

S.E.N.I.O.R. NOVEMBER 2016



Plainville Senior Center

Dynamic Past * Vibrant Future

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Free Sign-Up Day is November 1. Mega Sign-Up Day is November 2, 9:15 a.m.—4:00 p.m.

REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday through Friday between 9:15 a.m. - 12:00 (noon), and Mondays from 5:00 - 5:30 p.m. We accept cash and checks made out to Plainville Senior Center only.

HOLIDAY CRAFT FAIR

November 5, 2016, 10:00 a.m.—2:30 p.m.

Free Admission! Crafts! Vendors! Raffles! Bake Sale! Grandma's Cookie House! Lunch!

It's that time of the year again! There are many ways you can help make the Fair a success!

Volunteers are needed to help sell raffle tickets for our beautiful handmade quilt. **See Page 14 for more information, dates and locations of ticket sales.** **BAKE, BAKE, BAKE!!!** We need a variety of baked goods for our bake sale...cakes, muffins, bars, breads, and sugar free items as well. Donations of baked goods can be brought to the Senior Center on November 4th between 9:00 a.m. and 1:00 p.m. or November 5th before 10:00 a.m.

Contribute new hand crafted items (slippers, dolls, stuffed animals, aprons, scarves, afghans, holiday decorations) Volunteers needed to work during the fair in the kitchen, at a booth & greeting visitors. Do you live on a well-traveled street? We are looking for individuals to put Craft Fair lawn signs on their lawn. Donations of non-perishable food items are now being accepted for the Fair's Food Raffle. **Call Toni, Ronda or Evelyn if you can help!**

SLEEP CHALLENGES

Thursday, November 10, 10—11 a.m.

Presented by: Christine Waszynski APRN, Geriatrics Program, Hartford Hospital. This program will cover sleep disturbances, sleep apnea, insomnia, how to improve sleep patterns and problems that regularly affect seniors. Call the Senior Center to register. Sign-ups have begun. Free. Open to the public.

MOVE LIKE A DANCER

Friday, November 18, 10:00 a.m.

Dancers use every inch of their bodies for their extremely difficult art form. To move as effectively and effortlessly as possible they use principles learned through years of training. If well-trained, they have long successful careers and frequently long fit lives. Stop in to learn some of these principles and how to use them for daily living and exercise from Miles Everett RD RN CDE of Bristol Hospital who is also a former professional Broadway, Ballet and Modern dancer. The class is free. Call the Senior Center to register. Sign-ups have begun.

THANKSGIVING AT THE SENIOR CENTER

Thursday, November 24, 11:30 a.m.

Senior Center members or Plainville residents 60 years of age or older who will be alone this Thanksgiving are invited to come to the Senior Center and join us for a delicious homemade, traditional Thanksgiving dinner with all the trimmings. Volunteers will provide transportation for those who need a ride to the Center. Please let us know if you need a ride when you register for the dinner. If you are homebound and would like a dinner delivered to your home, call the Center. There is no charge for dinner, but donations are greatly appreciated. We are grateful to The Pines at Bristol for generously donating apple and pumpkin pies for our Thanksgiving Dinner. **Call the Senior Center to sign-up at 860-747-5728.**

LIONS CLUB EYE SCREENING SPONSORED BY THE PLAINVILLE LIONS CLUB

Tuesday, November 15, 10:00 – 2:00, Plainville Senior Center. Call for an appointment.

Through the generosity of the Plainville Lions Club and their volunteers, we are pleased to host a free eye screening to detect symptoms of adult related eye disease. The primary goal of the screening is to screen for untreated or undiagnosed Glaucoma, High Blood Pressure, Vascular issues, Retina issues, Macular Degeneration and Diabetes. The goal is to prevent blindness. The volunteers conducting the screening are NOT eye care professionals. They only screen and provide results without consultation. (article continued on back of Calendar)

SNAPPY SENIORS HONOR VETERANS

Wednesday, November 9th, 10:30 a.m. at the Plainville Senior Center

Snappy Seniors will host an opening reception for the display of patriotic photos in honor of our Veterans. All are welcome! Call the Plainville Senior Center at 860-747-5728 to RSVP so we can plan for refreshments. For more Snappy Senior news please see page 9.

Senior Center Special Events

WATERCOLOR CLASS

Mondays, November 14 to December 19, 10:00 a.m.—12:00 p.m.

\$18.00 members, \$36.00 non-members



WATERCOLORS – Myth: watercolors are hard and can't be fixed. With today's technology and superior materials watercolors are fixable, flexible, and fun! Learn the many techniques and painting styles, and bring home some unique paintings. Besides the usual brush use, and painting techniques, we will touch on the use of pen & ink, colored pencils, and pastels with watercolors. Instructor: Abbe Wade. **Sign up begins November 2.**



PARLEZ-VOUS FRANCAIS?

Tuesdays, now through December 6 at 3:00 p.m.

French Class for Beginners! Intermediate Learners also Welcome!

(see page 4 for information)

MEDICARE OPEN ENROLLMENT

October 15th – December 7th

It is time to review your Medicare Choices. During Open Enrollment you can change plans as needed to meet your current health care needs. You may be able to save money, get better coverage or both. If you are satisfied with your current plan you do not need to make any changes. Stephanie and Bette are available to meet with you and go over the options available for 2017.

VETERAN'S COFFEE HOUR AT THE SENIOR CENTER



Tuesday, November 1 at 10:30 a.m.

Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **Please call 860-747-5728, so we can plan refreshments. FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** *Coffee Hour will be held the 1st Tuesday of each month at 10:30 a.m.



MAMMOGRAMS AT THE SENIOR CENTER, "TAKE THE TIME" DIGITAL MOBILE MAMMOGRAPHY

Monday, December 5, 9:00 a.m.—1:45p.m., by appointment, Senior Center Parking Lot

Cost: Insurance is accepted. Free for women with no insurance. No one will be turned away for inability to pay. If a woman has no insurance, Hartford Hospital has donated funds available to pay for her mammogram. **Registration:** Call the Senior Center to register for an appointment. When you come for your appointment, make sure to bring a Photo ID and your health insurance card, if applicable. Walk-ins are welcomed on a first-come first-serve basis until capacity is reached.

ELIGIBILITY FOR A SCREENING MAMMOGRAM: •Women whose last mammogram was more than 12 months ago. •Women who have no breast problems such as suspicious lumps, abnormal swelling, bleeding from nipples, or unusual tenderness. •Women who have not had any type of breast biopsy or breast surgery since their last mammogram. •Women who have not had a history of breast cancer in the past three years.



LARGE PRINT NEWSLETTERS

If you are in need of receiving a larger print newsletter, please let us know.



DIAL-A-RIDE IS AVAILABLE TO BRING YOU TO THE POLLS FOR VOTING!

Call 860-589-6968 to schedule a ride

BRAIN GAMES

Thursday, November 17, 3:15 p.m.—4:45 p.m.

