negro, Verna Pekrul, Rosaleen Peters, 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.***

## Cheer Report

MARCH 15—APRIL 18

*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:

Bob & Grace Nelson, Meri Lowe, Edna Pires, Sandy Michaud, Barbara Wallace, Carol Mazzalupo, Deb Starnes, Lois & Joe Maitz, Cynthia Manchak, Lynn Foren, Norma Weisenburger, Elaine Wyzga, Elsie Senaldi, Vivian Arena, Helene Niziolek, Ceal DiFrancesco, Evelyn Case, Cathleen Macca, Hazel Decker, Mary Michaud, Stella Massa, Beatrice Dumont, Laurette Ortner, Bill & Judy Briggs, Robin Brown, Marcia Medina, Skip Kensel, Evelyn Stelma, Helene Fabian, Barry & Betsy Creswell, Barbara Wallace, Katherine DeSanty, Jenny Bucchi, Juliana Rudolph, Eunice Carden, Gemma Croteau, Robert Thaxton, Donna Cook, Lillian Elliott, Eunice Carden, Laura Burke, Ellen Couture.

### SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Margaret Burgio, Wendy Vogel, Maria Cutler, Marliss Pavano, Janice Moore, Henry Martel and Robert Michalic.

### SYMPATHY CARDS WERE SENT TO:

Sandy Therrien, Rick Bakowski and Lenora Beck,

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

### March New Members

Michael Camerato, Donyne Cowan, Beauty Edwards, Cynthia Gonzalez, Joan Halla, Linda Hensen, David Johnson, Tracey Johnson, Janie Kunkiewicz, Kristine Leonard, Ralph Leonard, Nadine Letendre, Roger Letendre, Meri Lowe, Ramesh Patel, Bernice 'Bernie' Prusaczyk, Rosalyn Quistberg, Stephen Sawczuk, Stephen Sheron, Elizabeth Tkac, Michael Tkac, Esther Veley, Jeanette Voisine and Ann Wilcox.



## INDEX

AARP Safe Driver Class	13
Acrylic Painting	5
Back Pain & Orthopaedics Lunch	2
Balance Class	5
Bingo Blitz	3
Book Buds	7
Bowling	8
Brain Healthy Cooking	2
Café Volunteer Meeting	1
Calendars, Reading Materials	8
Cardio Chair Fitness	5
Caregiving Connections	13
Ceramics	5
Chair Pilates & Balance Class	5
Cheer Report	15
Cholesterol Screening, Talk	3
Class/Activity/Schedule	5,6
COVID Clinics	1
Decorative Pocket Planter	3
Dental Clinic	3
Diabetes Prevention	12
Donations	15
Dial-A-Ride	8
Drop-In Activities	16
Emmy Winner	1
Every Smile Counts	2
Fabric Ice Cream Holder	2
Foodshare Info.	13
Former White House Butler	2
Free Lord of the Rings Concert	8
Free Masks, COVID Kits	8
Goat & Ice Cream Party	2
Grandparents/Grandchildren	13
Hand & Foot Card Game	8
Health & Wellness Fair	1
Health Matters	12
Health Workshops	13
Healthy Bodies, Healthy Minds	16
Help with Language	8
Housing Authority Waiting List	7
How to Register	6
Knitting/Crochet	5
Managing Stress	2
Medicare Savings Program	12
MEGA SIGN-UP DAY	3,6,11
Memory Café	7
Michaela's Plant Sale	8
New Members	15
Nursing Information	12
Outdoor Adventure Club	4
Painted Flowerpot	3
PEAK Fitness Center	5,16
Photography Group	3
Pool Brush-Up Groups	8
PowerBurst	5
Puzzles	8
Quilting Instructor & Class	2
Rabies Clinic	7
Rainbow Lunch	7
Rosie the Riveter	2
Silver Sneakers/Yoga-Lates	5
Skin Cancer Screening	3
Snappy Seniors	7
Soup Kitchen Volunteers	13
Suspended Fares	7
Tournament Winners	16
Transportation	BC
Trips	9,10,11
Veterans' News & Activities	14
Water Assistance Program	12
Zumba Gold	5
BC= Back of Calendar	

## THIS AND THAT

### DROP-IN ACTIVITIES! COME JOIN US!

Below is a schedule of drop-in activities that you are welcome to join:

**Setback Tournament: Mondays, 12:30 p.m.**

**Cribbage: Tuesdays, 10:00 a.m.**

**Current Events: Tuesdays, 1:00 p.m.**

**Bridge: Tuesdays, 1:00 p.m.**

**Bingo: Wednesdays, 1:00 p.m.**

**Charlemagne: Wednesdays, 1:15 p.m.**

**Coloring Club: Wednesdays, 3-4 p.m.**

**Mexican Train: Thursdays, 10:00 a.m.**

**Pool Tournament: Thursdays, 12:30 p.m.**

**Pinochle: Thursdays, 12:30 p.m.**

**Telephone Bingo: Thursdays at 1 p.m.—call ahead to receive call-in or Zoom information and a Bingo card.**

**Bridge: Thursdays, 1:00 p.m.**

**Scrabble: Thursdays, 1:00 p.m.**

**Walking—Daily at 9:15 a.m. (check calendar for changes).**

**Computers—Daily for members only.**



### HELP US TO EXPAND THE PEAK CENTER HOURS!

PEAK Center volunteers are needed from 1-3 p.m. Monday through Thursday. Please contact Sharon at (860)747-5728 for more information and to sign up. Both regular and float-er volunteers are needed.



### SETBACK WEEKLY TOURNAMENT WINNERS

March 28: 1st: Sally Miller & Gail Kreneck, 2ND: Charlie Stepney & Elaine Chartier, 3rd: Sandy Tyminski & Fran Bolduc.

April 4: 1st: Carol Diana & Mary Levanti, 2nd: Liz Aloï & MaryAnn Cunningham, 3rd: Joe Babin & Bob Ryer.

April 11: 1st: Marla Ludwig & Donna Albrecht, 2nd: Sally Miller & Gail Kreneck, 3rd: Grace Lapilia & Iva Dube.

April 18: 1st: Vicki & Mike Chapman, 2nd: Maryann Cunningham & Liz Aloï, 3rd: Sally Miller & Marla Ludwig.

### WEEKLY POOL TOURNAMENT WINNERS

March 24: 1st: Ellen Couture & Val Dumais, 2nd: Joe Babin & Bob Ryer.

March 31: 1st: Stan Funk & Val Dumais, 2nd: Bob Ryer & Ray Phillips.

April 7: 1st: John Gasparini & Joe Babin, 2nd: Stan Funk & Val Dumais.

### HEALTHY BODIES CREATE HEALTHY MINDS

Coming in June, a new class will debut where we will explore ways to keep our bodies and our minds healthy. Stay tuned, as more information about this 6-week course will be in the June newsletter. Classes will begin on **June 23!**