

IMPORTANT REOPENING INFORMATION

PLEASE READ BEFORE COMING TO THE SENIOR CENTER

PLEASE KEEP THIS PAGE FOR FUTURE REFERENCE

We Have Good News! Gradual Reopening Begins November 5th

Please note that Senior Center programs and activities are subject to change based on state guidelines and COVID cases.

[The Senior Center will be holding a “gradual reopening” beginning Thursday, November 5. Reservations for activities begin November 2nd. Although it won’t be the same Senior Center you left on March 17th, we are excited to offer opportunities for people to see each other and have fun.](#)

We are excited about welcoming people back into the building and we will be reopening slowly, with caution. Our population is still the most at-risk group for contracting COVID-19 and complications arising out of being infected. Safety, for our members and our staff, will remain our highest priority. It is not only our biggest concern; it is our responsibility. In order to reopen, we must abide by state guidelines for three different sectors (per the Governor): Senior Centers, Indoor Recreation and Fitness Centers plus the Plainville-Southington Health District. We, more than anyone, wish we didn’t have to do this, but we are determined to follow the guidelines to keep everyone safe and healthy.

Can I just stop by the Senior Center any time I want? Unfortunately, no. State guidelines say that, individuals must make an advance “reservation” to attend a program or service at the Senior Center. This is necessary for contact tracing in the event someone tests positive for COVID-19 and to keep track of the numbers of people in the building. For instance, if you want to speak with Stephanie the Social Worker, you must call for an appointment. If you want to play Bingo, you must call in advance to “register” to play. If you want to play billiards, you must call in advance to reserve the pool table to play. If you want to work out in the PEAK Center, you must call to reserve an appointment. If you want to take a fitness or art class, you must call in advance to reserve your spot. Each activity will have maximum attendance limits due to social distancing, the size of the room and the activity. Health department guidelines will limit your time at the Center to 1 hour.

MASKS: MASKS ARE MANDATORY. If you are unable to wear a mask, please call Shawn or Ronda at the Senior Center and we will try and make alternative arrangements for you to participate in programs or services virtually. Masks must be worn covering the nose and the mouth completely. Masks with ventilators are not acceptable, unless a paper disposable mask is worn over the ventilator mask.

Social Distancing: Everyone is required to maintain a 6-foot social distance while at the Senior Center (12 feet while exercising in the Fitness Center and during exercise classes).

Hand Sanitizer/Hand Washing: Hand sanitizer will be available at the entrance of every room. Members are required to use the hand sanitizer prior to entering a room. In addition, please wash your hands, frequently, for a minimum of 20 seconds.

Entrance/Exit: The “back” door with the long ramp (near where the Dial-a-Ride vehicle parks during the day) will serve as the only door people can enter. All other doors will be locked. Please leave handicapped parking spaces for those who have trouble walking long distances. See Shawn, Ronda or Tammy for our available spac-

Check-In: Upon arrival at the Senior Center, all visitors will be required to “check-in” with a staff member/ volunteer. The check-in station will be located at the coat room. Persons will be required to scan their Senior Center membership card; this is necessary for contact tracing if someone tests positive for COVID and to keep track of the numbers of people in the building. Each person will be required to complete and sign a completed COVID-19 Assessment form and place it in the designated area.

If a person shows up with COVID-19 signs or symptoms, they will be asked to go home immediately. If a person presents COVID-19 symptoms while at the Senior Center he/she will be asked to go home if they are able or ushered to a holding room and the health department will be notified. 911 will be called if necessary. The holding room will be sanitized after the person is removed.

COVID-19 Screening: Each person entering the Senior Center will be required to complete, sign and date a CDC Facilities COVID-19 Screening. Persons experiencing COVID-19 symptoms will not be allowed to enter. If you have a medical condition with conditions such as chronic cough, chronic diarrhea, chronic headaches, chronic shortness of breath or difficulty breathing, we will require that you obtain a waiver from your medical physician that states [that you have a chronic condition which is not a symptom of COVID-19. These waivers will be kept on file at the Senior Center.](#) Please call the Senior Center to have the waiver sent to you prior to coming to the Senior Center.

Coats: The coat room will be closed. Coat racks will be stationed in the blue room, green room and PEAK Center. Please use these coat racks for your coats or put your coat on your chair.

