



S.E.N.I.O.R. OCTOBER 2016



Plainville Senior Center

Dynamic Past * Vibrant Future

Shawn Cohen, Director
Ronda Guberman, Assistant Director
200 East Street, Plainville CT 06062
Phone 860.747.5728

Free Sign-Up Day is October 5. Mega Sign-Up Day is October 6, 9:15 a.m.—4:00 p.m.
REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday through Friday between 9:15 a.m. - 12:00 (noon), and Mondays from 5:00 - 5:30 p.m. We accept cash and checks made out to Plainville Senior Center only.

THE FRIENDSHIP OF FIRST LADY ELEANOR ROOSEVELT AND G.FOX PRESIDENT BEATRICE FOX AUERBACH

Friday, October 21st, 11:00 a.m.



Registration: The program is free. Please call the Senior Center 860-747-5728 to register, beginning October 5. This presentation by West Hartford Historian Dr. Tracey Wilson explores the friendship between First Lady Eleanor Roosevelt and G. Fox President Beatrice Fox Auerbach. According to Dr. Wilson, both women were strong, independent humanitarians who shared many of the same beliefs. “Over the years they stayed in touch through visits and by exchanging more than 180 letters.” Their correspondence reveals both the mundane—scheduling visits, thank you’s for farm fresh eggs from Auerfarm—and the more profound connection between two women who were leaders and public figures and understood the difficulties of being pioneers. From 1946 to 1962, the First Lady of the United States, Eleanor Roosevelt, and the First Lady of Hartford, Beatrice Fox Auerbach, developed a friendship that resonated with visits, letters, and advice. Find out more about the women on whose shoulders we stand today as Dr. Wilson chronicles how these two female leaders interacted in the 1950s and 1960s.



FLU CLINICS FOR PLAINVILLE AND SOUTHLINGTON RESIDENTS

FOR INFORMATION, PLEASE GO TO THE NURSES PAGE ON THE BACK OF THE CALENDAR

Medicare 101: Everything You’ve Ever Wanted to Learn About Medicare

Date: Thursday, October 13 **Time:** 10:00 a.m.

Registration: Program is free. Sign up has begun. Call the Senior Center to register.



Come join us to find out if you know all there is to know about Medicare. Bet you don’t! We’ll talk about how Medicare works, what it pays for, what it doesn’t pay for, and how you may be able to save money on your Medicare expenses. If you are about to retire or know someone who is, or are having that special birthday soon, we’ll tell you everything you need to know about signing up. This is NOT a sales presentation! The North Central Area Agency on Aging is a private non-profit organization that offers free objective information on Medicare and other insurance available to people over 65 or who are disabled. For more information about NCAAA, please call 860-724-6443.



PARKING LOT BLOCK PARTY CELEBRATION!

Wednesday, October 19, 3:00—4:30 p.m.



Join us as we celebrate the completion of our wonderful new parking lot! The back parking lot was completed in May, and we are all so grateful for how smooth and safe it is! No more cracks, potholes, un-level ground...it’s perfect! Many thanks to State Representative Betty Boukus for her assistance in securing a State Grant that, combined with Town Funds and Senior Center Fundraising, allowed us to rebuild and pave the parking lot. Join us for an outdoor “block party” with music from volunteer DJ Don Plazcinski, hot dogs, treats and more! Call the Senior Center by October 14th if you plan on attending. Sign up begins October 5th. Free and open to the public.

HOLIDAY CRAFT FAIR

November 5, 2016



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

It’s that time of the year again! There are many ways you can help make the Fair a success!

Volunteers are needed to help sell raffle tickets for our beautiful handmade quilt. **See Page 14 for more information, dates and locations of ticket sales. BAKE, BAKE, BAKE!!!** We need a variety of baked goods for our bake sale...cakes, muffins, bars, breads, and sugar free items as well. Donations of baked goods can be brought to the Senior Center on November 4th between 9:00 and 1:00 p.m. or November 5th before 10:00 a.m. Contribute new hand crafted items (slippers, dolls, stuffed animals, aprons, scarves, afghans, holiday decorations) Volunteers needed to work during the fair in the kitchen, at a booth & greeting visitors. Do you live on a well-traveled street? We are looking for individuals to put Craft Fair lawn signs on their lawn. Donations of non-perishable food items are now being accepted for the Fair’s Food Raffle. **Call Toni, Ronda or Evelyn if you can help!**

Senior Center Special Events

See Page 11 for More Upcoming Events

LIONS CLUB EYE SCREENING

Sponsored by the Plainville Lions Club



Tuesday, November 15, 10:00 – 2:00, Plainville Senior Center.

Through the generosity of the Plainville Lions Club and their volunteers, we are pleased to host a free eye screening to detect symptoms of adult related eye disease. The primary goal of the screening is to screen for untreated or undiagnosed Glaucoma, High Blood Pressure, Vascular issues, Retina issues, Macular Degeneration and Diabetes. The goal is to prevent blindness. The volunteers conducting the screening are NOT eye care professionals. They only screen and provide results without consultation. This is not an eye exam to get new eyeglasses, but they will indicate if the current eyeglasses are in need of update. Bring your eyeglasses or reading glasses, so they can discuss these issues. Individuals participating in the screening should NOT have seen their eye care professional in less than six months before the screening in November. Individuals should not already have an appointment within the next 2 months after the screening. **COST:** Free. Sign up begins on October 5. Call the Senior Center for an appointment.

PARLEZ-VOUS FRANCAIS?

Tuesdays, October 18 to December 6 at 3:00 p.m.

French Class for Beginners! Intermediate Learners also Welcome!



We are excited to announce that one of our members, Rachel St. Onge, has volunteered to teach a beginner French class at the Senior Center. If you previously took the French class taught by Beatrice Dumont, you are welcome to attend this class as well. You will learn conversational French as well as have opportunities to attend French cultural events, field trips and more! Rachel is a native French speaker (Acadian French), took four years of French classes in high school and several classes in college. The class is free, but all class participants must purchase the text book from the Senior Center for \$15.00. The book is entitled "Living Languages: French Edition" and includes 4 CD's and a dictionary in addition to the book. Sign up begins Wednesday, October 5. Space is limited. Members only.



PUMPKIN BOOK CRAFT RECYCLE EVENT

Friday, October 14, 9:30 a.m.

