

Shawn Cohen, *Director*

Ronda Guberman, *Assistant Director*

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

Monday: 9:00 a.m. – 6:00 p.m.    Tuesday-Thursday: 9:00 a.m. – 5:00 p.m.    Friday: 9:00 a.m. – 1:00 p.m.

**Mega Sign-Up Day (for free and paid programs) is on November 1** from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 a.m. during regular Senior Center hours. We accept cash and checks made out to the Plainville Senior Center only.

## Thanksgiving Dinner Will be Served at the Plainville Senior Center

THURSDAY, NOVEMBER 22, 11:30 A.M.

Once again, the Center will provide this special meal to Senior Center members and any Plainville residents age 60 or older who will be alone this Thanksgiving. Plan to join us for a delicious homemade, traditional Thanksgiving dinner with all the trimmings. There is no charge for this meal, but donations are greatly appreciated. We are grateful to The Pines at Bristol for generously donating apple and pumpkin pies for our Thanksgiving Dinner. Volunteers will provide transportation within Plainville for those who need a ride to the Center. You must register in advance, so 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. **You may call the Senior Center to sign up beginning November 1.**



## OH MY ACHING JOINTS! STRATEGIES TO COPE WITH OSTEOARTHRITIS AND KEEP MOVING

FRIDAY, NOVEMBER 16, 9:30 A.M.



Do you have hip pain or knee pain? Have you or someone you know been diagnosed with Osteoarthritis? Exactly what IS that condition? Sometimes called degenerative joint disease, degenerative arthritis or osteoarthritis, it

is the most common chronic condition of the joints. It affects approximately 27 million Americans. Osteoarthritis can occur in any joint but most often occurs in the knees, hips, lower back and neck. Learn effective strategies to manage symptoms and continue to participate in typical physical activity and activities of daily living. Presented by Kevin M. Connellan, PT and Channing Harwood, PT, DPT, of Physical Therapy & Sports Medicine Centers (PTSMC) of Plainville. Call the Senior Center to register beginning November 1.

## ANNUAL SENIOR CENTER CRAFT FAIR!

Saturday, Nov. 3, 10 a.m. – 2:30 p.m.

Free Admission! Craft Vendors! Raffles! Bake Sale! Lunch! Grandma's Cookie House! Bring your family and friends!

The Annual Craft Fair is just days away! If you'd like to bake and donate something for our bake sale, please bring it to the Senior Center on Friday, November 2 between 9:00 a.m. and 1:00 p.m. or on Saturday morning after



9:00 a.m. We would greatly appreciate gluten-free and sugar-free baked goods as well. Most importantly, just come to the Fair and enjoy! The Craft Fair is our largest fundraiser of the year and all proceeds benefit Dial-A-Ride!



## VETERANS LUNCHEON

THURSDAY, NOVEMBER 8, 11:30 A.M.

If you are a veteran of the U.S. Armed Forces and a member of the Plainville Senior Center, or you are a veteran who attends our monthly Veteran's Coffee Hours, you and your spouse are invited to join us for a complimentary luncheon (chicken parmigiana, pasta, salad) in celebration of Veterans' Day. **Please RSVP to the Senior Center at 860-747-5728 by Monday, November 5.**



## AQUA-ARTHRITIS CLASS WILL CONTINUE

This popular class will be offered once more for a **brief session** starting mid-November and ending mid-December. See pages 5 and 6 for schedule and description.



**Get Your Flu Shot!**  
Please See Back of Calendar



**Apply for Energy Assistance**  
Please See Back of Calendar



**UCONN Basketball Tickets, see page 9**

# Special Events

## CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news as well as current events. We do not discuss politics; rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! Feel free to come and just listen. There is no pressure to participate and new folks are always welcome!

## VETERANS' COFFEE HOUR

TUESDAYS, NOV. 6 and DEC. 4 at 10:30 A.M.

These monthly information and support meetings are conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Please call the Center at 860-747-5728 to register. Sign-up has begun.

## DRY NEEDLING

THURSDAY, NOVEMBER 8, 3:30 P.M.

Trigger points are irritable, hard "knots" within a muscle that may cause pain over a large area, leading to difficulty in performing everyday tasks. This program will focus on **dry needling** as a treatment approach that releases the tight muscle bands and can lead to



decreased pain and improve function. Presented by Matt Reynolds, physical therapist, Hartford Hospital Rehabilitation Network. Sign up has begun.

## DIABETES PREVENTION & MANAGEMENT

FRIDAY, NOVEMBER 9, 9:30 A.M.

Diabetes is preventable, and even once diagnosed, it is manageable. But if dietary and lifestyle improvements aren't made, there are serious, even possibly deadly complications. Those same improvements are beneficial to a variety of conditions equally as treacherous — so why not make the effort? Miles Everett -- registered nurse, registered dietician, and certified diabetes educator will be on hand to give you some insight and answer questions. Free. Call the Senior Center beginning Thursday, November 1 to register.

## COOKING FOR ONE CLUB

TUESDAY, NOVEMBER 13, 2:00 P.M.

This group meets on the 2<sup>nd</sup> Tuesday of each month at 2:00 P.M. at the Senior Center. Join us to share tips, ideas, short cuts and recipes that make cooking for one "easy peasy." The program is free and open to members only. Sign-up begins November 1.



## Raffle Prize Winner: Rita Rival

Senior Center Member Rita Rival won our September raffle, a lovely pearl necklace and earrings set that was provided by a generous anonymous donor! Congratulations, Rita!



## CRADLING THREADS PROJECT—DONATION DAY

WED. NOVEMBER 7, 10 A.M. - 1 P.M. DROP-OFF

Is your wedding gown taking up space in your closet or packed away in your attic? Let the love shared on your wedding day carry on, through the Cradling Threads Project. Cradling Threads takes donated wedding gowns of any age or condition and transforms them into much-needed bereavement garments for the little angels who leave our world too soon. A picture is taken of your gown and a photo album is created online on Facebook. All garments made from your gown are photographed and added to your Facebook album, identified only by your first name. Typically, 15 to 30 garments can be made from one donated gown. All gowns are spot-treated, cleaned, pressed or steamed, then cut and sewn, using every possible inch of fabric and trim. Love is stitched into every garment! The tiny gowns and buntings are pressed, packaged, and donated to hospitals and funeral homes in Connecticut, Rhode Island, and Massachusetts, to be given to families whose babies don't survive. No money is involved in any step of the process, from gowns to finished garments—all is given with love. Learn more about the project on Facebook; go to [www.Facebook.com/cradlingthreadsproject/](http://www.Facebook.com/cradlingthreadsproject/). You may bring your gown to the Senior Center on November 7. If you are unable to drop off at that time, please email [judy43foto@aol.com](mailto:judy43foto@aol.com).

