

NEWS & EVENTS

NOVEMBER 2021

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, caregiving, financial assistance, Medicare, assistance at home and more. No question is too small. Call (860)747-5728.

CRIME TRENDS & PERSONAL SAFETY SEMINAR

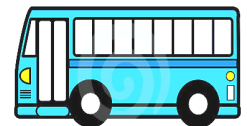
***TUESDAY, NOVEMBER 9, 10:00 A.M. COST: FREE!
CALL TO REGISTER OR REGISTER ONLINE.***

Sergeant Marques, of the Plainville Police Department, will provide an informative overview of crime trends in Plainville and how to protect yourself, your home, and your automobile. He will discuss home burglaries, motor vehicle theft, carjackings, home security and more. Learn how to keep yourself safe at home, while shopping, pumping gas and in the community.



**LEARN ABOUT AVAILABLE TRANSPORTATION
OPTIONS ON TUESDAY, NOV. 16, AT 1 P.M.**

Our Social Worker Stephanie will give a free overview of all the transportation options, including Dial-a-Ride, ADA Paratransit Services, Senior Transportation Services (STS) and Encompass Transportation, available to Plainville seniors on **TUESDAY, NOV. 16, AT 1 P.M.** at the Senior Center. You will also have the opportunity to make an appointment with Stephanie to go over all of the options. Complimentary ADA tickets will be available so you can try out this service if you qualify. Call the Senior Center at (860)747-5728 to register.



CELEBRATING ALL VETERANS!

If you are a veteran of the U.S. Armed Forces and a member of the Plainville Senior Center, or if you are a veteran who attends our monthly Veterans Social Hours, you and your spouse are invited to join us on **FRIDAY, NOV. 12, AT 10:00 A.M.** for a complimentary **Veterans Concert and lunch to go!** Sheri Ziccardi, entertainer and vocalist will perform a special concert *Sinatra at the Movies*, featuring beloved musical selections from Frank Sinatra's storied film career, along with several patriotic selections, including The Star-Spangled Banner, The Armed Forces Salute, and God Bless America. Call to register beginning Nov. 2. Please register by **Nov. 10** and let us know if you'd like a turkey or roast beef sandwich.



**THANKSGIVING DINNER AT THE SENIOR CENTER!
THURSDAY, NOV. 25 AT 11:30 A.M.**

This special meal is for Senior Center members and any Plainville resident who is 60 years of age or older and who will be alone this Thanksgiving. Join us at the Senior Center for a delicious, home-made, traditional Thanksgiving dinner with all of the trimmings. Volunteers will provide transportation for those who need a ride to the Center. **Please register in advance by Tuesday, Nov. 23.** Let us know when you register if you will need a ride. If you are homebound and would like dinner delivered to your home, call us to let us know. There is no charge, but donations are greatly appreciated.



PROGRAMS

NEW! CHAIR VOLLEYBALL

THURSDAY, NOV. 4 AT 10:00 A.M., MONDAY, NOV. 22, AT 9:30 A.M., MONDAY, NOV. 29, AT 9:30 A.M. FREE, SIGN-UP BEGINS NOV. 1.

We are "borrowing" this very creative and fun idea from our friends at the South Windsor Senior Center! Join us for a game that will guarantee to have you laughing the morning away! Participants will be on teams of up to 6 players. No volleyball experience necessary! The only requirement is that you have to stay in your **CHAIR** while playing! Volunteers are also needed to help keep score/referee!



GET "HOOKED" ON RUGS!

We recently had a donation of latch hook rug kits and we want to share them with YOU! Ronda Guberman will provide a demonstration on how to use a latch hook to complete one of these beautiful kits. Many are holiday-themed. The kits are free; the hooks are \$3.50 (pay at first meeting). Please call the Senior Center to reserve your space (limited to 10). Demonstration will be held on **TUESDAY, NOV. 9, at 3:00 P.M.** We will have a Rug Hookers Meetup every Tuesday in November and December at 3:00 p.m. so you can work together, if you wish, to complete your projects.

WOMEN OF THE WILD WEST

MONDAY, NOVEMBER 15, 10:00 A.M. COST: FREE! CALL THE SENIOR CENTER TO REGISTER OR REGISTER ONLINE. PRESENTED BY JOE "THE HISTORY GUY" SIGN-UP BEGINS NOV. 3.

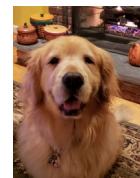
Perhaps no other time in America's history is as steeped in myth, legend, and adventure as the pioneering age of the "Wild West." From 1865 to 1900 a number of courageous women (12) made their mark in the history books and sometimes in our hearts forever. From Calamity Jane to Annie Oakley and from Big Nose Kate to Bell Star they were unique and a few "took no prisoners." This revealing look at their lives promises to be a fun experience, a little lighthearted and well worth your time. As Anne Oakley once said "I ain't afraid to love a man. I ain't afraid to shoot him either."