Learn to turn an old paperback book into a beloved pumpkin decoration: We have a sample on display at the center. It's easy to do and will create a "wow" effect for your holiday table. **Cost is \$2.00** which will be collected at class. Please bring a paperback book. All other materials will be supplied to participants. **Instructor: Evelyn Morin.** Sign up begins October 5th.

IMPROVING FUNCTION AND QUALITY OF LIFE WITH COMPREHENSIVE PAIN TREATMENT

Thursday, October 20, 10:00 a.m.—11:00 a.m.

We will be discussing descriptions of types of pain and treatment options by diagnosis, the opioid crisis and alternative therapies, discuss a multi-modal approach to treat pain and improve function. Program will be presented by Karen Larsen. This is a free program. Please call the Senior Center October 5 to register.

VETERAN'S COFFEE HOUR AT THE SENIOR CENTER

Tuesday, October 4 at 10:30 a.m.



Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **Please call 860-747-5728, so we can plan refreshments. FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** *Coffee Hour will be held the 1st Tuesday of each month at 10:30 a.m.



MAMMOGRAMS AT THE SENIOR CENTER, "TAKE THE TIME" DIGITAL MOBILE MAMMOGRAPHY

Monday, December 5, 9:00 a.m.—1:45p.m., by appointment, Senior Center Parking Lot

Cost: Insurance is accepted. Free for women with no insurance. No one will be turned away for inability to pay. If a woman has no insurance, Hartford Hospital has donated funds available to pay for her mammogram. **Registration:** Call the Senior Center beginning October 5 to register for an appointment. When you come for your appointment, make sure to bring a Photo ID and your health insurance card, if applicable. Walk-ins are welcomed on a first-come first-serve basis until capacity is reached.

ELIGIBLITLY FOR A SCREENING MAMMOGRAM: •Women whose last mammogram was more than 12 months ago. •Women who have no breast problems such as suspicious lumps, abnormal swelling, bleeding from nipples, or unusual tenderness. •Women who have not had any type of breast biopsy or breast surgery since their last mammogram. •Women who have not had a history of breast cancer in the past three years.

ART SHOW WINNERS

Congratulations to the Plainville artists who exhibited their art work at The Pomperaug Woods Juried Art Show recently: Marguerite Clancy, Frank Demanski, June Demanski, Janey Giel, Eugene Kelsey, Irene Kelsey, Fred Kennedy, Judith Humphrey and Dianne Misko. A very special congrats goes out to Bonnie Carilli who came in 2nd Place for her photograph entitled "Shadows—Copenhagen, Denmark". Come and enjoy these beautiful works of art from October 5th to October 26th in the Living Room area of the Plainville Senior Center.

Craft & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes.

Members may sign-up for new classes beginning on Mega Sign-up Day, October 6 between 9:15 a.m. - 4:00 p.m. or between 9:15 a.m. - 12:00 p.m. on any day following. You may also sign up on Mondays, between 5:00-5:30 p.m. If there is room in a class, non-members may sign-up for classes that allow non-members one-week after member sign-up begins. The Drop-in rate for any of the classes (that allow 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 for details.

Class	Time	Current Session	Next Session
MONDAY			
Zumba Tone	9:30 – 10:30 am	Class ends October 3	October 17 – December 19 (9 Weeks) (no class 11/7) \$27.00 members, \$54.00 non-members. Sign up has begun
Acrylic Painting	10:00—12:00 pm		October 17-December 19 (9 Weeks) (no class 11/7) \$27.00 members, \$54.00 non-members. Sign up begins October 6.
Chair Yoga	3:30 – 4:30 pm	October 17 – December 5 (8 Weeks) Free. Limited to 15	
TUESDAY			
Bring it Back	10:00 – 11:00 am	October 11—November 8 (5 Weeks) \$15.00	
Italian Class	9:15—10:15 am	October 11—December 20 No fee. Limited to 12. Members Only	
UpRight & Balanced	2:00 – 3:00 pm 3:15—4:15 pm	Classes are full	
WEDNESDAY			
Quilting	9:30 – 11:30 am	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt	
Zumba Gold	10:30 – 11:30 am	October 12—November 30 (8 Weeks) \$24.00 Members, \$48.00 Non-Members	December 7—December 28 (4 Weeks) \$12.00 Members, \$24.00 Non-Members. Sign up begin October 6.
Power Burst	3:00 – 4:00 pm	Class ends November 2	
THURSDAY			
Ceramics	9:30 – 11:30 am	Class ends October 20	October 27 – December 22 (8 Weeks) (no class on 11/24)\$32.00 members only. Sign up begins October 6.
Beginners Yoga	9:00 – 9:45 am	Class ends October 20	October 27 – December 22 (8 Weeks) (no class 11/24) \$24.00 members only. Sign up has begun.
Beginners Fargo Fit	10:30 – 11:30 am	Class ends October 27	
Intermediate Fargo Fit	1:00 -2:00 pm	Class ends October 27	
Knitting & Crochet	1:00 – 3:00 pm	Class ends October 27	November 10—December 22 (6 Weeks) \$12.00 (no class 11/24). Sign up begins October 6.
FRIDAY			
Intermediate Yoga	8:45 – 9:30 am	Class ends Nov 18 (no class 11/11)	December 2—December 30 (5 Weeks) \$15.00. Sign up begins October 6.
Cardio Step & Abs	10:30 – 11:30 am	Class ends November 18 (no class 11/4, 11/11)	December 2—December 16 (3 Weeks) \$9.00 Members, \$18.00 Non-Members. Sign up begins October 6.

CRAFT AND FITNESS CLASS DESCRIPTIONS

ACRYLIC PAINTING: You will learn methods to overcome the challenges of the medium, plus some special techniques. A supply list will be given to you at registration. If you're not sure if this class is for you, we provide beginner kits which include some paints, canvas' and drawing pads. Scholarships are also available through the generosity of the Plainville Amateur Art Group. Call Ronda for information. Instructor: Abbe Wade.

BEGINNERS FARGO'S FUNCTIONAL FITNESS: Class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. Instructor: Ann Fargo .

BEGINNER'S YOGA FOR EVERY BODY: Designed for individuals who are new to yoga. Improve health and cultivate inner peace. Instructor: Tim Molnar. Class is held at Plainville Public Library.

BRING IT BACK: Learn strategies for protecting your back during Activities of Daily Living. This class is appropriate for all levels of fitness, but you must be able to get onto a mat without assistance. The class is limited to 10 participants and available on a first-come, first-serve basis. Instructor: Janice Freeman.