Brain exercise and stimulation are important for healthy aging. Come and try fun games with friends. Some of you may remember them from your youth so let's see how you do now with games such as Simon, Bop It, etc. Take the challenge in a fun, non-competitive atmosphere. We will rotate games, laugh a lot and enjoy brain food snacks and beverages. Free event. **Sign up begins November 1.**

AARP Trips

PLEASE NOTE: AARP Trips are **NOT** sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. You must call Sally for more information and to sign-up at 860-747-1732.

March 5, 2017 Women's Basketball Semi-Final Game, Mohegan Sun, \$72.00

April 18—25, 2017: Outer Banks, NC \$1,524.00 pp double occupancy

May 24, 2017: Harlem, NY. Visit the Apollo, Sylvia's for Soul Food and the Garden Conservatory \$112.00 pp

November 2016: No casino trip

December 6, 2016: Foxwoods Casino Trip \$25.00 pp

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes.

Members may sign-up for new classes beginning on Mega Sign-up Day, November 2 between 9:15 a.m. - 4:00 p.m. or between 9:15 a.m. - 12:00 p.m. on any day following. You may also sign up on Mondays, between 5:00-5:30 p.m. If there is room in a class, non-members may sign-up for classes that allow non-members one-week after member sign-up begins. The Drop-in rate for any of the classes (that allow 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 for details.

Class	Time	Current Session	Next Session
MONDAY			
Zumba Tone	9:30 – 10:30 am	October 17 – December 19 (9 Weeks) (no class 11/7) \$27.00 members, \$54.00 non-members.	Will be announced in December Newsletter
Water Color	10:00—12:00 pm		November 14—December 19 (6 Weeks) \$18.00 Members, \$36.00 Non-Members
Chair Yoga	3:30 – 4:30 pm	October 24 – December 12 (No class 11/21) (7 Weeks) Free. Class full	
TUESDAY			
Italian Class	9:15—10:15 am	October 11—December 20 No fee. Limited to 12. Members Only	Will be announced in December Newsletter
French Class	3:00-4:00 pm	Class ends December 6 Free class but text book purchased through Instructor. Members Only	Will be announced in December Newsletter
WEDNESDAY			
Quilting	9:30 – 11:30 am	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt	
Zumba Gold	10:30 – 11:30 am	Class ends November 30	December 7—December 28 (4 Weeks) \$12.00 Members, \$24.00 Non-Members. Sign up has begun.
Power Burst	3:00 – 4:00 pm	Class ends November 9	November 16—December 21 (5 weeks) (no class 11/23) \$10.00
THURSDAY			
Ceramics	9:30 – 11:30 am	Class Ends December 22 (no class on 11/24)\$32.00 members only.	Will be announced in December Newsletter
Beginners Yoga	9:00 – 9:45 am	Class Ends December 22 (no class 11/24) \$24.00 members only.	Will be announced in December Newsletter
Beginners Fargo Fit	10:30 – 11:30 am		November 10—December 22 (6 weeks) (no class 11/24) \$12.00
Intermediate Fargo Fit	1:00 -2:00 pm		November 10—December 22 (6 weeks) (no class 11/24) \$12.00
Knitting & Crochet	1:00 – 3:00 pm	November 10—December 22 (6 Weeks) \$12.00 (no class 11/24).	Will be announced in December Newsletter
FRIDAY			
Intermediate Yoga	8:45 – 9:30 am	Class ends November 18 (no class 11/11)	December 2—December 30 (5 Weeks) \$15.00. Sign up has begun.
Cardio Step & Abs	10:30 – 11:30 am	Class ends November 18 (no class 11/4, 11/11)	December 2—December 16 (3 Weeks) \$9.00 Members, \$18.00 Non-Members. Sign up has begun.

CRAFT AND FITNESS CLASS DEScriptONS

BEGINNERS FARGO’S FUNCTIONAL FITNESS: Class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor: Ann Fargo .**

BEGINNER’S YOGA FOR EVERY BODY: Designed for individuals who are new to yoga. Improve health and cultivate inner peace. **Instructor: Tim Molnar. Class is held at Plainville Public Library.**

CARDIO STEP & ABS: Step up your work-out with a 45-minute step/low impact aerobic interval workout to the oldies. Intervals of 3 minutes of low impact aerobics and 2 minutes of step (total of 5 intervals). You can do the step portion without a step if you prefer. Includes 15 minutes of abdominal exercise at the end of each class (standing, sitting or on a mat). **Instructor: Eileen Cyr.**

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

CHAIR YOGA: Each class includes stretching to improve flexibility, simple exercises to improve balance and strength, and breathing and mindfulness techniques to reduce stress and improve concentration. Classes will focus on decreasing the risks of falls and injury and encouraging physical activity outside of class. **Instructor: Elizabeth Hill.**

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

INTERMEDIATE FARGO’S FUNCTIONAL FITNESS: This popular exercise class designed to build fitness for every-day life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor: Ann Fargo .**

INTERMEDIATE YOGA FOR EVERY BODY: Designed for those who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. **Instructor: Tim Molnar. Class held at the Plainville Public Library.**

ITALIAN: This class will build upon what was taught last year and turn simple words into phrases, sentences and conversations. Open to members who have some knowledge of the language. **Instructors: Angela Civitillo and Juliana Rudolph.**

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

POWER BURST: This circuit training exercise program, made up of 6-10 “stations”, is a great way to improve mobility, strength and stamina. At each station a special exercise is done for 1-2 minutes, followed by 2 minutes of walking or marching in place. **Instructor: Ann Fargo.**

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

WATERCOLOR: Learn the many techniques and painting styles, and bring home some unique paintings. Besides the usual brush use, and painting techniques, we will touch on the use of pen & ink, colored pencils, and pastels with watercolors. **Instructor: Abbe Wade.**

ZUMBA GOLD: This is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA and adjust it to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray.**

ZUMBA TONE: The Zumba Toning Program offers the best of both worlds; the exhilarating experience of Zumba with the benefits of safe and effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, improve mobility, posture and coordination. **Instructor: Amy Gray.**

OUTDOOR ADVENTURE CLUB

Please Note: All participants of any Outdoor Adventure activity must register in advance (by calling or stopping by the Center) even if payment is not due until the day of the event, unless otherwise noted. Programs may get cancelled if we do not have enough participants registered in advance. We also need to give an accurate roster to the group leader.

BICYCLING GROUP EVENT

These bike trips are “on your own”. There is no leader or instructor. These outings provide individuals with an opportunity to ride with other bicycle enthusiasts. We ask that you preregister so that the group knows who is planning on riding.

Wednesday, November 2nd Unionville, Collinsville, Canton Rails-to-Trails. Meet at 8:00 a.m. at the New Britain Avenue parking lot (off of Meadow Street) in Farmington. Ride approximately 20 miles (round trip) as a group. Helmets required. **Call the Senior Center to register. Sign-up has begun.**

If you are interested in joining the group, please call the Senior Center. Your name will be added to our “bike list”. This is an informal group of folks who enjoy bike riding. Communication to members will be done via text messaging, so be sure to give us your cell phone number!

