

**NEWS & EVENTS**

**MAY 2023**

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

**GOAT PARTY**

**TUESDAY, MAY 9, RAIN DATE: MAY 10**  
**1:00 PM—2:00 PM AT NORTON PARK PAVILION**  
**COST: FREE CALL THE SENIOR CENTER TO REGISTER, SO WE KNOW HOW MANY PEOPLE WISH TO ATTEND. FOR MEMBERS ONLY.**

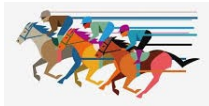
We had so much fun last year, petting, feeding & snuggling with goats, that we just had to do it again! Don't miss out on this fun experience with Got Your Goat from Washington Depot! Call the Senior Center or register online, [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to reserve your spot!



**KENTUCKY DERBY LUNCH & PARTY**

**THURSDAY, MAY 4, 12:00—1:30 PM**  
**COST: \$8.00. SIGN UP ENDS MAY 2.**

We're off to the races! Join us for a fun afternoon of eating, drinking and "betting" on the horses! Lunch will feature Kentucky Style Fried Chicken Tenders, Potato Salad, Cornbread and Pecan Pie. We'll sip sweet tea and non-alcoholic mint juleps! Wear a fancy hat or a bow tie. Following lunch, we'll "bet" on the horses and have fun horsin' around! Prizes and treats and lots of fun guaranteed!



**LIFE CHANGING BENEFITS OF EXERCISE!!**

We have lots of ways for our members for our members to exercise and keep fit! The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. The PEAK Center is open daily so you can exercise on your own schedule. All Fitness Center members receive a personal training session to learn the equipment and establish fitness goals. Cost per month is only \$9.00 or sign up for a year for only \$60.00! A one-time registration fee is additional. Call the Senior Center for more information. Also, check out our variety of fitness classes on page 5 and 6.

- ◆ Improve physical, mental and emotional wellbeing
- ◆ Helps your brain health
- ◆ Prevent bone loss, & increase bone health
- ◆ Helps prevent chronic illness
- ◆ Boosts immunity
- ◆ Improves mood
- ◆ Promotes good heart & cardiovascular health
- ◆ Prevents falls
- ◆ Improves sleep



**BRING YOUR PET TO THE SENIOR CENTER DAY!**

Stop by the Senior Center on Friday, May 12 between 10:00 AM—11:00 AM with your favorite lovable pet! Dogs, cats, guinea pigs, hamsters, etc. are welcome! We'll have animal friendly treats and we'll take a photo of you and your pet that you can take with you! Call the Senior Center to sign up, so we know how many treats we'll need.

**HAND AND NAIL PAMPERING—SEE PAGE 9**



**Dental Clinic**  
 See page 4

**Water Aerobics**  
 See page 4

**Health Board Vacancy**  
 See Page 9

**Balloon Festival**  
 See Page 9

# CLASSES & PROGRAMS

## QUILTING CLASSES

SIGN UP BEGINS MAY 2

INSTRUCTOR: DARLENE BACHAND

WEDNESDAYS 9:30 AM — 11:30 AM

### **\*3-DIMENSIONAL STAR**

MAY 3, 10, 17, 24—**COST:** \$8.00. —A beautiful quilt made with easy half square triangles!

### **\*STITCH 'N TIME**

MAY 31 - **COST:** \$2.00 Work on your own projects

### **\*CENTERPIECE TABLEMAT**

JUNE 7, 14—**COST:** \$4.00

A Tablemat so easy, you'll want to make it again & again!

### **\*CANDLE CRADLE**

JUNE 21—**COST:** \$2.00

This project is multi-sized and not only great for candles but small plant pots as well!

### **\*STITCH 'N TIME**

JUNE 28—**COST:** \$2.00 Work on your own projects



## BREAKFAST CLUB – MEN AND WOMEN INVITED

TUESDAY, MAY 16, 9:00 AM

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



## MEMORY SCREENING

TUESDAY, MAY 23, 10:00 AM—12:00 PM

BY APPOINTMENT—CALL THE SENIOR CENTER TO REGISTER

Are you worried about your short-term memory? Take 10 minutes for a Memory Screening from the Alzheimer's Foundation of America—simple & safe "healthy brain check-ups" test memory and other thinking skills. Open to anyone whether they have current memory concerns, are at risk for Dementia, or just want to see how their memory is now for future comparisons. This is not a diagnosis of any particular illness & is completely confidential. Conducted by Hollis Hartman, Memory Care Advisor, Arden Courts.

## WELCOME SPRING WITH MICHAELA'S 4 O'CLOCK PLANTS

MONDAY THROUGH THURSDAY, MAY 8, 9, 10 & 11.  
HOURS: 9AM—11AM, 11AM—1PM & 1PM—3PM

We are looking for volunteers to sell 4 O'Clock plants at the Plainville Senior Center. Please call Sue DesRochers at 203-910-7698 and leave a message to let her know what hours you would be available. Any time would be appreciated. This fundraiser benefits the Petit Family Foundation & the Plainville Library.



## THE LIFE AND TIMES OF SIDNEY POITIER

THURSDAY, MAY 11, 10:00 AM FREE

Presented by Joe Ouellette "The History Guy"

Call the Senior Center to register

Sidney Poitier was one of the major stars from the Golden Age of Hollywood Cinema. Poitier was an actor, film director and diplomat who challenged the thinking of our generation and others and led the way to open dialogue between different racial insensitivities. We saw this in the Blackboard Jungle, Lilies of the Field, A Raisin in the Sun, To Sir With Love, Guess Who's Coming to Dinner and other outstanding films. Join us to remember this outstanding individual and his contributions to the film industry and perhaps our own lives.

