



NEWS & EVENTS

NOVEMBER 2023

Shawn Cohen, Director

Victoria Nadolski, 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.

VETERANS CELEBRATION!! THANKSGIVING LUNCHEON CO-SPONSORED WITH GNAZZO'S

THURSDAY, NOV. 9 AT 11:30 AM, Sign up ends Nov. 7

If you are a Veteran and a member of the Senior Center or a Veteran and a 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 Nov. 9 at 11:30 AM for a complimentary Veteran's Luncheon. We are grateful for your service and sacrifice and look forward to celebrating your contribution to our freedom. Please call the Senior Center to register by November 7 at 860-747-5728. Please Thank Gnazzo's for co-sponsoring this event!

DIAL-A-RIDE FUNDRAISER-GENTLY USED JEWELRY BAZAAR PLUS GRANDMA'S COOKIES, RAFFLES AND VARIOUS HANDMADE ITEMS

*TUESDAY, NOV. 14 AND WEDNESDAY, NOV. 15
9:00 AM—4:00 PM*

Join us in support of our great Dial-a-Ride program. We will be hosting a fundraiser featuring: Grandma's Cookies, Gently Used Jewelry, Raffles of various knitted and sewn items, along with our famous food basket and money tree raffle. There is sure to be something for everyone. Do your holiday shopping. **We will be collecting gently used jewelry now through November 9.** Your support is greatly appreciated.

CLEAN OUT YOUR JEWELRY BOXES & SUPPORT

DIAL-A-RIDE: We need your help! Our Dial-a-Ride fundraiser is Nov. 14 & 15, and we are looking for your help with donations of gently loved jewelry, non-perishable food items for raffle & new knitted or sewn items. It's a great time to clean out our jewelry drawers—we will accept jewelry of all types, never worn or gently used. Thank you for all your help in making this a successful event. Dial-a-ride is essential to many of our Plainville residents who do not drive. Bring in Anytime.

THANKSGIVING DINNER AT THE SENIOR CENTER

*THURSDAY, NOV. 23—DOORS OPEN AT 11:00 AM
LUNCH SERVED AT 12:00 PM*

Registration Begins Nov. 1 and ends Nov. 21

We are excited to once again be hosting our annual Thanksgiving Day Dinner. This special holiday meal is open to all Senior Center members and any Plainville resident who is 60 years of age or older who will be alone on Thanksgiving Day. Please join us for a wonderful, homemade, traditional Thanksgiving dinner with all the trimmings. Please register by Tuesday, Nov. 21. 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, please call and inform us. There is no charge, but donations are greatly appreciated. We are so very thankful for our volunteers and everyone who makes this day possible, along with all those who join us on this day.

***Thank you** to George Fensick and Sandi Thibodeau who have been in charge of this wonderful event for over 30 years.

Electric Bill Discounts—Pages 9, 10

Salvation Army Kettle Drive— Page 10

Garden Helpers—Page 14

CLASSES & PROGRAMS

QUILTING CLASSES

INSTRUCTOR: DARLENE BACHAND

WEDNESDAYS, 9:00 AM — 11:00 AM

NOVEMBER 1, 8, 15 COST: \$6.00



Twisted Ribbon Table Runner—This is a fun way to use simple half square blocks to give your table runner a three dimensional look!

DECEMBER 6, 13, 20 COST: \$6.00

Stitch 'N Time—This is time for you to finish up those Holiday gifts!

A FUNNY PROGRAM ABOUT FUNNY PROGRAMS: THE GREATEST SITCOMS OF ALL TIME

TUESDAY, NOV. 7, 2023, 1:30 PM TO 3:00 PM

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book, *The Greatest Sitcoms of All Time*. He is the only author to actually rank the best of the best, including *I Love Lucy*, *The Honeymooners*, *The Andy Griffith Show*, *Get Smart*, *All in the Family*, *The Mary Tyler Moore Show*, *Cheers*, *The Golden Girls*, *Seinfeld*, *Fraser* and *The Big Bang Theory*. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in on the fun!

MEMORY SCREENING: *TUESDAY, Nov. 28, 10:00*

AM—12:00 PM, FREE BY APPOINTMENT

CALL THE SENIOR CENTER TO REGISTER

Valerie Bartos, Memory Care Advisor from Arden Courts will conduct memory screenings. A memory screening is a series of questions and tasks designed to gauge memory, language and thinking skills. Screenings last just 5—10 minutes, and while the results are not a diagnosis, scoring below threshold can signal that someone should follow up with a clinician for a full evaluation.

BEAT THE HOLIDAY BLUES LUNCH & LEARN—*WEDNESDAY, DECEMBER 6, 12:00—1:00 PM, FREE*

The holiday blues are temporary feelings of anxiety or depression during the holiday season. We know this time of year is usually viewed as a time of happiness and rejoicing. But for some people, it can be a period of painful reflection, sadness, loneliness, anxiety, and depression. Join Heather Hitchcock CDP, Community Education Manager from Bristol Behavioral Health as she discusses the signs & symptoms of the holiday blues and how you can HELP alleviate them. Lunch will be sponsored by Maple View: Turkey sandwiches, Cookie, Chips, & a Bottle of water. Please call to reserve our spot.