CARDIO STEP & ABS: Step up your work-out with a 45-minute step/low impact aerobic interval workout to the oldies. Intervals of 3 minutes of low impact aerobics and 2 minutes of step (total of 5 intervals). You can do the step portion without a step if you prefer. Includes 15 minutes of abdominal exercise at the end of each class (standing, sitting or on a mat). Instructor: Eileen Cyr.

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

CHAIR YOGA: Each class includes stretching to improve flexibility, simple exercises to improve balance and strength, and breathing and mindfulness techniques to reduce stress and improve concentration. Classes will focus on decreasing the risks of falls and injury and encouraging physical activity outside of class. Instructor: Elizabeth Hill.

INTERMEDIATE FARGO'S FUNCTIONAL FITNESS: This popular exercise class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. Instructor: Ann Fargo .

INTERMEDIATE YOGA FOR EVERY BODY: Designed for those who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. Instructor: Tim Molnar. Class held at the Plainville Public Library.

ITALIAN: This class will build upon what was taught last year and turn simple words into phrases, sentences and conversations. Open to members who have some knowledge of the language. Instructors: Angela Civitillo and Juliana Rudolph.

KNITTING & CROCHET: Finish an old project that's been hanging around in your closet or start something new! Instructor: Evelyn Morin.

POWER BURST: This circuit training exercise program, made up of 6-10 "stations", is a great way to improve mobility, strength and stamina. At each station a special exercise is done for 1-2 minutes, followed by 2 minutes of walking or marching in place. Instructor: Ann Fargo.

QUILTING: Beginners are always welcome to this class. Beginners will learn proper rotary cutting and sewing techniques. Class participants may also work on the annual Senior Center quilt that is raffled during the Holiday Fair or they may work on their own projects. Instructor: Karen Kebinger.

ZUMBA GOLD: This is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA. It is adjusted to accommodate participants of all ages and fitness levels. Instructor: Amy Gray.

ZUMBA TONE: The Zumba Toning Program offers the best of both worlds; the exhilarating experience of Zumba with the benefits of safe and effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, improve mobility, posture and coordination. Instructor: Amy Gray.

OUTDOOR ADVENTURE CLUB

Please Note: All participants of any Outdoor Adventure activity must register in advance (by calling or stopping by the Center) even if payment is not due until the day of the event, unless otherwise noted. Programs may get cancelled if we do not have enough participants registered in advance. We also need to give an accurate roster to the group leader.



BICYCLING GROUP EVENT

These bike trips are "on your own". There is no leader or instructor. These outings provide individuals with an opportunity to ride with other bicycle enthusiasts. We ask that you preregister so that the group knows who is planning on riding.

Wednesday, October 19th Southington-Cheshire Trail. Meet at 8:00 a.m. at Mill Street, Southington. The group will ride together on the Rails-to-Trails for approximately 20 miles (round trip). Helmets required. **Call the Senior Center beginning October 5th to register.**

Wednesday, November 2nd Unionville, Collinsville, Canton Rails-to-Trails. Meet at 8:00 a.m. at the New Britain Avenue parking lot (off of Meadow Street) in Farmington. Ride approximately 20 miles (round trip) as a group. Helmets required. **Call the Senior Center beginning October 5th to register.**

If you are interested in joining the group, please call the Senior Center. Your name will be added to our "bike list". This is an informal group of folks who enjoy bike riding. Communication to members will be done via text messaging, so be sure to give us your cell phone number!



OCTOBER FALL FESTIVAL FIELD DAY

Wednesday, October 12, 10:30 a.m. at Pederewski Park, Plainville

Come and join us in some fun! Play bocce, ladder ball, croquet, enjoy a cookout and fun with friends. All levels of play are welcome. Play one game or play them all! Cookout will consist of hamburgers, hot dogs, veggie burgers, salads and desserts. Bring your own non-alcoholic beverages. Dress for outdoor play. **COST: \$7.00 paid at registration. Sign up begins on October 6.**



WALK IN THE WOODS

Walks start at 9:00 a.m.

Tuesday, October 11: Fisher Meadow, Farmington: This 45 minute to 1 hour walk is on level gravel paths and is great for walkers who prefer a no-hill walk. Good walking shoes and outdoor clothing is required. Bring water to drink. Homemade treats provided by leader. **COST: \$3.00 payable to the leader. Sign up begins October 5.**

Wednesday, October 26: Will Warren's Den, Farmington: We did this walk in the summer and now we'll enjoy the fall foliage! This 2 hour round trip hike is not for beginners. Walking sticks, good shoes and outdoor clothing is required. Bring water. We have a supply of hiking sticks available to borrow if you do not have one. Homemade treats provided by leader. **COST: \$3.00 payable to the leader. Sign up begins on October 5.**

Every walk in the woods is along forest trails that include rocks, roots and some gentle hills. Good walking shoes, walking sticks and outdoor clothing required. If you do not have walking sticks we do have some at the Senior Center. Each walk is 45 minutes to an hour in duration. Bring water to hydrate with. Homemade snacks will be provided by the leader. Cost: \$3.00 paid to the leader the day of the event.



LESSARD LANES INDOOR MINI GOLF PLAINVILLE

Wednesday, November 2, 10:00 a.m.

Play without worrying about the weather! After a round of golf we will enjoy lunch at the café (on your own). Cost is \$6.50 for a round of mini-golf payable at Lessard Lanes the day of event. **Sign up is required. Sign up begins on October 5.**

AARP Trips

- October 11:** Foxwoods....NOTE: THE BINGO HALL IS CLOSED ON OCTOBER 11TH
April 18—25, 2017: Outer Banks, NC
May 24, 2017: Harlem, NY. Visit the Apollo, Sylvia's for Soul Food and the Garden Conservatory
November 2017: No casino trip
December 6, 2017: Foxwoods Casino Trip

PLEASE NOTE: AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. You must call Sally for more information and to sign-up at 860-747-1732.

**FRIDAY SHOPPING BUS**

• October 14

Price Chopper, Southington

8:45 a.m.—12:00 p.m.

• October 28

ShopRite, Southington

8:45 a.m.—12:00 p.m.

Sign-up begins on October 5. Call the Senior Center **before 11:00 a.m.** on the Wednesday before the Shopping Bus date to add your name to the pick-up list.