DOG-GONE DONUTS! FEATURING RYDER THE PET THERAPY DOG & DELICIOUS DONUTS

TUESDAY, NOVEMBER 23, 2:00 P.M.

FREE. CALL THE SENIOR CENTER OR REGISTER ONLINE BEGINNING NOV. 3. Join us for a delightful visit with Ryder the Golden Retriever! Ryder is a registered pet-therapy dog and loves to visit with new friends! Come and give pets and get lots of love in return! Ryder enjoys a glazed donut after "working" as a pet-therapy dog, so we will have a special glazed donut for him and a variety of donuts for the humans! Many thanks to Ryder's "mom", Karen Pagliaro for volunteering her time to bring Ryder for a visit.



"AUTUMN IN THE PARK" CANVAS PAINTING

MONDAY, NOV. 29, 1:00 P.M.

INSTRUCTOR: LINDSEY HOTTIN

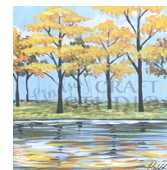
IN-PERSON OR ON ZOOM

COST: \$10.00 PER PERSON

INCLUDES ALL PAINTING SUPPLIES.

SIGN-UP BEGINS NOV. 3.

Lindsey Hottin, of Lindsey's Craft Studio, will teach the class on Zoom. You can watch from the Senior Center or Zoom from home. Supply kits will include the required colors of acrylic paint, a small canvas and brushes. You will need a water cup for rinsing your brushes between colors and paper towels/rags for blotting dry between rinsing. Feel free to add any colors you may have at home.



CUPCAKE DECORATING CLASS

THURSDAY, DEC. 2, 10:00 A.M. COST: \$3.00

SIGN-UP BEGINS NOV. 3. LIMITED TO 24

STUDENTS. MUST REGISTER BY NOV. 29.

INSTRUCTOR: MINI CAKES DECORATING SCHOOL

Each student will learn to decorate 1 dozen cupcakes (6 chocolate and 6 vanilla) with vanilla buttercream icing. You will learn how to use a piping bag, mix colors and basic decorating techniques. Everyone will be given a cupcake container to go home with. Learn something new while enjoying delicious cupcakes for yourself or to share!



MEGA SIGN-UP DAY is set for WEDNESDAY, NOV. 3, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

CLASS DESCRIPTIONS/PROGRAMS

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

ACRYLIC PAINTING

MONDAYS, 10:00 A.M. — 12:00 P.M.

INSTRUCTOR: ABBE WADE

Instructor Abbe Wade teaches four unique techniques using acrylic paints. Students must provide their own supplies. Sign-up has begun.

CERAMICS

THURSDAYS, 9:30 — 11:30 A.M.

INSTRUCTOR: GLORIA CERNIGLIA

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

KNITTING/CROCHET

THURSDAYS, 1:00 — 3:00 P.M.

INSTRUCTOR: EVELYN MORIN

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



UKULELE-INTERMEDIATE

WEDNESDAYS, 2:00-3:00 P.M.

INSTRUCTOR: SUE HILL

Join a fun, six-week intermediate ukulele class. This class is for students who already play the chords C, F, and G7. We'll play mostly easy songs but add a few challenging ones. Learn strumming patterns and fingerstyle while building your repertoire. Students are to provide their own ukulele.



PIZZA WEDNESDAYS!

Come enjoy cheese pizza with us here at the Senior Center every Wednesday at noon. COST: \$2.50 includes bottled water. Advance sign-up is required. We cannot accommodate walk-ins. Call (860) 747-5728 and join us for lunch.



NOVEMBER BIRTHDAY BASH

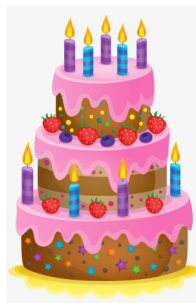
THURSDAY, NOVEMBER 18

2:00 — 3:00 P.M.

PICK UP AT THE SENIOR CENTER.

If you have a birthday in November, please join us for a birthday treat!

Call the Senior Center by Nov. 15 to register or register online at www.schedulesplus.com/plainville so that we know how many birthday surprises to prepare.



RAINBOW LUNCH HOUR -THANKSGIVING EDITION!

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center and the CT Healthy Living Collective for a Rainbow Lunch Hour on **Thursday, Nov. 18, at noon via Zoom from home or from the Senior Center.** November's topic will be Thanksgiving. Join the group to discuss blessings, favorite foods, holiday memories and family traditions. Pre-registration is required. Bringing your own lunch is optional. If Zooming from home, **register at www.cthealthyliving.org. If you are coming to view the program here, call the Senior Center or go online to register at www.schedulesplus.com/plainville.**

BOOK BUDS

NOVEMBER BOOK: "THE SPLENDID AND THE VILE" BY ERIK LARSON, FRIDAY, NOVEMBER 19, 10 A.M.