CHRISTMAS CARD & TREAT BAG/BOX CLASS

MONDAY, NOV. 20, 1:00 PM COST: \$5.00

INSTRUCTOR: Diane Sperry—Sign up begins Nov. 1

Join us in creating 4 (four) Christmas Cards and a treat bag or box to enjoy this holiday season.

SAD AND DON'T KNOW WHY? LUNCH AND LEARN

THURSDAY, NOVEMBER 30, 2023, 11:30 AM, FREE,

REGISTER BY NOVEMBER 20TH.

Seasonal Affective Disorder, commonly known as SAD, is more than just the “Winter Blues”. SAD is a real type of depression that is associated with the change of seasons. Join us as Heather Hitchcock, Community Education Manager for Bristol Behavioral Health, discusses causes, preventative measures for, signs and symptoms of, and available treatments for SAD.



Complimentary lunch provided by The Pines of Bristol/National Health Care.

BOOK BUDS NOVEMBER BOOK: “THE DREAM LOVER: A NOVEL OF GEORGE SANDS” by Elizabeth Berg,

FRIDAY, NOV. 17, 10:00 AM COST: FREE! FOR

MEMBERS ONLY. INSTRUCTOR: KATHLEEN MARSAN

Elizabeth Berg transports the reader to Parisian life in the nineteenth-century as Aurore Dupin leaves a loveless marriage and her family’s estate to start a new life as George Sands, writer. The author shadows Sands’ unconventional life-style and trails and tribulations as she becomes one of the most gifted writers of her time. Please be sure to register as there is limited space. The book is available at the library’s main desk.



TREE TRIMMING AND CAROL SINGING

TUESDAY, DEC. 5, 2:00 PM Sign up begins Nov. 1

Let’s kick off the season and spread some holiday cheer with our annual decorating of the living room Christmas tree while singing holiday songs with our very own choral group. Enjoy hot cocoa, cookies and being with friends.

MORE CLASSES & PROGRAMS

SNAPPY SENIORS PHOTOGRAPHY

THURSDAY, Nov. 16, 10:00 AM

CALL TO REGISTER (860)747-5728

This month's meeting will take place the week before Thanksgiving and we will be giving tips on how to take good family and event pictures for the holidays.

We will also talk about the use of props for enhancing portraits. Because we won't have a meeting in December, we will give a fun and challenging assignment for holiday and winter photography.

Members with all kinds of cell and digital cameras, and various levels of photography experience are welcome.

Instructional topics include how to take better pictures with available lighting and scenery and how to overcome low lighting and scenic distractions.



CHRISTMAS COOKIE DECORATING PARTY

TUESDAY, DEC. 19, 1:30 PM COST: \$2.00

Sign up begins Nov. 1.

Enjoy a sweet afternoon decorating Christmas cookies, sipping hot cocoa, festive music and reminiscing of your favorite holiday traditions. Wear your favorite holiday sweater! Please call the Senior Center to reserve your spot.



WITCHES OF CONNECTICUT

THURSDAY, DEC. 14 AT 1:30 PM, FREE

Sign up begins Nov. 1

Please join us as we explore the harrowing story of the hanging of witches in Colonial New England. The CT Museum of Culture and History will enlighten us with stories that continue to haunt our present-day imagination. The trials and executions of witches in Connecticut predated the famous Salem witch panic by over 40 years. Hear the stories of some of the women and men accused, tried, and executed as witches and learn how Connecticut successfully controlled the spread of witch accusations long before Salem erupted in panic and violence.



PLAINVILLE HIGH SCHOOL CHAMBER CHOIR

CONCERT - Monday, Dec. 11, 3:00 – 3:30 PM

The Plainville High School Chamber Choir will be getting us into the holiday spirit with a special concert featuring a combination of traditional carols, classic holiday songs, and winter choral music. A little reception of treats to follow the concert. Please call the Senior Center to register.

BRIDGE: Anyone interested in learning how to play Bridge, Please sign up at the Front Desk. If there is enough interest, we will contact you.



VETERANS' NEWS & ACTIVITIES

HELP FOR VETERANS

TUESDAY, Nov. 21, 10:00 AM—BY APPOINTMENT

Our Veterans Service Officer, CT Department of Veteran's Affairs, Jason Coppola, will be at the Senior Center at 10:00 AM BY APPOINTMENT ONLY. To schedule an appointment, call Jason at 203-805-6340.

VETERANS' SOCIAL HOUR

TUESDAY, Nov. 28, 10:00 AM

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.**

PLAINVILLE WIND ENSEMBLE

presents their annual FREE Veterans Concert "A Sousa Salute to Our Veterans" on Sunday, Nov. 19 at 2:00 PM at Plainville High School. Local Marines will accept donations of new and unwrapped toys.



PLAINVILLE VETERANS COMMISSION

For All Veterans in Financial Need

MONDAYS 6:00 PM—7:00 PM

Municipal Center, Room 306

Call Dave Dudek at 860-559-1860 before arrival. For Veterans and spouses of any age.