WALK IN THE WOODS

Walks start at 9:00 a.m.



Wednesday, November 9: White Trail, Scott Swamp Rd., Farmington: This is what I call a moderate walk in the woods along forest trails. The trail is mostly level with one up hill and one down. Great for folks who want to enjoy the outdoors instead of going to the gym. **Sign up begins November 1.**

Wednesday, November 16: Novik Farm, Flanders Rd., Southington: Enjoy this rugged walk in the woods. Some hills, along with forest trails and one stream crossing. **Sign up begins November 1.**

Wednesday, November 30: Blue Trail, Scott Swamp Rd., Farmington: Another great walk in the woods near Plainville. This is a moderate walk with a couple of hills and forest trails. It also has an interesting history as a wild-life sanctuary. **Sign up begins November 1.**

*Every walk in the woods is along forest trails that include rocks, roots and some gentle hills. Good walking shoes, walking sticks and outdoor clothing required. If you do not have walking sticks we do have some at the Senior Center. Each walk is 45 minutes to an hour in duration. Bring water for hydration. Homemade snacks will be provided by the leader. **Cost: \$3.00** paid to the leader the day of the event.*



WALK AT HAMMONASSET BEACH STATE PARK IN MADISON/NATURE CENTER

Friday, December 9, 12:00 to 5:00 p.m.

Instructor: Eileen Cyr. Take a winter walk around the beautiful Meigs Point at Hammonasset surrounded by miles of wetland which is home to dozens of species of birds. You can see several man-made nest boxes in this bird lover’s paradise. After the walk, spend time on one of Connecticut’s most popular beaches and enjoy the calming sounds of the ocean for one last time before the new year. Make sure to wear sturdy walking shoes and clothing suited for the weather. After the walk, we can explore the new Nature Center. Bring a picnic lunch to have on the beach and water to keep yourself hydrated. *Depart Senior Center at 12:00 p.m. Noon and return approximately 5:00 p.m.* **Cost is \$10.00 for transportation/leader due at the time of registration. Sign-up begins November 2.**

It ADVENTURE INDOOR ROPES COURSE at JORDAN’S FURNITURE, NEW HAVEN

Friday, December 2, 12:00



It Adventure Indoor Ropes Course includes: Two 60’ high ropes course-the largest indoor ropes course in the world with over 100 activities like zig zag swinging beams, crisscross angle rope ladders, cargo nets, bridges and plank-walking. **Liquid Fireworks:** Jordan’s very own water show with over 1000 water nozzles choreographed to state of the art lights, sounds and music. **Zip It:** Four 200’ long zip lines...the longest ever made! One zip line, 45’ high, zips over the water show...you will get wet! **COST:** \$33.00 includes entry fee and transportation paid at time of registration. Depart the Senior Center 12:00 p.m., return to the Senior Center approximately 5:00 p.m. **Sign up begins November 2. **IMPORTANT: Please note: the lighting is dark and there are strobe lights which may effect people who have low vision and balance issues.**



LESSARD LANES INDOOR MINI GOLF LEAGUE FOR ACTIVE ADULTS

Tuesday Mornings at 10:00 a.m., November 15—December 13, 2016

COST: \$5.50 per person/per week. Includes 1 round of 18 hole indoor mini golf on our brand new course, free coffee, individual awards. **Sign up by calling Lessard Lanes, 860-747-1657** and join the fun!!
Lessard Lanes, 136 New Britain Avenue, Plainville CT



FRIDAY SHOPPING BUS



- | | | |
|---------------|----------------------------|----------------------|
| • November 4 | Stop & Shop, Bristol | 8:45 a.m.—12:00 p.m. |
| • November 18 | Price Chopper, Southington | 8:45 a.m.—12:00 p.m. |
| • December 2 | Walmart, Bristol | 8:45 a.m.—12:00 p.m. |

Sign-up begins on November 1. Call the Senior Center before 11:00 a.m. on the Wednesday before the Shopping Bus date to add your name to the pick-up list.

In order to ride the Friday Shopping Bus you must be a member of the Plainville Senior Center or a Plainville resident over 60, or a Plainville resident of any age who is disabled.

QUICK TRIPS & SATURDAY SHOPPING BUS

These trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts; but passengers must be able to get to and from the bus on their own. **If a wheelchair lift is needed, let us know at sign-up.**

TRIP GUIDELINES—PLEASE NOTE CHANGES:

- Starting September 1st, all Quick Trips/Saturday Shopping Bus will charge \$8.00 for transportation. This is payable when registering at the Senior Center. No phone reservations will be accepted.
- Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given.
- If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
- You should be at the departure point at least 15 minutes prior to the scheduled leaving time. The bus will not wait for late-comers.
- **We need at least ten participants in order to run a trip. If there are not enough people, we will have to cancel...so, please encourage your friends to join you. (Non-members may sign up one week after members sign-up, if space is available.)**

Sunday, November 6, 2016 Tour of Knights of Columbus Museum, New Haven 9:30 a.m.—2:00 p.m. Trip is full. Please sign waiting list if interested.

Sunday, November 13, 2016 Veteran’s Concert at Central Connecticut State University 2:00 p.m.—4:00 p.m.
Central Connecticut State University presents The Plainville Wind Ensemble in “*Strong to Save*”, a salute to the Navy on the 75th Anniversary of Pearl Harbor. Free transportation. **Admission is an unwrapped toy for Toys for Tots.** Home pick-ups **for those who do not drive** begin at 1:15 p.m., followed by Senior Center pick ups. **Sign -ups begin November 1.**

Saturday, November 19, 2016 Christmas Tree Shop (Manchester) 9:30 a.m.—3:00 p.m.
Start your holiday shopping at the Christmas Tree Shop, then enjoy lunch at HomeTown Buffet on your own. \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. **Sign-ups begin November 2.**

Saturday, December 3, 2016 Home Goods and Marshalls (Wethersfield)
or at Bed, Bath & Beyond, Payless Shoes, and TJMaxx 9:30 a.m.—3:30 p.m.
Join us for a trip to the shopping centers in Wethersfield. Lunch will be at Panera Bread on your own. Home pick-ups, **for those who do not drive**, begin at 9:30 a.m., followed by Senior Center pick-up. Returns to Plainville at about 3:30 p.m. \$8 for transportation is due at registration. **Sign-ups begin November 2.**

Sunday, December 4, 2016 Christmas Tree Shop (Manchester) 9:30 a.m.—3:00 p.m.
Due to the popularity of this location, we are offering another trip to the Christmas Tree Shop, followed by lunch at HomeTown Buffet on your own. \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. **Sign-ups begin November 2.**

Tuesday, December 6, 2016 Bright Nights at Forest Park (Springfield, MA) 4:00—8:00 p.m.
Bright Nights at Forest Park has welcomed more than 3.8 million visitors since 1995. It is known as the Northeast’s premier holiday lighting experience. The 2.5 mile route features lighting displays with over 650,000 lights. Join us for this spectacular holiday treat! \$10 for transportation and admission is due at registration. Home pick-ups **for those who do not drive** begin at 4:00 p.m., then Senior Center pick-up. Return to Plainville about 8:00 p.m. **Sign-ups begin November 2.**

Sunday, December 11, 2016

Living Nativity at Lourdes Shrine (Litchfield)

1:30—6:00 p.m.