COST: FREE! INSTRUCTOR: KATHLEEN MARSAN

SIGN-UP BEGINS NOV. 3

The book is available at the front desk of the Plainville Library. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**

MEGA SIGN-UP DAY is set for WEDNESDAY, NOV. 3, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:00-2:00 P.M.

INSTRUCTOR: CAROLINE DUBE

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.

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:15-3:00 P.M.

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress and calms the mind and also builds core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Bring a water bottle.

CARDIO CHAIR FITNESS WITH NANCY

TUESDAYS, 1:00 —1:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

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

BALANCE CLASS

TUESDAYS, 2:00—2:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30 –10:30 A.M.

INSTRUCTOR: AMY GRAY

Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels.



SILVER SNEAKERS & PLAINVILLE SENIOR CENTER

YOGA/PILATES(YOGA-LATES)

FRIDAYS, 11:00—11:45 A.M.

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance. IN-PERSON OR ON ZOOM.

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



THE PEAK FITNESS CENTER IS OPEN **NO APPOINTMENTS NEEDED!**

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

CLASS SCHEDULE Class descriptions on pages 3,4

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, Nov. 3, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **Nov. 10** if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session Sign-Up begins Nov. 3 Payment Due Upon Registration
MONDAY			
Acrylic Painting	10:00-12:00	Sept. 13-Nov. 22.	
Power Burst	1:00-2:00	Oct. 18-Nov. 22. Cost is pro-rated based on when you register.	Nov. 29-Dec. 20. 4 weeks. \$8.00.
Chair Pilates & Balance	2:15-3:00	Oct. 18-Nov. 22. Cost is pro-rated based on when you register.	Nov. 29-Dec. 20. 4 weeks. \$8.00.
TUESDAY			
Cardio Chair Fitness w/Nancy	1:00—1:45	Oct. 5-Dec. 7. No class Nov. 2. Cost is pro-rated based on when you register.	Dec. 14 & 21. \$4.00.
Balance Class	2:00-2:45	Oct. 5-Dec. 7. No class Nov. 2. Cost is pro-rated based on when you register.	Dec. 14 & 21. \$4.00.
WEDNESDAY			
Zumba Gold	9:30 – 10:30	Sept. 15-Nov. 10. Cost is pro-rated based on when you register.	Nov. 17—Dec. 22. 6 weeks. \$18.00.
Ukulele-Intermediate	2:00-3:00	Nov. 10-Dec. 15. 6 weeks. \$12.00.	
THURSDAY			
Ceramics	9:30 – 11:30	Oct. 7-Dec. 9. Cost is pro-rated based on when you register.	
Knitting/Crochet	1:00-3:00	Nov. 4-Dec. 16. 4 weeks. \$8. No class Nov. 11, Nov. 18 & Nov. 25.	
FRIDAY			
Yoga-Lates	11:00—11:45	Oct. 1-Nov. 19. Cost is pro-rated based on when you register. FREE if you have Silver Sneakers. No class Nov. 5.	Dec. 3-17. \$6.00.

ADD SOMETHING NEW TO YOUR PEAK CENTER WORKOUTS! TRY PEAK POWER WORKOUTS!

PEAK Power Workouts are small group training classes in the PEAK Center held on Wednesdays, **NOV. 10-DEC. 15**, from 1:15-2:00 p.m. \$12.00. Instructor Nancy Pandolfo leads a fun, upbeat workout to the speed and beat of music. Using both cardio & weight training machines, you will change speed and resistance levels throughout the workout. Participants must be current PEAK Center members. Class size is limited to 4 students. Sign-up has begun.

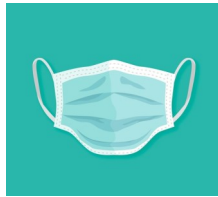


Trips



PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE & MOTORCOACH 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. One day a month, we also offer **Mega Sign-up Day**. This month it is **November 3** 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 Angela at (860) 839-7346 that evening or before 9:00 a.m. the day of the trip.*** Angela 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. Once we pay, refunds are not guaranteed. 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. Some insurance policies cover most costs if the cancellation is due to illness, but others may cover a variety of additional reasons.

PARKING: Parking for most trips is at Our Lady of Mercy Church parking lot, directly across South Canal Street from the church. It's the first lot on your right entering South Canal from Broad Street. Park as close to the fence as possible, one car directly behind another. 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. Many overnight trips may provide parking at Our Lady of Mercy Church. Please contact the Senior Center, not OLM, for information.

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 latecomers.***

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

QUICK TRIPS GUIDELINES

*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. 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.*

QUICK TRIP GUIDELINES: 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. After hours, you may call **Angela at (860)839-7346**. 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.

Trips

QUICK TRIPS

BUTTERFLIES & YANKEE CANDLE

FRIDAY, NOV. 12, 8:15 A.M.

THIS TRIP IS FULL—SIGN RESERVE LIST IF INTERESTED

\$26 PER PERSON INCLUDES BUTTERFLY ADMISSION & TRANSPORTATION.