CENTER NEWS & VOLUNTEER OPPORTUNITIES

GET THE LATEST NEWS BY EMAIL!!!
 After our newsletter is sent out each month, we sometimes 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 & fun stuff to do!! On occasion, we send out emails during the month with details. Join our email list! Call, send an email or stop by & 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.

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.



PEAK CENTER & GREETER VOLUNTEERS NEEDED
 We need volunteers (including Floaters) to cover a variety of shift times. Volunteers typically cover two-hour shifts. PEAK floaters & regularly scheduled volunteers receive a reduced subscription to the PEAK center. **We have an urgent need for Tuesdays 1-3PM.** Please stop by the front office to express interest in volunteer opportunities!!

LANGUAGE INTERPRETERS—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 Victoria at the Senior Center.



STS VOLUNTEER DRIVERS NEEDED
 Driver volunteers needed for transport to medical appointments not covered by our Dial-a-Ride. To discuss volunteering, please call 860-224-7117. Mileage reimbursement and supplemental automobile coverage is provided.

Attention Fabulous Volunteers!
The Volunteer Board is Back!! Please be sure to record your hours. You can use the board or 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!

DAILY LUNCHEES AT THE SENIOR CENTER—Menu available at the Senior Center

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 AM 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.

Reservation Procedure:

Call on Mondays by 10:30 AM to reserve a lunch on Wednesday
 Call on Tuesdays by 10:30 AM to reserve a lunch on Thursday
 Call on Wednesdays by 10:30 AM to reserve a lunch on Friday
 Call on Thursdays by 10:30 AM to reserve a lunch on Monday and Tuesday/or the entire week

\$2.50 suggested donation

		1 Fish Fillet	2 Meatloaf	3 Chicken Fricassee
6 Lasagna Rolette	7 Swedish Meatballs	8 Chicken & Dumplings	9 Veteran’s Day Special Corn Chowder	10 CLOSED
13 Vegetable Chili	14 Taco Tuesday	15 Thanksgiving Special Roast Turkey	16 Fish Sandwich	17 Hamburger
20 Penne/Meatballs	21 Chicken Divan	22 Chicken Kielbasa	23 CLOSED	24 CLOSED
27 Shepard’s Pie	28 Mongolian Pork Chopette	29 Chicken Stew	30 Salmon w/ Stuffing	

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30 PM –2:30 PM

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 & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

GENTLE CHAIR PILATES/BALANCE

MONDAYS, 2:45 PM–3:45 PM

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

CARDIO CHAIR FITNESS *TUESDAYS, 1:00 PM–1:45 PM*

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 & stretching.

BALANCE CLASS *TUESDAYS, 11:45 AM –12:30 PM*

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30 AM –10:30 AM

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

SILVER SNEAKERS CLASSIC

FRIDAYS, 10:00 AM–10:45 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

Join in the fun in this certified Silver Sneakers class. Exercises are done in a chair and combine cardio and strength training. Beginners welcome.



SILVER SNEAKERS & PLAINVILLE SENIOR CENTER

YOGA/PILATES(YOGA-LATES)

FRIDAYS, 10:50 AM –11:35 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

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

THE PEAK FITNESS CENTER

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.

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 AM–12:00 PM

INSTRUCTOR: ABBE WADE

Abbe teaches four unique techniques using acrylic paints. Students must provide their own supplies.

CERAMICS

THURSDAYS, 9:30 AM –11:30 AM

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 PM – 3:00 PM

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

THURSDAYS, 9:30 AM–11:30 AM

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 and 5

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 1 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting NOVEMBER 8 if there is still room in the class. The drop-in rate for any class that allows drop-ins 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 Begins NOVEMBER 1
MONDAY			
Acrylic Painting	10:00-12:00	Sept. 18—Nov. 27, 10 weeks, \$20.00 No Class Oct. 9	
Power Burst	1:30-2:30	Oct. 2—Dec. 11, 8 weeks, \$16.00 No Class Oct. 9, Nov. 20, Dec. 4	
Chair Pilates & Balance	2:45-3:45	Oct. 2—Dec. 11, 8 weeks, \$16.00 No Class Oct. 9, Nov. 20, Dec. 4	
TUESDAY			
Balance Class	11:45-12:30	Oct. 3—Nov. 7, 6 weeks, \$12.00	Nov. 14—Jan. 2, 6 weeks, \$12.00 No Class Nov. 21, Dec. 5
Cardio Chair Fitness w/ Nancy	1:00-1:45	Sept. 12—Oct 24, 6 weeks, \$12.00 No class Sept. 26	Oct. 31—Dec. 19, 6 weeks, \$12.00 No Class Nov. 21, Dec. 5
WEDNESDAY			
Zumba Gold	9:30 -10:30	Sept. 27—Nov. 22, 8 Weeks, \$24.00 No Class Oct. 25	Dec. 6—Jan. 24, 8 weeks, \$24.00
Quilting	9:00-11:00	See page 2	
THURSDAY			
Ceramics	9:30 – 11:30	Oct. 5—Nov. 30, 8 Weeks, \$32.00 No Class Nov 23	Dec. 7—Dec. 21, 3 weeks, \$12.00
Watercolor	9:30 – 11:30	Sept. 28—Dec. 7, 10 weeks, \$30.00 No Class Nov. 23	
Knitting/Crochet	1:00-3:00	Aug. 17—Oct. 12, 8 weeks, \$16.00 No class Aug. 24	Oct. 19—Dec. 14, 8 weeks, \$16.00 No class Nov. 23
FRIDAY			
Silver Sneakers Classic	10:00-10:45	FOR: Silver Sneakers and Yoga—lates Sept. 15—Oct. 27 Free if you have Silver Sneakers <u>OR</u>	FOR: Silver Sneakers and Yoga—lates Nov. 3—Dec. 15 NO CLASS Nov. 10 & Nov. 24, Dec. 8 Free if you have Silver Sneakers <u>OR</u>
Yoga-Lates	10:50-11:35	\$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	\$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.

