

NEWS & EVENTS

NOVEMBER 2022

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, care-giving, financial assistance, Medicare, assistance at home & more. No question is too small. Call (860)747-5728.



HOLIDAY CRAFT FAIR

Saturday, November 5, 10:00 AM to 2:30 PM

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

We need a variety of baked goods for our bake sale...cakes, muffins, bars, breads, and sugar free items as well. Donations can be dropped off on November 4th between 9:00 a.m. & 1:00 p.m. or November 5th before 10:00 a.m. Donations of non-perishable food items are now being accepted for the Fair's Food Raffle.

PLAINVILLE AARP CHAPTER 4146 MEETING

SPECIAL ANNOUNCEMENT

WEDNESDAY, NOVEMBER 16,
12 PM—2:30 PM



Faith Bible Church, 168 Unionville Avenue. Help us revitalize our chapter and begin chapter meetings again. We will discuss the need for a new President, Vice-President, Food Pantry Coordinator and Membership Chairperson. We will also need to create and ask for volunteers for these positions as well as for new Board of Director members. For questions regarding the meeting, you may contact Sally Miller 860-747-1732. It will be so nice to see everyone! The meeting is open as well to anyone. Light refreshments will be served.

THANKSGIVING DINNER AT THE SENIOR CENTER!

THURSDAY, NOV. 24

DOORS OPEN AT 11:30 AM-LUNCH SERVED AT 12 PM

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 on Thanksgiving Day. Join us for a delicious, home-made, traditional Thanksgiving dinner with all of the trimmings. **Please register by Tuesday, Nov. 22.** Volunteers will provide transportation for those who need a ride to the Senior Center. Let us know when you register if you will need a ride. We do not provide "meals to go". However, 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.



CELEBRATING ALL VETERANS!! THURSDAY, NOVEMBER 10 THANKSGIVING LUNCHEON IN YOUR HONOR



If you are a Veteran and a member of the Senior Center **or** a Veteran and Plainville resident 60 years and over **or** a member of the Senior Center Veterans' Coffee Hour, you and your spouse are invited to join us on Thursday, November 10 at 11:30 AM for a complimentary Veterans' Luncheon. We are thankful for your service and can't wait to see you at our first sit-down luncheon in 3 years. We celebrate your contribution to our freedom and safety and for all you do for our community. Please call the Senior Center to register by November 8th at 860-747-5728.

DENTAL CLINICS
See page 2

NEW COVID CLINIC
See page 3

HELP FOR VETERANS
See Page 12

BELL RINGERS NEEDED
See Page 2

CLASSES & PROGRAMS

DENTAL CLINIC RETURNS AGAIN

The Community Health Center Mobile Dental Clinic will be offering preventative dental services by appointment on **December 28 & 29**.



To schedule an appointment, call Monica Caseley at (475)471-5011. Services include x-rays, cleaning, fluoride & oral health education. For patients with no dental insurance, a standard fee of \$30 for cleaning, x-rays and fluoride applies. Patients unable to afford the \$30 fee can contact Stephanie for scholarship and eligibility information. You **must** contact Stephanie prior to your appointment.

QUILTERS STITCH n' TIME

DECEMBER 7, 14, 21 9:30 A.M.-11:30 A.M.
COST: \$2.00 Per Day — FOR ALL SKILL LEVELS
SIGN UP BEGINS NOVEMBER 2

NEW

Open to anyone who wants to work on their own quilting projects. Instructor Darlene Bachand will be available to assist and answer questions.

"LET IT SNOW" PAINTED LAMPSHADE DECORATIVE WINE GLASS VOTIVE CANDLE HOLDER

FRIDAY, DECEMBER 9 & 16, 9:30—12:00
INSTRUCTOR: PENNY KINDBLOM COST:\$12.00, INCLUDES ALL MATERIALS, INCLUDING WINE GLASS & BATTERY OPERATED VOTIVE CANDLE. SAMPLE IN SHOWCASE.
SIGN UP BEGINS NOVEMBER 2

We will first paint a snowman on a paper lampshade then decorate the lampshade with snow/snowflakes. As a finishing touch the bottom edge is laced with a ribbon & bow. Once complete, we'll attach the decorated shade to a wine glass.