LUNCH, SNACKS, SHOPPING ON YOUR OWN.

We're heading to the Magic Wings Butterfly Conservatory & Yankee Candle Village in Deerfield, MA. We'll have a quick stop at Irving Gas & Go in South Deerfield, MA, to get a grab-and-go breakfast and a bathroom break and then it's onto Magic Wings, which features an 8,000-square foot indoor conservatory that is home to some 4,000 exotic and domestic butterflies. It may be cold outside, but it will feel like you're on a trip to the tropics inside. It's also a perfect place for photographers. Then it's on to the nearby Yankee Candle Village—one of New England's favorite day trip destinations with over 200 new, classic, and limited-edition fragrances and candle accessories. Create your own candle and shop for unique holiday ornaments and other gifts. It also snows inside the Bavarian Village every few minutes. Lunch is on your own next door at Hillside Pizza & Powder Hollow Brewery, where they have pizza, wraps, salads plus New England clam chowder, mac & cheese and garlic knots. We return to Plainville at approximately 4:00 p.m.



BUCKLAND HILLS OR CHRISTMAS TREE SHOP

FRIDAY, DEC. 3, 10:15 A.M.

COST: \$8 PER PERSON. LUNCH ON YOUR OWN. SIGN-UP BEGINS WEDNESDAY, NOV. 3.

Join us for holiday shopping at either of two favorite locations. You can choose between the Buckland Hills Mall or the Christmas Tree Shop. Let us know your choice when you sign up. Please note: Timing may change if Buckland Hills decides to open earlier in December). Leave the Senior Center at 10:15 a.m. First drop-off will be Buckland Hills Mall for 3 ½ hours of shopping and lunch. Next stop, Christmas Tree Shop for 2 ½ hours of shopping then lunch at McDonald's or Panera Bread. Return approximately 2:15 p.m. \$8.00 per person. Sign-up begins Nov. 3.

BRIGHT NIGHTS AT FOREST PARK SPRINGFIELD, MA

MONDAY, DEC. 6, 4:30 P.M. COST: \$8.00

PER PERSON. DINNER/SNACK ON YOUR OWN. SIGN-UP BEGINS WEDNESDAY, NOV. 3.

Join us to get into the Holiday Spirit. Bright Nights has become known as one of the Northeast's premier holiday lighting experience. It has been named seven times as one of the top 100 attractions in North America by the American Bus Association. Have an early dinner or bring a snack as we will be stopping for dinner. Leave the Senior Center at 4:00 p.m., return approximately at 7:30 p.m. \$8 per person. Sign-up begins Nov. 3.



BOSCOV'S WITH OR WITHOUT A TOUR... YOU CHOOSE

FRIDAY, DEC. 10, 10 A.M. COST: \$8 PER PERSON. LUNCH ON YOUR OWN.

SIGN-UP BEGINS WEDNESDAY, NOV. 3.

Join us for holiday shopping on your own with our very own Boscov's (Meriden Mall) Tour Guide, Jan Bevan, or a combination. Jan will help you find all of the stores you want, the food court and of course, all you might want to know about Boscov's! Leave the Senior Center at 10:00 a.m. and return approximately 3:00 p.m. with approximately four hours of shopping time. Time may change if mall opens earlier in December. \$8 per person. Sign-up begins Nov. 3, Mega Sign-Up Day.

FAST FACTS...

- * According to the Social Security Administration, a man reaching age 65 today can expect to live, on average, until age 84.3. A woman turning age 65 today can expect to live 86.6.
- * People over 75 years old visit the doctor 3 times more often than people 22 to 44 years old.
- * Elderly people occupy over 1/3 of all federally subsidized housing.

SOURCE: dosomething.org

DAY & OVERNIGHT TRIPS & OUTDOOR ADVENTURES

DAY TRIPS

A BOB HOPE USO STYLE TRIBUTE THE GRAND OAK VILLA, OAKVILLE WEDNESDAY, NOV. 10, 2021

\$115 per person. Departs 10:30 a.m. from Our Lady of Mercy Church, 19 Canal St., with an approximate return of 4:30 p.m. Family Style Meal. Carafes of red and white wine at every table. Join us for a tribute to America's Veterans featuring Bill Johnson and Holly Farris. Flyers available. Sign-up has begun.

EDWARDS TWINS AQUA TURF

WEDNESDAY, DEC. 8, 2021

\$87 per person. Drive on your own. Arrive at 11:30 a.m. Coffee & donuts on arrival. Family Style Menu. The World-Famous Edwards Twins are two brothers impersonating 100 stars! They are the number one impersonation act in the world! Flyers available. Sign-up has begun.

OVERNIGHT TRIPS

AMERICAN QUEEN PADDLEBOAT MARCH 20-28, 2022.