## UNDERSTANDING PARKINSON DISEASE

THURSDAY, NOVEMBER 15, 10:00 AM

Please join us as we discuss the dedicated and comprehensive programs available for persons with Parkinson Disease. We will touch upon early signs and symptoms, diagnosis, clinical tools and supportive services that bring care and treatment to persons with Parkinson Disease and their loved ones at home, and in Outpatient/Inpatient settings. There are so many opportunities for living a full and enriching life. Your questions and concerns are welcome. Presented by Heather Bale, Community Liaison, Fresh River Healthcare and Touchpoints at Farmington. Sign-up has begun.

## SNAPPY SENIORS

THURSDAY, NOV. 15, 10:00 A.M.

The Snappy Seniors Camera Club meets on the third Thursday of the month at the Plainville Library. At the November meeting, we will plan our annual Christmas display at the Library for December, and the Club's Christmas party. The Library's Open House is scheduled for Saturday, December 8. There will be no formal Club meeting in December. The next regular meeting will be held on January 17, 2019.

## FRIENDS HELPING FRIENDS

FRIDAY, NOVEMBER 16, 11:30 A.M.

This gathering, typically on the third Friday of each month, is for single, widowed or divorced members. Come out and socialize! We will meet at 11:30 a.m. at Pagliacci's in Plainville. Sign-up begins November 1.

*Continued, page 3*



# More Special Events

### BOOKS AND BAGELS

WEDNESDAY, NOV. 28, 9:30 A.M.

This month's book is *The Orchardist* by Amanda Coplin. At the turn of the twentieth century, in a rural stretch of the Pacific Northwest, a reclusive orchardist tends to his orchards. One day, two scared, starving girls enter his life, stealing his fruit and his heart. This is a story of shattering tragedy that sets this gentle man on a sequence of events, not only to save and protect but also to reconcile the ghosts of his own troubled past. The author writes with precision and empathy, crafting an astonishing story of a man who disrupts his preferred solitary life when he opens his heart and lets the world in. Join discussion leader Kathleen Marsan for coffee, tea, bagels and what is sure to be an interesting book discussion. Copies are available at the Plainville Library. Please read the book before the meeting. Sign up begins November 1.

### WATCH YOUR STEP: PREVENTING FALLS, IMPROVING BALANCE & MANAGING DIZZINESS

MONDAY, DECEMBER 3, 3:00 P.M.

Did you know that one in three Americans age 65 and older will fall this year? Are you fearful of falling, or have you fallen in the past? There are many factors that contribute to a person falling. These include lower body strength, sensation and vision. There can also be environmental factors in your home or in the community that can affect your balance or likelihood of falling. In this program you will learn effective strategies to increase balance and continue to participate in typical physical activity and activities of daily living. Presented by Kevin M Connellan, PT and Channing Harwood, PT DPT of Physical Therapy & Sports Medicine Centers (PTSMC) of Plainville. Call the Senior Center at 860-747-5728 to register, beginning November 1.

### LEONARD BERNSTEIN, AN AMERICAN TREASURE

TUES., DECEMBER 11, 2:00 P.M.

Musician and lecturer Jeffrey Engel will present a program on Leonard Bernstein, the most gifted, famous, popular and successful musician produced by America. Bernstein was a virtuoso pianist and conductor, a composer of music ranging from Broadway musicals to the classical repertory, an educator, lecturer, author and TV personality. There was very little he couldn't do extremely well. As 2018 is the centenary of Bernstein's birth, it is a good time to celebrate this American treasure. Our presenter graduated from Ithaca College, New York and lived in Paris for 14 years, where he studied cello, art history at the Sorbonne and French. As a cellist, he played with numerous orchestras in France including that of the Paris Opera, performed in chamber ensembles and taught in municipal conservatories. Mr. Engel believes that his lectures should entertain as well as inform. To that end, his talks are never too technical and are infused with amusing anecdotes and musical illustrations. Since 2004 he has taught at Northwestern Connecticut Community College. Program is free. Call the Senior Center to register beginning November 1.



### AARP SMART DRIVER

TUESDAY, DECEMBER 11, 9:30 A.M.

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. Cost is \$15.00 for AARP members providing a membership number and \$20.00 for all others. Limited to 25. Bring a bag lunch if you wish. Sign-up starts November 1.

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

- |                  |  |
|------------------|--|
| November 6 & 7   | Guacamole Egg Salad (served as a sandwich or served on a bed of greens)<br>Lentil Soup                         |
| November 13 & 14 | Wheatberry Salad with fresh pomegranates, pistachios, crumbled feta over a bed of fresh greens<br>Tomato Basil |
| November 21 & 22 | Café Closed  |
| November 27 & 28 | Shepherd's Pie served with a side salad<br>Italian Wedding Soup  |



### We Welcome New Members for September

Randall Skrzyniarz, Raymond Baron, Marie Baron, Carol LaPorte, Susan Cremasco, Homerine (Joy) Adamski, Robert Pysar, David Miller, Helen Corriveau, Karen Madej, Earl St. John, Sandra Yeski and William Caporale



### Free Memory Screening, November 8 at Mulberry Gardens of Southington

Free memory screenings will be offered from 10:00 a.m. to 12:30 p.m. Availability is limited, so please schedule an appointment as soon as possible by calling **860-276-1020**. Screenings take about 10 minutes and include questions and tasks to assess memory. Screenings do not diagnose illness but may indicate that professional follow-up is advisable. Mulberry Gardens is at 58 Mulberry St. in Plantsville, CT.