We will be offering transportation to the Lourdes in Litchfield Shrine for a special presentation of the Living Nativity with live animals, little angels, shepherds, choristers and a real baby Jesus. The Grotto Gift Shop will be open for you to look over the many precious gifts for your holiday shopping. The Grotto Café is closed during the winter season. Please note there is some walking involved with slight inclines. There will not be a lunch stop so please plan accordingly if you wish to eat (bring a lunch, snacks, etc.) Cookies and hot chocolate will be served. It is suggested that a \$5.00 donation be made at the presentation. \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 1:30 a.m., then Senior Center pick-up. Return to Plainville about 6:00 p.m. **Sign-ups begin November 2.**

Saturday, December 17, 2016

A Film at The Kate (Old Saybrook)

11:30 a.m.—5:00 p.m.

Enjoy the traditional holiday experience—*The Nutcracker*, as performed by the world famous Bolshoi Ballet. The performance was recorded live in December, 2014, and will be shown on Kate’s Big Screen at the Katharine Hepburn Cultural Arts Center in Old Saybrook. To insure getting a ticket, please sign up by November 17th. COST: \$23.00 which includes admission and transportation. Home pick-ups **for those who do not drive** begin at 11:30 a.m., then Senior Center pick-up. Return to Plainville about 5:00 p.m. **Sign-ups begin November 2.**

Important Trip Information:

- **Sign-up:** Trip sign-ups take place Monday – Friday, between 9:15 a.m.—12:00 noon and Mondays from 5:00-5:30 p.m. One day a month we also offer **Mega Sign-up Day. This month it is November 2** between 9:15 a.m.—4:00 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (**Not** on the Stillwell Drive side.)
 - **Open to the public:** Trips are open to the public 7 days after member sign-up unless otherwise stated.
 - **Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can **try** to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded, it will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons. **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
 - **Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don’t have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
 - **Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the 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.
- *****Remember, be at your departure location 15 minutes prior to our departure time in order to board the bus.

MEGA SIGN-UP DAY

Mega Sign-up Day is November 2. Sign up for paid trips, classes and activities from 9:15 a.m.- 4:00 p.m. On all other days, paid sign-ups take place from 9:15 a.m.-12:00 noon and Monday evenings, 5:00-5:30 p.m. Please make arrangements to be here during the hours that we offer sign-ups. **We will not take money any other time.** If you cannot be here yourself, you may send money in with someone else. If you have any questions about our policy, please feel free to ask.

Current Trips



INTREPID SEA, AIR & SPACE MUSEUM COMPLEX– SATURDAY, NOVEMBER 12, 2016

The USS Intrepid is an important part of America’s history at sea, in the air and in space and spans two major wars, World War II and the Vietnam War. Explore the 900- foot USS Intrepid. See where the sailors ate and slept. At the time of printing, there were two seats available. **Depart from Plainville Senior Center at 8:30 a.m. and returns at 5:30 p.m. Cost: \$70.00 pp. This trip is full. Please sign waiting list if interested.**

SATURDAY NIGHT FEVER THE MUSICAL– WEDNESDAY, NOVEMBER 16, 2016



Saturday Night Fever is a mega-musical based on the film that became a cultural phenomenon and crowned the BEE GEES as disco era icons with their electrifying score, dazzling choreography and chart-stopping songs will leave you with Night Fever. **Depart 8:45 a.m. from OLM, returns 5:30 p.m. Cost: \$100.00 Trip is full. Please sign waiting list if interested.**

CURRENT TRIPS CONTINUED...



HOLIDAY SPARKLE-SUNDAY, DECEMBER 4, 2016

Holiday shopping, lunch at DaRosina Ristorante and a two-hour fabulous guided riding tour. COST: \$87.00 per person. **PLEASE NOTE: TRIP LEAVES FROM THE SENIOR CENTER AT 9:15 A.M., NOT OLM. This trip is filled. Please sign waiting list.** Estimated return 9:15 p.m.

New Trip

LA TRAVIATA-METROPOLITAN OPERA, SATURDAY, APRIL 8, 2017

Featuring Placido Domingo*



In Verdi’s classic work, Parisian courtesan Violetta surrenders her last hope of personal happiness for the sake of her lover Alfredo...La Traviata means “fallen woman” and refers to the main character Violetta. The opera features some of the most challenging and revered music. The aria “Sempre libera” at the end of Act I is especially well known. ***Placido Domingo is scheduled to perform April 8-his performance is subject to change.** Time after the performance for dinner on your own in Lincoln Center area. **COST: \$170 per person. \$110 deposit due at registration. Balance due by March 2, 2017. 22 Seats available. Orchestra Rear Seating. 1:00 p.m. performance. Trip leaves the Plainville Senior Center at 8:45 a.m. and estimated return is 7:30 p.m. Sign up begins November 2, 2016.**

And a Few More Upcoming 2017 Trips!



.....and more to come!!

- June 8:** Mama Mia/Westchester Broadway
- June 24:** Capt. JP’s Locks & Lunch, Troy, NY
- July 12:** All You Can Eat Lobster/The Delaney House
- August 12:** Ice Cream Train in Newport
- August 17:** Who Loves You-Jersey Boys/Aqua Turf
- September 7:** Chihuly at the Botanical Gardens, NY

- September 19:** Bennington Potters-Lunch & Orchard-VT
- October 1:** Hairspray Thomaston Opera House
- October 18:** Jack O’Lantern Spectacular, RI
- October 21:** House of the Seven Gables & Biz Baz Street Fair-Salem, MA
- November 20:** Friendship Tours Gala-Aqua Turf
- December 9:** Christmas in Newport

EXTENDED TRIPS FOR 2017

2017 “Big Trips”: Complete itineraries available on the “rack” for trip details. Big trips are open to the public so invite your friends. All four trips are fully escorted from Plainville back to Plainville.



INCREDIBLE ICELAND

October 19 to October 25, 2017 (7 Days/8 Meals)

HIGHLIGHTS: Full-Time Tour Manager... Reykjavik city tour...Old Town, the Cathedral, the Asmundur Sveinsson Sculpture Museum, the Pearl, the Hofoi House, the Hallgrímskirkja...Northern Lights (Aurora Borealis) excursion...stunning landscapes...breathtaking scenery and legendary stories...glacial rivers to the dramatic sea cliffs to spectacular waterfalls...volcanos...a magical hot spring that spouts every few minutes...see Iceland’s most famous and impressive waterfall featuring a spectacular double cascade...geological phenomenon of tectonic plates coming apart...world-famous Blue Lagoon is a natural spa geothermal seawater...you can enjoy a drink while you relax in the Lagoon, position yourself under the waterfall, apply a Silica mud mask or simply enjoy the healing powers of the Blue Lagoon. **PRICING: Double Occupancy—\$2,999 per person; Single Occupancy: \$3,499 per person.**

Cuba Cruise Experience, March 17-24, 2017 Full itinerary available at the Senior Center

Fly to Jamaica to board the cruise ship. This is a walking intensive tour. Full itinerary and details available at the Senior Center.