Cruise from New Orleans to Memphis and let the American Queen introduce you to the American South. From \$3,198 includes air & travel. Flyers available at the Senior Center. One night in New Orleans with sightseeing tour, Nottoway Plantation, St. Francisville, LA, Natchez, MS, Vicksburg, MS, Greenville, TN, Memphis. Transportation to Bradley Airport. Unlimited beverage package. Entertainment, daily lectures by the Riverlorian, award-winning cuisine, gracious service, Friendship Tours escort throughout the trip. **SIGN-UP HAS BEGUN. Call Friendship Tours at (860)243-1630 to sign up.**

COLUMBIA & SNAKE RIVERS ABOARD THE AMERICAN EMPRESS: *PLEASE NOTE: DATE HAS CHANGED from Oct. 23-31, 2022, to NEW DATE: July 10-18, 2022.*

Cruise from Spokane to Vancouver, WA. Follow in the footsteps of Lewis & Clark. Cost: Outside cabin with veranda is \$5,398 per person twin including air and taxes. One night Spokane, WA, one night in Vancouver, WA, both with sightseeing tour, Clarkston, WA, Richland, WA, The Dalles, OR, Stevenson, WA, Astoria, OR, Vancouver, WA. Transportation to Bradley Airport. Unlimited beverage package, hop on, hop off tours in each port, entertainment and more. **SIGN-UP HAS BEGUN. Call Friendship Tours at (860)243-1630 to sign up.**

Outdoor Adventure Club

WALK AND FOOD SCHMOOZE TOUR

THURSDAY, NOVEMBER 18. 9:15 A.M.
LEADER: EILEEN CYR. COST: \$3.00. SIGN-UP BEGINS NOV. 3. LUNCH AND BUS COSTS ARE ON YOUR OWN. YOU MUST HAVE .80 CENTS. EXACT CHANGE FOR BUS FARE EACH TRIP ON THE BUS (TOTAL OF \$2.40).
This will be a full day of walking and eating! Meet at 9:15 at the Plainville Public Library to take the 9:30 a.m. CT Fast Trak bus to New Britain. We will walk 2.25 miles along the CT Fast Track walking/bike trail from East Street Station to Newington Station. We will get back on the CT Fast Track bus and travel to the Parkville Station in Hartford. From there, we will walk a short distance to Parkville Market where you can feast until your heart is content! Parkville Market is CT's first Food Hall and you will find a variety of American and ethnic cuisines.

FISHER MEADOWS LOOP TRAIL HIKE

MONDAY, NOVEMBER 15, 2021, 10:00 A.M.
LEADER: NATALIE CARPENTER
COST \$3.00. SIGN-UP BEGINS NOV. 3.

Join Natalie for an easy hike at the Fisher Meadows Recreation Area. The trail is a 1.4 mile loop and off-road, so comfortable shoes and possibly hiking poles are recommended. Bring a water bottle for hydration. Meet at the main entrance, 800 Old Farms Road in Avon, at 10:00 a.m. for a 90-minute hike.



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HEALTH MATTERS

HELP STOP MEDICARE FRAUD IN ITS TRACKS

The Senior Medicare Patrol (SMP) program recruits and trains volunteers about Medicare fraud, errors and abuse. These volunteers empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, error and abuse through outreach, counseling and education. SMP addresses inquiries and complaints regarding Medicare, Medicaid and other health care or related consumer issues either by resolving matters directly or by referrals to appropriate entities. Connecticut's SMP program is funded by the Federal Administration for Community Living and is administered by the State Department of Rehabilitation Services.

By volunteering, you can become an integral member of the growing effort to educate the community about Medicare health care fraud, errors and abuse, as well as empower people with Medicare to recognize suspected fraud, protect themselves from it, and report it. For more information about the SMP program and/or volunteering in the North Central region, please contact Aslin Cruz, Coordinator of Volunteers, at (860)724-6443, ext. 271, or aslin.cruz@ncaaact.org.



ARE YOU READY FOR THE AEP?

Annual Election (or Enrollment) Period (AEP) happens once a year. Make sure you know your options and deadlines. AEP runs **OCTOBER 15-DECEMBER 7**. During this time, you can shop for a new plan, switch your Medicare Advantage plan, change from Original Medicare to a Medicare Advantage plan, and add or remove prescription drug coverage. Make sure you are eligible to enroll. If you are new to Medicare, you will need to sign up for Medicare Part A and Part B before you can enroll in a Medicare Advantage plan during AEP. If you already have a Medicare plan, make sure it meets your needs. You may be able to lower your monthly premium or copay amounts. Call Stephanie at (860)747-5728 and she can help answer any of your questions about AEP.

MEDICARE SAVINGS PROGRAM (MSP)

INCOME LIMITS:

Singles Range From: \$2,265 to \$2,641
Couples Range From: \$3,064 to \$3,572

There is No Asset Limit nor Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. Department of Social Services will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

THE NURSE IS IN!

GEORGIA STERPKA, APRN, IS
AVAILABLE BY APPOINTMENT FOR:

REGULAR AND DIABETIC FOOT CARE

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

EAR WAX REMOVAL: COST IS \$5.00.