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.

OUTDOOR ADVENTURES

HEUBLEIN TOWER HIKE

FRIDAY, NOV. 17, Meet at 9:30 AM at the Senior Center to caravan or meet at 10:00 at MDC 2ND Parking Lot in the back by the MDC building, LEADER: EILEEN CYR. FREE, Sign up has begun

This is a moderate level hike with uphill grades. Wear hiking boots or sturdy footwear and bring a walking stick—go at your own pace. Bring a sun hat, a water bottle and bug spray. It takes about 1 hour to hike to the tower. There will be an optional lunch at J Timothy's about 1:00.

SESSIONS WOODS HIKE AND LUNCH @ GREENHOUSE TAVERN

FRIDAY, DEC. 15, 10:00 am MEET AT THE Senior Center to caravan or meet at 10:30 AM at Sessions Woods. LEADER: Eileen Cyr. FREE

Join us for a late Fall walk/hike at the beautiful Sessions Woods in Burlington. The hike will be over a moderately flat gravel and semi-Wooded rolling hills trail. Be prepared for cool temperatures—dress appropriately. The total hike will be approx. 1—1.5 hours. There is an optional lunch at the Greenhouse Tavern on Route 4 in Burlington.

FREE MONTHLY SHOPPING TRIPS

THURSDAY, NOVEMBER 9, 10:00 AM HOME GOODS AND MICHAELS CRAFTS IN SOUTH-INGTON.

Pick-up at the Senior Center at 10:00 AM. Home Pick-ups before 10:00 will depend on number participating. We will call with your time. Return Pick up at 1:30 PM **Must call by Nov. 6 to reserve a spot.**

THURSDAY, NOVEMBER 16, 10:00 AM BRISTOL PLAZA—STORES INCLUDE TJ MAXX, BURLING-TON COAT, STOP & SHOP, 5 BELOW, OCEAN STATE JOB LOT AND MORE.

Pick-up at the Senior Center at 10:00 AM. Home pickups before 10:00 depending on number partici-pating. We will call with your pick up time. Return pick-up at 2:20 PM **Must call by Nov. 14 to reserve a seat.**

SIGN UP NOW FOR DECEMBER SHOPPING TRIPS

*DEC. 4 Southington Walmart or TJ Maxx, Aldi's Plaza (You Choose)—Leaves Senior Center at 10:00 AM-Home pick-ups before 10:00. Return Pick-up at 1:45 PM

*DEC. 19 Last Minute Shopping at Bristol Plaza-Leaves Senior Center at 10:00. Pick ups at home before 10:00. Returns at 2:30 PM

QUICK TRIPS

NOVEMBER 11, 2023—CRAFT FAIR DAY IN CT

\$10 per person includes transportation by our Dial-a-Ride bus to both Fairs. Leaves Plainville Senior Center at 8:30 AM, returns approximately 3:30 PM. Talked to one of our longtime Craft Fair Vendors and asked what would be two great Craft Fairs to attend on the same day?? We are on our way!! They are:

First Stop: 2023 Shopper's Delite at St. Bridget of Sweden Church in Cheshire for over 50 Crafters, Vendors, Baked Goods Booth, Teacup and 50/50 Raffles. Lunch on your own at Rossini's Italian Restaurant. Great Lunch Specials.

Then off to Cromwell for the Central Connecticut Community Women Club Annual Fair. Again Artists, Crafters, Bake Sale and so much more!!

NOVEMBER 18, 2023—35TH ANNUAL OLD DEERFIELD HOLIDAY SAMPLER

-Eastern States Expositions Better Living Center, West Springfield, MA. \$10.00 per person for bus transportation. You pay \$8.00 admission or download a \$1.00 coupon and pay \$7.00 admission. Leave Senior Center at 8:30 AM. Returns approx. 3:30 PM. This incredible show of Arts, Crafts, Food, Ceramics, Printmaking, Jewelry, Sculpture, Photography, Fashion, Woodworking, Glass, Leather and more! Do your Christmas shopping with unique items for everyone. This Holiday Sampler is an all-time favorite for many of our members. There are free raffles of handmade items, shopping certificates and passes to the spring show. Have lunch at the show or at a nearby restaurant (walk on your own). Explore a miniature New England Village, Circa 1897, preparing for the holidays.