In order to ride the Friday Shopping Bus you **must be a member** of the Plainville Senior Center **or** a Plainville resident over 60, **or** a Plainville resident of any age who is disabled.

QUICK TRIPS & SATURDAY SHOPPING BUS

These trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts; but passengers must be able to get to and from the bus on their own. **If a wheelchair lift is needed, let us know at sign-up.**

TRIP GUIDELINES—PLEASE NOTE CHANGES:

- **Starting September 1st, all Quick Trips/Saturday Shopping Bus will charge \$8.00 for transportation this is payable when registering at the Senior Center. No phone reservations will be accepted.**
- **Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given.**
- If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
- You should be at the departure point at least 15 minutes prior to the scheduled leaving time. The bus will not wait for late-comers.
- **We need at least ten participants in order to run a trip. If there are not enough people, we will have to cancel...so, please encourage your friends to join you. (Non-members may sign up one week after members sign-up, if space is available.)**

Saturday, October 8, 2016 - Fall Foliage Ride in the Litchfield Hills - TRIP IS FULL

Saturday, October 15, 2016 - Fall Foliage Ride in the Litchfield Hills II - 10:00 a.m.—3:30 p.m.

We are offering a second trip to the Litchfield Hills! There are still a few spaces left. \$8 for transportation is due at sign-up. Home pick-ups **for those who do not drive** begin at 10 a.m. then Senior Center pick up. **Sign ups begin October 6.**

Saturday, October 15, 2016 - Mattatuck Museum—Waterbury - 10:00 a.m.—3:00 p.m.

Join us for a visit to the Mattatuck Museum to see a special exhibit, **What a Woman! Rosalind Russell**. American screen actress Rosalind Russell lived in Waterbury from birth through high school. This exhibit covers her childhood in Waterbury and her career. It displays several costumes from her films and personal wardrobe. In addition, visitors can see the exhibit, *The Great Flood of '55*, a pictorial documentary. **Also on exhibit will be winners of the 2016 CT Senior Juried Art Show.** The group will then go to Pies & Pints Restaurant in Waterbury. Home pick-ups **for those who do not drive** begin at 10:00 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. \$8.00 for transportation is due at registration. Museum Admission (\$6) is payable at the door. **Sign-ups begin October 6.**

Sunday, October 16, 2016 - Roseland Cottage—Woodstock - 9:00 a.m.—3:00 p.m.

Take advantage of an early fall day to view the Fine Arts and Crafts Festival, featuring 175 local artisans and their wares. Enjoy live music, a food court and first-floor tours of Roseland Cottage. Built in 1846 in the Gothic Revival style, Roseland Cottage was the summer home of Henry and Lucy Bowen. \$8 for transportation is due at registration. \$5 admission to the Festival is payable at the entrance. Home pick-ups **for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. **Sign-ups begin October 6.**

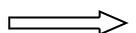
Friday, October 21, 2016 - Tour of the New Mormon Temple—Farmington - 10:00 a.m.—12:30 p.m.

This is a one-time opportunity to tour the new Mormon Temple (Church of the Latter Day Saints) in Farmington. The public open house runs until October 21. After the dedication on November 20th, the temple will only be open for Mormons. Open house tours begin with a short video presentation providing an overview. Following the video, a tour host will escort you through the temple, explaining the purpose of each room. At the end of the tour, you are invited to a reception area to have any further questions answered. \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 10:00 a.m., then Senior Center pick-up. Return to Plainville about 12:30 p.m. **Sign-ups begin October 6.**

Saturday, October 22, 2016 - Bishop's Orchards and Winery—Guilford - 10:00 a.m.—3:00 p.m.

Enjoy lunch at Saybrook Soup & Sandwich, then visit Bishop's Orchards and Winery for fresh fruit and vegetables, baked goods or their prize-winning wines. \$8.00 payable at registration. Home pick-ups **for those who do not drive** begin at 10:00 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. **Sign-ups begin October 6.**

Quick Trips is continued on next page



Sunday, November 6, 2016 - Tour of Knights of Columbus Museum - 9:30 a.m.—2:00 p.m.

Take this opportunity to see the special exhibit **Mother Teresa: Saint of the Streets**, which will close on November 6th. The new display honors her efforts and the example she provided to people around the world. There is also the **Fleeing Famine: Irish Immigration to North America** exhibit, which highlights the 1.5 million Irish immigrants who fled to the U.S. and Canada between 1845 and 1860. Then enjoy lunch at the Shake Shack. There is no charge for admission at the Museum. \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 2:00 p.m. **Sign-ups begin October 6.**

Important Trip Information:

- **Sign-up:** Trip sign-ups take place Monday – Friday, between 9:15 a.m.—12:00 noon and Mondays from 5:00-5:30 p.m. One day a month we also offer **Mega Sign-up Day. This month it is October 6** between 9:15 a.m.—4:00 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (**Not** on the Stillwell Drive side.)
 - **Open to the public:** Trips are open to the public 7 days after member sign-up unless otherwise stated.
 - **Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can **try** to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded, it will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons. **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
 - **Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
 - **Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk.
 - **Before boarding the bus,** get your seat assignment from the bus captain.
- *****Remember, be at your departure location 15 minutes prior to our departure time in order to board the bus.

MEGA SIGN-UP DAY

Mega Sign-up Day is October 6. Sign up for paid trips, classes and activities from 9:15 a.m.- 4:00 p.m. On all other days, paid sign-ups take place from 9:15 a.m.-12:00 noon and Monday evenings, 5:00-5:30 p.m. Please make arrangements to be here during the hours that we offer sign-ups. **We will not take money any other time.** If you cannot be here yourself, you may send money in with someone else. If you have any questions about our policy, please feel free to ask.