# Weekly Tournament Winners PEAK Fitness Center

## SETBACK

- SEPT 17:** 1ST: Nancy West & John Gasparini  
2ND: Joe Fortuna & Fabian Castonguay  
3RD: Sally Miller & Gail Kreneck
- SEPT. 24:** 1ST: Nancy West & John Gasparini  
2ND: Bob Albrecht & Rich Nordgren  
3RD: (TIE) Rose Dunlap, Grace Lapila, Sandy Robinson, Mary Giuliani, MaryAnn Cunningham & Joe Fortuna
- OCT 1:** 1ST: Bernard Grabeck & Stan Funk  
2ND: Bob Albrecht & Rich Nordgren  
3RD: Gemma Croteau & Barbara Metzen
- OCT. 15:** 1ST: Tony Lusitani & Fran Bolduc  
2ND: Bob Albrecht & Richard Nordgren  
3RD: MaryAnn Cunningham & Joe Fortuna

## BILLIARDS

- SEPT. 13:** 1ST: Tony Lusitani & Mitch Ziolkowski  
2ND: Rich Nordgren & Stan Funk
- SEPT. 20:** 1ST: Stan Funk  
2ND: John Gasparini
- SEPT. 27:** 1ST: Stan Funk  
2ND: Ellen Couture  
3RD: John Gasparini
- OCT. 4:** 1ST: John Gasparini  
2ND: Ellen Couture  
3RD: Tony Lusitani
- OCT. 11:** 1ST: John Gasparini, Pat Cancelli  
2ND: Jeanne Shugrue, Stan Funk

## Bowling League

**September Bowlers of the Month:** Congratulations to Simone Guimond and Vinny Colangelo!

Please call Frank Robinson at 860-747-2918 or e-mail him at [FgrahamR@aol.com](mailto:FgrahamR@aol.com) if you have any questions about the Bowling League.

*Did you know that exercise can help you:*

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



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 cardio-vascular workout using both upper and lower body.
- **Bicycle:** Recumbent bicycle allows you to ride in comfort. There is a seat back 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.

**Membership rates:** Costs are \$9/one month, \$40/six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training.

Ready to sign up? Just stop by our front desk for a membership packet that includes a medical approval form.

### LGBT Seniors and Allies from all Connecticut

**towns are invited!** Join us on Wed., October 31 from 1:00 to 4:00 pm at The Russell Mercier Senior Center, 14 Stonecroft Drive, Hebron, CT. Hear a TED Talk on “Authentic You,” see a Cooking Demo and more! Call (860) 228-1700 to register or get more info.



## Cheer Report

*September 16 to October 15, 2018*

**Get Well & Thinking of You Cards were sent to:**

Marcia Chapman, Evelyn Case, Roland and Beatrice Dumont, Rosemarie Miller, Christine Rodriguez, Jennie Muzyk, Cathy Macca, Corinne Lagace

**Sympathy Cards were sent to:**

Marianne Grace, Family of Beulah Caron

# Craft, Technology & Fitness 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 anticipated missed classes due to vacations, doctor’s appointments, etc. Members may sign-up for new classes beginning on Mega Sign-up Day — Thursday, November 1 from 9:15 a.m. to 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 class that allows drop-ins and/or has space available, is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session
MONDAY			
Zumba Tone	9:30 – 10:30 a.m.	October 1 – December 17, No class October 8 or Nov. 12. 10 weeks, \$30.00 members only	
Acrylic Painting	10:00 a.m. - 12:00 p.m.	Sept. 24 – Dec. 10. No class Oct. 8 or Nov. 12. 10 weeks. \$30.00; non members \$60.00	
Power Burst 1	1:15 - 2:05 p.m.	October 29 – December 17. No class November 12. 7 weeks, \$14.00. Members only	
Power Burst 2	2:15-3:05 p.m.	October 29 – December 17. No class November 12. 7 weeks, \$14.00. Members only	
Beginner Yoga	10:15 - 11:15 a.m.	Oct. 15 – Dec. 17. No class November 12. Class held at Library. 9 weeks \$27.00	
TUESDAY			
Intermediate Yoga	10:15-11:15	October 2 – November 20. Class held at Library. Nov. 6 will be at Senior Center. 8 weeks \$24.00. Members only	November 27—December 18. Class held at Library. 4 weeks \$12.00. Members only
Aqua-Arthritis Water Fitness	10:45 - 11:30	November 13 – December 11. 5 weeks. \$15.00. Free for YMCA Members. Sign up begins November 1. See page 6 for description and special instructions. Class held at YMCA.	
French Class	3:00 - 4:00	Continues until December. Members only.	
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	
Zumba Gold	10:00 -11:00	October 24 – December 19. 9 weeks \$27.00 Members only	
iPad Class	1:00 - 3:00	November 14—December 19. 5 weeks, \$15.00 Members only. No class on Nov. 21.	
THURSDAY			
Ceramics	9:30 – 11:30	October 11 – December 13 No class November 1 & November 22. 8 weeks \$32.00. Members only	
Aqua-Arthritis Water Fitness 2	10:45 - 11:30	November 15 – December 13. 4 weeks. \$12.00. No class November 22. Free for YMCA Members. Sign up begins November 1. See page 6 for description. Class held at YMCA.	
Knit & Crochet	1:00 – 3:00	October 4 – December 20. No class Nov. 1 & Nov. 22. 10 weeks \$20.00. Members only	
Ukulele	1:00 - 2:00	8-week class: Oct. 11—Dec. 13, No class on Nov. 1 or Nov. 22	
FRIDAY			
Chair Yoga 1	9:30-10:30	October 19 – December 21. No class Nov. 2 & Nov. 23. 8 weeks \$16.00. Members only	
Chair Yoga 2	10:40-11:40	October 19 – December 21. No class Nov. 2 & Nov. 23. 8 weeks \$16.00. Members only	

**By popular demand!**

We have just added a second Power Burst class on Mondays, starting at 2:15 p.m. Please check above for updated class times.

AND... due to its popularity, Evelyn has scheduled a new Introduction to the iPad class starting November 14.

**Travel and Learn — the Latest Road Scholar Catalog is Here to Explore!**

For more than 40 years, friends have been telling friends about **Road Scholar**. Each year, more than 100,000 travelers make the world their classroom with this tour company, with its mission of being a “university of the world.” The company focuses on helping its clients use travel to reach a deeper understanding of the world and themselves. Trips often include seminars, lectures and informational tours that bring each destination into sharper focus. Find out for yourself — visit the Front Desk at the Senior Center and ask to look through our copy of the Road Scholar Catalog! If it grabs your interest, you may order a copy for yourself from Road Scholar. You may also go online to [www.roadscholar.org](http://www.roadscholar.org).