MORE QUICK TRIPS

DECEMBER 15, 2023—CHESHIRE SYMPHONY ORCHESTRA CHRISTMAS CONCERT

\$18.00 per person includes \$8.00 for bus and \$10.00 for your symphony ticket. Leave Plainville Senior Center at 5:50 PM for the 7:00 concert. Return to Plainville at 9:30PM. One of our members belongs to the symphony and says you will love it. The program will include: selected holiday favorites, Christmas on Broadway, Around the World at Christmas Time, Variations of Jingle Bells, Minor Alterations and more.



BRIGHT NIGHTS AT FOREST PARK, SPRINGFIELD, MA

WEDNESDAY, DECEMBER 13, 5:00 PM—8:00 PM
COST: \$11.00 PP COVERS TRANSPORTATION/ADMISSION
HOME PICK-UPS FOR THOSE WHO DON'T DRIVE BEGIN AT BEFORE 5:00 PM—Returns approx. 8:00 PM 
Bright Nights at Forest Park has welcomed more than 3.8 million visitors since 1995. It is known as the Northeast's premier holiday lighting experience. The 3-mile route features light displays with more than 675,000 lights. Remember there are bathrooms, snacks and gifts at Bright Nights. Please have your dinner before we leave. We will stop at Chick-Fil-A for a quick bathroom/snack stop on the way home after viewing the lights.

TRIP IDEAS: We would love to have your ideas for trips in Connecticut on the Dial-a-Ride bus. Please stop by the Senior Center for a Quick Trip Survey. We need your ideas!!! Please write your suggestions for Quick Trips on the Mini Bus, day trips by MotorCoach, overnights and extended trips around the world.

NEW TRIPS

AQUA TURF: HOLIDAY CLASSICS WITH DOWNTOWN 6 BAND!

TUESDAY, DECEMBER 12, 2023, 11:00 AM—3:30 PM

COST: \$52.00 Per Person. **Sign up begins Nov 1. We will not be able to offer a bus.**

Featuring a sing-a-long from The Glamour Girls & Santa George & Mrs. Claus! Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit!

MENU: Roasted Turkey/Baked Scrod Family Style. Pasta & Salad Courses. Complimentary Coffee & Donuts, Glass of Beer or Wine, Door Prizes.



CURRENT TRIPS

AQUA TURF: ELVIS IS IN THE BUILDING! WEDNESDAY, NOVEMBER 8, 2023,

11:00 AM—3:30 PM, COST: \$52.00 Per Person. Sign-up has begun. A little less conversation, a little more rock n' roll!! John Monforto's performance brings Elvis' groove and entertainment alive!

MENU: Roast Beef/Pan Seared Salmon Family Style. Pasta & Salad Courses. Complimentary Coffee & Donuts, Glass of Beer or Wine, Door Prizes. **(See Flyer For Details) * Only 11 seats left!**



NOVEMBER 12—AMERICAN MUSEUM OF NATURAL HISTORY, NYC: COST: \$110.00 *FULL-SIGN

WAITLIST* Includes Hayden Planetarium Space Theater Space Show. Leaves Senior Center at 8:30 AM, returns approx. 5:30 PM.

ESCORTED VIKING RIVER CRUISE—DANUBE WALTZ: APRIL 27—MAY 5, 2024

COST: FROM \$2,999. PP + Airfare (INCLUDES TAXES & SHORE EXCURSIONS) Special airfare deals. Please call Friendship Tours for details. Includes: Passau, Germany/Vienna & Linz & Krems, Austria/Bratislava, Slovakia/Budapest, Hungary, etc. Escorted from Plainville to Europe to Plainville. Shore excursions in every port. English speaking crew. Casual dining in elegant style.

IRELAND SAMPLER: April 13—20, 2024, 8 Days/6 Nights. Dublin* Galway* Killarney & More...

Includes Non-Stop Flights from Hartford! Includes a 2 night Castle Stay! \$3,449.00 Per Person Double. **See Flyer for Details.** Please note—optional tours and driver-guide gratuities not included.



SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, Nov. 21, 10:30 AM

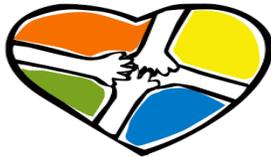
If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part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



CAREGIVING CONNECTIONS

TUESDAY, Nov. 7, 10:00 AM

Join your caring friends at the Senior Center as we support one another on our journeys & recognize the challenges & frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center to register.



MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, NOV. 16, 2:00 PM

OPEN TO THE PUBLIC

CALL THE SENIOR CENTER TO REGISTER

Memory Café is a warm and welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, and engaging environment that gives everyone a place to make new friends and interact with other. Enjoy appropriate activities such as crafts, games, music and conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro, Stephanie Soucy or Victoria Nadolski at the Senior Center. 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.