CHRISTMAS CARD CLASS & A TREAT BAG

MONDAY, NOVEMBER 14, 1:00 P.M. — 3:00 P.M., INSTRUCTOR: SENIOR CENTER MEMBER, DIANE SPERRY
COST: \$2.00



Join us in creating 4 Christmas Cards to enjoy this holiday season! **SIGN UP HAS BEGUN**

POINSETTIA CHRISTMAS ORNAMENT

THURS., NOVEMBER 17 & FRI., NOV. 18, 9:30 -11:30
INSTRUCTOR: PENNY KINDBLOM. COST: \$10.00 .
INCLUDES ALL MATERIALS—**SIGN UP HAS BEGUN**
SEE SAMPLE ON DISPLAY IN SHOWCASE.

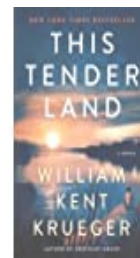
Using a pattern, learn to paint a poinsettia flower on watercolor paper which will be attached to a round Christmas ball/ornament along with a ribbon and bow.

I-PHONE OR I-PAD HELP ?

FRIDAYS, NOVEMBER 18, DECEMBER 2, 9 & 16
BETWEEN 10-11:30 A.M. BY APPOINTMENT ONLY.
Christine Millette, a Senior Center Volunteer, will answer questions and provide assistance on i-Phones or i-Pads. She cannot assist with Android phones or tablets. She can provide basic assistance with adding contacts, calendar appointments, photos, adding apps, texting & e-mails.

BOOK BUDS NOVEMBER BOOK: "THIS TENDER LAND" by William Kent Krueger.

FRIDAY, NOVEMBER 18, 10:00 AM
COST: FREE! FOR MEMBERS ONLY.
INSTRUCTOR: KATHLEEN MARSAN



Call the Senior Center to register. The final line of the inside book cover is the perfect description of this month's read: "This Tender Land is an enthralling, bighearted epic that shows how the magnificent American landscape connects us all, haunts our dreams, and makes us whole". A beautifully written tale of courage, determination and heroism. The book is available at the library's main desk.

SNAPPY SENIORS PHOTOGRAPHY

GROUP MEETS THURSDAY,
NOVEMBER 17, 10:30 A.M.
CALL TO REGISTER (860)747-5728



Share photos from anytime or place. Show us something you learned **OR** a special photo **OR** one of your all time favorites! Bring ideas for future classes, trips and lectures.

SALVATION ARMY KETTLE DRIVE IS HERE!! AND WE NEED YOUR HELP!

The donations from the Kettle Drive assist residents in need from the Town of Plainville all year long. We need bell ringers to donate their time to make this event successful. The ringing takes place at Gnazzo's inside the front entrance on **Thursday December 8, Friday December 9 and Saturday December 10**. Please see Stephanie Soucy for details to sign up.



MORE SPECIAL EVENTS

AARP SMART DRIVER COURSE

THURSDAY, DECEMBER 15, 12:30-4:30 P.M. COST IS \$20 - AARP MEMBERS. \$25- NON-AARP MEMBERS.

MEMBER SIGN-UP BEGINS NOVEMBER 2, NON-MEMBERS SIGN UP BEGINS NOVEMBER 9.

The AARP Smart Driver course teaches valuable defensive driving strategies & provides a refresher for the rules of the road. You may qualify for an auto insurance discount by completing the course (check with your auto insurance agent for details).

NEW YEAR'S PARTY REWIND WEDNESDAY DECEMBER 28, 1:00 P.M. FREE!

SIGN UP BEGINS NOVEMBER 2

Join us as we celebrate the end of 2022 and say hello to 2023! We tried to offer this party last December 2021, but there was a spike in COVID numbers and we had to postpone. Join us this year as we dance the afternoon away with vocalist Jose Paulo who will get everyone singing and dancing with up beat songs to keep the party going. Hailing originally from Rio De Janeiro, Jose sings all styles of music from American pop, classic and jazz, to Latin, samba bossa nova and more. We'll have a glittery photo station, hot and cold hors d'oeuvres, "champagne" toast and dessert.