# Class Descriptions

**ACRYLIC PAINTING:** Class is resuming this month! 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 unsure whether 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 info.

**Instructor: Abbe Wade**

## **AQUA ARTHRITIS WATER FITNESS AT THE Y:**

This course is held at the Plainville YMCA pool and offers a gentle range-of-motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of the water. Bring a bathing suit and towel. You may use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. The sessions are made possible thanks to the Main Street Community Foundation Grant for 2018, providing for the partnership between the YMCA and Plainville Senior Center to offer quality programs to local seniors.

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

**Instructor: Gloria Cerniglia**

**CHAIR YOGA:** In this mindful chair yoga class, we will practice gentle postures, breath work and meditation to discover the grace and wisdom of mind-body-spirit in movement and in stillness.

**Instructor: Rosalie Tanguay**

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

## **GENTLE YOGA FOR BEGINNERS—LEVEL 1**

This class is an introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release and is especially good for newcomers to yoga or those who would like a refresher on the basics. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** Class is held at Plainville Library.



## **GENTLE YOGA FOR EXPERIENCED — LEVEL 2**

This class is for experienced students who are ready for the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** Class is held at Plainville Public Library.

**IPAD CLASS:** Learn all about your new iPad in this fun and informative class. Learn its main components including the keyboard, Internet, camera and basic apps. Practice other functions such as sending emails, listening to music and using social media sites like Facebook. **Instructor: Evelyn Morin.**

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

**POWER BURST:** This class includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout. **Instructor: Caroline Dube**



**QUILTING:** Beginners are always welcome to this class. You will learn proper rotary cutting and sewing techniques. Participants may also work on the Annual Senior Center quilt that is raffled during the Holiday fair, or 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:** Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**

## Ongoing Support for Veterans

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments on the first Wednesday of each month at the Senior Center. He will be at the Center on Wednesday, November 7 and Wednesday, December 5. Please call Jason directly to make an appointment in advance — 1-203-805-6340.



# Trips

## Sign-Up Info

## Current Trips

**Sign-up:** Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. Early each month we offer Mega Sign-up for new trips. This month it is on Thursday, November 1, from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign up.

**Open to the public:** Trips are open to the public one week (7 days) after member sign-up unless otherwise stated.

**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 insurance policies cover most 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 that you 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 trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your seat assignment from the bus captain. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We cannot wait for late comers.***

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



**BOB HOPE USO-STYLE SHOW AT THE AQUA TURF**  
**MON., NOVEMBER 12, 11:00 A.M. — 3:30 P.M.**  
**This trip is full. You may sign up for wait list.**

**LA SALETTE FESTIVAL OF LIGHTS & FATHER PAT'S HOLIDAY CONCERT**  
**SATURDAY, DECEMBER 8, 9:15 A.M.**  
 We still have a few seats available for the annual **LaSalette Festival of Lights & Father Pat's Holiday Concert Trip.** This motorcoach tour travels to the LaSalette Shrine in Attleboro, MA for their fabulous Festival of Lights illuminating a beautiful landscape. The Holiday Concert evokes the spirit of the holidays with everyone singing along. Attend mass, stroll the grounds, view the Nativity scenes, and visit the book and gift shop. Enjoy a delicious family-style lunch at Morin's Restaurant of Attleboro, including salad and rolls, ziti with meatballs, boneless breast of chicken with cranberry glaze, broiled scrod with lemon crumb topping, au gratin potatoes, and assorted pastries and coffee. The \$78 cost includes motorcoach trip, visit to Festival of Lights and Holiday Concert, and lunch. Depart Senior Center at 9:15 a.m. and return at about 8:30 p.m. Sign-up has begun.

## 2019 Trips

**These Senior Center trips are planned for 2019!**

- March 19: Gaelic Meets Garlic
- May 5: Mamma Mia, Warner Theater
- May 14-22: Utah's National Parks
- May 22: All You Can Eat BBQ & Bingo
- June 4-6: Jesus & Amish, Philadelphia
- June 10-22: Alaska and the Yukon
- June 12: "On Your Feet," Westchester Broadway Theater
- July 10: All You Can Eat Lobster, Delaney House
- July 16: Celebrate Italia
- July 30: Riverboat Cruise on Lake Charggoga-goggmanchauggagoggchanbungung amaug)
- August 12: Kenny Rogers, Dolly Parton Tribute
- Sept. 17: Frank Sinatra Tribute
- Sept. 19: Frankie Pizzaro - Platters lead singer
- Sept. 24: Berkshire Gilded Age
- Oct. 6-16: Spain—History to Heart
- Oct. 16: Delaware & Ulster RR — Fall Foliage
- Oct. 20: Barry Manilow Tribute
- Nov. 13-15: Miracle of Christmas Sight & Sound

**We are waiting for "shares" and dates!**

- Historic Isle of Shoals, NH
- Secrets of Grand Central Terminal
- Old Rhinebeck Aerodrome Air Show
- Friesians of Majesty Horse Show, Vermont
- Shear Madness, Boston
- Circle Line, NYC
- Andy Warhol Exhibit
- United Nations
- Libraries of Manhattan
- Rhode Island Chicken Dinner & Casino

# Big Trips 2019

## 11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS

OCTOBER 6 — 16, 2019

Explore historic Spanish cities including Cordoba, Toledo, Barcelona, Seville, Madrid and others! Savor the highlights of this beautiful and historical country. In Barcelona on the Mediterranean sea, explore wonderful plazas, modern squares, works by Gaudi (a designated UNESCO World Heritage Site) and the Gothic Quarter and Spanish Village. In Seville, visit the burial spot of Christopher Columbus and ride by rail to Madrid, to enjoy an evening Flamenco show. Visit the Prado Museum, the Royal Palace, the Las Ventas Bullring and the Bernabeu Football Stadium. Your visit to Toledo, another UNESCO World Heritage Site, includes a tour of a magnificent Gothic cathedral and a 13th century synagogue. Trip costs include international airfare, 16 meals with wine at dinner, a visit to a Spanish olive orchard, canal cruise, tour of Alhambra Palace and more! Pick up a trip flyer at the Senior Center!

