

Plainville Senior Center News November 2017

Shawn Cohen, Director
Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062
860.747.5728
www.plainvillect.com/senior-center

Hours

Monday: 9 A.M.—6 P.M.
Tuesday-Thursday: 9 A.M.—5 P.M.
Friday: 9 A.M.—1 P.M.

Free Sign-Up Day is October 31. Mega Sign-Up Day is November 1 from 9:15 a.m. - 4:45 p.m. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center **only**.

Holiday Craft Fair

Saturday, November 4, 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! Help us make this year's Fair a success!

- **BAKE, BAKE, BAKE!!!** We're hoping for a variety of baked goods...cakes, muffins, bars, breads, and even sugar-free items. You can bring your baked goods donations to the Senior Center on Nov. 3rd between 9:00 a.m. and 1:00 p.m. or Nov. 4th before 10:00 a.m.
- **Are you crafty?** Contribute some of your new hand-crafted items (slippers, dolls, stuffed animals, aprons, scarves, afghans, holiday decorations).
- Come and **enjoy** the Fair! Invite your family, neighbors and friends. **The Crafters Café will be open for lunch from 11:00 a.m. to 1:00 p.m.**, serving hot dogs, lemon chicken salad sandwiches, pulled BBQ pork sandwiches, tuna sandwiches and chicken tortilla soup!



*****All proceeds benefit Dial-A-Ride.*****

Thanksgiving Dinner at the Senior Center!

THURSDAY, NOVEMBER 23
AT 11:30 A.M.

This special meal is for Senior Center members and any Plainville resident who is 60 years of age or older who will be alone this Thanksgiving. 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. You must register in advance, and please let us know when you register if you will need a ride. 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.**



SNAPPY SENIORS RECEPTION

THURSDAY, NOV. 2, APPLE REHAB CTR, 269 FARMINGTON AVE. PLAINVILLE

The Senior Center's Snappy Seniors Camera Club is being celebrated by residents, family members and staff of the Apple Rehab Center. The club's "Water, Water, Everywhere" exhib-

it, open to the public, runs through November at Apple Rehab. On Thursday, November 2 from 2:30 to 4:00 all are welcome to a free reception hosted by the Rehab Center. Come view and celebrate the fantastic travel photos from all over the world, taken by your fellow Senior Center members!

VETERANS LUNCHEON

THURSDAY, NOVEMBER 9, 11:30 A.M.

Senior Center Veterans and Spouses (must be a member of the Plainville Senior Center) are invited to join us for a complimentary luncheon (chicken parmesiana, pasta, salad) in celebration of Veterans' Day. You'll have a chance to visit and socialize with other Vets. **Call the Senior Center to register.** Open to Senior Center members who are veterans and their spouses only. Please let us know what military branch you were in, what your rank/title was and if you served during wartime.



See pages 2, 4, 7 and 10 for more Veterans news this month!

Find the Electrical Provider That's Best for You!

TUESDAY, NOVEMBER 21, 1:00 PM

Are you confident that you're getting the utility plan that best fits your needs and budget? **Energize CT**, a program of the State's Public Utilities Regulatory Authority (PURA) will empower you to make smart energy choices. Join State Senator Henri Martin, Representative William Petit and PURA representatives Saranda Belica and Ezra Lindee as they describe the many options available, and support you in learning how to choose the plan best for you. Bring a copy of your utility bill so they can show you the information you always want to check! One-on-one support will be offered at the conclusion of the event. Call the Senior Center starting October 31 to register.

Special Events



Email Reminders are Coming!

We're testing out a new way of reminding members and participants about upcoming events and programs for which you have signed up.

If we have your email address, instead of calling you to remind you about your upcoming event, we will send you an email reminder! Please know that the Plainville Senior Center does not share, lend, or sell its email list to anyone or any organization. Your data is secure.

Emails that you get from the Plainville Senior Center will be from: **Mailserver@schedulesplus.com**. The Subject line will read: **Plainville Senior Center Reminder**. If you want to opt out of receiving email reminders, please call the Center to let us know.

CURRENT EVENTS DISCUSSION GROUP

MONDAYS, 10 A.M.

Stay current by joining our lively discussion of local, state, national news and current events. The group does not discuss politics. Rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register in advance. Just show up! Feel free to come and just listen ... no pressure to participate and new folks are always welcome!

HAPPY HOLIDAYS?

TUESDAY, NOVEMBER 7, 1:00 PM

Holidays can bring heightened stress — let's share thoughts on bringing joy and peace to ourselves during the season. We will have the warmth of good companionship, treats to enjoy, and the pleasure of planting bulbs that will flourish with our care, bringing beauty to the days ahead. Presented by Touchpoints, this program is free. Call the Senior Center to register, beginning October 31.

BALANCE, FLEXIBILITY AND THE DREADED FEAR OF FALLING!

THURSDAY, NOVEMBER 9 at 10:00 A.M.

The fear of falling is a major — but normal — health concern among seniors. Join Mark Colello, Exercise Physiologist with Southington Care Center, as he discusses how to: reduce environmental risks; take charge of your physical condition; and boost your bone strength. The program is free and open to the public. Sign-up has begun.

SNAPPY SENIORS

THURSDAY NOV. 16, 10 A.M., PLAINVILLE LIBRARY

The Snappy Seniors Club meets on the third Thursday of the month at 10:00 AM at the Plainville Public Library. Besides meeting monthly, the group also takes field trips, does photo displays, has classes and does "show and tell." To join Snappy Seniors, please register at the Senior Center by calling 860-747-5728.

FRIENDS HELPING FRIENDS

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

For singled, widowed or divorced members. Come out and socialize! Outback Steakhouse, Queen St., Southington. Call the Senior Center beginning October 31 to register.

UNDERNOURISHED AND OVER 65—FIVE STEPS TO HEALTHY LIVING — "LUNCH & LEARN"

THURSDAY, NOVEMBER 16, 12 NOON TO 1:00 PM

A silent plague affects millions of older Americans. It is easily remedied but untreated, can lead to hospitalizations, slow healing, impaired cognition and worsening of chronic illness. Come and discover the causes and cures to improve your general health and longevity! A complimentary lunch will be served at this free seminar. Sponsored by October Kitchen, LLC. Register at the Plainville Senior Center starting October 31.

BOOKS & BAGELS BOOK CLUB

WEDNESDAY, NOVEMBER 29 AT 9:30 A.M.