Wonders of Italy, April 25—May 5, 2017 Full itinerary available at the Senior Center

Visit Rome, Vatican City, and more. Full itinerary and details available at the Senior Center.

Canadian Rockies and Vancouver, British Columbia by Train, Bus & Plane September 2-8, 2017

Full itinerary available at the Senior Center

This is a walking intensive tour. Full itinerary and details available at the Senior Center.

FYI: 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 will 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 will always sign-up members first, we will skip over the non-members until all members have been contacted.



ROAD SCHOLAR CATALOGS FOR LOAN-DO YOU LOVE TO TRAVEL AND LEARN?
“Our experiential learning opportunities change lives”

As the leader of the lifelong learning movement, not-for-profit Road Scholar (formerly Elderhostel) is the world’s largest and most innovative creator of experiential learning opportunities. They have guided generations of lifelong learners on transformative learning adventures from San Francisco to Siberia, and nearly everywhere in between. Road Scholar believes in living life to the fullest at every age — by experiencing the world, and not just looking at it. By meeting new people, touching history where it happened and delving deep into the cultures and landscapes explored. The Senior Center will have two Road Scholar travel Catalogs (International and North America) that you can borrow. Also sign up with Road Scholar for their travel emails at: www.roadscholar.org

More Senior Center Activities

WHAT’S NEW IN THE SUGGESTION BOX?

Team Results: Thank you for the suggestion to put results of our teams that travel to other towns in the Newsletter. We allow the teams to decide if they want results in the Newsletter.

CAFÉ: Thank you for the suggestions for the Café!! Mark your calendars—hot dogs with all the trimmings will happen November 8 & 9. We are working to get enough café volunteers to offer an omelet station. Meatloaf happened in October and meatball grinders will happen in December. We are always looking for café volunteers!! The only way we can offer “specials” is when there are enough volunteers to prep, serve and clean up. Please see Ronda if you are interested in being a café volunteer. It’s fun!

Yes, we are planning a card party for Dial-A-Ride probably in February. Help us by donating door prizes and raffle prizes as this is the hardest part of hosting a card party. Maybe you have some unwanted gifts from your birthday or Christmas that you can donate or think of us if you find some great bargains to make our card party a reality.

FAIR CELEBRATION

Wednesday, November 9 at 3:00 p.m.

If you helped with the Fair by contributing handmade items, selling quilt raffle tickets or worked the Fair, you are invited to celebrate the success and planning for next year’s Fair. Call the Senior Center to RSVP by November 7.



SENIOR CENTER DISPLAY CASE

Do you have a collection, hobby or artwork you would like to put on display such as teapots, figurines, etc? If so, stop by the front desk to make a reservation for our display case.



CURRENT EVENTS

Meets every Monday at 10am.

Join us for a lively discussion of local, state ,national news and current events.



CANASTA PLAYERS

Fridays at 10:00 a.m.

You don’t need a partner for this game.
We’d love to “deal” with you!



SNAPPY SENIORS

Thursday, November 17, 10:00 a.m. Plainville Library

Any Senior Center member with a camera and an interest in photography may join the Snappy Seniors by coming to a monthly meeting and signing up. The next meeting will be held November 17th at 10:00 a.m. There will be no meeting in December but join us when we meet again January 19, 2017.

PHOTOGRAPHY DISPLAYS BY SNAPPY SENIORS

**** Honoring our Veterans****

November 9-30. Plainville Senior Center.

**** Snappy Seniors Photography Display ****

December 2016. Plainville Public Library. View photos by the Snappy Seniors.

For more Snappy Seniors news see page 1

PEAK FITNESS CENTER



Hours

Monday - Thursday: 9:00 a.m. - 4:45 p.m.
Fridays: 9:00 a.m. - 1:00 p.m.

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym!

- Cardiovascular equipment includes: Nusteps, treadmills, recumbent bicycles and elliptical cross trainers
- Weight Training includes: Seven pieces of upper and lower body strength training equipment
 - * Chest Press * Leg Press * Tricep Press * Row * Seated Leg Curl * Leg Extension * Abdominal

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

☆ Membership rates: \$9.00 for 1 month, \$40.00 for 6 months and \$60.00 for one year. A one-time registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), \$17.00 (weights only), is charged at the time of your initial training.

DONATIONS

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

Thank you to all who made donations

GENERAL DONATIONS: September 20 to October 18

MaryJane Matt (2), Circle Group (4), Sarah Krompinger, George Fensick, Frances D'Addese, Carol Loiselle (2), Elaine Colvocoresses (2), Peggy Grant, Sue Ercolani, John Perschy, Jeanette Schmidt, Anonymous (5), David & Carolyn Barker, Sally Cobrain, Truist, Carol Loiselle, Jane Mack, Barbara Wallace, Barbara Schultz, Antoinette Francalangia, Terry Smiarowski, Marianne Zablocki, Family of Maryann Reuben, Judie Duperry, Val Dumais, Eadie Hemingway, Loren Farmer, Eileen Cyr, Joan McBain, Jim Streiny, Francis & Annaluise Hock

MEMORIAL DONATIONS

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

In Memory of Normand Ortner: Rita Dewyea

Dial-A-Ride: Fran Martin, Marjorie Rio, Hazel Decker, John LoMonte



Cheer Report



DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?

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

CHEER REPORT: September 21 to October 18

CHEER CARDS: Corine Trepanier, Roland Dumont, Joan St. Pierre, Joseph Giannattasio, George Moxley, Anita Willequer, Dot Stephenson (2), Gail Adams, Emogene Ott, Jack and Janet Mastrianni, Cliff Logan, Judy Silva, Robert Scully, Kathleen Williams, Marjorie Erb, Carol Webster, Lynn Limeburner, Doris Savino, Barbara Kidwell, Jack and Rita Susco **SYMPATHY CARDS:** Family of Barbara Dowd, Family of Andre Gilbert, Family of Lawrence Johanson, Family of Maryann Reuben (2), Family of Frank Uryga (2), Family of George Moxley (2)

NEW MEMBERS: September 1 to September 22

Joanne Clark, Sheri Boudewyns, James Boudewyns, Mary Divigard, Judith Centurelli, David Lloyd, Janet Lloyd, Betty Kreder, Diana Soccodato, Joanne Lavoie, Robert Leone, Sharon Leone, Gerald W. Michaud, Peter Lincavicks

Thank you to everyone thought of us and donated fabric, yarn, crafts etc. At this time we do not have the space to accept any more donations. Please check back withy us in March to see if we have space.