CHOLESTEROL SCREENING -This type of test does not require fasting. Cost is \$12.

FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.



MASKS ARE REQUIRED REGARDLESS OF VACCINATION STATUS

At the time the newsletter went to print, the Town of Plainville is requiring all persons, regardless of vaccination status, to wear masks in all town buildings, including the Plainville Senior Center. Any individual with COVID-like symptoms or recent exposure to someone testing positive should not enter. If you do not have a mask, they are available at the front desk.

PROGRAMS, ETC.

BOOST YOUR BRAIN HEALTH BY EATING WELL

THURSDAY, NOV. 18, 10 A.M. -11 A.M

CALL (860)747-5728

OR REGISTER ONLINE.

There is no question that eating a diet rich in brain healthy food can benefit people at any and every age. Hear from the experts why making more healthful and mindful food choices can benefit you and learn how much you cook "brain healthy" at home. Join us to explore brain healthy eating. Samples and recipe cards provided. Presented by Farmington Station, a senior living residence.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, NOV. 18, 2:30 P.M. SIGN UP HAS BEGUN. CALL THE SENIOR CENTER TO REGISTER.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Join us on **Thursday, Nov. 18 at 2:30 p.m.** Relax and socialize with other people experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Connecticut State Unit on Aging.



SETBACK PLAYERS WANTED!



If you enjoy playing Setback, come join us for our weekly Setback Tournaments on Mondays at 12:30 p.m. We play several games and the winners are those with the highest scores. If you don't have a partner to play with, we'll find one for you. Setback, also called Pitch (or "High Low Jack"), is an American trick-taking card game derived from the English game of All Fours which dates back from the 17th century.

PLAY PINOCCHLE WITH US ON TUESDAYS!

Come join us for Pinochle every Tuesday at noon is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck. It is derived from the card game bezique where players score points by trick-taking and also by forming combinations of cards into melds.

AARP SMART DRIVER IN-PERSON CLASS

CANCELLED BUT ONLINE CLASS SET FOR NOV. 10

As a precaution against COVID-19 and the emerging variants, AARP has cancelled all of its in-person events and activities until Jan. 1, 2022. The AARP Smart Driver class that was scheduled at the Senior Center for Thursday, Dec. 9, has been cancelled, but there is an online class available for **Nov. 10 from 9:30 a.m. to 1:30 p.m.** To register, go online to: www.aarpdriversafety.org. For a 25 percent discount, please enter promo code: DRIVINGSKILLS. The Senior Center is able to assist those who don't have the technology to use our computers if they'd like. We only have three computers available. Please call the Senior Center at (860)747-5728 to reserve a computer for that day. For more information about the class, please call the AARP Customer Service team at 1-800-569-1658, Monday-Friday from 8 a.m. to 5 p.m.



LIKE TO SING? JOIN THE PLAINVILLE SENIOR CENTER CHORAL GROUP!

The group is always looking for new members. They perform at area nursing homes. Transportation is available. The Choral Group will be rehearsing on **Friday, Dec. 3, at 9:30 a.m.** here at the Senior Center. Come sing with the group & make new friends!

LADIES BILLIARDS BRUSH-UP GROUP

Ladies, if you've never played pool before or you haven't played in a while and want to work on your game, come each Tuesday at 10 a.m. and Ellen will help you. Other dates and times may be available. Come be a part of our group. See our new table! Call the Senior Center at (860)747-5728 to register.

MENS BILLIARDS BRUSH-UP GROUP

Guys, if you want to brush up on your pool skills or even if you've never played before, John can help you on Thursdays at 11:00 a.m. Other dates and times may be available. Call the Senior Center to register.



MEGA SIGN-UP DAY is set for WEDNESDAY, NOV. 3, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

FOODSHARE, SUPPORT GROUPS & PROGRAMS



THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

This program is offered Wednesdays for Plainville residents needing assistance with food. For more information about eligibility and hours, contact: Laurie at (860) 747-5867. Drive up, and a volunteer will put the groceries in your car!

CAREGIVING CONNECTIONS - Join your caring friends on **Tuesday, November 9, at 10 a.m.** at the Senior Center as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. Come share & be nourished. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.

GRANDPARENTS RAISING GRANDCHILDREN

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

CARING AND CONNECTING

Would you like someone to chat with? We have volunteers who are happy to connect with folks to say “hello” and to help brighten someone’s day, especially during these difficult times. Call the Senior Center if you’d like to volunteer.



“It’s Your Life...Live it Well”

ACTIVE LIVING WORKSHOPS

The Live Well with Chronic Conditions Toolkit will be held **Monday, Nov. 15, at 11 a.m.** and **Thursday, Dec. 2, at 1 p.m.** The Live Well with Diabetes Toolkit will be held **Thursday, Dec. 2, at 2 p.m.** Participants will learn about a variety of tools to manage their conditions including healthy eating, exercise, goal setting, stress management and self advocacy. These workshops are offered telephonically. They last approximately one hour and take place conference-call style to 4-6 participants.