This book discussion group is led by Senior Center Member & Volunteer Kathy Marsan. For your greater enjoyment, please read the book before the meeting. Triangle: The Fire that Changed America by David Von Drehle is November's book choice. Triangle is a vibrant and immensely moving story of the 1911 disaster that horrified America and changed the course of twentieth-century politics and labor relations. Von Drehle tells the story of the women of the Shirt Factory fire in a heartrending account of this period in American history. Books are available at the Plainville Library. Space is limited; sign-up begins October 31.

PAINT PARTY!

MONDAY, DECEMBER 4, 2:30 – 5:30 PM

Join your friends at the Senior Center for an afternoon of fun and refreshments, and leave feeling accomplished with your own unique painted canvas! No prior art experience is necessary. You will receive step-by-step instruction and be extremely delighted by what you can create in less than 3 hours!! A photograph of the finished painting, a snowy landscape with a red barn, is on display in the showcase. Our instructor is Becca Fazzino, an artist and recent Fine Arts graduate of Green Mountain College. She currently does paint parties at senior centers in the state. Cost: \$15.00 per person includes all paint supplies, canvas, and refreshments! Sign-up begins November 1. Limited to 20.

COOKING FOR ONE

TUESDAY, DECEMBER 5, 10 A.M.

Cooking for one can sometimes feel lonely and confusing. For instance, why do all recipes feed so many people? Don't stress; Jerome Home Chef Greg Sieron is here to help! Join Greg as he shares easy, healthy recipes sure to tempt your taste buds. Program is free; signup has begun. Open to the public.

VETERANS HORSE FEATHERS THERAPEUTIC RIDING CENTER, EAST HADDAM, FRIDAY, DEC. 8

Horse Feathers Veterans Program at Ray of Light Farm in East Haddam is an equine therapy program helping veterans or first responders with post-traumatic stress. Horse Feathers pledges to:

- promote emotional well-being for veterans & first responders through a connection with rescue horses.
- emphasize individual goals such as harnessing, cart or wagon driving, barn management, and grooming.

Because this is a horse and cart driving program, Horse Feathers encourages veterans with physical challenges to participate. Visitors will see a demo and have a tour of the Center. Trip departs from Senior Center at 9:15 am and returns around 2 pm. Cost is \$8.00 for transportation. Space is limited to 12. Bring a bag lunch. Sign-up for Plainville Senior Center veterans begins Nov 1. Non-veterans may sign up starting Nov. 8 if space allows.



Craft, Fitness & Technology Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for missed classes due to vacations, trips, doctor’s appointments, etc.

Members may sign-up for new classes beginning on Mega Sign-up Day, **November 1**, between 9:15 a.m. - 4:45 p.m. Non-members may sign up for classes that allow non-members starting November 8, if there is still room in the class. 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.

CLASS DESCRIPTIONS ARE ON PAGE 4.

Class	Time	Current Session	Next Session Sign up begins November 1st
MONDAY			
Zumba Tone	9:30 – 10:30	October 16—December 4 8 Weeks. \$24. Members Only.	December 11 and December 18, 2 weeks, \$6.00. Members only
Acrylic Painting	10:00—12:00	October 16—December 11 (no class November 6) 8 Weeks. \$24.00, members; \$48 non-members.	
Power Burst	1:30-2:30	November 13—December 18 6 Weeks. \$12.00. Members only.	
TUESDAY			
Chair Yoga	3:15—4:00	Oct 17—Nov 21; 3:15—4:00. 6 weeks \$12.00. Members only.	November 28—December 19 4 weeks, \$8.00
French Class	3:00—4:00	Class began September 12. FREE.	
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt	
Zumba Gold	9:30 – 10:30	October 4 —November 22. 8 Weeks. \$24. Members Only.	November 29—December 20 4 weeks, \$12.00. Members only
Portraiture	1:00—3:00	October 18—December 13 (no class Nov 22) 8 weeks \$24.00 members; \$48.00 non-members.	
THURSDAY			
Ceramics	9:30 – 11:30	September 21—November 16. No class Nov. 2 8 Weeks. \$32. Members Only.	November 30 to December 21 4 weeks, \$16.00 Members only
Beginner Yoga — meets at Library. Arrive at 8:45; doors lock at 9 AM	9:00—9:45	November 2 to November 30. No class Nov. 23 Pay \$3 per session to Tim at each class. Exact cash or check payable to Plainville Sr. Ctr. Members only.	
Functional Fitness	1:30 –2:30	November 9—December 21 (no class Nov 23). 6 Weeks. \$12.00. Members only.	
Knitting & Crochet	1:00 – 3:00	September 28—November 30 (No class November 2 or 23) 8 Weeks. \$16. Members only.	December 7 to December 21. \$6.00. Members only
FRIDAY			
Int. Yoga--Class meets at Library. Arrive at 8:30, doors lock at 8:45.	8:45 – 9:30	November 3 to November 17. No class Nov. 10 and no class Nov. 24. Pay \$3 per session to Tim at each class. Exact cash or check payable to Plainville Sr. Ctr. For Members only.	
Cardio Step & Abs	10:30—11:30	September 29—December 1 No classes November 3, 10 or 24 \$18.	December 8 & December 15 2 weeks. \$6.00

AARP SMART DRIVER COURSE

TUESDAY, DECEMBER 12, 9:30 a.m.—1:30 p.m.

Cost is \$15.00 for AARP members providing a membership number. \$20.00 for all other attendees. Limited to 25. This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course, your insurance company must give you a discount of at least 5% off your auto insurance. Bring a bag lunch if you wish. Sign-up has begun.

FREE BALANCE ASSESSMENTS

Provided by Apple Rehab.

November 30, 1- 2:30PM by appt. only

December 14, 1- 2:30PM by appt. only

During a ten-minute balance assessment, the therapist will determine your balance level and risk for falls. If a balance deficit is found, you’ll be given an evaluation form to share with your primary doctor. This evaluation will include a recommendation for outpatient physical therapy, which includes strengthening and balance activities. These activities will help improve your balance and decrease your risk of falling. Call the Senior Center at 860-747-5728 for an appointment.