EVERSOURCE ELECTRIC DISCOUNT RATE

A bill discount will be available for residential electric customers starting in December 2023. You must have financial hardship status on your electric account. If you do, there are two tiers of discounts depending on your annual household income or receipt of a public assistance benefit. You may be eligible for a 10% or 50% discount.

To qualify for a 10% discount, your annual income for

Single = up to \$41,553
Couple = up to \$54,338

Or be eligible for certain public assistance benefits:

- *Connecticut Energy Assistance Program (CEAP)
- *Section 8 Housing, Rental Assistance Program
- *Medicare Savings Program

(Additional Low-Income Medicare Beneficiary or Special Low-Income Medicare Beneficiary)

To qualify for a 50% discount, your annual income for

Single = Up to \$23,328
Couple = Up to \$31,552

Or be eligible for certain public assistance benefits:

- *Supplemental Security Income (SSI)/Social Security Disability Income (SSDI)
- *State Administered General Assistance (SAGA)
- *DSS State Cash Assistance, State Supplement
- *Supplemental Nutrition Assistance Program (SNAP)
- *Medicaid (Husky C, D)
- *Refugee Cash Assistance and Refugee Medical Assistance
- *Medicare Savings Program (MSP) ((Qualified Medicare Beneficiary Program) (QMB))

After confirming you receive one of the public assistance benefits or meet the income eligibility requirements, you may submit your documents securely in several ways.

- *Log in to your account to upload your documents.
- *Send them via U.S.P.S. mail at Eversource, Attn: Credit Dept., P.O. Box 270, Hartford, CT 06141
- *Submit documents via fax at 866-438-6476.
- *Call at 800-286-2828.

*Contact your local Community Action Agency.

They will review and verify your information within 10 business days. If you are eligible, you could start to see a discount on your bill in December 2023. Please call Stephanie at the Senior Center with any questions 860-747-5728.

MORE SUPPORT AND ASSISTANCE

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.

SALVATION ARMY KETTLE DRIVE IS ALMOST 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 and their smiles to make this event successful. Ring with a friend! This is a great way to bring in the joy and warm wishes of the holiday season. We were so successful last year. The ringing takes place at Gnazzo's Supermarket on Thursday December 7, Friday December 8 & Saturday December 9. Please see Stephanie Soucy for details to sign up.



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 \$41,553 (gross) and a family of two could possibly make \$54,338 (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 online at:

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

COMMUNITY NOTES

PLAINVILLE CONSERVATION COMMISSION

This advisory commission has openings for volunteers. They do clean-ups twice a year. Call Marge Burris, Conservation Chair at 860-793-0221 for information or to sign up.

PLAINVILLE PUBLIC LIBRARY

56 EAST MAIN STREET, PLAINVILLE, CT 06062,
860-793-1446

PLAINVILLECT.COM/LIBRARY *Library cards are FREE to all CT residents *24/7 Access to Databases with your Library Card *Discounted/Free Museum Passes *WI-FI Anytime, Anywhere

UNITED WAY 2023 SALT COUNCIL SYMPOSIUM

Thursday, Nov. 9, 2023, 1:30 PM—3:30 PM
Join the United Way for their 2023 Salt Council Symposium at KindCare Assisted Living, 483 North Main St., Bristol, CT. Speakers and Topics include Aging in Place, Brain Health, Caregiver Burnout, Senior Benefits, Refreshments and a chance to tour KindCare. RSVP to Nancy Miclosky at nmicloskey@uwestcentralct.org or 860-582-9559 x 402.

FOOD SHARE PROGRAM THE SEVENTH DAY ADVENTIST CHURCH

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

12 ANNUAL PHOTOGRAPHY EXHIBITION AT THE ARTS CENTER EAST-Submissions open until November 10.

Informational flyers are available at the Senior Center or contact Bill Dillane or Peggy Clancy.

UNITED WAY—JOY OF SHARING

The United Way is collecting nonperishable food and new toys and gifts for community food pantries, shelters and area nonprofits to give the gift of hope for children and families this holiday season. Nonperishable food donation drop off is November 15, 16, or 17. New toy donation drop off is December 4, 5 or 6. All donations are dropped off at United Way of West Central CT, 440 North Main Street, Bristol, CT for distribution. For more information email Nancy Micloskey at nmicloskey@uwestcentralct.org or call 860-582-9559 x 402.

MORE COMMUNITY NOTES

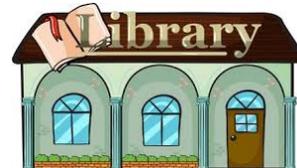
COVID INFORMATION

At this time, we are unable to arrange a COVID Vaccine Clinic. Therefore, we commend you contact your physician or pharmacist to see if they are offering vaccines, if you are at risk and what charges there may be. Then you can decide. We keep trying to schedule here. *FREE test kits are available at COVIDTests.gov. Let us know if you need help ordering test kits.



MEMORY CARE KITS

The Plainville Public Library has themed activity kits to aid people with memory loss, Alzheimer's disease, cognitive impairment, and their caretakers. These kits aim to foster positive experiences, stimulate conversation and ignite memories. *Two-week loan period Call or visit the Reference Desk for more information.