COVID VACCINE/BOOSTER SHOT CLINIC OPEN TO THE PUBLIC

MONDAY, NOVEMBER 14
SIGN UP HAS BEGUN

Griffin Health will conduct a FREE COVID vaccine/booster shot clinic at the Plainville Senior Center on Monday, November 14 from 10:00 A.M. to 3:30 P.M. This clinic is open to the public 12 years of age and up. Moderna and Pfizer available. All shots including 1st and 2nd vaccines and all boosters. Call the Senior Center, 860-747-5728, to make an appointment. Bring your photo ID, insurance card and COVID vaccine card. Walk-ins welcome!



BINGO AT THE SENIOR CENTER

Join us every Wednesday for Bingo! We start selling Bingo cards at 12:30 and games begin promptly at 1:00. Cards are \$1.00 for the first card and \$.50 cents for each additional card. Please bring exact change. We cannot make change. We typically play 11-12 games. Winning games are generally \$5.00 each with jackpot at the end (around \$10). Per State of CT regulations, our Bingo is not open to the public and is for Senior Center members only. Additionally, there are stipulations that limit the amount of money we can charge for bingo cards and therefore it limits the amount we can pay out in prizes.



VETERANS' NEWS & ACTIVITIES

The PLAINVILLE WIND ENSEMBLE will present their annual Veterans Concert on **SUNDAY, NOVEMBER 13, 2:00 P.M.** at Central CT State University, Welte Hall. Local Marines will be present at the door for donations of new, unwrapped toys for their "Toys For Tots" program. The concert is free, family friendly and accessible.



VETERANS' SOCIAL HOUR

TUESDAY, NOVEMBER 22, 10:00 A.M.

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare Senior Services. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register.**



FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 P.M.

INSTRUCTOR: CAROLINE DUBE

Class includes intervals of low-impact movement with 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.

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.

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:45–3:45 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.

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. PEAK Center hours are: **Monday-Friday, 9:00 A.M.-1:00 P.M.**

CLASS DESCRIPTIONS

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.

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, 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.

WATERCOLOR CLASS

FRIDAYS, 9:30 A.M.-11:30 A.M.

INSTRUCTOR: PENNY KINDBLOM

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.

CLASS SCHEDULE Class descriptions on pages 2, 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, November 2 between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **November 9** 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 Registration Has Begun
MONDAY			
Acrylic Painting	10:00-12:00	Sept. 26-Dec. 5, 10 weeks, \$20.00.	
Power Burst	1:30-2:30	Oct. 24—Dec. 19, 9 weeks, \$18.00	
Chair Pilates & Balance	2:45-3:45	Oct. 24—Dec. 19, 9 weeks, \$18.00	
TUESDAY			
Cardio Chair Fitness w/ Nancy	1:00-1:45	Nov. 8—Dec. 20, 7 weeks, \$14.00	
Balance Class	2:00-2:45	Nov. 8—Dec. 20, 7 weeks, \$14.00	
WEDNESDAY			
Zumba Gold	9:30 -10:30	Sept. 28—Nov. 16, 8 weeks, \$24.00	Nov. 30—Dec. 21, 4 weeks, \$12.00
Quilting Classes! NEW!	9:30-11:30	SEE PAGE 2 FOR DESCRIPTIONS.	
THURSDAY			
Ceramics	9:30 – 11:30	Sept. 15—Nov. 17, 8 weeks, \$32.00, No Class Nov. 3	Dec. 1—Dec. 22, 4 weeks, \$16.00
Knitting/Crochet	1:00-3:00	Sept. 15—Nov. 10, 8 weeks, \$16.00 No Class Nov. 3	Nov. 17—Dec. 22, 5 weeks, \$10.00
FRIDAY			
Watercolor	9:30-11:30	Sept. 9—Oct. 28, 8 weeks, \$16.00	
Yoga-Lates	11:00-11:45	Sept. 30—Nov 18, 5 weeks, \$10.00 No Class Nov. 4, Nov. 11 Free if you have Silver Sneakers	Dec. 2—Dec. 16, 3 weeks, \$6.00 Free if you have Silver Sneakers

HOW TO REGISTER FOR A FREE 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. 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. Pay by 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.

SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, November 8**, at 10 a.m. at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center 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 on **Tuesday, November 15** at 10:30 a.m., 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.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, NOVEMBER 17, 2:00 P.M.

CALL THE SENIOR CENTER TO REGISTER. OPEN TO THE PUBLIC.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Relax and socialize with others 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. & the CT State Unit on Aging.

ARE YOU READY FOR MEDICARE'S OPEN ENROLLMENT?