THE SENIOR CENTER NEEDS SYMPATHY, GET WELL AND THINKING OF YOU CARDS

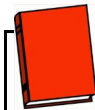
We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you are interested in donating these cards, please bring them to the Senior Center's front desk. We would really appreciate it. At this time, we cannot use blank cards, holiday cards, etc. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need!

WE ARE LOOKING FOR SANTA! We have the big red suit but we need the volunteer!



We are on the lookout for someone who would be willing to wear our Santa outfit November 5th the day of the Craft Fair. Help us attract more customers by dressing as Santa and waving to people driving by. Please contact Toni at 860-747-5728 if you are interested.

Upcoming Events



BOOKS & BAGELS BOOK CLUB COMING TO THE SENIOR CENTER IN JANUARY!

Wednesday, January 18th, 9:30 a.m.

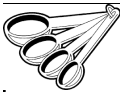
Save the date for our first meeting of our new Books & Bagels Book Club! Led by Senior Center member, Kathy Marsan. The book club will meet on the 3rd Wednesday of January, February and March 2017. The title of the book will be announced in the December newsletter. **Sign up will begin in December.**

HANDWRITING ANALYSIS

Tuesday, December 13, 1:00 p.m.



Learn so much more about yourself, your spouse, significant other, children, grandchildren, anyone with whom you interact on a daily basis, as well as business associates and your friends. Come join us for an hour of insight into your character and personality. You won't regret it. Presentation where you can look at your own handwriting and enjoy seeing all of your great traits. Instructor: Pat Senich, Certified Graphoanalyst. Program is free. Open to members only. **Sign up begins on November 1.**



COOKING DEMONSTRATION

SAVE THE DATE! Monday, December 12, 3:00 p.m.

Jeff Alexander, Chef Manager of Sheridan Woods, will be presenting a cooking demonstration featuring something special for the holiday! More details and sign up information will be in the December Newsletter.

AARP SMART DRIVER COURSE

Tuesday, December 6, 9:30 a.m. - 1:30 p.m. at the Plainville Senior Center



This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance. **The cost to take the class is \$15.00 for AARP members providing a membership number and \$20.00 for all other attendees. Please bring a bag lunch if you wish. Sign-up for members and non-members has begun.**

QUESTIONS FOR THE SOCIAL WORKER

Mondays, November 7 and November 28

12:30-1:30 p.m.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer's help in the community, Caregiving, Homecare, etc. Just stop by Stephanie's office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. **No pre-registration necessary. No question is too small!**

Grandparents/ Relatives Raising Grandchildren

Tuesday, November 15, 10:30

Plainville Senior Center

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Millions of children are living in grandparent-headed households, where the grandparents and relatives are responsible for the needs of children. Please help us welcome Elizabeth Sadlon from Plan of CT. They are a non-profit organization that educates families about Special Needs Trusts and provides them with the resources they need to plan for the future. Why would someone need a special needs trust? It allows a person with a disability to have additional assets and still qualify for benefits. It will permit a family member to leave an inheritance to a person with a disability, provides funds for supplementary services (i.e. clothing, home visits, phone services, etc.), creates protection against creditors and predators and assures family members that their loved one with a disability will continue to live a dignified life. *Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging.* **Please call the Plainville Senior Center to register.**

Care & Support



We are here to help!

CAREGIVING CONNECTIONS

Tuesday, November 15, 2016, 10:00 a.m.

"In bleak and difficult times you must always keep something beautiful"....Pascal

Caregiving is arduous and exhausting and during the holidays it seems to be more so! Come hear and share holiday survival tips to lift your spirits and add to your holiday joy! Caregivers from neighboring towns are welcome. Call Bette with any questions.

BRIGHTER FOCUS

Thursday, November 17, 10:00 a.m.



"At the heart, the journey of each life is a pilgrimage, through unforeseen sacred places enlarge and enrich the soul"...John O'Donohue
We will continue to explore how to take life's ups and downs with style and grace. New members are always welcome. Call Bette with any questions.

FRIENDS HELPING FRIENDS



Friday, November 18, 11:30 a.m.
Sweet Basil's Plainville



Community Announcements

LGBT EVENTS

South Windsor: November 10: “LGBT and Cognitive Challenges-Needs and Issues”.
Simsbury: December 10: Dinner and Jukebox Bingo



ENERGY ASSISTANCE

The State of Connecticut Energy Assistance Program is available to income eligible residents. This income eligible program is designed to help assist in lowering your winter heating costs. The current income guidelines are \$33,880.70(gross) for single individuals and a family of 2 could possibly make \$44,305.40 (gross) and be eligible for this program. Households that are income eligible may get assistance with oil, propane, kerosene or wood, heating assistance for Natural Gas customers, heating assistance for Electric customers. **If you would like more information or think that you might be eligible, please call the Energy Department for an appointment: Bristol Community Organization, 55 South Street, Bristol, CT 06010, (860)582-7490.** When you call, make sure you get a list of items you will need to bring to your appointment. If you don't have transportation, call Dial-A-Ride, (860) 589-6968 for a ride to your appointment. Anyone with questions may call Stephanie or Bette at The Plainville Senior Center, (860)747-5728. Those who are homebound may call Stephanie or Bette and make an appointment for them to meet with you.

STORM CLOSING INFORMATION

We would like to update you on the Senior Center's policies for storm cancellations:

- Announcements regarding activity cancellations are made on the television channels and websites of the following networks: WFSB, WNBC, and Fox 61 as well as radio 1080 AM.
- Our policy is to cancel activities when the Plainville Public Schools are closed. When this happens we cancel meals, Dial-a-Ride, Peak Center, and all classes and activities.
- If Senior Center activities are cancelled, the Senior Center staff, as town employees, always report to work and the center remains **OPEN**. We are always available to answer questions, provide social services, and talk to caregivers etc. You are welcome to come over, play cards, shoot pool or socialize with friends over a hot cup of coffee. Please be careful on the ice and snow.
- If public schools have a delayed opening, we will open at our regular time of 9:00 a.m. and our schedule will usually not be affected. If you are taking an early class at the Senior Center, please call ahead to see if the instructor will be here, as some instructors live out of town.
- Sometimes public schools have an early dismissal because of their need to safely transport school children on buses. This does NOT necessarily mean the Senior Center activities are cancelled. Please call the Senior Center to see if our afternoon schedule has changed in the event that the weather has deteriorated and schools have been canceled.
- Always check the TV, radio and Internet for Plainville Senior Center closing information, as there are times when the public schools are on vacation or have a holiday break.