DEMENTIA SUPPORT GROUP

Arden Courts of Farmington—45 South Road, Farmington, CT 06032
<https://www.arden-courts.org/farmington>
Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month, 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. To RSVP call Hollis Hartman 860-543-1010 or Hollis.Hartman@promedica.org

ALZHEIMER'S ASSOCIATION—CAREGIVER SUPPORT GROUP @ THE PLAINVILLE PUBLIC LIBRARY

Library—56 East Main St., Plainville, CT 06062, 2ND Monday of the month, 6:30 PM—7:30 PM
Build a support system with people who understand. Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia & their care partners to:

- ◆ Develop a support system.
- ◆ Exchange practical information on challenges & possible solutions.
- ◆ Talk through issues and ways of coping.
- ◆ Share feelings, needs and concerns.
- ◆ Learn about community resources.

Contact info: Deborah Stanczykiewicz, 860-729-1648, alzhelp@gmail.com

AARP PLAINVILLE

WEDNESDAY, NOVEMBER 15, 1:00 PM
Faith Bible Church, 168 Unionville Ave., Plainville. Refreshments served!



TRIPS: Nov. 29—Norman Rockwell Museum, 142.00 per person
Reservations/Info: Sharon 860-712-2795
Trip Flyers available at the Plainville Senior Center.

HEALING FOR THE HOLIDAYS

WEDNESDAY, NOVEMBER 8, 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. You are invited 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.



WALK TO WELLNESS—LEARN ABOUT TRIGGER FINGER from HARTFORD HEALTHCARE

Tuesday, Nov. 7, 9:00 AM to 9:30 AM
Free educational discussion about:

- ◆ the causes of trigger finger and classic symptoms
- ◆ Treatment options, including minimally invasive surgery
- ◆ Q & A with the expert

Location: Hartford Healthcare Wellness at Westfarms Rest & Relaxation Lounge.
Registration required: 1-855-442-4373

HEALTH PROGRAMS AND INFORMATION

NEW

**NEW INCOME LIMITS:
MEDICARE SAVINGS PROGRAM (MSP)**
Singles Range From: \$2,564 to \$2,989
Couples Range From: \$3,468 to \$4,043

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.

WOMEN WITH HEART DISEASE SUPPORT NETWORK

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference room A, 81 Meriden Ave., Southington. To sign up call: 1.855.HHC.HERE (1-855-442-4373).

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 ceiling, washing walls & so much more.



Please call Stephanie at the Senior Center for more information.

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.

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.



HOME FIRE PREPAREDNESS CAMPAIGN—FREE

REDUCING FIRE INJURY/DEATHS
ONE HOME AT A TIME

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services IN YOUR HOME (visits last about 20 minutes). You will receive: *FREE Installed smoke alarms if needed
*Family Disaster Plan Guidance
*Valuable emergency preparedness tips/information
Register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 & choose option 1 to schedule.



COVID-19 TEST KIT FRAUD ALERT

The US Dept. of Health & Human Services is warning of a fraud scheme involving unsolicited COVID-19 testing kits. Seniors have been receiving unsolicited test kits then finding that their Medicare Summary Notices reveal that Medicare is being billed for reimbursement but Medicare will no longer pay for in-home COVID-19 tests after May 11. Report these supposed “free” kits to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Detailed info can be picked up at the Senior Center.

SCAM ALERT ‘NEW MEDICARE CARD’ SCAM

Fraudsters may be calling people claiming they need to verify information and obtain payment information over the phone to receive a new card. If anyone is contacted and shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed information.



Donations

SEPTEMBER 15 — OCTOBER 15

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

GENERAL DONATIONS

Gayle Black, Marilena Parenteau, Steve Rusczek, Lois Jablonski, Lena Ciccio, Sally Cobrain, Jane Koswig, Madeline Drake, Cheryl Stebbins, Pat Grant, Virginia Lennon, Barbara Barton, Rita Susco, Gerard Reno Levesque, Anonymous

DIAL-A-RIDE DONATIONS

Douglas Kaller,
Barbara Barton,
Anonymous



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 15 — OCTOBER 15

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:

Johanna Zielinski, Margaret Albrecht, Bob & Donna Albrecht, Madeline Drake, Dave Dudek, Wayne Weinhofer, Ellen Couture, Fran Martin, Beatrice Dumont, Skip Kensel, Richard Belden, Jeanine Martino, Helena Niziolek, Maryana Merzlyak, Carol & Don Beam, Jackie Posadas, Carol Loiselle, Jean Kelly, Charles Stepney, Sandy Robinson, Dawn Dallas

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

William Costello, Rose Ciccio, Frank Dlugoszewski, Loretta Noon, Theresa Dixey, Ralph Porter, Anthony Dlugoszewski, Leo King

SYMPATHY CARDS WERE SENT TO:

Georgia Sterpka

SEPTEMBER NEW MEMBERS



Judy Bahnsen, Maria Colangelo, Doris Connole, JoAnn D'Avirro, Wesley Golaszewski, Mary Greene, Gloria King, Richard King, Jane Kyle-O'Donnell, Andrew LaChapelle, Carlene Marino Howard McCarthy, George O'Donnell, Aaron Roth, Tammy Roth, Donna Spencer & Gail Walls

DONATIONS NEEDED

STAND UP WALKERS NEEDED

The Senior Center is in need of Stand Up Walkers.