Medicare's Open Enrollment runs **October 15 through December 7** and is the time of year when you can make certain changes to your Medicare coverage. Any changes you make will take effect on January 1. During this time, you can join a new Medicare Advantage Plan or Part D prescription drug plan, switch from Original Medicare to a Medicare Advantage Plan or switch from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan). It's always good to review your coverage each year to be sure it meets all your needs. Please call Stephanie at the Senior Center, 860-747-5728, with questions or to set up an appointment to review your options.

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 \$39,791(gross) and a family of two could possibly make \$51,996(gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. HRA is located at 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR. Please call 860-356-2000 or go online to:

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

FOOD SHARE PROGRAM - 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!

SNAP stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were INCREASED as of October 1, 2022. There is no asset limit. **Single \$2,265 Couple \$3,052**. Call Stephanie with any questions or to assist with an application.



QUICK TRIP/TRIP GUIDELINES

PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE DESTINATIONS AND QUICK TRIPS ON THE DIAL-A-RIDE BUS. BOATS, RESTAURANTS, MUSEUMS, ETC. ARE BY VENDOR'S POLICY OR LOCAL RULES

SIGN-UP: Trip sign-ups take place during regular business hours (Mon.—Fri.). Cash or check 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.

QUICK TRIP/TRIP CANCELLATIONS:

Call the Senior Center immediately so we can try and find a replacement for you from our waiting list (if we have one). *If you must cancel the night before or the morning of the trip, please call Angela at (860) 839-7346 before 9:00 p.m. the night before the trip or before 9:00 a.m. the day of the trip.* 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 rarely given. We will always attempt to get a refund, and whatever we are refunded will be passed on to you.

PARKING: Parking for most trips is at Our Lady of Mercy Parish Center (the former parish school) Parking Lot (19 South Canal St.). Enter Parish Center parking lot on the right as close to the dividing fence with the Rectory and park on your right. Please park one after the other in the lined areas.

MEDICAL ID CARDS: For your protection in the event of a medical emergency, you must have a medical ID card filled out. Please show the bus captain your ID when you board the bus. She does not need to read it. Please stop by the Senior Center to get one.

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 at Our Lady of Mercy and the Senior Center is at your own risk.

SEAT ASSIGNMENTS: Your seat assignment will be given to you before boarding the bus. ***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. 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.

SENIOR CENTER QUICK TRIPS

We use our Dial-A-Ride Bus which 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, CURRENT, NEW TRIPS 

NEW QUICK TRIPS!

CHRISTMAS TREE SHOPPE AND BUCKLAND HILLS MALL

FRIDAY, DECEMBER 2.

LEAVES SENIOR CENTER AT 9:00

A.M. RETURNS APPROX. 5:00

P.M. COST: \$8.00 PER PERSON.

SIGN UP BEGINS NOVEMBER 2.



Ready to do your holiday shopping? We will have two options: Spend the day at Buckland Hills Mall with lots of stores **OR** choose to shop at the Christmas Tree Shoppe in the morning followed by lunch at McDonald's or Panera Bread. Then off to Home Goods and TJ Maxx for the afternoon!

AQUA TURF HOLIDAY PARTY **HOLIDAY FUN WITH THE CARTELLS**

Featuring a sing-a-long from the Glamour Girls.

DECEMBER 13, 11:00 A.M.-3:30 P.M.

COST \$47.00 PER PERSON OR \$51.00 (TAKE OUR BUS) SIGN UP BEGINS NOVEMBER 2



Come join us for the Aqua Turf Holiday Party... food, fun and music to get you in the holiday spirit! Enjoy family style Roasted Turkey and Baked Scrod with all the sides. Coffee and donuts upon arrival, glass of beer or wine and door prizes!!

TRIPS

NEW TRIPS

ATLANTIC CITY TRIP WITH BRISTOL SENIOR CENTER AT RESORTS CASINO HOTEL

TUESDAY—THURSDAY NOV 15—17

COST: \$289.00 PER PERSON DOUBLE OR TRIPLE; SINGLE \$379.00

Departs from Bristol Senior Center, overnight parking is available. Only 6 seats remain at the time of this printing. Trip cancellation insurance is available. Payment made directly by going to the Bristol Senior Center 8:30—5:00, Monday—Friday. Stay 2 nights at Resorts Casino Hotel with a prime location at the Northern end of the famed Atlantic City Boardwalk overlooking the Atlantic Ocean. Enjoy Resorts newest addition—Jimmy Buffet's Margaritaville. Casino Bonus \$25.00 Slot, 2—\$20.00 meal credits. The \$20.00 food credits are worth \$25.00 if used at Breadsticks, Capriccio's or East Wind.