Visiting: Per state guidelines, people will not be allowed to drop-in and “visit” for hours. We will have established “visiting” times throughout the week and people will have to call in advance to reserve a seat to visit. The living room will not be available for sitting and visiting. There are a few seats set up in the living room for individuals to sit and wait for their appointments with the nurse and/or social worker.

Setback/Cards/Mexican train/Maj Jong/Scrabble: Unfortunately, state guidelines do not permit games that cannot be thoroughly cleaned (cards, board games, etc.) to be allowed in the Senior Center. It is also impossible to social distance (6-feet) while playing card and board games.

Meals/Eating/Drinking: Per state guidelines, the congregate meal program (Bonnie’s lunch) is not allowed to operate. Because of social distancing requirements, our Senior Center Le Petit Café, will also not reopen at this time.

We will not be offering coffee or tea. There is one water station available, but you must bring your own water bottle. The water station is in the hallway from the “blue” room to the café. All other water fountains are not available.

Trips: We will not be offering trips until sometime in 2021 (hopefully).

See pages 3 & 4

for information about Billiards, Bingo, Classes, Computers, Open Coloring and the PEAK Fitness Center.



NEWS & EVENTS

NOVEMBER 2020

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.painville-ct.gov/senior-center

Staff and Senior Center Social Worker, Stephanie Soucy is available by phone during our regular hours: Monday 9:00—6:00, Tuesday, Wednesday, Thursday 9:00—5:00 and Friday 9:00—1:00.

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, caregiving, financial assistance, Medicare options, Medicare Savings Program, Open Enrollment for health insurance, assistance at home and more. No question is too small. Please call Stephanie at 860-747-5728.

At the time this newsletter is going to print, the Senior Center is planning a gradual reopening beginning Thursday, November 5th. Please remember that Senior Center programs and activities are subject to change based on state guidelines and numbers of COVID cases.

PLEASE REMEMBER THAT NEW STATE GUIDELINES REQUIRE THAT YOU CALL TO MAKE A RESERVATION TO ATTEND ANY ACTIVITY AT THE SENIOR CENTER

THANKSGIVING DAY MEAL

For the past 45 years we have had a Thanksgiving meal served here at the Senior Center for our members who may be alone for the holiday.

Unfortunately this year, we cannot have our Thanksgiving meal at the Senior Center. Instead, we will arrange a “to go” meal that can be picked up on Wednesday, November 25th from 1:00-3:00 P.M. or Thursday, November 26th from 10:00—11:00 A.M. (If you are unable to get to the Senior Center, we can deliver the meal to you if you live in Plainville).

Please call the Plainville Senior Center at 860-747-5728 by November 23 to reserve your meal. There is no charge for the meal, however, donations are welcome.

We wish you all a very special Thanksgiving!

GET TESTED FOR COVID-19
At the Plainville Senior Center
Tuesday, November 17 and
Tuesday, December 15
9:00 to 1:00

Call Community Health Center for an appointment 475-241-0740 or on-line at www.chc1.com The testing is **FREE**. No insurance necessary. You can get tested even if you’ve been previously tested. Drive-In....No need to get out of your car.

Community Health Center also does daily testing at 85 Lafayette St., New Britain and 395 North Main Street, Bristol.

Testing also available at the Friendship Center, 241 Arch St., New Britain
 Tuesday, November 10, 9:00 am—1:00 pm and
 Thursday, December 3, 9:00 am —1:00 pm

VETERANS SOCIAL HOUR is on hold until further notice. We will put a notice in the newsletter once we have a date that we can start it up again!

In the meantime, Happy Veterans Day to all those who have served to protect our country!



Donations

MEMORIAL DONATIONS SEPTEMBER 25-OCTOBER 23

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:

Anthony Famiglietti by: Norma Weisenburger. **Sharon Fox McQuillan** by: Dan & Georgia Burgess. **Tony Guerriero** by: Norma Weisenburg. **Ann Krupinski** by: Paul Krupinski, Karen & Jim Cook, Norma Weisenburg, Sue Desrochers, Marie Ragaglia, Rose Berlani, Jeanne Mitera, Joan McBain. **George Somer** by: Plainville Senior Center Choral Group. **Carlo Colagiovanni** by: Sandra Therrien.