Class Descriptions

ACRYLIC PAINTING: You will learn methods to overcome the challenges of the medium, plus some special techniques. A supply list will be given to you at registration. If you're not sure if this class is for you, we provide beginner kits which include some paints, canvas and drawing pads. Scholarships are available through the generosity of the Plainville Amateur Art Group. Call Ronda for information. **Instructor: Abbe Wade.**

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

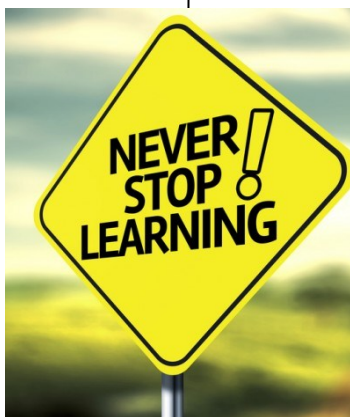
CARDIO STEP & ABS: Step up your workout with a 45-minute step/low impact aerobic interval workout to oldies music. Intervals of 3 minutes of low impact aerobics and 2 minutes of step (total of 5 intervals). You can do the step portion without a step if you prefer. Includes 15 minutes of abdominal exercise 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: This 45-minute class helps you improve strength and balance and enhances your stretching and relaxation. Modifications are offered for all moves. This program can be adapted for everyone. **Instructor: Kristin Champagne.**

FUNCTIONAL FITNESS: This popular exercise class is 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: Kristin Champagne**

INTERMEDIATE YOGA FOR EVERYBODY: 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 Plainville Public Library.



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

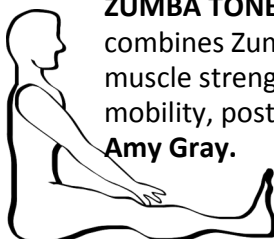
PORTRAITURE: Learn shading techniques and work from photos to have a finished portrait by the end of the last class. **Instructor: Dawn Lombardi.**

POWER BURST: This class combines intervals of movement including walking, marching and other forms of low impact movement to benefit the heart, combined with strength training using light weights and bands to help maintain strength and bone density and tone the body. It is a great over all workout. **Instructor: Kristin Champagne.**

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.**

ZUMBA GOLD: Latin and international dance rhythms create a great cardio workout! Zumba gold adjusts to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray.**

ZUMBA TONE: The Zumba Toning Program combines Zumba with strength training to build muscle strength, increase bone density, improve mobility, posture and coordination. **Instructor: Amy Gray.**



VETERAN'S COFFEE HOUR AT THE SENIOR CENTER TUESDAY, NOVEMBER 7, 10:30 A.M.

Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Call the Center to register.

VETERANS ONLINE SHOPPING BENEFIT

Starting November 11th, honorably discharged Veterans will be able to shop all online exchanges. To check your eligibility go to **VetVerify.org** and submit your verification form and receive your determination. Qualified veterans will be able to purchase military-priced name brand products, including clothing, jewelry, appliances, toys, gifts, food and more! Items are tax-free, shipping is free and military credit and financing are available. Don't delay, check your eligibility so you can take advantage of this opportunity!

VA CAREGIVER SUPPORT

Did you know that Veterans who require a caregiver may be eligible for up to 30 days of respite care each year? Care can be offered in a variety of settings: in your home, at a VA community living center, at a VA-contracted community residential care facility, or at an adult day health care center. To see if you are eligible for respite care services, call the Caregiver Support Line at **1.855.260.3274.**

Special News for Veterans — Fisher House CT!

The Fisher House program provides a "home away from home" for families of patients receiving care at more than 50 military and VA Medical Centers nationwide. The first Fisher House in Connecticut will be built on the campus of the VA Healthcare System in West Haven.

The Friends of Fisher House Connecticut have pledged to raise \$3 million, which will be matched by \$6 million from the Fisher House Foundation, Inc. You can help in this effort by participating in a special event, sending a donation or buying a memorial brick. To learn more about this important development for Veterans, go online to **fisherhousect.org** or call **888-300-4469.**

Outdoor Adventure Club

Quick Trips

SLEEPING GIANT STATE PARK

WEDNESDAY, NOVEMBER 8

Join us for a moderate (uphill) hike approximately 3 miles total (2 hours) on a wide, mostly stone path up Sleeping Giant Mountain to the Tower. This trip is for intermediate and/or experienced hikers. Weather permitting, the Tower site offers long views of much of New Haven County and some of Hartford County. We will meet at the Senior Center to carpool at 8:30 a.m. or meet us at the Sleeping Giant parking lot at 9:00 a.m. Bring walking stick, water, bug spray and a great attitude. Cost: \$3.00 payable to leader Eileen Cyr, day of walk. Call the Senior Center to register.



HIKE TO HEUBLEIN TOWER — AVON SIDE

WEDNESDAY, NOVEMBER 15

Join Eileen for a scenic fall hike from the Avon side to Heublein Tower. This hike will involve a total of about 2 and 1/2 hours hiking, plus a 30 minute break at the top to have a snack and take in the views. This hike is rated "intermediate to advanced," due to the gradual incline, with more rocks along the trail. You will enter from Route 44 Reservoir 6 and drive along the reservoir to the back parking lot where the DMV is. If you would like to carpool, meet us at the Senior Center at 8:30 a.m. Bring a walking stick, wear sturdy hiking boots and bring a snack. The Senior Center has walking sticks you can borrow for the hike. Pay Eileen \$3.00 day of hike. Sign-up begins November 1.

WALK AT HAMMONASSETT BEACH STATE PARK IN MADISON/NATURE CENTER VISIT

FRIDAY NOVEMBER 17, 12 to 5 PM

Take a late fall walk around the beautiful Meigs Point at Hammonasset, surrounded by miles of wetland and 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. Wear study walking shoes and clothing suited for the weather. Afterwards, we can explore the Nature Center. Bring a picnic lunch to have on the beach and water to keep yourself hydrated. We leave the Senior Center at 12:00 noon and return at approximately 5:00 p.m. Cost is \$10 for transportation and leader, due at registration. Sign up begins November 1.



SESSIONS WOODS

SATURDAY, DECEMBER 2, 9:00 AM -12:30 PM

Join us on a Saturday for a leisurely walk and hike at Sessions Woods. Meet at the Plainville Senior Center at 9am to carpool/caravan or meet at Session Woods at 9:30 and walk approximately 2 or 2.5 miles total. Please be prepared for cool temperatures. The total hike will be approximately 2.5hrs. We will return to the Senior Center at 12:30pm. Make sure to bring a snack and some water! Cost: \$3.00. Pay leader Jared Scoville on the day of the trip. Sign up begins November 1st.