PLEASE NOTE: Masks are no longer required on Motorcoach Trips for Friendship Tour Trips. Therefore, masks are optional if you join Bristol on this Atlantic City trip.



CURRENT TRIPS

"BOB HOPE" USO SHOW AT THE AQUA TURF

SIGN UP HAS BEGUN

TUESDAY, NOV 15, 11:00 A.M.—3:30 P.M. COST:

\$47.00 PER PERSON (DRIVE ON YOUR OWN) or \$51.00 (TAKE OUR BUS). Bill Johnson's performance brings Bob Hope's humor and entertainment alive! He may have a few surprise guests as well! Enjoy family style roast beef and pan seared salmon with sides, coffee & donuts upon arrival, glass of beer or wine and door prizes!

MONTHLY SHOPPING TRIPS

BRISTOL SHOPPING PLAZA, TUESDAY, NOVEMBER

15. PICKUP AT SENIOR CENTER AT 9:00 A.M. HOME PICKUPS BEFORE 9:00 A.M. SHOP FROM 9:30 A.M.—1:00 P.M. SIGN-UP HAS BEGUN.

BRISTOL WALMART, TUESDAY, DECEMBER 6.

PICKUP AT SENIOR CENTER AT 9:00 A.M. HOME PICKUPS BEFORE 9:00 A.M. SHOP FROM 9:30 A.M.—1:00 P.M. SIGN-UP HAS BEGUN



TRIP MEETING-IDEAS FOR 2023!

WEDNESDAY, NOVEMBER 9, 3:00 PM

Help us decide where you want to go for **Big Trips** (over a week, international or USA, fly or bus); **Medium Trips** (2-4 day trips, Eastern Canada, south to Washington, DC, Pennsylvania, etc.); **Day Trips** by motorcoach (destinations with 3—3 1/2 hours from Plainville) and **Quick Trips** (mostly Connecticut on Dial-A-Ride Bus). **Show Trips** (Aqua Turf, Log Cabin, etc.) Bring your Ideas, Bucket Lists and help us Plan. Everyone please complete a trip survey, available at the front desk, so we can see where you wish to travel. Tell us what we can do to improve our trips.

OUTDOOR ADVENTURE

TRAIL WALK AND BREWERY LUNCH

FRIDAY, NOVEMBER 18, 11:00 A.M.—2:00 P.M.

SIGN UP BEGINS NOVEMBER 2. CALL OR VISIT THE SENIOR CENTER TO REGISTER. COST IS FREE! BREWERY AND LUNCH ON YOUR OWN. EASY, FLAT PAVED WALK! PERFECT FOR ALL LEVELS.

Join leader Eileen Cyr for a crisp fall walk on the Cheshire Rail Trail. Meet at the Senior Center at 11:00 a.m. to caravan to Cheshire. You'll walk for about 1 - 1/2 hours and then drive to Counterweight Brewery (right off of Route 10). There will be a BBQ Food Truck that you can order lunch from and enjoy a cold brew, wine or soft drink, if you wish. If you just want to walk and not stay for lunch, that's okay too!

NOTEWORTHY

GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we usually get notices about free events or interesting programs in the area or “give a-ways” or last minute trip shares or lectures or important information on community news and fun stuff to do!! We send out emails during the month with details.

Would you like to join our email list? Call, send an email or stop by and give us your email address. If you want to email us, send an email to beamc@plainville-ct.gov.

PLEASE NOTE: we do not share our email address list with anyone.

DAILY LUNCHES ARE BACK!

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 a.m. to reserve your meals. If you do not reserve your meal in advance, you can try calling the day that you want a meal to see if there is a cancellation. Menu is available at the Senior Center.

THE SENIOR CENTER LE PETIT CAFÉ –NOW OPEN!