GENERAL DONATIONS, SEPTEMBER 25-OCTOBER 23

Diane Sperry, Francis Broderick, Olga Calendar, Allen & Joan Gridley, Jocelyne Ferrer, Irene Mohr, Angelina Levandowski

DIAL-A-RIDE DONATIONS SEPTEMBER 25-OCTOBER 23

Sue Desrochers, Maria Guzzo

Cheer Report

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

September 21—October 23 Get Well & Thinking of You Cards were sent to:

Pat Cancelli, Nina Thone, Lynne Krakauske, Donna Cook, Sharon Jalowiecki, Douglas Kaller, Robin Brown, Bonnie Pelletier, John LoMonte, Jean Hardy, Terry Pedrolini, Dawn Dallas, Betty Turner, Robert Kopinsky, Cathleen Macca, Anna Smedick, Rita Dewyea, Hazel Decker, Ceal DiFrancesco, Evelyn Case, Agnes Ogonowski, Alan Cohen, Gloria Manter, Rosaleen Peters.

September 21-October 23 Sympathy Cards were sent to:

Family of George Somer, Family of Linda Staskiewicz, Family of Mary Case, Giuseppe Saverino, Family of Carlo Colagiovanni, Olga and Charles Stepney, Friends of Betty McIlwain, Family of Bruna Badon, Nello Gerardi, Family of Val Bisson, Family of Paul Cullis, Family of Mildred Garvey, Ron Manyak, Mike and Pat Hermanowski, Paul and Cindy Catanzaro, Family of Josephine Dougherty

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 drop them off at the Senior Center (ring door bell). We appreciate it! **We do not use religious cards or mass cards.** If you know someone who needs a smile, please let us know! **Please note:** When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. (If you wish your donation to remain anonymous, please let us know.) We do our best not to leave any donor's name off the list; but if we do, please let us know so we can include it in the next Newsletter.

In Person Classes & Activity Descriptions

ZUMBA TONE: Mondays, beginning November 16, 10:30 -11:15 a.m.

Class limited to 6 students. Students must stay within their predesignated 12-foot square. A mask is not necessary while exercising. Mask must be worn at all other times.

Call the Senior Center beginning November 2nd to reserve your space. You must reserve a space for every individual class through December 21st. Pay \$3.00 at class. Check or exact change a must.

Description: Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**

ACRYLIC PAINTING: Mondays, beginning November 23, 10:00 – 11:00 a.m.

Class limited to 20 students. A mask must be worn at all times. Students must bring their own art supplies (paints, brushes, canvas, etc.). No sharing of art supplies allowed per State guidelines.

Call the Senior Center or register on line beginning November 2 to reserve your space. Must reserve a space for every individual class through December 21st. Pay \$2.00 at each class. Check or exact change a must.

Description: 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**

POWER BURST: Mondays, beginning November 16, 1:00 p.m.

Class limited to 8 students. Students must stay within their predesignated 6-foot square. Masks must be worn at all times. Call the Senior Center beginning November 2 to reserve your space. Must reserve a space for every individual class through December 21st. Pay \$2.00 at each class. Check or exact change a must.

Description: 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**

CERAMICS: Thursdays, beginning November 12, 9:30 – 10:30. Limited to 20 people.

Call the Senior Center or register on line beginning November 2 to reserve your space. Must reserve a space for every individual class through December 17th. Pay \$2.00 at each class. Check or exact change a must. Participants are not allowed to share supplies. Masks must always be worn, and 6-foot social distancing must be followed.

Description: 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**

BILLIARDS: You must call the Senior Center to reserve a play time. You are only allowed to use one pool table at a time. Two players maximum. No spectators. Bring your own cue stick (if possible). Players are responsible for washing/sanitizing the pool balls, bridge, pool table and cue stick if they borrow one both before they begin play and after ending the game. Play time is limited to 1 hour. Call the Senior Center or register on line beginning November 2 to reserve your space.

Continued on page 4

More In Person Classes & Activities Descriptions

WALKING: Daily indoor walking. Call the Senior Center or register on line beginning November 2 to reserve your walking time. Limited to 30 minutes and 3 walkers per appointment time. Masks must always be worn, and walkers must adhere to 6-foot social distancing.

COMPUTERS: Three computers are available for use by Senior Center members. Advance appointments are necessary to reserve a computer. Time limit is 1 hour. Individuals must sanitize the keyboard and mouse prior to and after using the computer. Masks must always be worn. Call the Senior Center or register on line beginning November 2 to reserve your computer time.