Current Trips

Hudson Valley Foliage Cruise & Garlic Festival, NY Saturday, October 1, 2016, FILLED. SIGN RESERVE LIST

Myrtle Beach and Charleston, South Carolina - Sunday to Saturday, October 16 - 22, 2016

Depart Senior Center at 7:00 a.m. for the Holiday Inn of Fredericksburg, Virginia; then on to Myrtle Beach the next day. Relax during a four-night stay at The Sea Watch Resort. Enjoy 6 breakfasts, 4 dinners and 2 shows! Take a history tour, a walking tour, a Creek Cruise on a Pontoon Boat, play golf, tour The Battery, Marion Square, Brookfield Sculpture Garden, the College of the Citadel and many Ante Bellum homes. On the last day enjoy lunch (on your own) at popular Mastoris Restaurant in New Jersey. You will return home at approximately 7:00 p.m. **\$1,115.00 double, \$1,415.00 single, and \$1,045.00 triple. Insurance is available. The full balance of the trip is due at registration. Sign-up has begun and is open to the public. Invite your friends!**



Great Jack O'Lantern Blaze -Tarrytown, NY, Saturday, October 29, 2016

Departs the Senior Center at 2:30 p.m. Returns approximately 10:00 p.m. This spooky and magical event takes place at Van Cortlandt Manor deep in Sleepy Hollow country. See more than 4,000 individually hand carved, illuminated jack o' lanterns in this elaborate walk through experience. Meander through a historic, 18th century riverside landscape and discover a breathtaking display. Stroll through the Tunnel O' Pumpkin Love and emerge to the incredible sight of a Jack in the Box springing up & bouncing around. Flying pumpkin ghosts will soar above the lantern filled path. Prior to our early evening visit to the Blaze we will have time in the delightful village of Tarrytown to enjoy the shops and have a bite to eat at one of the many restaurants. (At your own cost). *Note: There is considerable walking down a cobblestone path at the Blaze.* **COST: \$75.00 per person. Sign up has begun. Invite your friends!**

CURRENT TRIPS CONTINUED...



Intrepid Sea, Air & Space Museum Complex– Saturday, November 12, 2016

Depart from: Plainville Senior Center at 8:30 a.m. and returns at 5:30 p.m. The USS Intrepid is an important part of America’s history at sea, in the air and in space and spans two major wars, World War II and the Vietnam War. Explore the 900- foot USS Intrepid. See where the sailors ate and slept. Learn about the various aircraft that flew from her deck and the technologies that supported over 3,000 sailors. Walk on the flight deck and see how the airplanes’ wings fold and where they take off and land. Climb aboard the Submarine Growler, the only American guided-missile submarine open to the public. Enjoy a bite to eat at the Mess Deck Café (on your own). This trip has a considerable amount of walking. **\$70.00 pp. Sign-up has begun and is open to the public. (one space left @ time of printing, call for an update)**

Saturday Night Fever the Musical– Wednesday, November 16, 2016

Depart 8:45 a.m. from OLM, returns 5:30 p.m. Westchester is an equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, each person selects from an excellent menu and enjoys a pre-show lunch. Saturday Night Fever is a mega-musical based on the film that became a cultural phenomenon and crowned BEE GEES as disco era icons with their electrifying score, dazzling choreography and chart-stopping songs will leave you with Night Fever. **Cost \$100.00 Sign-up has begun and is open to the public. Trip is full. Please sign waiting list if interested.**



Holiday Sparkle—Sunday, December 4 ,2016

Join us for a wonderful day in Manhattan at Holiday time! The city never looks more beautiful than at Christmas time. Begin the day at Bryant Park for holiday shopping with more than 125 boutique-like custom designed kiosks. Enjoy a delicious lunch at DaRosina Ristorante in the Theater District. Choose an appetizer, main course and dessert that day from a wonderful Italian menu. Two-hour fabulous guided riding tours of Manhattan’s Holiday Lights with our New York City guide with stops along the way. We will see the tree at Rockefeller Center, 5th Avenue windows, Lincoln Center and more! **COST: \$87 per person. PLEASE NOTE: TRIP LEAVES FROM THE SENIOR CENTER AT 9:15 A.M., NOT OLM. This trip is filled. Please sign waiting list.**

And a Few More Upcoming Trips!



- April 8:** La Traviata/ Metropolitan Opera
- June 8:** Mama Mia/Westchester Broadway
- July 12:** All You Can Eat Lobster/The Delaney House

- August 17:** Who Loves You-Jersey Boys/Aqua Turf
- November 20:** GALA/Aqua Turf
- December 9:** Christmas in Newport

And Many more to follow!



INCREDIBLE ICELAND
OCTOBER 19 TO OCTOBER 25, 2017
7 Days/8 Meals

Trip Meeting
October 3, 2016, @3:30
Open to the Public

HIGHLIGHTS: Full-Time Tour Manager... Reykjavik city tour...Old Town, the Cathedral, the Asmundur Sveinsson Sculpture Museum, the Pearl, the Hofoi House, the Hallgrimskirkja...Northern Lights (Aurora Borealis) excursion...stunning landscapes...breathtaking scenery and legendary stories...glacial rivers to the dramatic sea cliffs to spectacular waterfalls...volcanos...a magical hot spring that spouts every few minutes...see Iceland’s most famous and impressive waterfall featuring a spectacular double cascade...geological phenomenon of tectonic plates coming apart...world-famous Blue Lagoon is a natural spa geothermal seawater...you can enjoy a drink while you relax in the Lagoon, position yourself under the waterfall, apply a Silica mud mask or simply enjoy the healing powers of the Blue Lagoon. **PRICING: Double Occupancy—\$2,999 per person; Single Occupancy: \$3,499 per person. \$100.00 Early Bird discount if deposit is paid by October 17, 2016.**

2017 "Big Trips": Complete itineraries available on the "rack" for trip details. Big trips are open to the public so invite your friends. All three trips are fully escorted from Plainville back to Plainville. Check the early bird discounts which range from \$100-\$200 per person.

Cuba Cruise Experience, March 17-24, 2017 Full itinerary available at the Senior Center

Fly to Jamaica to board the cruise ship. This is a walking intensive tour. Full itinerary and details available at the Senior Center.

Wonders of Italy, April 25—May 5, 2017 Full itinerary available at the Senior Center

Visit Rome, Vatican City, and more. Full itinerary and details available at the Senior Center.

Canadian Rockies and Vancouver, British Columbia by Train, Bus & Plane September 2-8, 2017

Full itinerary available at the Senior Center

This is a walking intensive tour. Full itinerary and details available at the Senior Center. Deposit needed by?

FYI: Reserve Lists for all trips including Quick Trips.

When you sign a Reserve List for a trip that is filled, we will ask whether or not you are a member. If there is a cancellation, we will 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 will always sign-up members first, we will skip over the non-members until all members have been contacted.

More Senior Center Activities

THE SUGGESTION BOX

Drop your suggestions in our box either signed or unsigned. If you need an answer to a question, please leave a name or number. The box is located at the giveaway area, near the public computers.