Join us for lunch in the café on

Tuesdays and Wednesdays, 11:30 - 1:00. Enjoy a new special every week in addition to our regular menu which features our famous grilled cheese sandwiches, BLT's, and delicious homemade soups! Fresh baked cookies available also!



CASH OR CHECK ONLY.

NOVEMBER 1 & 2: Bacon & Cheddar Cheese Quiche
Soup: Roasted Red Pepper

NOVEMBER 8 & 9: Harvest Cobb Salad
Soup: Butternut Squash Bisque

NOVEMBER 15 & 16: BBQ chicken, Bacon & Cheese
Quesadilla
Soup: Baked Potato

NOVEMBER 22 & 23: Café closed

NOVEMBER 29 & 30: Taco Salad
Soup: Chicken Corn Chowder

VOLUNTEERS

PEAK CENTER VOLUNTEERS NEEDED

We are hoping to extend hours at the PEAK Center to 3 p.m., but we need volunteers. If you can commit to working one day of the week from 1-3 p.m., you will get a complimentary or reduced subscription to the PEAK Center. If you are interested, please see Sharon.

Attention Fabulous Volunteers! The Volunteer Board is Back!!

We reinstalled the Volunteer Board in the hallway leading from the office to the lounge (opposite the display case). Come & record your volunteer hours on this board each time you volunteer. As you recall, we had to discontinue using the volunteer board during the COVID pandemic because the space where the board was hanging was too narrow to maintain a 6-foot social distance.

Now we can proudly display your generous volunteer hours! Simply find your name (names are listed alphabetically) & record your hours under the date you volunteered. The list currently only includes volunteer names of people who have recorded their hours since the pandemic began in March 2020. Also, talk with Sharon to update any hours you may not have recorded yet. If your name is not listed, simply add it to the end of the list and we will type it in the following month. You can still record your hours online if you prefer (<https://schedulesplus.com/plainville/kiosk>). Every volunteer hour counts and we appreciate all that you do to keep our Center so active!

Every hour counts! We want to make sure we capture all hours for 2022 with a goal to exceed the volunteer hours listed for 2021. If you haven't recorded any hours this year, but you did volunteer some time, please see Sharon or record your hours on the board.

We use the names/hours on the volunteer board to invite volunteers to our annual recognition events. The only way we know who is volunteering is if you record your name and hours.

HEALTH PROGRAMS AND INFORMATION

MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS:

Singles Range From: \$2,390 to \$2,786

Couples Range From: \$3,220 to \$3,754

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share):

The State of CT offers financial assistance to eligible Medicare enrollees. They 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 mem-

bers. **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.

AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto o llame al Departamento de Servicios Sociales del Estado de CT al 1-800-626-6632.

HEALING FOR THE HOLIDAYS

WEDNESDAY, NOVEMBER 16, 5:30 PM TO 7:00 PM, HARTFORD HEALTHCARE/HOSPITAL OF CENTRAL CONNECTICUT/NEW BRITAIN GENERAL CAMPUS

For those who have experienced the death of a loved one, holidays and anniversaries may present special challenges. You are not alone. We invite you to join other bereaved family members and friends, to honor the memory of your loved ones, and to learn about ways to manage the holidays after a loss. Call 860-224-5463 to reserve a seat for yourself and guests or to ask questions.

TAKE NOTE!

WE NEED YOUR HELP!

DO YOU SPEAK SPANISH, POLISH, FRENCH OR RUSSIAN?

Once in a while, someone comes to us for help or calls and we cannot communicate because of language. Would you help us understand and translate? Call Shawn or Ronda at the Senior Center.



YOU'RE INVITED TO A SENIOR CITIZEN PROM!

Hosted by the Lewis Mills National Foreign Language Honor Society. Held at Lewis Mills H.S., 24 Lyon Road, Burlington on November 4, 4-6P.M. RSVP to Madame Laura Faga or contact her with any questions at fagal@region10ct.org. Phone: (860)673-0423 ext. 15124

SHOWCASE YOUR COLLECTION OR HOBBY!

If you have a collection or hobby that you'd like to display in our showcase, please call us at the Senior Center to let us know. Displays are typically in the locked showcase for a month at a time.