NOTE: 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 Our Lady or Mercy church (OLM), depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts. **Passengers must be able to get to and from the bus on their own.** If you need a wheelchair lift, tell us when you sign-up.

TRIP GUIDELINES: All Quick Trips/Saturday Shopping Bus Trips 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 when it is open or call Ceal DiFrancesco after hours (860-747-1927). Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens.

CHRISTMAS TREE SHOP, MANCHESTER

FRIDAY, NOVEMBER 10, 9:30 AM - 3:00 PM

Buy all of your holiday decorating needs at the Christmas Tree Shop, then have lunch at HomeTown Buffet. Home pick-ups (for those who do not drive) begin at 9:15 a.m., and Senior Center pick-up is at 9:30 a.m. Following lunch, the bus leaves HomeTown Buffet at 2:30 p.m. and returns to Plainville at about 3:00 p.m. \$8.00 for transportation is due at registration. Sign up begins November 1.

HOMEGOODS and OTHER STORES, VERNON

SATURDAY, NOVEMBER 18, 9:30 AM - 3:00 PM

Join us for a day of shopping at HomeGoods, TJMaxx and many other retailers at the Tri-City Shopping Plaza in Vernon. The group will then go to Angellino's Italian Restaurant for lunch. Home pick-ups (for those who do not drive) begin at 9:15 a.m., and pick-up at the Senior Center is at 9:30 a.m. The bus leaves Angellino's at 2:30 p.m. and returns to Plainville at about 3:00 p.m. Sign-ups begin November 1; you must pay at sign-up. \$8.00 for transportation.

WESTBROOK OUTLETS (FORMERLY TANGER OUTLETS), WESTBROOK

SATURDAY, DECEMBER 2, 9:30 AM - 4:00 PM

Shop at the more than 40 stores at the new Westbrook Outlets, followed by lunch at Lenny & Joe's in Madison. Home pick-ups for those who do not drive begin at 9:15 a.m., and Senior Center pick-up at 9:30 a.m. Return to Plainville at about 4:00 p.m. \$8.00 for transportation is due at registration. Sign-up begins November 1.

LIVING NATIVITY AT LOURDES, LITCHFIELD

SUNDAY, DECEMBER 3, 1:30—6:00 PM

We will visit the Lourdes 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 your holiday shopping. There is some walking involved with slight inclines. Cookies and hot chocolate will be served. A \$5.00 donation is suggested; it can be given at the presentation. Transportation is \$8 and due at registration. Home pick-ups **for those who do not drive** begin at 1:30 p.m., and Senior Center pick-up at 1:45 p.m. Return to Plainville about 6:00 p.m. **Sign-ups begin November 1.** The Grotto Café is closed during the winter season.

MORE QUICK TRIPS, PAGE 7

Trip Sign-Up Information

Sign-up: Trip sign-ups take place Monday 9:15 a.m. - 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.-4:45 p.m., and Fridays 9:15 a.m.-12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is **November 1** between 9:15 a.m.—4:45 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 one week (7 days) after member sign-up unless otherwise stated.

Cancellations: Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip.*** Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can try to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most 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. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We will not wait for late comers.***

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.

New Trip

SALEM CROSS INN — Sleigh Ride, Apple Pie Demo and More!

FRIDAY, FEBRUARY 23, 2018

"The Horse knows the Way to Carry the Sleigh"

The Salem Cross Inn is a restored 18th Century farmhouse nestled on 600 acres of countryside in West Brookfield, MA. Enjoy winter at its best with a full day of "New England" activities.

- Welcome Cider Reception with Cheese & Crackers
- Apple Pie Demonstration
- Sleigh Ride over the beautiful Salem Cross Property
- Full-course luncheon: Homemade Soup du Jour, choice of Broiled Scrod with cracker crumb topping OR Rustic Chicken with herb-breaded stuffing. Vegetable, potato, Deep-dish Apple Pie with whipped cream and coffee.

Bus will leave Our Lady of Mercy Church at 8:45 AM and return approximately 4:30 PM. Cost is \$99 per person. Sign-up begins November 1.

Current Trips

FRIENDSHIP TOURS 40TH GALA, AQUA TURF

MONDAY, NOVEMBER 20, 11:30 A.M.

The Friendship family is celebrating 40 years of traveling together and they are throwing a party for all their friends. Enjoy hot hors d'oeuvres, a champagne toast, and live entertainment. John Timpanelli & Leesah Stiles, will bring an exciting show of the Best of Broadway, love songs and comedy routines. Cost: \$36 per person. Drive on your own. **Open to public.**

CHRISTMAS WITH THE STARS — EDWARD TWINS, NORTHAMPTON, MA

WEDNESDAY, NOVEMBER 29, 10:00 A.M.

Departs OLM at 10:00 a.m. Returns approx. 5:30 p.m. Cost: \$89 per person. **Trip is filled; sign up for waiting list if interested.**

CHRISTMAS IN NEWPORT, RI

SUNDAY, DECEMBER 10, 7:15 a.m.

Visit two of the most magnificent Mansions in Newport: The Marble House and the Breakers. Both will be filled with holiday decorations, poinsettias, charming ornaments, trees and wreaths. Audio guides will be given at both mansions so you can enjoy an exceptional tour at your leisure as you explore each mansion. Enjoy a buffet brunch at the New Atlantic Resort including Salads, Omelet & Belgian Waffle Stations, Selection of Hot & Cold Entrees, Breakfast and Lunch Items, Pastries and Beverage. Departs from Plainville Senior Center 7:15 a.m. Returns approximately 7:00 p.m. **Cost \$99.00 per person. Sign up has begun.**

Revisiting the Canadian Rockies —Photo Day!

TUESDAY, NOVEMBER 14, 3:00

Everyone who went on our Rockies Trip in September raved about the scenery. If you went, you're invited to bring in photos, videos, postcards and stories to be part of our Canadian Rockies Photo Gallery. Relive the beautiful sights and fun times of the Rockies. If you didn't go, come and see the gorgeous photos anyway! You must see a surprise group of photos by Ellen — what a difference a second can make!

Big Trips 2018

We have some great trips planned for 2018! Trip flyers are available at the Senior Center.