The toolkit can be sent directly to participants at no cost and includes all learning materials necessary. Weekly meetings with a trained Live Well leader enhances the experience and can help alleviate social isolation during the COVID epidemic. Please note there are a limited supply of toolkits. Participants must be willing to share their name, address and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call. Contact Carley Taft, Regional Coordinator, for information & registration at (860)724-6443, ext. 224. These programs are sponsored by the Dept. of Rehabilitation Services—State Unit on Aging & North Central Area Agency on Aging.

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

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

BRISTOL MEMORY CAFÉ SET FOR NOV. 30

The Bristol Senior Center, 240 Stafford Ave., Bristol, holds a Memory Café on the last Tuesday of each month at 1 P.M. For more info., contact Lynn Litwinczyk at llitwinc@bristolhospital.org.

Donations

SEPTEMBER 22--OCTOBER 14

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.

GENERAL DONATIONS

Barbara Wallace, Doris Olson, Sally Cobrain, Priscilla Gundry, Anonymous, Charlene Bailey, Gladys Berry, Maureen Ronalter, Ellen Couture, Barbara Barton, Julia Green, Marianne Grace, Debra Starnes, Carol Wright, Wendell Copeland, Marlene Maglio, Abbe Wade, Anna Raimondi.

MEMORIAL DONATIONS

In Memory Of: Fred Kennedy by the staff of the Lucy Robbins Welles Library

DIAL-A-RIDE DONATIONS

Linda Colbert, Marjorie S. Piercy, Barbara Barton.

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.

Cheer Report

SEPTEMBER 22--OCTOBER 14

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

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Donna Cook, Diane Sperry, Phil Heim, Elaine Wyzga, Elsie Senaldi, Vivian Arena, Helena Niziolek, Evelyn Case, Cathleen Macca, Hazel Decker, Rose Plourde, Mary Michaud, Stella Massa, Beatrice Dumont, Laurette Ortner, Bill & Judy Briggs, Theresa & Skip Burger, Kathy Lickwar, Geraldine Malicki, Lucille Loren, Robin Brown, Sally Miller, Doug Wilson, Bonnie Carilli, Debra Starnes.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Richard Nordgren, Fabien Castonguay, Debra Robinson, Fred Kennedy, Matthew Schultz, Morris Hart, Elizabeth Sheddan, Germain Brousseau.

SYMPATHY CARDS WERE SENT TO:

Gloria Stricklen, Joyce Cannon, Marilyn Johnson, Diane Durette, Joe Beaudin, Meda Moschini, Ceal DiFrancesco, Genevieve DiFrancesco, Gloria Cassidy, Lenora Beck, Clement Brousseau.

The Senior Center ALWAYS Needs Sympathy, Get Well and Thinking of You Cards! We do not use religious cards or Mass cards. If you wish to donate cards, please drop them off at the Senior Center. We appreciate it!



SEPTEMBER NEW MEMBERS

Anne Corbett, Joseph Corbett, Ray Gilbert, Leana Gleicher, Wendy Irving, Lynda Kosky, Robert Raymond, Krista Rescsanski, Hedwig Rogalewski, Linda Swenton and Tony Tarascio.



VETERANS' NEWS & ACTIVITIES

INDIVIDUAL APPOINTMENTS FOR VETERANS

WEDNESDAY, NOVEMBER 3, AT THE SENIOR CENTER

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 on **Wednesday, November 3**, at the Senior Center to help you with all of your veteran benefit needs. Call Jason at (203) 805-6340 to schedule an individual appointment (please leave a message). Jason is scheduled to be at the Senior Center the first Wednesday of each month. In December, Jason will also be here on **Wednesday, Dec. 1**.

VETERANS' SOCIAL HOUR

TUESDAY, NOVEMBER 30

10:00 A.M.

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare at Home.

FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior

Center at (860)747-5728 to register or register online at: www.schedulesplus.com/plainville.



PLAINVILLE VETERANS' MEMORIAL WALL

A Memorial Wall has been created to provide a place to honor the military service of deceased veterans by their friends and family members. Brass plates engraved with the Veteran's rank, name and branch of service can be purchased for \$14. Contact the Senior Center for an order form.



PROGRAMS, ETC.

HOW TO REGISTER FOR A CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville.
- Log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. And You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, you can call us here at the Senior Center (860)747-5728 so we can register you.

QUILTING INSTRUCTOR NEEDED

Plainville Senior Center is seeking a talented quilting instructor with excellent skills and previous experience teaching older adults. Must be creative, professional, enthusiastic, patient, and able to work positively with people of varying abilities. Beginner and intermediate classes are taught weekdays, in-person at the Plainville Senior Center; COVID-safe practices are followed. For further details regarding rate of pay, schedule, etc., please contact

Ronda Guberman at (860)747-5728 or by email: guberman@plainville-ct.gov.



DO YOU SEW, KNIT OR CROCHET?