CHANGE YOUR CLOCKS ON NOVEMBER 6

*Change your clocks and
change your batteries!*

Donations

SEPTEMBER 23-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

Jerome Petrocione, Virginia Lennon, United Way of Central CT, Maureen Ronalter, Eileen Weber, Linda Altmeyer, Marge Rio, Barbara Wallace, Edie Corsino, Meredith Pelletier, Paula Maglio, Barbara Simone, Priscilla Gundry, Jacqueline Harvey, Rachel St. Onge, Fran Graff, Rachel Bell, Pat Delaney, Joe Beaudin, Madeline Drake, Evelyn Morin, Shirley Archick, Paula DiMauro, Nancy Isaac, Diane Therrien, Steve Consalvo, Jackie Plourde

MEMORIAL DONATIONS

IN MEMORY OF: LEOSINA CELLI

Jean Kelly

DIAL-A-RIDE DONATIONS

Marci Negro, Rita Susco, Marjorie Piercy

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 23-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:

Amelia Goodfield, Carol Mazzalupo, Carol Accousti, Susan Kensel, John Maciulewski, Rose Berlani, Skip Kensel, Beverly Farnham, Jeffrey Morneault, Margaret Albrecht, Carol Wright, Rosaleen Peters, Norma Weisenbuger, Ceal Di Francesco, Hazel Decker, Beatrice Dumont, Joe Maitz and Lois Maitz, Helena Niziolek, Doug Bell, Richard Belden

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Paula Harland, John Potetz, Gemma Croteau, Marilyn Johnson

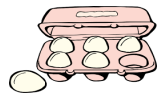
SYMPATHY CARDS WERE SENT TO:

Skip Kensel, Barbara Newton, Carol Vojtila, Ann and Richard Fargo, Frank and Irene Avella

*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!*

EGGS! FARM FRESH EGGS!

Member Priscilla Gundry is bringing in fresh eggs from her farm to give out to members for **FREE!** Bring in egg cartons for collection. Priscilla will drop off the eggs around 9AM on the following dates: November 3, November 23 & December 15.



TRANSPORT WHEELCHAIRS NEEDED

The Senior Center is looking for another transport wheelchair or two to loan out. These are so popular, we can't keep up with the need for them. Compared to wheelchairs, transport chairs have smaller rear wheels that cannot be reached while sitting in the chair. Call us at (860)747-5728 to make arrangements to drop off the chair.



SEPTEMBER NEW MEMBERS

Mary Ellen Boo, James Gallagher, Judith Gallagher, Carol Richard, Sue-Ann Roy, David Taber, Sheri Taber, James Zarick, Sr. and Wendy Zarick

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THIS AND THAT

Help for Veterans

Our new Veterans Service Officer, CT Department of Veterans' Affairs, is Eric Vickers. He will begin appointments for assistance at the Senior Center December 7, 2022. Call now at 203-805-6343 if you have any questions, problems or issues and he can assist you.

SETBACK WEEKLY TOURNAMENT WINNERS

SEPT. 26: 1st: Bob Albrecht/Joe Fortuna 2nd: Butch Gudat/Sandy Robinson 3rd: Barbara Martello/Elane Chartier

OCT. 3: 1st: Pearl DiBenigno/John Wright 2nd: Sandy Robinson/Butch Gudat 3rd: Mary Levanti/Linda Dominique

OCT. 17: 1ST: Madeline Drake/Pearl DiBenigno 2nd: Linda Dominique/Mary Levanti 3rd: Sally Miller/Gail Kreneck

WEEKLY POOL TOURNAMENT WINNERS

SEPT. 22: 1st: Dan Burgess 2nd: John Gasparini 3rd: Stan Funk

SEPT. 29: 1st: John Gasparini/Val Dumais, 2nd: Stan Funk/Ray Phillips

OCT. 6: 1st: John Gasparini 2nd: Stan Funk

DIAL-A-RIDE DRIVERS NEEDED!

The Plainville Senior Center is looking for on-call drivers for our Dial-a-Ride Program. Drivers must have a CDL or F-endorsement in order to drive our wheelchair lift-equipped bus. Training and hourly wage provided. Hourly wage between \$15.50—\$16.61. Hours are on-call to assist when regularly scheduled drivers are out or when the schedule is busy and more drivers are needed. F-endorsement is now easier to obtain and can be done without going to DMV and can be completed in two weeks.

Contact Shawn or Ronda at the Senior Center for more information or visit www.plainvillect.com for an application.

MEGA SIGN-UP DAY NOVEMBER 2, 9:15—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.