- **Adriatic Cruise, July 15—22, 2018** Venice, Italy; Dubrovnik, Croatia; Kotor, Montenegro; Corfu, Greece; Split, Croatia; and back to Venice.
- **France Hidden Canals, June 26—July 4, 2018** Cruise Loire Canal — fly to Paris and then tour Nevers Marseilles Les-Aubigny, Chapelle Montlinard, Menetreol-Sous-Sancerre, Lere, Briare.
- **France Hidden Canals, August 28—September 6, 2018** Cruise the Doubs & Saone Rivers — fly to Paris then onto Besancon, Arc-et-Senans, Dole, Saint-Jean-de-Losne, Petit-Ouges, Dijon, Grands Crus.

Both of the France Hidden Canal Cruises are on 22 passenger barges that traverse areas not able to accept the larger riverboats. Bikes are available on board if you wish to ride from town to town.

- **Vietnam, September 20—30, 2018** Ho Chi Minh City, Holong Bay Junk Cruise, Hanoi, Train to Danang, Hoi An. Visit local-home factory, markets, hands-on traditional fishing and more.
- **Journey to the Ark, May 6—13.** An 8-day trip to see a full size replica of Noah's Ark, Kentucky Horse Farms, Ohio Amish Country, Frank Lloyd Wright's home Falling Waters, Louisville, Churchill Downs & Museum, Louisville Slugger, Ohio River Lunch Cruise, Appalachian Mountains of West Virginia, Natural Bridge, and White Sulphur Springs.
- **FOR THOSE WHO MISSED ICELAND THIS YEAR ... YOUR CHANCE TO GO IN 2018: October 19—26!**
- **CUBA TRIP CANCELLED**

Save the Dates: 2018-2019 Trips!

These trips are being planned. More info and Sign-Up to come!

2018

March 13: St. Patrick's Day Cabaret Show
 April 10: Newport Playhouse
 April 23—27: Virginia International Tattoo
 May 6: World Trade Ctr and 9/11 Museum, NYC
 May 6—13: The Ark
 June 14: Statue of Liberty & Ellis Island
 June 26—July 4: France's Hidden Canals #1
 July 9: All You Can Eat Lobster, MA
 July 15—22: Adriatic Cruise
 July 22: Stageloft Theater
 August 16: Bobby Rydell at the Aqua Turf
 August 27: Boston Lighthouse Cruise
 August 28—Sept. 6: France's Hidden Canals #2
 September 20—30: Vietnam
 September 27: Turkey Train, Winnepesaukee RR
 October 18: Kruckers Octoberfest, NY
 October 19—26: Iceland

2019

March 14—April 1 2019 — Equator and Panama Canal (Chile, Peru, Ecuador, Costa Rica, Panama Canal, Columbia, Miami)

Quick Trip

TUNNEL OF LIGHTS, CT TROLLEY MUSEUM, EAST WINDSOR

FRIDAY, DECEMBER 8, 4:00 PM—8:00 PM

Join us for a trolley ride during the holiday season. Whether you ride in a closed car or brave the cold to ride the open "electric sleigh," we promise you a good time and one that you'll remember for years. Join your motorman in singing traditional Christmas carols as the trolley makes its way through the "Tunnel of Lights." When you return, head inside the Visitors Center which has been transformed into a Winter Wonderland complete with model trains, decorations galore, and you can even buy a delicious cup of hot cocoa to sip as you enjoy the entertainment. The \$11 admission fee is due at registration, along with \$8 for transportation. Home pickups **for those who do not drive** begin at 4:00 p.m., and Senior Center pick-up will be at 4:15 p.m. Return to Plainville about 8:00 p.m. **Sign-ups begin November 1st.**

More for Veterans

Veterans Benefits Presentation

If you are a veteran or care for a veteran, do you know all of the resources and benefits available to those who have served our country? Have you ever been frustrated by the VA system?

The Canton Senior Center is hosting a free presentation by Attorney Stephen Rubin of the Drazen Law Group on the VA's best-kept secret: **"The Aid & Attendance Program."**

Thursday, November 9
 6:00 to 7:30 PM
 Canton Community Center
 40 Dyer Avenue, Canton

Free hors d'oeuvres by Rivers Edge Mediterranean Cuisine

PLAINVILLE VETERAN'S MEMORIAL WALL

A moveable memorial wall has been created in the Plainville Municipal Center near the Town Clerk's office to provide a place to honor the military service of deceased veterans by their friends and family members. Brass Plates (1" X 3") engraved with the veteran's rank, name and branch of service can be purchased. The fee is just to cover the cost of the engraved plate; no extra funds are being charged. To purchase a plate, please fill out a form available at the Municipal Center or at the Plainville Senior Center. Cost of the plate is \$8.00.



Meals on Wheels Volunteers Needed!

Volunteers needed to deliver Meals-on-Wheels in Plainville, Monday through Friday, typically from 10 AM to 12 noon. Deliver one day per week, or be "on call" to cover for other volunteers during an illness or scheduled vacation, etc.

Mileage reimbursement is available. Please call Evelyn, Ronda or Bonnie at the Senior Center for more info.

Weekly Tournament Winners

PEAK FITNESS CENTER

SETBACK

Sept 25:	1ST:	Maryann Cunningham & Joe Giannattasio
	2ND:	Grace Lapila & Rose Dunlap
	3RD:	(tie) Shirley Platt & Lee Mills Joan Oliveira & Elaine Chartier
Oct. 2:	1ST:	Joan Oliveira & Elaine Chartier
	2ND:	Shirley Platt & Lee Mills
	3RD:	(tie) John Daversa & Bernard Grabeck Rose Dunlap & Grace Lapila
Oct. 16:	1ST:	(tie) Shirley Platt & Lee Mills John Sisson & Verna Pekrul
	2ND:	Linda Dominique & Gladys DuFour

AM WII BOWLING

Sept. 5:	1ST:	Lynne Krakauske
	2ND:	Margaret Albrecht
	3RD:	Georgia Jewell
Sept. 19:	1ST:	Rosemarie Machowski
	2ND:	Lynne Krakauske
	3RD:	Georgia Jewell
Sept. 26:	1ST:	Lynne Krakauske
	2ND:	Jim Calderone
	3RD:	Georgia Jewell

PM WII BOWLING

Sept. 19:	1ST:	Barbara Cichon
	2ND:	Barbara Cichon
	3RD:	Sally Miller
Sept. 26:	1ST:	Roseanna Garcia
	2ND:	Roseanna Garcia
	3RD:	Bev Heslin
Oct. 3:	1ST:	Carol Perry
	2ND:	Barbara Cichon
	3RD:	Sally Miller

BILLIARDS

Sept. 28:	1ST:	Joe Beaudin & Rich Nordgren
	2ND:	Stan Funk & Ed Zareck
	3RD:	Ellen Couture & Jeanne Shugrue
Oct. 5:	1ST:	Stan Funk & Vinny Mazzarella
	2ND:	Joe Beaudin & Rich Nordgren

Wii Bowling Team 50/50 Raffle Results

Thanks to your generosity, the Senior Center “Young at Heart” Wii Bowling Team raised \$523 in its 50/50 Raffle. Raffle winner Beverly Heslin received \$261.50. The Bowling Team’s share will help with team expenses as it competes with other senior center Wii bowling teams in the state. Congratulations to Bev and to the Wii Bowling Team!