## FRESH HERB DÉCOR SIGN

TUESDAYS, MAY 23 & MAY 30, 9:30 — 12:00 PM

**COST:** \$18.00 INCLUDES ALL MATERIALS.

SIGN UP ENDS MAY 16. SPACE LIMITED TO 10.

INSTRUCTOR: PENNY KINDBLOM

Paint and create a wooden herb planter wall hanging which will serve as a decorative piece for your home. The wall hanging is a mixed media dimensional piece. Stain and paint will be involved in the prep work on a wooden plaque. The piece includes three herb pots, filled with moss and a twine flower bow for embellishment. Sample on display in showcase (actual piece may vary slightly). Each student is responsible to bring their own paint brushes in assorted sizes, paper towels and scissors.



# MORE CLASSES & PROGRAMS

## HEALTHY BODIES CREATE HEALTHY MINDS

Back again by popular demand! How often do you make time for you? How often do you take the time to make something healthy for yourself? Or do something healthy? If you answered not often, then this class is for you! Together we will explore healthy eating habits that can assist you in losing or maintaining weight & can help move your body in a healthier direction. We will explore & share recipes, enjoy a healthy meal together, welcome guest speakers, & investigate techniques to reduce stress eating all in a welcoming and supportive atmosphere. Meal planners will be shared. The course, which is being conducted by Senior Center Group Coordinator Karen Pagliaro, RN, is **FREE**. Classes began Tuesday, April 25, 10:00 -11:00AM & continue weekly through May 30.

April 25, 2023—Explore MIND Diet and its benefits. Receive food logs, BMI calculator.

May 2, 2023—Brain Food Lecture: A Registered Dietitian will be giving a lecture about brain health, including what happens in the brain and affects our memory, food that help our memory, recipes & more.

May 9, 2023—Explore why it's important to both read food labels and interpret them, discuss which aisles in the grocery store to avoid & why they should be avoided, share health recipes you can prepare at home.

May 16, 2023—Stress can lead to overeating, but how do you relieve stress and mindless eating?

May 23, 2023—I hate to exercise...but it is important! Join Maquita Sellers, Exercise Physiologist from GoodLife Fitness, Hartford HealthCare. She will share the benefits of exercise along with ways to incorporate fitness into your daily routine.

May 30, 2023—Going out on the town? No dessert? There must be a healthy dessert I can have! Please call the Senior Center to sign up for the classes.



## HANDWRITING ANALYSIS CLASS (GRAPHOANALYSIS)

WEDNESDAYS, MAY 10—JUNE 28,  
8 WEEKS, 1:30 PM—3:00 PM

**COST: \$29.00. INCLUDES ALL MATERIALS.**  
**SPACE IS LIMITED TO 10.**  
**SIGN UP HAS BEGUN.**



**INSTRUCTOR: PAT SENICH, CERTIFIED  
GRAPHOANALYST, 55 YEARS OF EXPERIENCE.**

Are you ready to uncover the secrets hidden in your handwriting? Unlock personality traits and characteristics you never knew existed with handwriting analysis. Uncover insights into how you interact with others, and discover untapped potential. Unlock the mysteries of handwriting analysis today. A real learning experience for everyone. During this class you will be able to see traits in your handwriting as well as identify in your family, friends and workmate's script. To be specific, you will understand EMOTIONS, THINKING, APPROVAL NEEDS, SUCCESS POTENTIAL, COMMUNICATION and CONCENTRATION the way it appears in cursive strokes of writing, and we take a look at SIGNATURES also. There are over 50 traits covered that can be identified in your handwriting.

## BOOK BUDS MAY BOOK: "The Magnolia Palace" by Fiona Davis

FRIDAY, MAY 26, 10:00 AM

**COST: FREE! FOR MEMBERS ONLY.**

**INSTRUCTOR: KATHLEEN MARSAN**

This Historical Novel is set in one of New York City's most impressive Gilded Age mansions, the Frick mansion-turned-museum. Filled with intrigue, scandal, romantic trysts, stolen jewels, family drama and hints of a murder plot or two, the suspense will keep the reader wanting more clues! Coffee and tea provided. Please be sure to register as there is limited space. The book is available at the main desk at the library.



## SNAPPY SENIORS PHOTOGRAPHY

**GROUP MEETS THURSDAY, MAY 18, 10:00 AM**

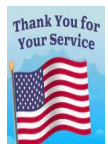
**CALL TO REGISTER (860)747-5728**

Share photos from anytime or place. Show us something you learned **OR** a special photo **OR** one of your all time favorites! Bring ideas for future classes, trips & lectures.

## VETERANS' SOCIAL HOUR

**TUESDAY, MAY 23, 10:00 AM**

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





## EVEN MORE CLASSES AND PROGRAMS

### **UKULELE JAM THURSDAYS 2:15—3:15 PM**

Join our group of ukulele enthusiasts to play and sing. Drop in for a great time.

### **ADULT COLORIST CLUB**

WEDNESDAYS AT 3:00 PM

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



### **TELEPHONE BINGO IS BACK! THURSDAY 1:00—2:00**

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

### **HOOPSKIRTS TO FLAPPERS-HISTORICAL SOCIETY**

TUESDAY, JUNE 20, 2:00 PM, FREE. Please call or register on-line beginning May 2.