VISITING: Per state guidelines, people will not be allowed to drop-in and “visit” for hours. We will have established “visiting” times throughout the week. Visiting times will be limited to 1 hour per person. Call the Senior Center or register on line beginning November 2 to reserve a visiting time (check the calendar for dates and times). Masks must always be worn.

BINGO: Bingo will be allowed for up to 20 people plus Bingo volunteers. Paper bingo cards will be used instead of our regular bingo cards. Dabbers will be available to purchase (\$1.00) or you can bring your own. You are not allowed to borrow other people’s dabbers. If you forget your dabber, you can purchase another one (\$1.00) from the Senior Center. Bingo will be 1 hour per State guidelines. Bingo begins Wednesday, November 18 at 1:00 p.m. Call the Senior Center beginning November 2 to reserve your space.

OPEN QUILTING: Wednesdays, beginning November 18th, 9:30 – 10:30 a.m. Limited to 20 people. Call the Senior Center or register on line beginning November 2 to reserve your space or register on-line. Participants are not allowed to share supplies. Masks must always be worn, and 6-foot social distancing must be followed.

OPEN KNITTING/CROCHET: Thursdays, beginning November 19, 1:00 – 2:00 p.m. Limited to 20 people. Call the Senior Center beginning November 2 to reserve your space. You must call each week to reserve a seat. Participants are not allowed to share supplies. Masks must always be worn, and 6-foot social distancing must be followed.

COLORING CLUB: Wednesdays, beginning November 18, 3:00—4:00 p.m. Call the Senior Center or sign up on-line beginning November 2 to reserve your space. Participants are not allowed to share supplies. Masks must always be worn, and 6-foot social distancing must be followed.

PEAK CENTER: The PEAK Fitness Center will only be open to individuals who were members of the PEAK Center prior to closing on March 17th. Currently, due to space limitations, we are unable to accept new PEAK Center members. If you would like to resume your PEAK Fitness Center membership, you must attend a free review session with our Fitness Trainer. We must be certain that everyone remembers how to use the equipment safely and correctly. Please call the Senior Center or register on line beginning November 2 to schedule an individual review appointment. The Fitness Center will open the week of November 16th, by appointment for people who have gone through the review session. Equipment will be limited and spaced to allow for a 12-foot social distance between individuals, so that masks will not be required while exercising. Participants will be required to sanitize the equipment before using and after using each piece. Spray sanitizer and paper towels will be available. You can make an appointment for cardio 1 day per week for 1 week at a time and for weight training 1 day per week for 1 week at a time. This is because the number of available appointments will be limited.

HOW TO REGISTER ON LINE

The Senior Center has on-line registration.

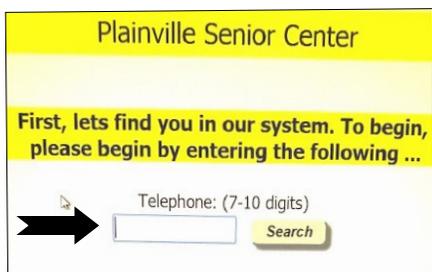
Type the following email address into your browser:

www.schedulesplus.com/plainville

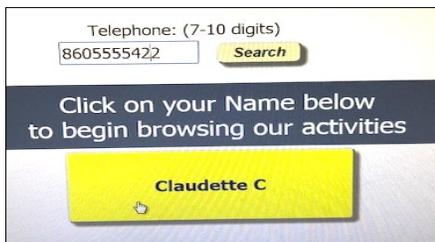
1. Once you get to the welcome page, you will see the following screen, which asks "What would you like to do today?" Select (click on) "Register." (image, right)



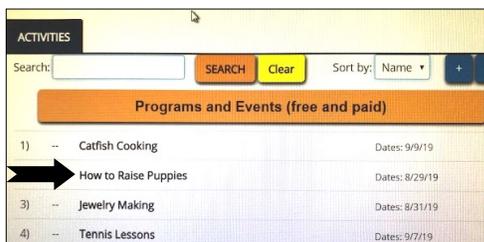
2. The next screen (below, right) will ask you to type your phone number into the box so it can search the database for your record. If you have a couple of phone numbers you may need to try them both. Type your number and click on "Search."