## UTAH'S NATIONAL PARKS FROM LAS VEGAS

MAY 14—22, 2019

See the "Mighty 5" National Parks — Canyonlands, Arches, Capitol Reef, Bryce (Shawn's favorite) and Zion National Parks. Add to that the Grand Canyon, Monument Valley, Route 66 and even a brief stop in Las



Vegas for the trip of a lifetime! Added tours and adventures include: Tour of Antelope Canyon, 4-Wheel Drive Tour of Monument Valley with a Navajo Guide, Dead

Horse State Park, Jet Boat Ride on the Colorado River, Red Cliffs Adventure Lodge, 4x4 Jeep Tour of Canyonlands National Park, Moab, Utah Movie Museum and Castle Creek Winery. The trip will be fully escorted from Plainville, includes local guides, a professional tour guide throughout and so much more! The trip is open to the public, so invite your friends (airfares are available across the US). Flyers available at the Senior Center!

## ALASKA & THE YUKON

JUNE 10-22, 2019

Fully escorted from Plainville, this trip includes 8 days of land touring and 4 days of cruising on Holland America. Enjoy a ride on the McKinley Explorer Domed Train to Denali National Park, a Tundra Wilderness Tour plus Mt. Denali, stops in Fairbanks and a visit to the Trans-Alaska Pipeline. In Dawson, you'll view old-time wooden boardwalks, frontier-era buildings and the Jack London Museum.

*Continued...*

***Please help us by signing up for Trips, Outdoor Adventures and Quick Trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects those who have already signed up. Thank you!***

## ALASKA & THE YUKON, cont.

On your four-day cruise Skagway to Vancouver, watch for whales, eagles and otters, see Glacier Bay National Park, sheltered fjords, rainforests and wildlife, take in the Saxman Native Village and the Lumberjack Show in Ketchikan and still more! The trip is open to the public, so invite your friends (separate airfares are available from around the country). Pick up a brochure at the Senior Center!

# Quick Trips

Senior Center Quick Trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or Our Lady of 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 at sign-up.

**TRIP GUIDELINES:** All Quick Trips charge \$8.00 for transportation, payable at registration. No phone reservations are accepted. Refunds are given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. If you are ill and cannot attend, please call the Senior Center when it is open 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. Please help us by signing up for trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!



## CHRISTMAS TREE SHOP & BUCKLAND HILLS MALL, MANCHESTER

SATURDAY, NOVEMBER 10, 9:30 A.M.

We are offering a "Super Shopping" opportunity for you to get some early holiday shopping done. The bus will drop participants off at the Christmas Tree Shop at approximately 10:00 a.m., then will pick everyone up at 12:00 noon to go the Buckland Hills Mall for lunch and more shopping. There will also be the option to spend the whole time at the Buckland Hills Mall. The bus will leave for Plainville at 2:00 p.m. The \$8.00 transportation fee is due at registration. Home pick-ups, **for those who do not drive**, begin at 9:00 a.m. The bus will leave the Senior Center at 9:30 a.m. and return to Plainville by 3:00 p.m. Sign-up begins November 1.

## SPECIAL PROGRAM BY WEST HARTFORD'S HALL HIGH SCHOOL MADRIGAL SHOW AT ST. THOMAS SEMINARY

WEDNESDAY, NOVEMBER 14, 1:00 P.M.

We are offering a trip to St. Thomas Seminary in Bloomfield to hear the Annual Madrigal Show. West Hartford Hall High School's Annual Madrigal Show features the school's award winning choral groups — Choraliers, Voce de Coeli, A Cafella, and Chorale Cantare.

*Continued, next page*



# Quick Trips, cont.

## HALL HIGH SCHOOL MADRIGAL SHOW, *continued*

For more than three decades, Madrigals has been one of Hall's most popular performances and a cherished annual tradition to mark the beginning of the holiday season. The cost of \$8 for transportation and admission is due at registration. Home pick-up, **for those who do not drive**, begins at 12:30 p.m. The bus will leave the Senior Center at 1:00 p.m. and return to Plainville by 4:30 p.m. Sign-up begins November 1.

## SAVIN ROCK PARK MUSEUM (GUIDED TOUR) AND LUNCH AT DUFFY'S TAVERN

*SATURDAY, DECEMBER 8, 10:30 a.m. — 3:30 p.m.*

Join us for a guided tour of the Savin Rock Museum which was dedicated in 2008 and houses artifacts from the old Savin Rock amusement park which was a popular recreational center for the people in western CT from the 1870's. The museum chronicles West Haven's 360-year history and also houses a theater and learning center. The group will first go to lunch at Duffy's Tavern, which has attracted loyal patrons across and beyond Connecticut since 1983. Lunch is on your own. This will be followed by the visit to the Savin Rock Museum. The total cost of \$10 for transportation and admission to the museum is payable at registration. Home pick-ups, **for those who do not drive**, begin at 10:30 a.m. The bus will leave the Senior Center at 11:00 a.m. and return to Plainville by 3:30 p.m. Sign-up begins November 1.

## FLORENCE GRISWOLD MUSEUM: MAGIC OF CHRISTMAS LUNCH AT SAYBROOK SOUP & SANDWICH, AND IVORYTON ILLUMINATIONS

*SATURDAY, DECEMBER 15, 12:30 P.M.*

The group will first lunch at Saybrook Soup and Sandwich, then visit the Florence Griswold Museum to see *The Magic of Christmas* exhibit. Visitors enjoy *Miss Florence's Artist Trees* decorated with extraordinary painted palettes donated by nearly 200 artists from around the country. In addition, the museum is decorated for a 1910 Christmas. Before returning to Plainville, the group will get an opportunity to view *Ivoryton Illuminations* celebration. We will drive through the village of Ivoryton to see the display of more than 400,000 lights. Lunch is on your own. The \$16 fee due at sign-up covers transportation and admission to the museum. Home pick-ups, **for those who do not drive**, begin at 12:30 p.m. The bus will leave the Senior Center at 1:00 p.m. and return to Plainville by 6:00 p.m. Sign-up starts November 1.

## UCONN WOMEN'S BASKETBALL GAMPEL PAVILION, STORRS, CT

*SUN., JANUARY 13, 2019, 10:30 A.M. and*

*SAT., FEBRUARY 9, 2019, 10:30 A.M.*

***Please note change in sign-up procedure for these games!***

We are offering two opportunities to see the UCONN Women's Basketball team play. On **January 13**, they take on the **University of Southern Florida**, scheduled to finish second in the American Athletic Conference behind first-place UCONN. On **February 9**, the UCONN women play against **Temple University**, coached by Tonya Cardoza, a former UCONN assistant coach for 14 seasons.