Presented by CT Historical Society

A woman born in 1850 who lived for 80 years would have seen fashion change dramatically in her lifetime. In this presentation of the CT Historical Society's Costume and Textile Collection, You'll see

how women's clothing transitioned from the iron reign of the hoopskirt to the relative freedom of the flapper dress.



### **DENTAL CLINIC RETURNS**

The Community Health Center Mobile Dental Clinic will be offering preventative dental services by appointment on **Wednesday June 28 and Thursday June 29.** To schedule an appointment, call Monica Caseley at (475)471-5011. 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 for scholarship and eligibility information. You **must** contact Stephanie prior to your appointment.



### **AARP SMART DRIVER COURSE**

THURSDAY, JUNE 15, 12:30 PM—4:30 PM

**COST:** \$20 FOR AARP MEMBERS & \$25 FOR NON-AARP MEMBERS.

SIGN UP BEGINS MAY 2 FOR MEMBERS & MAY 9 FOR NON-MEMBERS



The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher for the rules of the road. Drivers learn research-based tips to adapt their driving to compensate for physical & cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

### **INSIDE ALCATRAZ**

THURSDAY, JUNE 8, 10:00 AM—FREE

PRESENTED BY JOE OUELLETTE 'THE HISTORY GUY'  
PLEASE CALL THE SENIOR CENTER TO REGISTER BEGINNING MAY 2.

The Alcatraz Federal Penitentiary was a maximum security federal prison on Alcatraz Island, which operated from 1934 until 1963 and housed the nation's most notorious and dangerous criminals. Meet those on the guest list and take a look around at this interesting bit of history. We'll explore the genesis of the institution, its famous "guests", the accommodations, The Battle of Alcatraz and the players, the routine and the food. Did The Bird Man really have birds at Alcatraz? We'll also explore the odds of an escape. Let's discuss...Great Photos too!



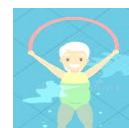
### **WATER AEROBICS CLASS**

MONDAYS, JULY 3—JULY 24 AND JULY 31—AUGUST 21

9:00 AM—9:45 AM

At Norton Park Bernier Pool

**COST:** each 4 week session is \$30 and includes instruction and pool noodle. Class limited to 10. Sign up begins May 2nd. Instructor Nancy Pandolfo Workout to fun music in the pool! The water buoyancy takes away the tension from your joints so you can move freely in the water; we use noodles for extra resistance...come splash with us! This class is for seniors only...we will have the pool to ourselves during this time!



# FITNESS PROGRAMS

## **POWER BURST**

MONDAYS, 1:30–2:30 P.M.

INSTRUCTOR: CAROLINE DUBE

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

## **BEGINNERS GENTLE CHAIR PILATES/BALANCE**

MONDAYS, 2:45–3:45 PM

INSTRUCTOR: CAROLINE DUBE

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

## **CARDIO CHAIR FITNESS** TUESDAYS, 1:00–1:45 PM

INSTRUCTOR: NANCY PANDOLFO

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

## **BALANCE CLASS** TUESDAYS, 2:00–2:45 PM

INSTRUCTOR: NANCY PANDOLFO

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

## **ZUMBA GOLD**

WEDNESDAYS, 9:30–10:30 A.M.

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

## **SILVER SNEAKERS CLASSIC**

FRIDAYS, 10:00 AM—10:45 AM

INSTRUCTOR: NANCY PANDOLFO

**Class is free if you have Silver Sneakers through your health insurance.**

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



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

FRIDAYS, 11:00–11:45 A.M.

INSTRUCTOR: NANCY PANDOLFO

**Class is free if you have Silver Sneakers through your health insurance.**

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

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

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open, and appointments are no longer needed! Work out when you want. PEAK Center hours are: **Monday—Thursday, 9:00 AM—3:00 PM and Friday 9:00 AM—1:00 PM.**

# CLASS DESCRIPTIONS

## **ACRYLIC PAINTING**

MONDAYS, 10:00 AM—12:00 PM

INSTRUCTOR: ABBE WADE

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

## **CERAMICS**

THURSDAYS, 9:30 AM —11:30 AM

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to choose a piece of greenware, clean, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

## **KNITTING/CROCHET**

THURSDAYS, 1:00 PM – 3:00 PM

INSTRUCTOR: EVELYN MORIN

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

## **WATERCOLOR CLASS**

FRIDAYS, 9:30 AM-11:30 AM

INSTRUCTOR: PENNY KINDBLOM

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

# CLASS SCHEDULE Class descriptions on pages 2, 5, 6

**Please Note:** You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign up for new classes beginning on **Mega Sign-Up Day, May 2 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting May 9 if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