OPEN COLORING AND OPEN PAINTING SESSIONS

(members only and no registration needed)



Coloring Club Wednesdays, 3PM
Open Painting Wednesdays, 1PM



Come and discover your inner Picasso!

SENIOR CENTER DISPLAY CASE

Do you have a collection, hobby or artwork you would like to put on display such as teapots, figurines, etc? If so, stop by the front desk to make a reservation for our display case.



SNAPPY SENIORS

Thursday, October 20, 10:00 a.m.
Plainville Library



Mark your calendars for our next meeting:
Thursday, November 17
Call the Senior Center to register.

Canasta Players



Join us on Fridays at 10:00 a.m. You don't need a partner for this game.
We'd love to "deal" with you!

CURRENT EVENTS

Meets every Monday at 10am.



Join us for a lively discussion of local, state, national news and current events.

PEAK FITNESS CENTER



Hours

Monday - Thursday: 9:00 a.m. - 4:45 p.m.
Fridays: 9:00 a.m. - 1:00 p.m.

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym!

- Cardiovascular equipment includes: Nusteps, treadmills, recumbent bicycles and elliptical cross trainers
- Weight Training includes: Seven pieces of upper and lower body strength training equipment
 - * Chest Press * Leg Press * Tricep Press * Row * Seated Leg Curl * Leg Extension * Abdominal

Stop by the front desk for a membership packet that includes a medical approval form

☆ Membership rates: \$9.00 for 1 month, \$40.00 for 6 months and \$60.00 for one year. A one-time registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), \$17.00 (weights only), is charged at the time of your initial training.

DONATIONS

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist). We do our best not to leave any donor's name off the list, but if we do, please let us know so we can include it in the next Newsletter.

Thank you to all who made donations

GENERAL DONATIONS: August 22—September 30

James Pandolfo, Betty Thibeault, Circle Goup(3), Lois Schmidt, Stan Funk, Gemma Croteau, Georgia Jewell, Judy Grenier, Rachel Peters, Sydney Kenna, Linda Dominique, Sally McCann, Rita Szymanoski, Rosaleen Peters, Annonymous(2), Angela Mascia, Brenda Tella, Carol Wright, Lorraine Chamberland

MEMORIAL DONATIONS

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

In Memory of Ven Padmanabhan: Lakshmi Padmanabhan, **In Memory of Norma Powell:** Kathleen Dougherty,

Dial-A-Ride: Carol Wright, Carol Perry



Cheer Report



DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?

Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. A special thank you to Carol Perry for handling our cheer report.

CHEER REPORT: August 19—September 20

CHEER CARDS: Betty Bartolucci, Doris Savino, Barbara Kidwell, Roland Dumont, Dennis Chaviaras, Stanley Ogonowski, Betty Boukus, Sandra Stewart, Dorothy Stephenson, Pat Gacek, Joan St. Pierre, Charles Moore, Gladys Roy, Gloria Manter, Evelyn Joseph

SYMPATHY CARDS: Family of Mahmutovic Salko, Family of Margaret Caswell, Family of Elizabeth Klatt and Ruth Olson, William and Helene Fabian, Ronda Guberman and Family, Family of Walter Bryant, Mary Cassidy

NEW MEMBERS: August 3—August 30

Steven Medeska, Fay Rella, Jill Rulewicz, Victor Barth, Maria Barth, Lynn Foren, Ann Moore, George Moore, Geralyn Norton, Ronald Goski, Thomas Sharr, Lorraine Zero, Judith Gostin, Jozef Puzio, Sylvia Puzio, Mary Baker, Mary Ellen Wazorko, Eva Klinger, Carol Brown, Cynthia Langlais, Richard Dziura, Sue Dziura

THE SENIOR CENTER NEEDS SYMPATHY, GET WELL AND THINKING OF YOU CARDS

We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you are interested in donating these cards, please bring them to the Senior Center's front desk. We would really appreciate it. At this time, we **cannot** use blank cards, holiday cards, etc. A special thank you to Carol Perry who is in charge of this program. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need!

MOVE LIKE A DANCER

Friday, November 18, 10:00 a.m.

**REGISTRATION:** The class is free. Call the Senior Center beginning October 5 to register.

Dancers use every inch of their bodies for their extremely difficult art form. To move as effectively and effortlessly as possible they use principles learned through years of training. If well-trained, they have long successful careers and frequently long fit lives. Stop in to learn some of these principles and how to use them for daily living and exercise from Miles Everett RD RN CDE of Bristol Hospital who is also a former professional Broadway, Ballet and Modern dancer.

**SLEEP CHALLENGES**

THURSDAY, November 10, 10—11 a.m.

Presented by: Christine Waszynski APRN, Geriatrics Program, Hartford Hospital. Call the Senior Center beginning October 5 to register. Free. Open to the public. This program will cover sleep disturbances, sleep apnea insomnia, and how to improve sleep patterns, problems that regularly affect seniors.

**CHOCOLATE CANDY MAKING CLASS**

Monday, October 17, 3:00 p.m.

Learn to make molded chocolate candies perfect for hostess gifts, holidays, parties, table décor and more! Many thanks to senior center members Michelle Cormier and Evelyn Morin for volunteering to teach this class. Each student will be able to take home samples of chocolates made in class. Cost \$5.00. Sign up begins October 6th. Space limited to 10.

AARP SMART DRIVER COURSE

Tuesday, December 6, 9:30 a.m. - 1:30 p.m. at the Plainville Senior Center



This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance. **The cost to take the class is \$15.00 for AARP members providing a membership number and \$20.00 for all other attendees. Please bring a bag lunch if you wish. Sign-up for members begins October 6. Non-members sign up begins on October 13th.**

FRIENDS HELPING FRIENDSFriday, October 21, 2016, 11:30 a.m.
Geno's, Southington**Care & Support****We are here to help!****QUESTIONS FOR THE SOCIAL WORKER**Mondays, October 17 and October 24
12:30-1:30 p.m.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer's help in the community, Caregiving, Homecare, etc. Just stop by Stephanie's office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. **No pre-registration necessary. No question is too small!**

Grandparents/ Relatives Raising GrandchildrenTuesday, October 18, 10:30
Plainville Senior Center

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Millions of children are living in grandparent-headed households, where the grandparents and relatives are responsible for the needs of children. 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.* **Please call the Plainville Senior Center to register.**

CAREGIVING CONNECTIONS

Tuesday, October 18, 2016, 10:00 a.m.