DIVERSE UNIVERSE

FREE NCAA WORKSHOPS ON RELIGIOUS PERSPECTIVES & CULTURAL DIVERSITY IN AGING

Wed., Jan. 25, 2023, 1 - 2 p.m.

"Toward an Ethic of Multifaith Collaboration" virtual via Zoom. Free registration link: <https://www.hartfordinternationalsl.edu/ncaa-series>. For more information, contact Eric Rodko at Eric.Rodko@ncaaact.org.

RAINBOW LUNCH

LGBT adults & allies can join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Pre-registration required. Bringing your own lunch is optional. For more information and the date and time please call Karen Green (860) 589-6226, ext. 2226. **Register at: www.cthealthyliving.org. To view the program here, call the Senior Center .**

Congratulations to Mary Ann & Robert Ferone for winning the Pumpkin Table Runner Raffle!

Transportation

Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, **call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.**

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. **We ask that you be ready on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.

SENIOR TRANSPORTATION SERVICES

ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. For help in paying for the service call Stephanie or Ronda at (860)747-5728. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



ADDITIONAL TRANSPORTATION OPTIONS

ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 days a year without restrictions.

Eligibility: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.00 per additional mile after that.

Call Encompass at (860)444-4444 or visit online at Encompass.M7Ride.com.

ADA Paratransit



ANOTHER OPTION WITH MORE HOURS & 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.

ADA Paratransit 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 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. to 8:00 p.m.**

Each ride is just \$3.50 and discount ticket books can be purchased at Stop & Shop in a book of ten for \$28 (only \$2.80 each). There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

You Must be Pre-Approved — How to Apply:



The online application can be found at www.ctada.com. **You can also call the Senior Center at (860)747-5728 for an appointment with Stephanie who can assist with the online application process.** Applications are available at the Senior 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.

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call **(860)247-5329, extension 3086.**

NOVEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	1 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 C. Events (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR)	2 MEGA SIGN UP 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 1:15 Charlem. (CA) 1:30 Bingo (BR) 3:00 Coloring (BR)	3 10:00 Mex. Train (CL) 12:30 Pinoc.(GA)	4 FAIR SET-UP NO ACTIVITIES	5 HOLIDAY CRAFT FAIR 10:00—2:30
6	7 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	8 9:00 NURSE* 9:15 Walk (GR) 10:00 Caregiving(OS) 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 Current E.(GA) 1:00 Cardio Chr(GR) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 2:00 Balance (GR)	9 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilt (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR) 3:00 Trip Mtg. (CR)	10 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Vet's Lunch(GR) 1:30 COA (CR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	11 VETERANS' DAY THE SENIOR CENTER IS CLOSED 	12
13	14 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 10:00 Covid Clinic 12:30 Setback (GR) 1:00 Card Class (CR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR) 4:00 Fair Tea	15 Atlantic City Trip 9:00 NURSE* 9:00 Shop. Bus 9:15 Walk (GR) 10:00 Ladies Pool 10:00 Cribbage (GA) 10:30 Grandparents(GR) 11:00 Bob Hope Trip 12:30 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr(GR) 1:30 Circle Grp (BR) 2:00 Balance (GR)	16 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Open Quilt (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	17 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Ornament Cl.(GR) 10:00 Mex.Train(CL) 10:30 Snappy Srs (GR) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:00 Memory Café (CR)	18 9:15 Walk (GR) 9:30 Ornament Cl. (CR) 10:00* I-Phone/I-Pad help (CA) 10:00 Book Buds (GA) 11:00 Yoga-L(GR/Z) 11:00 Outdoor Adventure	19
20	21 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	22 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Veterans Social Hour (CR) 12:30 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:00 Balance (GR) La Petit Café Closed	23 9:15 Walk (BR) 9:30 Open Quilt (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR) La Petit Café Closed	24 THANKSGIVING DAY Doors open at 11:30. No other activities 	25 THE SENIOR CENTER IS CLOSED	26
27	28 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	29 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Group (CR) 2:00 Balance (GR)	30 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	1 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet(GR)	2 9:00 X-mas Tree Shoppe 9:15 Walk (GR) 9:30 Choral (BR) 10:00* I-Phone/I-Pad help (CA) 11:00 Yoga-L(GR/Z)	3