CLASS	TIME	CURRENT SESSION	Next Session Registration Begins May 2
<b>MONDAY</b>			
Acrylic Painting	10:00-12:00	Apr. 10—June 5, 8 weeks, \$16.00 <b>No Class May 29</b>	_____
Power Burst	1:30-2:30	May 22—July 10, 6 weeks, \$12.00 <b>No Class May 29 &amp; June 12</b>	_____
Chair Pilates & Balance	2:45-3:45	May 22—July 10, 6 weeks, \$12.00 <b>No Class May 29 &amp; June 12</b>	_____
<b>TUESDAY</b>			
Cardio Chair Fitness w/ Nancy	1:00-1:45	May 9—June 13, 6 weeks, \$12.00	June 20—Aug. 1, 6 weeks, \$12.00 <b>No Class July 4</b>
Balance Class	2:00-2:45	May 9—June 13, 6 weeks, \$12.00	June 20—Aug. 1, 6 weeks, \$12.00 <b>No Class July 4</b>
<b>WEDNESDAY</b>			
Zumba Gold	9:30 -10:30	Mar. 22—May 10, 8 weeks, \$24.00	May 17—July 5, 8 weeks, \$24.00
Quilting	9:30-11:30	<b>See page 2</b>	_____
<b>THURSDAY</b>			
Ceramics	9:30 – 11:30	May 4—June 8, 6 weeks, \$24.00	June 15—July 27, 6 weeks, \$24.00 <b>No Class June 29</b>
Knitting/Crochet	1:00-3:00	May 11—June 22, 6 weeks, \$12.00 <b>No Class June 15</b>	_____
<b>FRIDAY</b>			
Watercolor	9:30-11:30	Apr. 14—June 16, 10 weeks, \$30.00 (Includes Paints)	_____
Silver Sneakers Classic	10:00-10:45	<b>FOR: Silver Sneakers and Yoga-lates</b> <b>May 19—June 23</b> <b>Free if you have Silver Sneakers <u>OR</u></b> <b>\$2.00 per class—pay teacher at class.</b> <b>Must register in advance at the</b> <b>Senior Center.</b>	_____
Yoga-Lates	11:00-11:45		_____

## 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. 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.**

# OUTDOOR ADVENTURES

## SIMSBURY FITNESS LOOP

*SATURDAY, MAY 13, 9:30 AM—11:00 AM*

*COST: \$3.00. SIGN UP BEGINS MAY 2.*

Join Adventure Leader Jared Scoville for a fitness adventure in Simsbury! This 2.7 mile loop will consist of relatively flat trails, but with a twist...fitness stations throughout the trail system. Some of the stations we will plan to use, which will consist of performing some stretches and other mild exercise—manageable for all fitness levels. Come ready to walk and do some fun exercises as well! We will meet at the trail for 9:30, which is located at 100 Old Farms Rd. in Simsbury. Bring some water and clothes that you can do some stretches in!



## ROCKY NECK BEACH WALK, NIAN TIC

*FRIDAY, JUNE 23*

*LEAVES SENIOR CENTER AT 10:00 AM*

*RETURNS APPROX. 3:00 PM*

*COST: \$8.00. Sign up begins May 2.*

*Leader: Eileen Cyr*

Join us for a 45 minute—1 hour (2.5 mile) moderate walk around a loop trail that features beautiful flowers. The path is mostly paved, but there is some gravel. Must be able to walk continuously for one hour. Wear closed toe shoes/sneakers, hat and sunscreen. Bring a water bottle and medications. Or, if you don't wish to walk, bring a blanket or towel and sit on the beach while the others walk. Following our time at Rocky Neck we will stop for lunch (on your own) at Charlie's Place in Niantic.



## URBAN ADVENTURE & HISTORY TALK IN HARTFORD \*FULL-SIGN WAITING LIST\*

*DATE: FRIDAY, MAY 19*

*TIME: MEET AT PLAINVILLE PUBLIC LIBRARY AT 8:15 AM. WE WILL BE TRAVELING TO HARTFORD ON THE CT FASTRACK BUS, WHICH WILL DEPART FROM THE LIBRARY AT 8:35 AM. COST TO RIDE THE BUS IS \$1.70. BRING EXACT CHANGE.*

## PEDAL BOAT CRUISE, MILFORD POINT

*WEDNESDAY, JULY 26, DEPARTS PLAINVILLE SENIOR CENTER 2:30 PM, RETURNS APPROX. 8:30 PM*

*COST: \$67.00 PER PERSON. INCLUDES TRANSPORTATION, BOAT CRUISE, & BOAT CREW GRATUITIES.*

*SIGN UP BEGINS MAY 2*

Party on the water on Connecticut's pedal powered party boat operated on the beautiful Milford Harbor and out to Charles Island and the Milford Gulf in the Long Island Sound. We will be joining outdoor enthusiasts from the South Windsor Senior Center for this late day, relaxing 90-minute excursion. The custom crafted boat fits 20 guests at 12 pedaling stations. You'll be able to take turns pedaling, mingling, singing or just catching the late day/early evening breeze. Bring your own cooler with refreshments, if you'd like. After the cruise, we will stop for dinner (on your own) at Cracker Barrel.

## UPCOMING ADVENTURES: WATCH FUTURE NEWSLETTERS FOR MORE DETAILS!

Collinsville Kayak, July 14



"Riches of Hartford"  
Scavenger Hunt,  
September 20



## MONTHLY SHOPPING TRIPS

Shopping trips to be announced. Please call the Senior Center and put your name on the list and we will call you when we know the drivers schedules for the out of town shopping trips.



## NEW TRIPS

**AUGUST 15—AQUA TURF “COME FLY WITH ME” \$52.00 PER PERSON.** Sign up begins May 2, Open to the Public May 9. A Journey Through the Decades: Sinatra, Kenney Rogers, Tim McGraw, Dionne Warwick, Dianna Ross & Roberta Flack **MENU:** Baked Scrod/Chicken Marsala served Family style and all the trimmings plus Aqua Turf add-ons: complimentary coffee & donuts, glass of wine or beer & door prizes. See Flyer For Details.