Autumn brings with it golden days perfect for long colorful walks outside and also more time in our homes as the days grow shorter. It is very important to stay connected with folks who both understand and share the challenges of caregiving as the seasons change. Come share your concerns, worries, frustrations and triumphs with your friends who are cheering for you! Ian McDonald will join us to share news from the Alzheimer's Association. Caregivers from neighboring towns are welcome. Call Bette with any questions.

**BRIGHTER FOCUS**

Thursday, October 20, 2016, 10:00 a.m.

"Sometime your joy is the source of your smile, but sometime your smile can be the source of your joy"Thich Nhat Hanh

Join us as we continue our discussion on happiness as a choice. Aligning our behavior with our core beliefs is the foundation for a satisfying authentic life. We live as long as we are meant to live... how we live is our choice. Call Bette with any questions.



Community Announcements

LGBT EVENT in Hebron: _____

October 12: "Sharing our Coming Out Stories".

LGBT EVENT in South Windsor:

November 10: "LGBT and Cognitive Challenges-Needs and Issues".



Lions Club Homeless Project Collection

The Senior Center will still be collecting items for the Lions Club Homeless Project. A box will be located at the Senior Center. We are accepting winter items including coats in good condition, winter clothing, hats, pants, sweaters, sweatshirts, sweatpants, scarves, gloves, hand/foot warmers etc. In addition, items such as: small blankets, backpacks/duffel bags, personal care items (wet wipes, deodorant, hand sanitizer, toothpaste/brushes, and feminine care items), chap-stick, tuna/chicken in a pouch, granola bars, juice boxes, Spam, jerky, dried fruit pouches, raisins. Collection boxes are also located at The Municipal Center.

UCONN HEALTH DRIVING STUDY

UConn Health is recruiting adults 65 years or older to participate in a study on driving. Participants will undergo a comprehensive cognitive evaluation and driving test. Participation involves interviews and evaluations, memory testing, computerized and on-road driving test with a certified driving instructor from AAA. Participants must hold a valid driver's license. To learn more about the study call Dr. Kevin Manning 860-679-2272. Payment to participants includes \$40 over three visits. All findings will be kept confidential.

AARP TAX -AIDE COUNSELING

Foundation, offered in conjunction with the IRS.

AARP TAX-AIDE VOLUNTEERS NEEDED

Good with numbers, comfortable with a computer, enjoy helping others? If so, we have an opportunity for you! We are looking for volunteers to join the AARP Foundation Tax-Aide Program which provides free tax return preparation services. Prior tax preparation experience is helpful, but not required. Our dedicated volunteers are there to train and support you using professional tax preparation software, tax law procedures and preparation of tax forms. We need new volunteers in order to continue to serve the community. If you're interested, please call Ingrid Gilona, AARP Local Coordinator (LC) for more information at 860-582-7966 or contact Ronda or Toni at the Plainville Senior Center, 860-747-5728.



Weekly Tournament Winners



BILLIARD WINNERS

August 11: **1ST:** Jim Loghry & Pat Cancelli **2ND:** Vinny Mazarella & John Clancy
3RD: Mitch Ziolkowski & Tony Lusitani

August 18: **1ST:** Don Carlson & Rich Nordgren **2ND:** Jim Loghry & Jeanne Shugrue
3RD: Ellen Couture & Ed Zareck

August 25: **1ST:** Stan Funk & Vinny Mazarella **2ND:** Jim Loghry & Jeanne Shugrue

September 1: **1ST:** John Clancy & Rich Nordgren **2ND:** Don Carlson & Tony Lusitani **3RD:** Jeanne Shugrue & Joe Beaudin

September 8: **1ST:** Stanley Funk & Tony Lusitani **2ND:** Don Carlson & Jeanne Shugrue

September 15: **1ST:** Ellen Couture & Tony Lusitani **2ND:** Jim Loghry & Rich Nordgren

September 22: **1ST:** Stan Funk & Ed Zarek **2ND:** Ellen Couture & Vinny Mazarella **3RD:** Mike Hermanowski & Jeanne Shugrue

SETBACK WINNERS (additional winners are on back of Calendar)

August 15: **1ST:** Olga & Charles Stepney **2ND:** John Sisson & Roger Soucie
3RD: (Tied): Donna Albrecht & Ann Theriault, Lee Mills & Sandy Tyminski

August 22: **1ST:** Donna Albrecht & Anne Theriault **2ND:** Tony Lusitani & Fran Bolduc
3RD: Barbara Metzen & Jackie Dionne

WII BOWLING WINNERS

July 5: **1ST:** Rose Marie Machowski **2ND:** Linda Domonique **3RD:** Ruth Hall

July 12: **1ST:** Georgia Jewell **2ND:** Marilyn Paczkowski **3RD:** Linda Domonique

July 19: **1ST:** Linda Domonique **2ND:** Georgia Jewell **3RD:** Lynne Krakauske

July 26: **1ST:** Georgia Jewell **2ND:** Linda Domonique **3RD:** Marilyn Paczkowski

August 2: **1ST:** Georgia Jewell **2ND:** Rose Marie Machowski **3RD:** Linda Domonique

August 9: **1ST:** Georgia Jewell **2ND:** Lynne Krakauske **3RD:** Linda Domonique



CENTER CAFE

Open Tuesdays and Wednesdays from 11:00 a.m.-1:00 p.m.

The Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. The Center Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, handcrafted foods that are sure to **wow** your taste buds!

CHECK OUT OUR OCTOBER SPECIALS:

October 4 & 5: BBQ Pulled Pork with Melted Cheese Sandwich, Chicken Noodle Soup

October 11 & 12: Harvest Turkey Panini, Tuscan Soup

October 18 & 19: Italian Melt Panini, Butternut Squash Soup

October 25 & 26: Monster Meatloaf & Ghostly Mashed Potatoes, Baked Potato Soup

Transportation



DIAL-A-RIDE, (860) 589-6968

Monday

9:00 a.m.-5:30 p.m.

Tuesday-Thursday

9:00 a.m. - 4:30 p.m.

Friday

9:00 a.m.-12:30 p.m.

Dial-a-Ride can provide transportation to medical and social service appointments, and to visit loved ones in nursing homes in Plainville, Bristol, New Britain, Southington, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville.