3. Once the database has found you, it will ask you to click on your name in the box to start browsing activities. Click on your name. (image, right)



4. The list that displays on the left side of your screen includes all events that you can register for online. (see below).



5. Click on the event you want. A brief description of the event will then display. (See below) If this is what you want, click on the blue "Add to Cart" button.



6. After you choose an event from the list on the left, it will appear in the box on the right side of your screen ("Your Cart").



7. You can continue to add more events to your cart. Click on programs you want from the list on the left, and they will appear in your "cart" on the right. If you want to remove an event, click on the red X button in the cart next to the event you want to delete.



8. **Avoid selecting "Go to Website"** at the top right. You will be taken out of online registration and will land on the Senior Center page on the town's website. You'll then need to start all over.



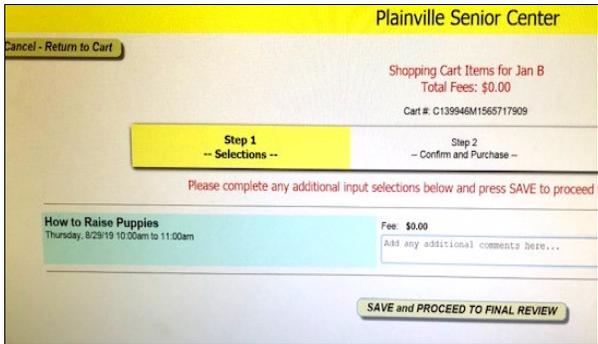
9. When you have made all your selections, click on the yellow "Check-out" button in your cart. (Image right)



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HOW TO REGISTER ONLINE!
(Continued from page 6)

10. On the next screen, simply verify the dates, names and times of the programs you signed up for. (There are no cost or comments you need to add.) To make changes, click on "Cancel and Return to Cart" (upper left) or, if you're done, select the "Save and Proceed to Final Review" button at the bottom.



11. At the next screen, select "Complete Checkout," the yellow button at the bottom. (See image, below)



12. The final screen will say "Completed" and "Thank You" at the top. If your printer is connected, you will be able to print a receipt. (See image, below) Click on the Print button in the upper left side of your screen.



13. You are registered! If you have questions, call the Senior Center. Watch for training sessions coming soon!
IMPORTANT NOTE: Once you have registered, if you need to cancel out of an event, you cannot do it online. Please call the Senior Center at 860-747-5728 to let us know. We can then make your space available to someone else. Thank you!

VIRTUAL PROGRAMS AND EVENTS

BUTTERNUT SQUASH SOUP

Wednesday, November 18 @ 11:00 am

Call the Senior Center beginning Tuesday, November 2 to have the recipe emailed to you and to receive zoom link instructions.



The café may be closed, but you can still enjoy the taste of the wonderful Butternut Squash Soup made by Margaret Lemrise, one of our café volunteers. Margaret will be doing a live Zoom cooking class and, if you wish, you can actually cook along at home! The Butternut Squash Soup recipe will be emailed (or mailed) to you prior to the class so you'll have time to purchase your supplies.

"EATING OUT AT HOME" ON ZOOM VIDEO OR TELEPHONE

Wednesday, Nov. 18, 3:00 p.m.

Call the Senior Center or register on line beginning November 2 to register and get the Zoom link.



Here come the holidays and all the special fun, special foods, etc. But why just a few days a year? Take a page from French culture and make every meal a celebration, happy and healthful! Also get a better idea on how to survive the holidays. Join Miles Everett RD RN virtually at home.

JUKE BOX BINGO with DJ Keith Alan

Thursday, November 19, 1:00 P.M.

Call the Senior Center by **November 17th** to register and receive your bingo card and Zoom link. You will need Zoom video in order to play. Listen to the songs, find them on your card, mark them off and yell Bingo! No need to worry if you can't think of the name of the song, the song title will be displayed on the screen so you can mark it off on your Bingo card. Don't miss out on the fun and the chance to win some prizes!!



VIRTUAL FITNESS PROGRAMS

SILVER SNEAKERS CHAIR EXERCISE CLASS

Tuesdays at 1:30 P.M.