**SEPTEMBER 9—BOSTON DUCK TOUR & NEW ENGLAND AQUARIUM— COST: \$139.00 Senior Rate.** Sign up begins May 2. 12 Seats just opened up. Morning at the NE Aquarium— giant ocean tank with 2,000 aquatic animals-penguins, sea turtles, seals, sea lions, sharks and more! Quincy Marketplace on your own for lunch. Afternoon, it's the ride of your life aboard the DUCK—an amphibious vehicle that rides on land & becomes a boat in water. Enjoy a narrated tour of Boston by your conDUCKtor who's sure to keep you laughing. See Flyer For Details.

**OCTOBER 4—6 : 1000 ISLANDS— COST: \$685.00 per person Double.** Sign up begins May 2. 16 Seats just opened up. Includes: Deluxe motorcoach, 2 nights accommodations, 2 breakfasts, 2 dinners, sightseeing & admissions, Friendship Tours Escort, Driver/Tour Director Gratuity. 1000 Islands Harbor Hotel, a AAA Four Diamond property on the water, indoor pool, fire pit, fitness center, complimentary tea & coffee bar. Uncle Sam Boat for our Two Nation Tour through the heart of the 1000 Islands. Hear the history and folk lore as we cruise through the narrow channels, over historic sunken wrecks & magnificent summer homes. Visit Boldt Castle-owned by millionaire proprietor of the world famous Waldorf Astoria Hotel in NYC. Wine at the Thousand Islands Winery. Antique Boat Museum—finest collection of nautical memorabilia in America. See Flyer For Details.

### **UPCOMING TRIPS: A FEW OF THE TRIPS WE ARE PLANNING \*MORE INFO IN FUTURE NEWSLETTERS\***

#### **Motor Coach Tours**

**October 10:** Covered Bridges of New Hampshire

**November 12:** New York City, American Museum of Natural History

#### **Aqua Turf Parties**

**September 12:** Donna Summers Tribute

**November 8:** Elvis is in the Building!

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

## CURRENT TRIPS

**SALEM & MARBLEHEAD, MA: WEDNESDAY, MAY 31, 2023 5 More Seats added—open to the public**  
**COST: \$126.00 PER PERSON. DEPARTURE: 7:45 AM, ESTIMATED RETURN: 7:30 PM**  
**DEPARTS FROM OLM PARISH CENTER, 19 South Canal St., Plainville**

Buffet Lunch at the Historic Hawthorne Hotel, riding guided tour of Salem and Marblehead. Spectacular views of the Atlantic. Free time for shopping in Salem on Pickering Wharf.

### **CAPTAIN JP CRUISE—LOCKS & LUNCH—SATURDAY, JUNE 24, 2023—OPEN TO THE PUBLIC**

**COST: \$133.00 PER PERSON** Enjoy a 3-hour cruise to the locks north of Troy, NY and the NY State Museum Center of Art History & Science. Complete buffet with onboard entertainment. See flyer for details.

### **MOSES—AT THE SIGHT & SOUND THEATRE PLUS THE DUTCH APPLE DINNER THEATRE LANCASTER, PA**

**WEDNESDAY—FRIDAY, AUGUST 2—4, See flyer for details OPEN TO THE PUBLIC**

Buffet dinner and show. Visit the heart of the Amish farmlands. Lunch/shopping KITCHEN KETTLE VILLAGE.

Reserved seating for MOSES. Hershey, PA, 'The Sweetest Place on Earth'. WIND CREEK BETHLEHEM CASINO.

**\*TRIP IS FULL, PLEASE SIGN THE RESERVE LIST.\***



## MORE CURRENT TRIPS

### **ISLAND HOPPING-NANTUCKET & MATHA'S VINEYARD: OPEN TO THE PUBLIC**

FRIDAY—SUNDAY, AUGUST 18—20 DEPARTURE: SENIOR CENTER COST: \$729 DOUBLE/TRIPLE-\$919 SINGLE DEPOSIT: \$200 per person due at sign up. Balance due by May 19.

**Day 1:** JFK Museum, **Day 2:** Daytrip to Nantucket Island, Ferry Guided Tour, Free time

**Day 3:** Ferry to Martha's Vineyard. Guided tour

**SEE FLYER FOR DETAILS.**

### **NATIONAL PARKS: ARIZONA ADVENTURE & LAS VEGAS 10/06/2023—10/13/2023-OPEN TO THE PUBLIC**

**SEE FLYER FOR DETAILS.**

## IMPORTANT NOTES

### **HAND & NAIL PAMPERING**

THURSDAY, MAY 18. Appointments begin at 1:30. Call the Senior Center to schedule.

Roseanna D'Anna of Amberwoods of Farmington will be at the Senior Center to offer complimentary hand and nail care. She will lightly file your nails and apply nail polish. Bring your own nail file. Nail polish will be provided or you can bring your own favorite color.

### **PLAINVILLE FIRE COMPANY, HOT AIR BALLOON FESTIVAL**

FRIDAY, AUGUST 25 & SATURDAY AUGUST 26

at NORTON PARK-Volunteers needed as Server/Runner, Parking, Novelty Booth and Clean Up. Go to [plainvillefireco.com](http://plainvillefireco.com) for details and to sign up. More details about this exciting event to follow in our June newsletter.



### **COME JOIN THE LOCAL CHAPTER OF AARP**

Meetings are the 3rd Wednesday of every month at 1:00 PM. Next one is MAY 17 at the Faith Bible Church, 168 Unionville Avenue, Plainville.

Refreshments are served.