Upcoming Wii Tourney Date!

Come and cheer on our “Young at Heart” Plainville Wii Bowlers as they compete in area tournaments!

NEXT DATE: Tuesday, November 7
Plainville vs. Rocky Hill from
9:15 am to 2:00 pm at the
Plainville Senior Center

Did you know that exercise can help you:

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

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.

Cardiovascular Equipment:

- **Treadmills:** *Walk at your own pace.*
- **NuStep:** *Seated “stair stepper” which offers a low-impact cardiovascular workout using both upper and lower body.*
- **Bicycle:** *Recumbent bicycle allows you to ride in comfort. There is a back to the seat for full support.*
- **Elliptical Cross Trainer:** *Provides a total body workout with minimal impact.*
- **Weight Training Equipment:** *Seven piece circuit of upper and lower body strength training equipment:*



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

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



Bowling League

The Plainville Senior Center Bowling league is looking for new bowlers and meets Mondays beginning at 12:45 at Lessard Lanes, 136 New Britain Avenue, Plainville. The cost is \$9.50 per person, per week and includes three games of bowling, automatic scoring and free beverage. Adult bowlers over age 55, of all abilities, including beginners, are welcome to join. **For more information, or to join the league, contact Frank Robinson, Bowling League President, at 860.747.2918.**

Le Petit Cafe

At the Plainville Senior Center
Open TUESDAYS and WEDNESDAYS
11:00 a.m.—1:00 p.m.
No reservations needed!

Le Petit Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. Le Petit 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!

Le Petit Café Specials for November

Nov. 7th and 8th: Vegetarian Chili
Hot Dogs
Nov. 14th and 15th: Pear & Walnut Salad
with blue cheese on a
bed of baby spinach &
kale
Butternut Squash Soup
Nov. 21st and 22nd: Meatball Grinders
Chicken and Rice soup
Nov. 28 & 29: Quiche made with
ham, onion, roasted
red pepper & cheddar
Italian Wedding Soup

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 1 could possibly make \$34,366.28 (gross) and a family of 2 could possibly make \$44,940.52 (gross) and be eligible for the program. For more information or to see if you are eligible, call the HRA Energy Department at 860-582-7490. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR.

AARP Trips

Ireland trip coming in May 2018. Watch for info next month!

On November 14, the AARP Casino Trip is going to Mohegan Sun. The bus leaves at 8 AM sharp from Our Lady of Mercy church. \$25 payable in advance. **Call Sally at 860-747-1732 for more information and to sign up.** AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center.

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

NOVEMBER 6th and 13th at 12:30 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

NOVEMBER 14, 10:30 A.M.

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. 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. Please call the Plainville Senior Center to register.



CAREGIVING CONNECTIONS

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

The holidays are already upon us and bring with them a whole new set of caregiving challenges. Join your friends as we explore ways to give thanks for our blessings while juggling **all** our responsibilities! Caregivers from neighboring towns are most welcome. Call Bette at the Senior Center with any questions or concerns.

BRIGHTER FOCUS

THURSDAY, NOVEMBER 16, 10 A.M.

Now is a perfect time to give thanks for our friends! Friends provide us with reassurance, comfort, support and hope as we continue to discuss and share our ideas, hopes, dreams, disappointments and challenges. As we listen to one another we learn to appreciate our differences and enlarge our understanding of our place in the world. Brighter Focus is open to all Senior Center Members. Call Bette with any questions or concerns.

Tuesday Shopping Bus

In order to ride the Tuesday 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. Home pick-ups begin at 11:30 a.m. and pick-up from the store will be at 3:00 p.m. Please be at the departure point at least 15 minutes before departure. We leave on time. Call the Senior Center before 11:00 a.m. on the Thursday before the Shopping Bus date to add your name to the pick-up list.

Tuesday, November 7, 2017

Tuesday, November 21, 2017

Tuesday, December 5, 2017

Bristol Shopping Center

Aldi's, Southington

ShopRite, Southington

11:30 a.m.—3:00 p.m.

11:30 a.m.—3:00 p.m.

11:30 a.m.—3:00 p.m.

DONATIONS Cheer Report

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

GENERAL DONATIONS: Sept. 20—October 17

Joan Keough, Jeannine Ball, Jane Mack, Circle Group, Kathi DeSanty, Sally Cobrain (2), Fran Martin, Pat Cancelli (2), Masako McDonald, Joan Keough, Charlotte Oakes, Anonymous, Deanna Egerman, Jo D'Addese, Ronni Bonura, Terry Smiarowski, Mary Lou Cassille, Our Lady of Mercy, Rosaleen Peters, Olga Callender, Sharon Simpson, The Family of Kenneth Hedman

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 George Carden from Rosaleen Peters

In Memory of Jamie Kart from Fran Martin

In Memory of Helen Marinelli from Helen Labieniec, Bonnie Martin, the Committee on Aging — Rita Dewyea, Sue Desrochers, Ann Krupinski, Joan McBain, Sally Miller, Marilyn Petit, Anna Smedick, Sonia Sperduti, Tina Wishart, Town Council Liaison Rosemary Morante

DIAL-A-RIDE DONATIONS

Choral Group, Louis Gendreau, Walter Reckert, Anonymous



Indoor Mini Golf League for Seniors

Lessard Lanes, 136 New Britain Ave., Plainville



Tuesdays at 9:30 a.m.