This class is free for people with Silver Sneakers through their health insurance. If you do not have Silver Sneakers, please contact the instructor, Nancy Pandolfo, to make arrangements to pay for the class. If you are not sure if you have Silver Sneakers through your insurance, call the 1-800 number on the back of your insurance card and ask if your plan covers the Silver Sneakers program. New Silver Sneakers students must sign a waiver prior to taking the class. You can pick up a waiver at the Senior Center. Please email Nancy Pandolfo, Instructor, if you would like to take her class or if you have any questions: Fitness123@live.com. This is a ZOOM program.

NEW! CARDIO CHAIR FITNESS WITH NANCY ON ZOOM

Mondays and Wednesdays 10:00 A.M.



Call the Senior Center to register and receive the Zoom link.

Everything you can do standing you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching all from the comfort of your own home!

Instructor: Nancy Pandolfo

MEDICARE ENROLLMENT CLOSES DECEMBER 7TH!

The Fall Medicare Annual Enrollment Period (AEP) ends on **December 7, 2020**, so now is the perfect 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 is available to meet with **Plainville Senior Center residents 60 and over** to go over the options available for 2021. Non-residents should call the CHOICES counselor at the Senior Center in their community.

CHAIR YOGA with DIANA GUNTER

South Windsor Senior Center
Instructor



Every Thursday at 12:00 noon on Zoom.

Zoom Meeting ID: 8993401834 Password: breathe

YOGA-LATES FITNESS CLASS ON ZOOM

Fridays at 11:00 A.M.

Taught by Nancy Pandolfo. Call the Senior Center to register and receive Zoom link. This is a combo class of Yoga poses and Pilates core training which incorporates balance, stretching and relaxed breathing. For all fitness levels.

CURRENT EVENTS DISCUSSION GROUP

Meets on Zoom on Mondays, November 2nd & 9th. Meets at the Senior Center on Tuesdays, beginning November 17th at 1:00 p.m.

Call the Senior Center to register. Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more.



Our Facebook page is up and running! Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle

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 \$36,171 (gross) and a family of two could possibly make \$47,300 (gross) and qualify for the program. Asset Limit for homeowners is \$15,000 and \$12,000 for renters. HRA is located at 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** Please call or go online to:

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



NEW MOBILE FOODSHARE SITE IN PLAINVILLE

NORTON PARK, 15 Norton Park Road

Mondays: November 2, 16, 30

11:00 A.M.—11:30 A.M.

Perishable foods including fresh fruits, vegetables, dairy, meat and bread. This service is available to everyone 16 years and older. No identification needed. Please remember to bring your own bags. For the entire Mobile Food Share schedule visit: www.Foodshare.org/mobile. To check for other locations around Plainville and/or cancellations visit the website or call 860-856-4321. Text FOODSHARE to 85511 to receive the mobile schedule and cancellations alerts directly to your phone.

The Food Share program at the Seventh Day Adventist Church is available on Wednesdays for Plainville individuals needing assistance with food. For more information about eligibility and hours contact: Laurie (860) 747-5867. Drive up and a volunteer will put the groceries in your car!

ZOOM HELP AVAILABLE BY PHONE THROUGH THE SENIOR CENTER

More and more programming and classes are now being offered virtually. If you have a smart phone, tablet or computer, you can take advantage of many programs on Zoom. If you haven't given it a try or need help learning how to use it, call the Senior Center! We will schedule an individual telephone appointment for you to "meet" with Tammy to learn how to use Zoom or to answer any questions you might have if you've used Zoom before but would like to learn more. We will provide you with written step-by-step instructions prior to your telephone appointment. Call the Senior Center to schedule your telephone appointment, 860-747-5728.

CAREGIVING CONNECTIONS

Tuesday, November 10, 10:00 A.M.



Join your caring friends **IN PERSON** as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. It is critical to give and receive support from others who truly understand. Come share and be nourished. Caregivers from neighboring towns are welcome! Call the Plainville Senior Center at 860-747-5728 to register. Masks must always be worn and social distancing must be followed. You must register to attend.

GRANDPARENTS RAISING GRANDCHILDREN

Tuesday, November 17, 10:30 A.M.



If you are raising a grandchild or other young relative, you are not alone. Join us **IN PERSON** for our Grandparents/Relatives Raising Grandchildren Information and Support Meeting. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Masks must always be worn and social distancing must be followed. **YOU MUST REGISTER TO ATTEND.** Please call the Plainville Senior Center at 860-747-5728 to register.

Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act.

TELEPHONE BINGO

Thursdays at 1:00 P.M.