Weekly Tournament Winners



BILLIARD WINNERS

September 29: **1ST:** Tony Lusitani & Jim Loghry, **2ND:** Joe Beaudin & Joe Babin, **3RD:** Stan Funk & Jeanne Shugrue
October 6: **1ST:** Jim Loghry & Jeanne Shugrue, **2ND:** Stan Funk & Vinny Mazzarella
October 13: **1ST:** Mike Hermanowski & Ed Zarek, **2ND:** Don Carlson & Joe Babin

SETBACK WINNERS

October 3: **1ST:** Roy Kaine & Rich Nordgren, **2ND:** John Daversa & Bernard Grabeck, **3RD:** Olga Stepney & Charlie Stepney
October 17: **1ST:** Tony Lusitani & Fran Bolduc, **2ND:** Sally Miller & Gail Kreneck, **3RD:** Bernard Grabeck & John Daversa

Wii BOWLING WINNERS

September 6: **(Wii AM) 1ST:** Georgia Jewell, **2ND:** Linda Domonique, **3RD:** Rose Marie Machowski
September 13: **(Wii AM) 1ST:** Georgia Jewell, **2ND:** Jim Calderone, **3RD:** Linda Domonique
(Wii PM) 1ST: Roseanna Garcia, **2ND:** Barb Cichon, **3RD:** Bev Heslin
September 20: **(Wii AM) 1ST:** Georgia Jewell, **2ND:** Linda Domonique, **3RD:** Lynne Krakauske
Tournament VS Bristol: 1ST: Roseanna Garcia, **2ND:** Georgia Jewel, **3RD:** Barb Cichon. Tournament Score: Bristol 5,757 Plainville 4,663
September 27: **(Wii PM) 1ST:** Roseanna Garcia, **2ND:** Georgia Jewel, **3RD:** Carol Perry



CENTER CAFE

Open Tuesdays and Wednesdays from 11:00 a.m.-1:00 p.m.

The Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. The Center Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, handcrafted foods that are sure to wow your taste buds!

CHECK OUT OUR NOVEMBER SPECIALS:

- November 1 & 2: Corned Beef Reuben, Broccoli Cheddar Soup
- November 8 & 9: Hot Dogs, Chicken Noodle Soup
- November 15 & 16: BBQ Chicken, Bacon and Provolone Panini, Italian Wedding Soup
- November 22 & 23: Grilled Cheese with Guacamole and Chipotle Dressing, Mexican Tortilla Soup
- November 29 & 30: Roasted Beet and Goat Cheese Salad, Butternut Squash Soup

Transportation



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

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

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

Need a Ride? Americans with Disability Act (ADA) Paratransit Service Adds More Hours and Service on Sunday!

The ADA Paratransit ride service travels anywhere for any reason to 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.

Plainville hours, except for major holidays, **Monday-Friday, 5:45 a.m.-midnight, Saturdays, 6:15 a.m.-midnight and Sundays, 7:40 a.m.-7:00 p.m.** Some of these hours may change, dependent on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3* and discount ticket books can be purchased at Stop and Shop. **A driver can assist you door-to-door.** There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

The application process is now part of the Greater Hartford Transit District. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We also have copies of the application here at the Center. An application can be sent to you by calling **860-247-5329 x3086 or x3100**. The same number can be called to get an updated ID number if you are already an ADA Paratransit rider.

After the online or paper application is submitted, the next step is to call 860-247-5329 ext. 3086 or ext. 3100 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 4 weeks. Even if you don't see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 9.

Rides are reserved by calling **860-724-5340 x1**, 7 days a week, 8:00 a.m.—5:00 p.m.

So give it a try, broaden your horizons, go shopping, visit a friend. Sunday's service can take you to church or schedule a medical appointment to a destination not covered by Dial-A-Ride.

ARCHBISHOPS ANNUAL APPEAL DIAL-A-RIDE DONATION

A big thank you goes out to the Archbishops Annual Appeal Donation for their very generous donation to our Dial-A-Ride Program of \$1,025.00!

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*BC = Back of Calendar.	

Volunteer, Volunteer, Volunteer!

Volunteers Needed!! Contact Toni, Volunteer Coordinator, if interested.

- **Café:** Looking for someone to be a café volunteer floater for food preparation, serving or cashier.
- **Foreign Language Instructor and/or Interpreter:** Are you fluent in French, Polish or Spanish etc?? If so, please let us know if you could help teach a class or with interpreting.



GENERAL VOLUNTEER MEETING

Tuesday, November 8, 2016 at 11:30

THINKING ABOUT VOLUNTEERING?

Join us for a monthly volunteer meeting to learn about new and upcoming volunteer opportunities. Meet other volunteers and learn how you can help make a difference. Call the Senior Center to sign-up!



Choral Group

Friday, December 2, 9:45 am



HOLIDAY CRAFT FAIR VOLUNTEERS NEEDED!

Our **Quilters** have made another beautiful quilt to raffle off at our **Annual Holiday Craft Fair** on Saturday, November 5th. The Quilt Raffle continues to be our biggest fundraiser and it takes a "community" to make it successful! **There are two ways to help us:** you can sign out a book of raffle tickets and sell them to friends and family **or** you can help us by going out and selling tickets. (Tickets are in books of 10). If you are interested in helping please call or stop by the Senior Center and ask for Toni or Ronda. Thank You!



PLAINVILLE LIBRARY FALL 2016

Thursday, November 10, 6:30 p.m.: Adult Coloring. Colored pencils, markers **and** coloring pages will be provided. Refreshments are provided.

Tuesday, November 15, 1:00 p.m.: Finding a Job Over 50. How do you start to transition to a new career or job especially after having worked for one company for many years: What are the skills needed in this new economy and how can you acquire them: Ellen Carledge will help you answer these questions and more. (Registration requested)

Wednesday, November 30, 6:30 p.m.: Identity Theft Protection. Learn how to protect yourself against identity theft with Lori Hassan-Lionetti from Liberty Bank. (Registration requested).

Thursday, December 1: Town of Plainville Holiday Open House. More information to come.

VETERAN'S BENEFITS CHECK UP DAY, THURSDAY, NOVEMBER 17, 10—2pm

Open to all Veterans. Come speak with Service Providers to make sure you're getting all the benefits you're entitled to. Bring necessary documentation (military records, DD214, etc). **Veterans Strong Community Center, Bristol City Hall, 111 North Main St., Bristol. RSVP to Donna at vscc@veteranscouncilbrct.org. 860-584-6258.** Meet with: CT Dept. of Veterans Affairs, Vet Center Readjustment Counselor, CT Department of Labor, American Legion Soldiers', Sailors', and Marines' Fund, Veterans Assistance Specialist.

RAFFLE WINNER

Congratulations to Masako McDonald the winner of the beautiful hand-painted wine glasses and cheese board!

CONGREGATE MEAL PROGRAM: November 2016

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

Nursing and Other Services

Foot Care



Regular Foot Care and Diabetic Foot Care **Please note fee increase.**

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



Ear Wax Removal

Call the Senior Center to make your ear wax removal appointment. At least one week prior to your appointment, you must come into the Senior Center for an instruction sheet explaining the prep procedure and pick up the paperwork that must be filled out and brought in at the time of your appointment.