Neighborhood Housing Services of New Britain, Inc. (NHSNB) needs your help to create hats, scarves and mittens for our 2021 Winter Drive! Items will be donated to children and families in need across New Britain. To participate, call Daria at (860)224-2433, ext. 112. The Plainville Senior Center has yarn and knitting needles available if anyone wants to use them for this project.



INDEX

AARP Smart Driver Course	10
Acrylic Painting	3
Active Living Workshops	11
Autumn Park Painting	2
Balance Class	4
Billiards Brush-up Groups	10
Birthday Bash	3
Book Buds	3
Brain Health	10
Bristol Memory Café	11
Cardio Chair Fitness	4
Caregiving Connections	11
Caring and Connecting	11
Ceramics	3
Chair Pilates & Balance Class	4
Chair Volleyball	2
Cheer Report	12
Choral Group	10
Class/Activity/Schedule	3,4,5
Crime Trends/Safety Seminar	1
Cupcake Decorating	2
Dog-Gone Donuts	2
Donations	12
Drop-In Activities	14
Foodshare Info.	11
Grandparents/Grandchildren	11
Heavy Cleaning Help	11
Health Matters	9
Help Wanted	14
Hooked on Rugs	2
How to Register	13
Knitting/Crochet	3
Masks Required	9
Medicare Annual Election Period	9
Medicare Savings Program	9
MEGA SIGN-UP DAY	2,3,8,10
Memory Café	10
New Members	12
NHSNB Winter Drive	13
Nursing Information	9
Outdoor Adventure Club	8
PEAK Fitness	4
PEAK Power Workouts	5
Pinochle	10
Pizza Wednesdays	3
PowerBurst	4
Quick Trips	7
Quilting Instructor	13
Rainbow Lunch Hour	3
Senior Medicare Patrol	9
Setback Players	10
Silver Sneakers/Yoga-Lates	4
Thanksgiving Dinner	1
Tournament Winners	14
Transportation Options	1
Transportation	BC
Trips	6,7,8
Ukulele	3
Veterans Concert	1
Veteran's News & Activities	13
Women of Wild West	2
Zumba Gold	4

THIS AND THAT

DROP-IN ACTIVITIES! COME JOIN US!

Below is a schedule of drop-in activities that you are welcome to join:

Mahjong: Mondays 12:00 noon

Setback Tournament: Mondays, 12:30 p.m.

Cribbage: Tuesdays, 10:00 a.m.

Pinochle: Tuesdays, 12:00 noon

Current Events: Tuesdays, 1:00 p.m.

Bridge: Tuesdays, 1:00 p.m.

Open Quilting: Wednesdays, 9:30-11:30 a.m.

Open Painting: Wednesdays, 1:00 p.m.

Bingo: Wednesdays, 1:15 p.m.

Charlemagne: Wednesdays, 1:15 p.m.

Coloring Club: Wednesdays, 3-4 p.m.

Mexican Train: Thursdays, 10:00 a.m.

Pool Tournament: Thursdays, 12:30 p.m.

Pinochle: Thursdays, 12:30 p.m.

Telephone Bingo: Thursdays at 1 p.m.—call ahead to receive call-in or Zoom information and a Bingo card.

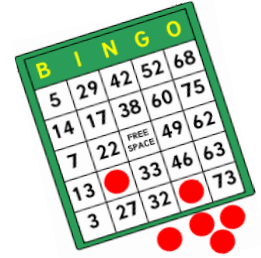
Bridge: Thursdays, 1:00 p.m.

Scrabble: Thursdays, 1:00 p.m.

Mahjong: Fridays, 9:00 a.m.

Walking—Daily at 9:15 a.m. (check calendar for changes).

Computers—Daily for members only. Must sanitize keyboard & mouse before & after.



SETBACK WEEKLY TOURNAMENT WINNERS

Sept. 27: 1st: Olga Stepney & Barbara Martel, 2nd: John Gasparini & Donna Albrecht, 3rd: Elaine Chartier & Charlie Stepney.

Oct. 4: 1st: Sally Miller & Gail Kreneck, 2nd: Olga Stepney & Barbara Martel, 3rd: Rose Dunlap & Grace Lapila.

Oct. 18: 1st: John Sisson & Bob Albrecht, 2nd: John Gasparini & Sally Miller. 3rd: Lynne Fox & Mary Levanti.

HELP WANTED!

Part-Time Custodian position at the Plainville Senior Center. Monday – Fridays, days. Duties include setting up and taking down tables and chairs, cleaning bathrooms, vacuuming, washing floors, dusting, garbage removal, kitchen cleanup, set up for functions, stocking supplies and other duties as needed. Some heavy lifting required. Apply to the Town of Plainville, Human Resources Department, 1 Central Square, Plainville, (860)793-0221, www.plainvillect.com.



Be sure to check us out and “Like Us”!
Our Facebook page has a big letter “P” in a blue circle and logo is “cover page.”