If you miss **BINGO** then join us for a weekly game over the phone or on Zoom so you can see other friends. Give us a call to register, so we can provide you with the call-in/Zoom information; we will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes could include toilet paper, lottery tickets, paper towels.

FALL CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist individuals with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceilings, washing walls and so much more. If this is something that you would be interested in or like more information about, please call the Stephanie Soucy at the Senior Center.

VETERAN'S BENEFITS

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance.



Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance is available by phone to help you with all your Veteran Benefit needs. You can reach Jason at 203-805-6340 (please leave a message).

BETTER BREATHERS CLUB ON ZOOM **Tuesday, November 10 , 2:30 p.m.**

The South Windsor Senior Center has invited our members to join their Better Breathers Club. The program will be facilitated by Susan Gouin, certified educator. She will conduct monthly meetings on topics concerning COPD and Asthma. Occasionally, there will be special guest speakers for variety and fun!



Call or email Susan at: 860-648-6398, Susan.gouin@southwindsor.org to register, to get the schedule and to get the zoom link. Caregivers are welcome!

STAY CONNECTED!



Want to "stay connected" while staying home and staying safe? The CT Department of Aging and Disability Services has a new grant program called "Stay Connected" that will provide technology such as laptops and tablets to older adults and individuals with disabilities who are increasingly socially isolated because of COVID-19. The grant even provides training on how to use the devices. You do not need to be a "techie" to give it a try. If you would like to be screened for the program, please call your local Area Agency on Aging at 1-800-994-9422 and ask for the "Stay Connected Program" in the CHOICES Department.

AGING TOGETHER: SENIOR CHILDREN AND THEIR PARENTS

If you are a 65 years of age and older and have a parent age 90+ with dementia, you are part of a growing group. The Aging Study Program at the University of Massachusetts/Boston wants to learn what your relationship with your parent is like, what challenges you may face, and what support you may need. They are seeking individuals willing to be interviewed (either by telephone or video calls) and will provide participants with \$40 as a thank you gift.

Learning about your experience will help us better understand how parents and children age together, and how dementia may affect parent-child relationships. Your contribution will be greatly appreciated.

Call or email for more information. Email: agingtogether@umb.edu. Phone: 617-901-1082

UMass Boston Research Study, funded by the National Institute on Aging.

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AARP WEBINAR WEDNESDAY SERIES

Clean Food Cooking Demo-2 Programs

1-hour virtual Clean Food programs are designed to inspire, empower, and engage you to make positive lifestyle changes through easy, health, and delicious recipes shared from a virtual clean food kitchen.

- November 18 @ 7PM "From Harvest to Table"
registration: <https://aarp.cvent.com/Clean1>
- December 2 @ 7PM "holiday Gift-Making"
registration: <https://aarp.cvent.com/Clean2>

Creating Virtual Connections 2/Gary Ware

Join Gary, Creative Catalyst from Breakthrough Play as he offers ways to use your imagination and creativity to make your winter and holiday fun and creativity for the whole family!

- December 9 @ 1PM
registration: aarp.cvent.com/GaryWWDec9

"Gen Silent"

Join us for a screening of the documentary "Gen Silent" to hear the stories of LGBT older adults in Greater Boston Dealing with the challenges and hopes of growing older.

- November 20 @ 12PM
registration: aarp.cvent.com/GenSilent1120

LGBT AGING MASTER PROGRAM

The Moveable Senior Center and the CT Healthy Living Collective will be running a virtual LGBT Aging Master Program starting November 6th. This is a 5 week program running on Tuesdays and Fridays starting November 6th from 10:00 a.m.—11:30 a.m. Call to Dianne Stone to register at 860-665-8778.



NEW MEMBERS: William Brown, Carol Brown, Robert Thaxton, Peter Krupinski, Faith Stewart, Carlton Gagnon, Kenneth Kochanowsky



SENIOR CENTER VIRTUAL PROGRAMS

Senior Centers from across the state are collaborating and sharing a variety of virtual programs with older adults in Connecticut. Have fun! Learn something new!

We recently emailed a list of upcoming state-wide programs to all Plainville Senior Center members who have an email address in our records. If you did not receive an email from us, but wish to receive this state-wide virtual program list, please email: Guberman@plainville-ct.gov and we will forward the list to you. Please be sure to check your spam/junk mail as well.