Blood Pressure Clinics at the Senior Center

Many thanks to The Pines of Bristol, Hartford Health Care Senior Services and The Summit for Offering their Services

Monday, November 7, 1:00pm—2:00pm (The Pines of Bristol)

Thursday, November 10, 1:00pm—2:00pm (Hartford Health Care)

Wednesday, November 16, 11:00am—12:00pm (The Summit in Plantsville)

Monday, November 28, 12:00—12:30 (Georgia, Senior Center Nurse)

Blood Pressure Clinics are for Senior Center members only.



FLU CLINICS FOR PLAINVILLE AND SOUTHTON RESIDENTS

This season's influenza (flu) vaccination will be offered to: Adults age 18 or older, any Plainville or Southington resident, any Plainville or Southington Municipal Employee, persons who live with or care for non-eligible Plainville or Southington residents. **Tuesday, November 8, 2016:** 9:00 am—11:00 am, Calendar House (Sr. Center), 388 Pleasant St., Southington. Please bring your Insurance or Medicare part B card. If you do not have insurance, a *\$20 fee will be charged for the shot. Proof of residency or Municipal employment may be requested. Consent Forms are available on each town's and the Health Districts web site and at clinics. Visit <http://pshd.org/> for more info. *No one will be turned down for inability to pay.

FLU SHOTS AVAILABLE FOR HOMEBOUND CLIENTS

If you are a Plainville resident over 60 and homebound, our APRN Georgia can come to you! Please call the Center to make an appointment, 860-747-5728; and Georgia will call you back with a date and time! Please leave your name, phone number and address when making an appointment.

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We refresh this list throughout the year so we can be certain that such folks will be safe during a power outage/weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728, if you wish to have your name added to the At-Risk List. Bette and Stephanie are available to help you develop a plan for power outages/ weather emergencies.

RECYCLE YOUR OLD CELL PHONES

Do you have old cellular phones that you don't know how to properly dispose of? Keep them out of landfills by donating them to The Plainville Senior Center. The donation box is located in the hallway between the main office and billiards room on the table. Please drop **ONLY** cellular phones in the box! Please no phone chargers or any other type of electronic devices. **Thank you to all who have donated. The money received from these cellular phones goes to support Dial-a-Ride! Every phone helps, tell your friends and family!**

MEMORY SCREENINGS @ MULBERRY GARDENS, PLANTSVILLE

Thursday, November 3, 2016, 10 a.m. to 2:00 p.m.

Memory screenings are simple: they average ten minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Please schedule an appointment with Marie Terzak, Retirement Counselor by calling 860-276-1020. Memory screening location is: Mulberry Gardens of Southington, 58 Mulberry Street, Plantsville, CT





LIONS CLUB EYE SCREENING CONTINUED FROM PAGE 1...

This is not an eye exam to get new eyeglasses, but they will indicate if the current eyeglasses are in need of update. Bring your eyeglasses or reading glasses, so they can discuss these issues. Individuals participating in the screening should NOT have seen their eye care professional in less than six months before the screening in November. Individuals should not already have an appointment within the next 2 months after the screening. **COST:** Free. Sign up has begun. Call the Senior Center for an appointment.



November 2016

Plainville Senior Center , 200 East Street, Plainville CT 06062 Phone 860-747-5728

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	KEY: GR: Green Room, BR: Blue Room GA: Game Room CR: Craft Room C: Café CL: Computer Lab OS: Old Store L: Library *: By Appointment	1 *9:00 Nurse 9:00 Walking GR 9:15 Italian Class CR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veterans Coffee CR 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 3:00 French Class GA FREE SIGN UP	2 8:00 Bike Group 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR MEGA SIGN UP	3 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA *Fair Set Up....No Afternoon Activities PEAK CENTER WILL BE OPEN	4 8:45 Shopping Bus 8:45 Int Yoga L 12:00 Pinochle L *Fair Set up *No Walking, Mahjong, Canasta or Lunch PEAK CENTER WILL BE OPEN	5 Holiday Craft Fair 10:00 A.M. TO 2:30 P.M.
6 Tour of Knights of Columbus Museum	7 *9:00 Nurse 12:30 Mahjong GA 12:30 Bowling 12:30 Setback GR 12:30 Questions for the Social Worker 1:00 Blood Pressure 3:30 Chair Yoga BR NO MORNING ACTIVITIES PEAK CENTER WILL BE OPEN	8 9:00 Walking GR 9:15 Italian Class CR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 11:30 Volunteer Mtg OS 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 3:00 French Class GA	9 9:00 Walking GR 9:00 Walk in the Woods 9:30 Quilting CR 10:30 Zumba Gold BR 10:30 Veterans Photo Reception 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR 3:00 Fair Celebration	10 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 10:00 Sleep Challenge GR 10:30 Begin. Fargo Fit BR 12:00 Committee on Aging CR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Int. Fargo Fit BR 1:00 Scrabble C 1:00 Blood Pressure 1:00 Knit & Crochet GR 1:00 Bridge OS 2:30 Band / Dancing BR	11  CLOSED	12 Intrepid Sea, Air & Space Museum
13 Veterans Concert CCSU	14 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Watercolor CR 12:30 Mahjong GA 12:30 Bowling 12:30 Setback GR 3:30 Chair Yoga BR	15 *9:00 Nurse 9:00 Walking GR 9:15 Italian Class CR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Caregiving GA 10:00 Eye Screening GR 10:30 Grandparents CR 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 3:00 French Class GA	16 8:45 Saturday Night Fever Musical Trip 9:00 Walking GR 9:00 Walk in the Woods 9:30 Quilting CR 10:30 Zumba Gold BR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR	17 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Snappy Seniors L 10:00 Mexican Train GA 10:00 Brighter Focus GA 10:30 Begin. Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Int. Fargo Fit BR 1:00 Scrabble C 1:00 Knit & Crochet GR 1:00 Bridge OS 2:30 Band / Dancing BR 3:15 Brain Games GR	18 8:45 Shopping Bus 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Canasta OS 10:00 Move Like a Dancer CR 10:30 Cardio Step GR 11:30 Friends Helping Friends 12:00 Pinochle L	19 Christmas Tree Shop
20	21 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Watercolor CR 12:30 Mahjong GA 12:30 Bowling 12:30 Setback GR	22 *9:00 Nurse 9:00 Walking GR 9:15 Italian Class CR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 3:00 French Class GA	23 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	24 THANKSGIVING DAY DINNER AT THE  SENIOR CENTER 11:30 A.M.	25  CENTER CLOSED 	26
27	28 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Watercolor CR 12:00 Blood Pressure 12:30 Mahjong GA 12:30 Bowling 12:30 Questions for the Social Worker 12:30 Setback GR 3:30 Chair Yoga BR	29 *9:00 Nurse 9:00 Walking GR 9:15 Italian Class CR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 3:00 French Class GA	30 9:00 Walking GR 9:00 Walk in the Woods 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR	DEC. 1 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 10:30 Begin. Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Int. Fargo Fit BR 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 2:30 Band / Dancing BR	DEC. 2 8:45 Shopping Bus 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group BR 10:00 Canasta OS 10:30 Cardio Step GR 12:00 Pinochle L	DEC. 3 Home Goods/ Marshalls