*Continued...*

## UCONN WOMEN'S BASKETBALL, cont'd.

To give all **Sr. Center members** a chance to attend a game, we ask that you initially sign up for **one game only** and put your name on the reserve list for a second game if you are interested. We will allow members to sign up for a second game beginning November 14. Unlike most trips, we will NOT sign non-members one week after member sign-ups start. If seats remain available, we will start signing up non-members on December 7. Ticket and transportation cost is \$28, due at registration. **Please note:** Tickets are more expensive than last year because of game time, opponents, and seat locations. The seats are located behind the UCONN basket in the upper level (Section 214, Row K), so there are some stairs to climb. The bus will leave the Senior Center at 10:30 a.m. The games start at 1:00 p.m. so you will have time to grab a bite at the Student Union, which has a variety of food options, or wait to eat inside Gampel. The bus will leave Gampel Pavilion immediately after the game. Returns approximately 4:30 p.m. Sign-up begins November 1.

# Outdoor Adventure Club

## EXPLORE NEW HAVEN USING HIGH SPEED RAIL!

*WEDNESDAY, NOV. 7, 9:00 A.M.*

Explore New Haven via **The Hartford Line's** new high speed trains, which travel up to 110 miles per hour between Springfield, Hartford, and New Haven, with stops along the way. **TRIP IS FULL. YOU MAY SIGN UP FOR THE WAIT LIST.**

## BLUE OX AXE THROWING & PIG RIG BBQ

*SATURDAY, NOVEMBER 10, 2:15 P.M.*

Join the fun with the latest trend: Axe Throwing! Axe Throwing is a sport in which each competitor throws an axe at a target, attempting to hit the bulls-eye (or as near as possible). Since most folks are new to axe throwing, your experience will begin with a brief introductory lesson on the rules and proper technique. Wear closed toe shoes and dress comfortably (layers are recommended). We will join the South Windsor Senior Center for a fun afternoon that will end with an early dinner (on your own) at the Pig Rig BBQ. Enjoy "insanely tasty" BBQ pork, chicken, and baby back ribs. Dishes come with a choice of sides that perfectly complement the abundance of meat – including cornbread or sweet potato bread, red cabbage slaw, smoked mac & cheese, and Cowboy Beans (their biggest hit). See their menu at [www.pigrigbbq.com](http://www.pigrigbbq.com). Cost: \$23.00 includes transportation and 1 hour of axe throwing. Bus leaves the Senior Center parking lot at 2:15 p.m. and returns at approximately 6:30 p.m. Sign-up begins November 1.

## BIGELOW HOLLOW STATE PARK

*SATURDAY, NOVEMBER 17, 9:00 A.M.*

Join us for a crisp fall morning hike at a State park in the beautiful Northwest corner of Connecticut! Featuring 9,000 acres of land and an extensive trail system with multiple ponds and outdoor scenery, this will be a classic New England hike. It will feature an approximately 4-mile loop over dirt and wooded trails with only slight hills — very manageable for the average walker and hiker!

*Continued next page...*

# Outdoor Adventure cont.

## BIGELOW HOLLOW, cont'd.

The hike will also feature nice views and close proximity to a large pond. Bring a warm layer, some water, and lunch for our picnic lunch after the hike. The \$8 fee includes transportation and leader; due at registration. Led by Jared Scoville. Return about 2:00 p.m. Sign up begins November 1.

## FARMINGTON FLATS HIKE/WALK

FRIDAY, NOVEMBER 30, 2:30 P.M.

Have you ever walked along a trail that passes through farmland and follows right along the Farmington River? Jared Scoville will lead the walk on an approximate 3-mile loop through this trail system at the "Farmington Flats," as the locals call it. He has spotted American bald eagles, osprey and fly fishing in this popular fishing portion of the river. Wear good, weatherproof hiking/walking shoes in case we hit some muddy trails. All trails are basically flat and dirt pathways through open fields and over wooded trails. We will all meet up at the parking lot by the Farmington River and the Kolp Community Garden plots. The driveway pull-in is directly across the street from the parking area for the remote control planes field. We'll meet at 2:30 p.m. and end the hike at about 4:30 p.m. Pay \$3 to Jared on day of trip. Sign up begins November 1.

# Tuesday Shopping Bus

In order to ride the Senior Center's Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over age 60 or a Plainville resident of any age who is disabled. Please be ready at least 15 minutes before departure. We leave on time. Call the Senior Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up. We can only accommodate eight (8) people on the Tuesday Shopping Bus. Sign up early! Home pickups start at 11:15 a.m. The bus leaves the shopping center at 3:00 p.m.

- Tuesday, November 6, Bristol Shopping Plaza
- Tuesday, November 20, ShopRite, Southington
- Tuesday, December 4, 2018, Walmart, Bristol



**Please Remember: The Plainville Senior Center AND its Trips are Scent-Free Zones!**

Help us to keep the air we share healthy and fragrance free. 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 at the Center **or** on our bus trips!



# Donations

## The Senior Center Always 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 wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **We do not use blank cards, holiday cards, religious cards, mass cards or birthday cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need!

***Please note:** 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 this 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, September 16-October 15

Carla Simmons, Grace Lapila, Val Dumais, Dave and Diane Couturier, Mary Jane Snow, Jane Zehnder, Edna M. Irving, Barbara Barton, John Lomonte (2), Christine Grandbois, Felicia Ruffini, Family of Wade Wolak, Richard Vieira, Jeanine Martino, Bonnie Miller, Helen Kisluk, Lois Schmidt, Charline Damiano, Kathleen Gwara, Anonymous, Charlene Bailey, Stan Funk, Kathy Egri, Olga & Charlie Stepney, Karen Boucher

## MEMORIAL DONATIONS through October 15

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

### In Memory of:

**Michael Heslin** — Lee Ann Korus

**Carmine & Roberta Lalama** — Mah Jong Group

## DIAL-A-RIDE DONATIONS through October 15

Marjorie Rio, Jerzy Kalinowski, Barbara Barton

# Library News

To sign up for or ask questions about any events at the Plainville Public Library, please call the Library at 860-793-1446 or stop by the Reference Desk.