\$6.00 per Week Includes:

1 Round of 18-Hole Indoor Mini Golf
Free Coffee, Individual Awards
End of Session Holiday Party

Call Lessard Lanes to Register: 860-747-1657

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. As always, a special **thank you** to **Carol Perry** for handling our cheer report.

CHEER REPORT—September 18 to October 15, 2017

Cheer Cards: William Miller, Fred Kennedy, Dolores Cohen, Joseph Maksimczyk, Peter and Clara Cellino, Rena Albert, Sally Chadwick, Donald Liljedahl, Sylvia Hamm, Nancy Muir, Jean Hamel, Ingrid Gilona

Sympathy Cards: Family of Fernand Daigle, Family of Anthony Lucenti, Family of Ted Christopher, Sophie Witz, Family of Yvonne Gravel, Family of William Miller, Family of Arline Pelletier, Shirley Roberts

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 any cards, please bring them to the Senior Center's front desk. We really appreciate it! At this time, we cannot use blank cards, holiday cards, or birthday cards, etc. If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need.

Plainville Library

Adult Crafting Series

The Plainville Public Library is hosting a new monthly series. Each month participants will create a variety of craft projects using inexpensive items based around a theme.

Do It Yourself Tablescapes: Tuesday, November 21st at 6:30pm. Participants will make a centerpiece using branches and paper, coasters with popsicle sticks, drink tags, and place cards using binder clips.

Winter Crafts: Tuesday, December 19th at 6:30pm. Participants will make snowy mason jars and a wreath made from book pages.

Space is limited! Register at the Reference Desk or call the Plainville Public Library at 860-793-1446. All supplies will be provided. This program is sponsored by the Friends of the Plainville Public Library.

Technical Support!

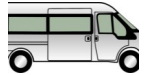
Do you need help navigating the computer or your device? Sign up at the Reference Desk for a one-on-one, 30 minute session with a Reference Librarian. Help is available Wednesdays from 1:30 to 3:00 PM and Thursdays from 10:30 AM to 12 noon.

Attention All Veterans!

West Hartford Senior Center presents "Roll Call" every Monday from 10 am to 12 noon. Join a 96-year-old WWII Army combat medic for a morning of story telling and **sharing**. Program is free and light refreshments are served. "Drop in" any Monday — pre-registration is NOT required. For more information, call 860-561-7583. The Center is at 15 Starkel Road, West Hartford.



Transportation



DIAL-A-RIDE ADA PARA TRANSIT

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

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

Dial-a-Ride can provide transportation to medical and social service appointments, and to visit loved ones in nursing homes in Plainville, Bristol, 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, 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.*



2017 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. The forums are held on the second Wednesday of every other month from 5:00 p.m. to 6:00 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting will be held on November 8th. The forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation related to the ADA Paratransit Service** ADA Transportation is available free of charge to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride to the Forum. Up to 48-Hours in advance of the forum, written participation related to the ADA Paratransit Service may be mailed to the GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or emailed to:

pwilliams@hartfordtransit.org



AIR CONDITIONING & HEAT

We have many requests each day to change the temperature in our building. If you are not comfortable, please come to the front desk right away and we will have the group or class or event vote (3 choices: "too hot", "too cold", or "just right") majority wins.

We will change the temperature or not, depending on the vote. Please remember that we are an older building so some parts of a room (under a vent, for instance) might be colder or in winter, warmer. Also, remember that you can bring a sweater or dress in layers to help you be more comfortable.

Need a Ride?

Americans with Disability Act (ADA) Paratransit Service Provides More Hours, More Destinations 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, depending 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 \$3.50* 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. The on-line application can be found online at **www.ctada.com**. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We have copies of the application here at the Center. 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 Paratransit rider.



After the online or paper application is submitted, the next step is to call 860-724-5340 ext. 1 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 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. 3046.

Rides are reserved by calling **860-724-5340 x1**, seven 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. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

Still have questions about our transportation services? Call Bette or Stephanie at 860-747-5728.



Your suggestions, ideas, concerns, comments are welcome! Feel free to talk directly to Shawn or Ronda or write it down and put it in the suggestion box.

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STORM CLOSING INFORMATION

Here are 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.

CHORAL GROUP REHEARSALS

Everybody who loves to sing is invited to attend! **Upcoming Choral Group Rehearsal Dates:** Friday, December 1 and Friday, January 5 at 9:30 AM.

SENIOR CENTER DISPLAY CASE

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

CONGREGATE MEAL PROGRAM: NOVEMBER 2017

Please stop by the big kitchen to pick up the November calendar. Reservations for a meal must be made at least one day ahead by calling Bonnie in the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon.

A suggested donation is \$2.50.

Come Out and Connect! The LGBT Moveable Senior Center

Lesbian, gay, bisexual and transgender (LGBT) adults and allies are invited to join the LGBT Moveable Senior Center—a partnership among senior centers in Greater Hartford to connect the LGBT community to mind-body-spirit, to each other, and to services that support healthy aging.

On Thursday, November 2, a program planned at the Marilyn Michaelson Senior Center of Bloomfield will feature informational sessions, painting and socializing. For more information or to register, please contact the Michaelson Senior Center at 860-243-8361.





Nursing, Insurance Info, Etc.

REGULAR AND DIABETIC FOOT CARE

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. **Cost is \$18.00 for Plainville resident members and \$28.00 for Out of Town 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. **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.



MEDICARE ENROLLMENT CLOSES 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 **Plainville Senior Center residents 60 and over** to go over the options available for 2018. Non-residents should call the CHOICES counselor at the Senior Center in their community.



CAREGIVING FOR AGING PARENTS & RELATIVES

Caring for an older loved one can be overwhelming. Learn more about caregiving and skills to help cope with the stress of day-to-day life, while caring for aging relatives. The final two sessions in this free series will be held on Thursdays from 6:30 to 8:00 p.m. at the Orchards at Southington. Registration is required; please call Jessica Baillargeon at 860-628-5656.

November 2 — Translating Anger and Guilt
November 9 — Care Resources and Options

FREE BLOOD PRESSURE CLINICS

Many thanks to Apple Rehab and Hartford Health Care for offering their services!

November 9, 1 to 2 pm (Htfd. Health Care)
November 21, 11 to 12pm (Apple Rehab)
November 27, 12:00 (Sr. Center Nurse)
December 12, 11 to 12 pm (Apple Rehab)
December 14, 1 to 2 pm (Htfd. Health Care)

Take a D-e-e-e-p Breath!