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

For reservations/info: Debbie Cawley 860-402-5222.

### **INTERGENERATIONAL PROGRAM**

For All Ages is offering their free 'Tea @ 3' Community to residents age 55+. This program pairs an older adult with a college student based on common interests for a weekly 20 minute phone call during the college semester and runs each spring and fall for 12 weeks.

You'll receive a free welcome kit that includes your choice of tea, a handcrafted mug cozy, & conversation starters. For All Ages will share only your first name, phone number, and your common interests with your Tea-Mate. Together, you and your Tea-Mate will decide the day/time that works for your weekly call.

Each week you'll receive an email with ideas for that week's conversation. You'll share laughter, joy, & perhaps a recipe or 2! Together, you'll grow a new friendship.

\*Bonus: You are welcome to attend 2 optional, live Zoom events where you can meet other Community members. \*Sign up for the fall session by noting 'Fall 2023' under the 'Interests' section of the signup form.

\*For more information & to sign up online, visit: [www.forallages.org/tea-at-3](http://www.forallages.org/tea-at-3).

### **PLAINVILLE/SOUTHINGTON REGIONAL HEALTH DISTRICT BOARD VACANCY**

The Plainville/Southington Regional Health District Board has one opening for a citizen. The Health District Board is responsible for making reasonable rules and regulations for the promotion of general health within the district. The Board meets quarterly (4 times per year) in the evenings (5:00 or 5:30PM start time). The meeting locations rotate between Plainville, Southington and Middlefield.

Citizens interested in applying must be a Plainville resident and a registered voter. An application can be requested by contacting Lisa Metayer in the Town Manager's Office during regular business hours at [metayer@plainville-ct.gov](mailto:metayer@plainville-ct.gov) or 860-793-0221-x8703.

## NOTEWORTHY

### GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs in the area or “give a-ways” or last minute trip shares or lectures or important information on community news and fun stuff to do!! On occasion, we send out emails during the month with details. Would you like to join our email list? Call, send an email or stop by and give us your email address. If you want to email us, send an email to beamc@plainville-ct.gov. PLEASE NOTE: we do not share our email address list with anyone.

### DAILY LUNCHES AT THE SENIOR CENTER

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

### SHOWCASE YOUR COLLECTION OR HOBBY!

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

#### MAY: Lenox China Birds—Sally Cobrain

Sally has been collecting Lenox birds for 10 years. A variety of these birds were offered and Sally would purchase the ones that visited her yard, about 20 different birds!

### EGGS—THE CHICKENS HAVE FLOWN THE COOP

Priscilla Gundry has given her chickens away so there will be no more free egg distributions at the Senior Center. We are sending our heartfelt **THANK YOU** to Priscilla and her daughter, Laura Van Linter for their incredible generosity.

### ROLLATORS-ROLLING WALKERS WITH SEAT NEEDED

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

## VOLUNTEERS

### PEAK CENTER FLOATER VOLUNTEERS NEEDED

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

### Attention Fabulous Volunteers! The Volunteer Board is Back!!

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



### THE SENIOR CENTER LE PETIT CAFÉ IS OPEN!

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



#### CASH OR CHECK ONLY

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

**MAY 2 & 3:** Taco Salad (Taco ground beef served on a bed of fresh greens, tomatoes, cucumbers, & shredded cheese, topped with crunchy tortilla strips)

Soup: Soup Du Jour

**MAY 9 & 10:** Trio Salad Plate (scoop of tuna, egg & ham salad over fresh greens)

Soup: Soup Du Jour

**MAY 16 & 17:** Grilled Cheese, Bacon, Avocado Melt

Soup: Soup Du Jour

**MAY 23 & 24: CLOSED**

**MAY 30 & 31: CLOSED**



# SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

## CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, May 9** at 10 AM at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center to register.

## GRANDPARENTS RAISING GRANDCHILDREN

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group on **Tuesday, May 16** at 10:30 AM, at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center or go online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to register.

## MEMORY CAFÉ AT THE SENIOR CENTER

**THURSDAY, MAY 18, 2:00—OPEN TO THE PUBLIC  
CALL THE SENIOR CENTER TO REGISTER.**

Memory Café is a warm & welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, & engaging environment that gives everyone a place to make new friends and interact with others. Enjoy appropriate activities such as crafts, games, music & conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro, Stephanie Soucy or Ronda Guberman at the Senior Center. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. & the CT State Unit on Aging.

## HOMEOWNERS TAX RELIEF BENEFITS FOR ELDERLY AND DISABLED

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

## ENERGY ASSISTANCE

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

<https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

**HELP FOR VETERANS**—Our Veterans Service Officer, CT Dept. of Veterans' Affairs, will once again be Jason Coppola. Watch future newsletters for his contact information & appointment availabilities. We are waiting to hear when he will begin again.



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

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



# HEALTH PROGRAMS AND INFORMATION

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

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

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share): The State of CT offers financial assistance to eligible Medicare enrollees. They will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

## **DEMENTIA SUPPORT GROUP**

Arden Courts of Farmington—45 South Road, Farmington, CT 06032  
<https://www.arden-courts.org/farmington>  
Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month, 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. To RSVP call Hollis Hartman 860-543-1010 or [Hollis.Hartman@promedica.org](mailto:Hollis.Hartman@promedica.org).

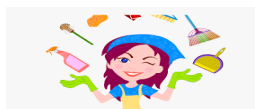
## **WOMEN WITH HEART DISEASE SUPPORT NETWORK**

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

To sign up for the support group call:  
1.855.HHC.HERE (1-855-442-4373).