- Come enjoy the music of the New Britain Symphony Orchestra's Steel Drum performance on Wed., November 7 at 7 p.m. in the auditorium.
- The November film is Mamma Mia 2. It will be shown on Thursday, November 8 at 1:00 p.m. and Saturday, November 24 at 1:30 p.m.
- "An Attorney Evaluates the UFO Experience" with Dyke Spear, Thursday, December 6 at 7:00 p.m.

# Transportation

## DIAL-A-RIDE

**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, Southington, New Britain, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. Also, 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 \$1.00 donation for each way is suggested, but not required.*



## ADA Para-Transit

***Another option with more hours and destinations***

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

The ADA Paratransit ride service travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you still may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 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 in a book of ten for \$28 (only \$2.80 each).*

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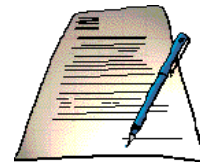
***Your suggestions, ideas, concerns and comments are welcome! Feel free to talk directly to Shawn or Ronda or write them down and put in the Suggestion Box on the counter across from the rest rooms.***



***A driver can assist you door-to-door if you make arrangements ahead of time.*** 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.

### **You Must be Pre-Approved — 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 Para-transit 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 two to four 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.

Once you are approved, you can reserve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m. to 5:00 p.m. So give it a try — broaden your horizons, go shopping or visit a friend. Sunday service can take you to religious services. You can schedule an appointment at 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).

### **2018 ADA PARTICIPATION GROUP FORUM**

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting is on **November 14, 2018 at 5 p.m.** The Forum will include General ADA Updates provided to the group by the Director of Paratransit, as well as public participation about the ADA Paratransit Service. Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHDT, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: **pwilliams@hartfordtransit.org** 48 hours in advance.

### **HEALING FOR THE HOLIDAYS — A GRIEF SELF-CARE EXPERIENCE**

The Hospital of Central Connecticut is offering a free, special program for anyone grieving the loss of a loved one, especially at the holidays. **Thursday, November 8, from 5:30 to 7:30 p.m.** A light supper will be served. There will be a brief presentation of slides with the names and dates of death of participants' loved ones. When you register you will be asked whether you want to include a slide; you may opt out. Please consider bringing a small photo to share. Space is limited. Call 860-224-5463 to reserve a space for yourself and guests, or to ask questions.



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# This & That

## Trips ... Call Sally Miller!

- **November 13, Mohegan Sun**, \$25 Bus leaves from OLM at 8:00 A.M.
- **November 30, “Christmas in Connecticut,”** Wadsworth Trees, Twain House and Chowder Pot, \$108 includes lunch

*For information on any of these trips or to sign up please call Sally at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Center. You cannot sign-up or pay for them at the Center.*

### STORM CLOSING INFORMATION

**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.**

- Announcements regarding cancellations are made on the television channels and websites of the following networks: **WFSB, WNBC** and **Fox 61** as well as radio **1080 AM**.
- If Senior Center activities are cancelled, the Center remains **OPEN**.
- If public schools have a delayed opening, we open at our regular time of 9:00 a.m. and our schedule is usually not affected. If you are taking an early class, please call ahead to confirm.
- Sometimes public schools have an early dismissal. This does NOT necessarily mean the Senior Center activities are cancelled. Please call the Senior Center to see if our afternoon schedule has changed.

**CHORAL GROUP** November rehearsal is Friday, November 30.

### SENIOR CENTER DISPLAY CASE

If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for December 2018 or sometime in 2019!

### CONGREGATE MEAL PROGRAM

You may 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.**

### MEALS ON WHEELS VOLUNTEERS NEEDED

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Mon-Fri., typically from 10 A.M. to 12 noon. Deliver one or more days per week, or be on call to cover for other volunteers during an illness or vacation. Mileage reimbursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior Center for more information: 860-747-5728.

**LAST MINUTE NOTICE: *Moveable Senior Center* Event in South Windsor on November 13! See the flyers at the Senior Center**

### Free Veterans Day Concert Will Benefit “Toys for Tots” *Sunday, November 11 at 2:00 pm*

Under the artistic direction of Ken Bagley, the Plainville Wind Ensemble presents their free Annual Veterans Day Concert **“The Greatest Generation”** at CCSU’s Welte Hall. This popular and talented symphonic concert band will be joined by the Plainville Choral Society, performing music dedicated to honoring our veterans, especially those of “The Greatest Generation.” New, unwrapped toys will be collected at the door for the *Toys for Tots* program. For more information on the Plainville Wind Ensemble, please visit [www.plainvillewindensemble.com](http://www.plainvillewindensemble.com).

# Nursing, Insurance Info, Etc.

# Care & Support

## We are here to help!

### FLU SHOTS ARE AVAILABLE!

- Flu shots for homebound Plainville residents are available. Please call the Senior Center at 860-747-5728 to schedule.
- All other Plainville residents aged 60 and above may get their flu shot at 12:30 p.m. sharp on Tuesdays and on Thursday, November 8.
- No appointment needed. Bring insurance card.
- The price for any uninsured person is \$25. All insurances except Wellcare are accepted.

**The Town of Plainville will host two Flu Shot Clinics for Plainville residents only on November 5** — from 11:00 a.m. – 2:00 p.m. at the Plainville Community Pharmacy (170 East Street) and from 7:00 p.m. to 8:00 p.m. at the Firehouse. Please bring your insurance card. For uninsured persons, the cost will be \$20.

### 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 Senior Center members who live in Plainville and \$28.00 for out-of town Senior Center members.** You may pay with cash or check made out to the Plainville Senior Center. Please call the Senior Center to make an appointment. **Senior Center members only.**

### EAR WAX REMOVAL

Call the Senior Center to make your appointment for ear wax removal. At least one week before your appointment, you must come in to the Senior Center to pick up an instruction sheet that explains how to prepare, as well as paperwork to fill out and bring to your appointment. This service is provided by ProHealth Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any outstanding balance over \$5.00. In most cases, patients will not pay more than \$5.00 for the service.

### FREE BLOOD PRESSURE SCREENINGS

- **Thursday, Nov. 8,** 1:00—2:00 p.m.  
(provided by Hartford Health Care)
- **Wednesday, Nov. 7 & Nov. 21,** 11:00 a.m.-12 p.m.  
(provided by Interim Health Care)
- **Monday, Nov. 26,** 12:00—12:30 p.m.  
(with our Nurse)

### CHOLESTEROL SCREENING

A quick appointment and a prick of your fingertip can tell you your total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose numbers. This test does not require fasting. Knowing these numbers and taking appropriate health measures are great steps toward a healthier you! Call the Senior Center for an appointment with our nurse. Cost is \$12.00.