Local hospitals have support groups for person with a pulmonary diagnosis. Bristol Hospital's **Breathing Better Group** meets every third Friday from January through October at Bristol Hospital. Everyone with a pulmonary illness such as COPD, asthma, or CHF are welcome, along with family and caregivers. A light lunch of sandwiches, pizza and soft drinks is provided. Registered nurses and respiratory therapists are on hand to answer questions. All free of charge. Call 860-585-3580 to register and get more information.

Breathtakers, the pulmonary support group at The Hospital for Special Care in New Britain, meets the fourth Thursday of each month from March through November and is open to anyone who struggles with their breathing. Sessions run from 11 am to 1 pm and about 60 people attend each meeting, which usually includes a lecture/education program and a light lunch. Registration is required. Contact Stephanie Alderman at 860-827-4735 or email SAlderman@hfsc.org. All are welcome.

ACCESS HEALTH ENROLLMENT

Open Enrollment is November 1—December 15, 2017 for coverage to start January 1, 2018

Access Health CT (AHCT) is Connecticut's only official health insurance marketplace. AHCT offers CT residents and employers a range of quality, affordable health and dental insurance options from several health insurance partners. AHCT is the only place where you can qualify for certain affordability programs that can help you pay for health coverage. Call Stephanie at the Senior Center for more information and assistance.

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. Reminder: Bette and Stephanie are always available to help you develop a plan for power outages/ weather emergencies.

THE PLAINVILLE SENIOR CENTER IS A SCENT-FREE ZONE!

Help us keep the air we share at the Senior Center healthy and fragrance free. The chemicals used in scented products make some people sick, especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, aftershave or other fragrances while at the Senior Center.



LAST MINUTE NYC OPPORTUNITY!

Radio City Music Hall Christmas Show with the World Famous Rockettes...by bus or on your own!

Tickets are being offered by Friendship Tours for November 17, 2017, second mezzanine. Tickets only are \$55 each; or with bus transportation, \$115 each.* Bus will include time on your own in New York City. (You can also take the train from Berlin or New Haven and just buy train tickets at the station.) ***Bus travel is contingent on 25 registered passengers.** Call Friendship Tours at 860-243-1630 and ask for Amy, Heidi or Polly.

NOVEMBER 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: GR: Green Room, BR: Blue Rm, GA: Game Room, CR: Craft Room C: Café, CL: Com-puter Lab, OS: Old Store, K: Kitchen L: Library, *By Appt.	October 30 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Acrylic Ptg CR 10:00 Current Events OS 12:00 Mahjong GA 12:00 Blood Pressure 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling League 1:30 Power Burst BR	October 31 FREE SIGN-UP DAY *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA 3:00 Halloween Line Dance Party GR 3:15 Chair Yoga BR	1 MEGA SIGN-UP DAY 9:00 Walking GR 9:30 Urban Adventure 9:30 Quilting CR 9:30 Zumba Gold GR 12:30 Pool Tourney 1:00 Bingo GR 1:00 Portraiture CR 1:15 Charlemagne C 3:00 Coloring Club GR	2 *9:00 NURSE 9:00 Beginning Yoga, Lib. 10:00 Croquet at Norton Park 12: 00 Community Café — lunch served PEAK Center Open No Other Activities at Center Fair Set Up	3 Intermed. Yoga 8:45 Lib PEAK Ctr Open No Activities and No Lunch Fair Set Up	4 Senior Center Holiday Craft Fair 10 a.m. to 2:30 p.m.
5	6 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling League 1:30 Power Burst BR	7 *9:00 NURSE 9:00 Walking GR 9:15 Wii Bowling Tournament GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veterans Coffee CR 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Happy Holidays? GR 3:00 French Class GA 3:15 Chair Yoga BR	8 8:30 Sleeping Giant 9:00 Walking GR 9:30 Quilting CR 9:30 Zumba Gold GR 1:00 Bingo GR 1:00 Portraiture CR 1:15 Charlemagne C 3:00 Coloring Club GR	9 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 10:00 Balance & Flex BR 11:30 Veterans Lunch GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 COA CR 1:00 Blood Pressure 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR 2:00 Knit & Crochet GR	10 Closed for Veterans Day 9:30 Christmas Tree Shop	11
12	13 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg CR 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling League 1:30 Power Burst BR 3:30 Fair Wrap-up BR	14 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Grandparents Raising Grandchildren CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA 3:00 Canadian Rockies Photo Day CR 3:15 Chair Yoga BR	15 8:30 Hublein Tower 9:00 Walking GR 9:30 Quilting CR 9:30 Zumba Gold GR 1:00 Bingo GR 1:00 Portraiture CR 1:15 Charlemagne C 3:00 Coloring Club GR	16 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Brighter Focus GA 10:00 Mexican Train OS 10:00 Snappy Seniors L 12:00 Nutrition Lunch and Learn GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet CR 1:30 Functional Fit BR	17 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 10:30 Cardio Step GR 11:30 Friends Helping Friends 12:00 Trip to Hammonasset	18 9:30 Shopping Trip to Home-Goods
19	20 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg CR 11:30 Friendship Tours, Aqua Turf 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	21 *9:00 NURSE 9:00 Walking GR 9:15 AM Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage OS 10:00 Caregivers GA 11:00 Blood Pressure 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 PM Wii Bowling BR 1:00 Energy Supplier Talk GR 1:00 Bridge OS 3:00 French Class GA 3:15 Chair Yoga BR	22 9:00 Walking GR 9:30 Quilting CR 9:30 Zumba Gold GR 12:30 Pool Tourney 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	23 Thanksgiving Day Dinner Served at 11:30 a.m. No Other Activities	24 Center Closed	25
26	27 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Acrylic Ptg CR 10:00 Current Events OS 12:00 Mahjong GA 12:00 Blood Pressure 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	28 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA 3:15 Chair Yoga BR	29 9:00 Walking GR 9:30 Quilting CR 9:30 Zumba Gold GR 9:30 Books & Bagels GA 10:00 Christmas with the Stars, Northampton MA 1:00 Bingo GR 1:00 Portraiture CR 1:15 Charlemagne C 3:00 Coloring Club GR	30 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL *1:00 Balance Assessments GA 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR	December 1 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Group BR 10:00 Pinochle CL 10:30 Cardio Step GR	December 2 9:00 Sessions Woods 9:30 Westbrook Outlets