Anyone who has one to donate, please let someone at the front desk know.



TRANSIT WHEELCHAIRS NEEDED

The Senior Center keeps a few wheelchairs on hand for members to borrow for short periods of time. Maybe you need to stay off your feet for a week or you want to bring grandma to your daughter's graduation. We need transit wheelchairs for our inventory. A transit wheelchair is light weight and does not have a big wheel that the wheelchair user moves to self-propel the wheelchair. Instead, the front wheels are small and someone needs to push the wheelchair user wherever they go. It is easily folded and put in a car. Please give us a call if you have a transit chair in good condition that you wish to donate.

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FUN AND GAMES

WEEKLY SETBACK TOURNAMENT WINNERS

SEPT. 25: 1st: Bernard Grabeck/Verna Pekrul
OCT . 2 : 1st: Verna Pekrul/Bernie Grabeck 2nd: Bob Albrecht/Mark Dunn
 3rd: Gail Kreneck/Peggy Grant
OCT. 16 : 1st: Gail Kreneck/Peggy Grant 2nd: Elaine Chartier/Barbara Martello 3rd: Linda Arnold

POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play –NO need to sign up, just show up.
 EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.



LADIES BILLARD OPEN PLAY

Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.
 Looking for something fun to do on Tuesday mornings?? Whether you call it pool or billiards, it is one of America’s favorite pastimes. Join our ladies for a friendly game of pool with some friends. No formal instruction given, just helpful tips and tricks, if needed. Let’s have a ball!!

PEAK CENTER REMINDERS—Just a friendly reminder to wipe down all equipment after each use. There are spray bottles with disinfectant and paper towels for your convenience. Also, we request that all PEAK members bring a pair of “inside” shoes to change into prior to using the equipment. **PLEASE HELP US KEEP OUR PEAK CENTER CLEAN & MEMBERSHIP RATES DOWN!**

***PEAK Center Training:** Nancy Pandolfo, our fitness trainer, will be away Dec. 3—10. If you need to renew your training membership, we encourage you to schedule a time prior to then.

MEGA SIGN-UP DAY NOVEMBER 1, 9:15 AM—4:45 PM

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.



GARDEN HELPERS NEEDED—Can you help us prepare our beautiful flower gardens for winter. Thank you to Pierre & Evelyn Morin for another year of exquisite flowers. We need to weed and pull up annuals when they are finished for the season. Please call if you can help us tell a weed from a tree.



DIVERSE UNIVERSE

RAINBOW LUNCH

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

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 Victoria 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 \$2.90 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 AM—Midnight

Weekends 6:00 AM—Midnight

FARES: Each ride is \$3.50 each way and discount ticket books can be purchased at *Shop & Stop* or on-line at hartfordtransit.org/ada-paratransit-services for \$28.00 for a book of 10 tickets (\$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.

CANCELLATIONS: please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours call the dispatch department).

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 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 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	30 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)	31 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	1 MEGA Sign UP 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	2 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	3 9:15 Walk (GR) 9:30 Choral Gr. (BR) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	4
5 DAYLIGHT SAVINGS TIME ENDS (FALL BACK)	6 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)	7 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Caregiv. (CR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr. (GR) 1:30 Funny Program (BR) 1:30 Circle Grp (CR)	8 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 11:00 Aqua T. Elvis 1:00 Bingo (GR) 1:15 Charlem. (CA)	9 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GR) 10:00 Shopping Bus 10:00 Mex. Train (CL) 11:30 Vet Luncheon (GR) 11:45 COA (GA) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	10  	11 8:30 Quick Trip Craft Fair Day in CT
12	13 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback (GR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR)	14 9:00 DAR Fundraiser 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	15 9:00 DAR Fundraiser 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	16 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Shopping Bus 10:00 Mex. Train (CL) 10:00 Snappy Sen. (GR) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:00 Memory Café (CR)	17 9:15 Walk (GR) 9:30 Hub. Hike 10:00 Book Buds 10:00 Silv. Sneak. Classic (GR) 10:50 Yoga-Lates (GR)	18 8:30 Quick Trip Old Deerfield Holiday Sampler
19	20 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback (GR) 1:00 Christmas Card Class (CR)	21 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Help* (CL) 10:30 Grandparents (CR) 1:00 Current E. (GA) 1:00 Bridge (OS)	22 9:00 OPEN Quilt (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	23  Thanksgiving Dinner Doors open - 11:00 AM Lunch served - 12:00 PM No Other Activities	24 	25
26	27 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)	28 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Social (BR) 10:00 Memory Scr*(CL) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (GR)	29 9:00 OPEN Quilt (CR) 9:15 Walk (BR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	30 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 11:30 SAD Program (GR) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	1 9:15 Walk (GR) 9:30 Choral (BR) 10:00 Silv. Sneak. Classic (GR) 10:50 Yoga-Lates (GR)	2