### Free Telephones for Deaf and Hearing Impaired

Free captioned phones are available for persons with hearing disabilities through a program run by the State of Connecticut. Please contact Stephanie Soucy or Bette Smith at the Senior Center for more information.

### QUESTIONS FOR THE SOCIAL WORKER

**MONDAYS, NOVEMBER 19 & NOV. 26, 12:30 P.M.**

When you have questions, we have answers! We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find Alzheimer's help in the community or homecare. Stop by Stephanie's office to have an individual chat with her. *Please note:* this service is for Plainville residents 60 and over only. No sign-up needed and no question is too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center to schedule a time that's convenient.

### GRANDPARENTS RAISING GRANDCHILDREN

**TUESDAY, NOVEMBER 13, 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 households where grandparents and relatives are responsible for their needs. Come and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. Sign-up begins October 3.

### CAREGIVING CONNECTIONS

**TUESDAY, NOV. 20, 10:00 A.M.**

Caregiving during the holidays brings special challenges. Join us as we share our concerns and strategies for enjoying the season with as little disruption to our established routines as possible. The increased activity and company can create confusion resulting in stress and caregiving woes. Join us as we prepare for Thanksgiving with a grateful heart. Call Bette with any questions or concerns.



### BRIGHTER FOCUS

**THURSDAY, NOVEMBER 15, 10:00 A.M.**

Holiday time can often leave us at loose ends ... we may long for the holidays of yesteryears and the people we shared them with, rather than enjoying the here and now. Keeping one's focus as bright as holiday lights is not always easy. Together let's share holiday joy along with our secrets for enjoying the present while remembering the past. New members are always welcome. Call Bette for further information.

# Energy Assistance

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$34,366 (gross) and a family of two could possibly make \$44,941 (gross) and be eligible for the program. For more information or to see if you are eligible, call the HRA Energy Department at 860-356-2000. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** See Bette or Stephanie with any questions.

# NOVEMBER 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>KEY:</b> <b>GR:</b> Green Room, <b>BR:</b> Blue Rm, <b>GA:</b> Game Room, <b>CR:</b> Craft Room <b>C:</b> Café, <b>CL:</b> Computer Lab, <b>OS:</b> Old Store, <b>K:</b> Kitchen <b>L:</b> Library <b>*By Appt.</b>	<b>OCT. 1</b>	<b>2</b>		<b>NOV. 1</b>	<b>2</b>	<b>3</b>
				<b>MEGA SIGN-UP DAY</b>	<b>HOLIDAY FAIR SET-UP</b>	<b>HOLIDAY FAIR 10:00 a.m.</b>
				<b>HOLIDAY FAIR SET-UP</b>	<b>NO CLASSES OR PROGRAMS</b>	
				<b>NO CLASSES OR PROGRAMS</b>		
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Turn Your Clock Back One Hour!</b>	<b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acr. Paint CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	<b>*9:00 NURSE</b> 9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga GR 10:30 Vet Coffee Hr. CR 10:45 Aqua Fitness, YMCA 11:15 Tues. Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA 4:00 Walking GR	9:00 Walking GR 9:00 Explore New Haven 9:30 Quilting CR *10:00 Vet Appts. CL 10:00 Zumba Gold GR 10:00 Cradling Thr .LR 11:00 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	<b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:45 Aqua Fitness 2, YMCA 11:30 Vets Lunch GR 12:30 Pool Tournament 12:30 Bridge OS 12:30 Pinochle CL 1:00 Ukulele Class CR 1:00 BP Clinic 1:00 Scrabble C 1:00 Knit & Crochet GR 2:00 COA Meeting GA 3:30 Dry Needling BR 4:00 Walking BR	9:00 Walking GR 9:00 Mahjong GA 9:30 Diabetes Mgt. CR 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	9:30 a.m. Christmas Tree Shop  2:15 Axe Throwing, Wallingford
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<b>Veterans Day Senior Center Closed</b>  Bob Hope USO at Aqua Turf, 11:00 (Drive on your own)	<b>*9:00 NURSE</b> 9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage CL 10:15 Int. Yoga L 10:30 Grandparents GR 10:45 Aqua Fitness YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 PM Wii Bowling BR 1:00 Bridge OS 2:00 Cooking for One C 3:00 French Class GA 3:00 Fair Wrap-Up GR 4:00 Walking GR	9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Ipad Class GA 1:00 Hall HS Concert 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train CL 10:00 Parkinson's GR 10:00 Bright Focus GA 10:00 Snappy Sr. L 10:45 Aqua Fitness 2 at YMCA 12:30 Pool Tournament 12:30 Pinochle CL 12:30 Bridge OS 1:00 Ukulele Class CR 1:00 Scrabble C 1:00 Knit & Crochet GR 4:00 Walking BR	9:00 Walking GR 9:00 Mahjong GA 9:30 Aching Joints CR 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 11:30 Friends Helping Friends 12:00 Pinochle L	9:00 Bigelow Hollow
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	<b>CAFÉ CLOSED</b>  <b>*9:00 NURSE</b> 9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Caregivers GR 10:15 Int. Yoga L 10:45 Aqua Fitness YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling CR 3:00 French Class GA 4:00 Walking GR	<b>CAFÉ CLOSED</b>  9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 11:00 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	<b>Thanksgiving Day</b>  <b>Dinner Served at 11:30 a.m.</b>  <b>No Other Activities</b>	<b>Senior Center Closed</b>	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>Dec. 1</b>
<b>Dec. 2</b>	<b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 BP Clinic 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for SW 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	<b>*9:00 NURSE</b> 9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fitness YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA 4:00 Walking GR	9:00 Walking GR 9:30 Quilting CR 9:30 Bks & Bagels GA 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Ipad Class GA 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	9:00 Walking GR 9:30 Mexican Train GA 9:30 Ceramics CR 10:45 Aqua Fitness 2 at YMCA 12:30 Bridge OS 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Ukulele Class CR 1:00 Scrabble C 1:00 Knit & Crochet GR 4:00 Walking BR	9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Gp BR 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L 2:30 Farmington Hike	