## **HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS**

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



## **THE NURSE IS IN!**

GEORGIA STERPKA, APRN  
IS AVAILABLE BY APPOINTMENT FOR:



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

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

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

**CHOLESTEROL SCREENING** -This type of test does not require fasting. Cost is \$12. **FREE BLOOD PRESSURE SCREENINGS** Senior Center Members only.

## **HOME FIRE PREPAREDNESS CAMPAIGN—FREE**

REDUCING FIRE INJURY/DEATHS  
ONE HOME AT A TIME

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services IN YOUR HOME (visits last @ 20 minutes). You will receive:

\*FREE Installed smoke alarms if needed

\*Family Disaster Plan Guidance

\*Valuable emergency preparedness tips/information



Register at [www.redcross.org/ct/schedule-a-visit](http://www.redcross.org/ct/schedule-a-visit) or call 1-877-287-3327 & choose option 1 to schedule.

## **SCAM ALERT 'NEW MEDICARE CARD' SCAM**

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



## **FREE COVID-19 TESTS**

Order yours today at  
<https://www.covid.gov/tests>.  
-If you need assistance ordering, please come to the Senior Center front desk.



## Donations

MARCH 15 — APRIL 15

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

### MEMORIAL DONATIONS

#### IN MEMORY OF: Sally Miller

Betsy Kallenbach, Rosaleen Peters, Jan Bevan, Florence Nixon, Verna Pekrul, Val & Sue Dumais, Charlotte Politis, Gail Kreneck, Vera Johnson, Shirley Osle, Hercy Anne Lord, Martha Kleen, Lois Schmidt, Eileen Cyr, Brenda Copeland, Dennis & Bonnie Adler, Sally Cobrain, Moira Jones, Sue DesRochers, Ken & Anne Theriault, Carol Diana

#### IN MEMORY OF: Ida Pedrolini

Marianne Grace

#### IN MEMORY OF: James & Justina Tella

Brenda Tella

#### IN MEMORY OF: Norma Weisenburger

Sue DesRochers, Sally Cobrain, Joline & Tom Persico, Christine & John Aiezza, Rosaleen Peters, Victor & Irene Gaudreau, William & Gail Kron, Aurora Pedrolini, Shirley Osle, Ellen Couture, Terrence & Yvonne Bogue, David Arnold & Cynthia Ramirez

### GENERAL DONATIONS

Simone Dallaire, Diane Bulawa, Anonymous, Kathleen Jasmin, Ellie Gendron, Sally Cobrain, Emilia Ouellette, Rosaleen Peters, Catherine Humai, Brenda Levesque, Marianne Grace, Kathleen Joslyn, Fred Hoadley, Karen Smith, Chris Swiatek, Irene Mohr, Michelle Cormier, Judy Briggs, Eileen Weber, Barbara Wallace, Linda Lestini



## Cheer Report

MARCH 15 — APRIL 15

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

### GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Sally Miller, Claudia Larivee, Lori Waskowicz, Margaret Albrecht, Lois Schmidt, Carolyn Moore, Gloria Cerniglia, Josphine D'Addese, Ceal DiFrancisco, Beatrice Dumont, Skip Kensel, Richard Belden, Jeanine Martino, Helena Niziolek, Ann Campbell

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

William Temple, Barbara Czuprinski, Mildred Brayman

### SYMPATHY CARDS WERE SENT TO:

Carolyn Moore, Cheryl Gentles, Alan & Ruth Anderson, Germaine Barretta, Brenda Copeland



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



### DIAL-A-RIDE DONATIONS

Barbara Barton, Rosaleen Peters, Verna Pekrul, Marci Negro, Karen Smith, Anonymous

### MARCH NEW MEMBERS

Brian Corriveau, Doreen Corriveau, Pamela DeMonte, Juan Flecha, Ralph Frohnert, Mary Konow, Zofia Mroczek, Patricia Nelson, Debra Palazzolo, Margaret Paskowski, Francine Petosa, Margaret Pires, David Pires, Jr., Claude Shorey, Eileen Spirito, Richard Spirito, Ann Marie Tardiff, Debra Treado, Paul Voitkevics, Pam Whitman and Thomas Wood

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## FUN AND GAMES

### WEEKLY SETBACK TOURNAMENT WINNERS

**MAR. 27:** 1st: Sandy Robinson/Butch Gudat 2nd: Marla Ludwig/Madeline Drake 3rd: Gail Kreneck/Elaine Chartier

**APR. 3:** 1st: Alyce Lembo/Judy Laprise 2nd: Gail Kreneck/Elaine Chartier 3rd: Jackie Lemelin/Fran Bolduc

**APR. 10:** 1st: Sandy Colello/Thomas Wichrowski 2nd: Robert Albrecht/Mark Dunn 3rd: Marla Ludwig/Charles Ludwig

### WEEKLY POOL TOURNAMENT WINNERS

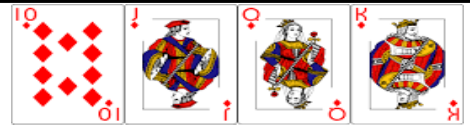
**MAR. 16:** 1st: John Gasparini 2nd: Stan Funk

**MAR. 23:** 1st: Stan Funk/Val Dumais 2nd: Dave Pipeling/Ray Phillips

**MAR. 30:** 1st: Stan Funk/Dan Burgess 2nd: John Gasparini/Val Dumais

**APR. 1:** 1st: Bob Korpita 2nd: Stan Funk

**APR. 13:** 1st: Dave Pipsling 2nd: Stan Pliska



### POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play—NO need to sign up, just show up.

EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.

Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.

### MEGA SIGN-UP DAY MAY 2, 9:15 AM—4:45 PM

Members may sign up for new classes, trips and programs.

If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register.

We accept cash and checks made out to Plainville Senior Center only.



### PEAK MEMBERS LUCKY LEPRECHAUN COIN CHALLENGE

Congratulations to Marianna Tabaka, the winner of the March Cardio Challenge—she collected 84 gold coins. Thank you to all who participated.



### CONGRATULATIONS

TO OUR RAFFLE WINNERS

#### Games

Mary Ann Ferone

#### Quilted Table Runner

Sharon Messenger

### CRAFTED WREATH SALE

Beautiful crafted wreaths will be on sale in May. You can purchase a spring summer, Halloween, or Christmas themed wreath. The wreaths will be on display in the showcase. Prices range from \$5.00 to \$10.00.



### DIVERSE UNIVERSE

#### RAINBOW LUNCH

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

# Transportation

## Dial-A-Ride

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

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. **We ask that you be ready on time for your ride.**

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

## ADA Paratransit



### **ANOTHER OPTION WITH MORE HOURS & DESTINATIONS**

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

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride.

**Plainville hours**, except for major holidays, are:

**Monday-Friday 5:35 AM—Midnight**

**Weekends 6:00 AM—Midnight**

***FARES: Each ride is \$3.50 each way and discount ticket books can be purchased at Shop & Stop or on-line at [hartfordtransit.org/ada-paratransit-services](http://hartfordtransit.org/ada-paratransit-services) for \$28.00 for a book of 10 tickets (\$2.80 each).***

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

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

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

## SENIOR TRANSPORTATION SERVICES

### **ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS**

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. For help in paying for the service call Stephanie or Ronda at (860)747-5728. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



## ADDITIONAL TRANSPORTATION OPTIONS

### **ENCOMPASS**

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

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


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

**Call Encompass at (860)444-4444 or visit online at [Encompass.M7Ride.com](http://Encompass.M7Ride.com).**

### **FREEDOM RIDE**

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service. For more information about the Freedom Ride Taxi Voucher program, call **(860)247-5329, extension 3086.**

# MAY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	<b>2</b> <b>MEGA SIGN-UP</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Healthy Bod. (GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (BR) 1:30 Circle Grp (CR) 2:00 Balance (BR)	<b>3</b> 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	<b>4</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:00 Kentucky Derby (GR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (BR) 2:15 Ukulele Jam	<b>5</b> 9:15 Walk (GR) 9:30 Watercolor (CR) <b>9:30 Choral Group</b> 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	<b>6</b>
<b>7</b>	<b>8</b> <b>9:00 NURSE*</b> 9:00 Plant Sale 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR)	<b>9</b> <b>9:00 NURSE*</b> 9:00 Plant Sale 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Caregiving (CR) 10:00 Healthy Bod. (GR) 1:00 Goats (Norton Pk) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (BR) 2:00 Balance (BR)	<b>10</b> 9:00 Plant Sale 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 1:00 Rain Date-Goats 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Handwriting (CR) 3:00 Coloring (BR)	<b>11</b> 9:00 Plant Sale 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:00 Sid. Poitier(GR) 11:30 Bridge (OS) 12:00 COA (CR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:15 Ukulele Jam	<b>12</b> 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Pet Day 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	<b>13</b> 9:30 Simsbury Fitness Loop
<b>14</b>	<b>15</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	<b>16</b> <b>9:00 NURSE*</b> 9:00 Breakfast Club 9:15 Walk (GR) 10:00 Ladies Pool 10:00 Cribbage (GA) 10:00 Healthy Bod. (GR) 10:30 Grandparents (CR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (BR) 1:30 Circle Grp (CR) 2:00 Balance (BR)	<b>17</b> 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Handwriting (CR) 3:00 Coloring (BR)	<b>18</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:00 Snap.Sr(GR) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 1:30 Hand/Nail* 2:00 Memory Café (CR) 2:15 Ukulele Jam	<b>19</b> 8:15 Urban Adven. (Library) 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	<b>20</b>
<b>21</b>	<b>22</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	<b>23 9:00 NURSE*</b> 9:15 Walk (GR) 9:30 Herb Décor (CR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet. Social (BR) 10:00 Healthy Bod. (GR) 10:00 Memory Scr.*(CL) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (BR) 1:30 Circle Grp (CR) 2:00 Balance (BR)	<b>24</b> 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Handwriting (CR) 3:00 Coloring (BR)	<b>25</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:15 Ukulele Jam	<b>26</b> 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Book Buds (OS) 10:00 Silver Sneak. Classic (GR) 11:00 Yoga-L(GR)	<b>27</b>
<b>28</b>	<b>29</b> <b>SENIOR CENTER CLOSED</b> 	<b>30</b> 9:15 Walk (GR) 9:30 Herb Décor (CR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Healthy Bod(GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:00 Balance (GR)	<b>31</b> 7:45 Salem Trip (OLM Parish Center) 9:15 Walk (BR) 9:30 Quilting(CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Handwriting (CR) 3:00 Coloring (BR)	<b>1</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (CR) 2:15 Ukulele Jam	<b>2</b> <b>KEY:</b> GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	<b>3</b>