The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. In addition, the drivers cannot help with groceries or packages or help you walk. However, the bus is wheelchair equipped. Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A donation of \$1.00 for each way is suggested, but not required.*

Need a Ride? Americans with Disability Act (ADA) Paratransit Service Adds More Hours and Service on Sunday!

The ADA Paratransit ride service travels anywhere for any reason to 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.

Plainville hours, except for major holidays, **Monday-Friday, 5:45 a.m.-midnight, Saturdays, 6:15 a.m.-midnight and Sundays, 7:40 a.m.-7:00 p.m.** Some of these hours may change, dependent on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3* and discount ticket books can be purchased at Stop and Shop. **A driver can assist you door-to-door.** There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

The application process is now part of the Greater Hartford Transit District. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We also have copies of the application here at the Center. An application can be sent to you by calling **860-247-5329 x3086 or x3100.** The same number can be called to get an updated ID number if you are already an ADA Paratransit rider.

After the online or paper application is submitted, the next step is to call 860-247-5329 ext. 3086 or ext. 3100 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 4 weeks. Even if you don't see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 9.

Rides are reserved by calling **860-724-5340 x1**, 7 days a week, 8:00 a.m.—5:00 p.m.

So give it a try, broaden your horizons, go shopping, visit a friend. Sunday's service can take you to church or schedule a medical appointment to a destination not covered by Dial-A-Ride.



Still have Questions about our transportation services? Call Bette or Stephanie at 860-747-5728.



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*BC = Back of Calendar.

Choral Group
 Friday, October 28, 9:45 am
 Upcoming Rehearsal Dates: December 2



Volunteer. Volunteer. Volunteer!

Volunteers Needed!! Contact Toni, Volunteer Coordinator, if interested.

- **Café:** Looking for someone to be a café volunteer floater for food preparation, serving or cashier.
- **Foreign Language Instructor and/or Interpreter:** Are you fluent in French, Polish or Spanish etc?? If so, please let us know if you could help teach a class or with interpreting.

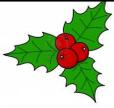
GENERAL VOLUNTEER MEETING
 Thursday, October 13, 2016 at 11:00



THINKING ABOUT VOLUNTEERING?

Join us for a monthly volunteer meeting to learn about new and upcoming volunteer opportunities. Meet other volunteers and learn how you can help make a difference. Call the Senior Center to sign-up!

HOLIDAY CRAFT FAIR VOLUNTEERS NEEDED!



Our Quilters have made another beautiful quilt to raffle off at our Annual Holiday Craft Fair on Saturday, November 5th. The Quilt Raffle continues to be our biggest fundraiser and it takes a "community" to make it successful! **There are two ways to help us:** you can sign out a book of raffle tickets and sell them to friends and family **or** you can help us by going out and selling tickets. (Tickets are in books of 10). If you are interested in helping please call or stop by the Senior Center and ask for Toni or Ronda. Thank You!

CANDY BASKET



There is a candy basket at the front desk—help yourself to a piece of candy!! The candy basket exists because of generous members of our Senior Center who buy and donate bags and bags of candy. Thank you to all that help provide a sweet treat! If you enjoy the treats, please donate a bag of candy to keep our basket full.

HELP WANTED!



A Marine Veteran needs an experienced computer person to help with The Homeless Vet Project. If you can help, please call/leave a message at 203-910-0856.

INDOOR MINI GOLF



If anyone is interested in coordinating an indoor miniature golf league for The Plainville Senior Center at Lessard Lanes in Plainville—please call Toni for details at 860-747-5728.

CIGAR BOXES NEEDED FOR THE ANNUAL CRAFT FAIR
 Please drop off at the Senior Center



CONGREGATE MEAL PROGRAM: October 2016

Please stop by the kitchen to pick up the October calendar. **Reservations for a meal** must be made at least one day ahead by calling the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. A suggested donation is \$2.50.

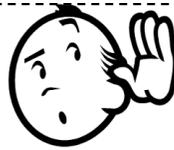
Nursing Services



Foot Care

Regular Foot Care and Diabetic Foot Care
Please note fee increase.

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. Cost is \$18.00 Plainville resident members and \$28.00 for Out of Town Plainville Senior Center Members and must be paid with exact change or by check only (made out to the Plainville Senior Center) neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Foot care is for Senior Center members only.**



Ear Wax Removal

Call the Senior Center to make your ear wax removal appointment. At least one week prior to your appointment, you must come into the Senior Center for an instruction sheet explaining the prep procedure and pick up the paperwork that must be filled out and brought in at the time of your appointment.

Blood Pressure Clinics at the Senior Center

Many thanks to The Pines of Bristol, Hartford Health Care Senior Services and The Summit for Offering their Services

Monday, October 3, 1:00pm—2:00pm (The Pines of Bristol)
Thursday, October 13, 1:00pm—2:00pm (Hartford Health Care)
Wednesday, October 19, 11:00am—12:00pm (The Summit in Plantsville)



Blood Pressure Clinics are for Senior Center members only.



FLU CLINICS FOR PLAINVILLE AND SOUTHLINGTON RESIDENTS

This season's influenza (flu) vaccination will be offered to: Adults age 18 or older, Any Plainville or Southington resident, any Plainville or Southington Municipal Employee, persons who live with or care for non-eligible Plainville or Southington residents.

Tuesday, October 4, 2016: 11:00 am—1:00 pm, Our Lady of Mercy Parish Gym, 19 South Canal St., Plainville.

Friday, October 7, 2016: 1:00 pm—3:00 pm, Gnazzo's 73 East St. Plainville

Tuesday, November 8, 2016: 9:00 am—11:00 am, Calendar House (Sr. Center), 388 Pleasant St., Southington

Please bring your Insurance or Medicare part B card. If you do not have insurance, a *\$20 fee will be charged for the shot. Proof of residency or Municipal employment may be requested. Consent Forms are available on each town's and the Health Districts web site and at clinics. Visit <http://pshd.org/> for more info. *No one will be turned down for inability to pay.

Plainville Senior Center At-Risk List

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We refresh this list throughout the year so we can be certain that such folks will be safe during a power outage/weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728, if you wish to have your name added to the At-Risk List. Bette and Stephanie are available to help you develop a plan for power outages/ weather emergencies.

Recycle Your Old Cell Phones!

Do you have old cellular phones that you don't know how to properly dispose of? Keep them out of landfills by donating them to The Plainville Senior Center. The donation box is located in the hallway between the main office and billiards room on the table. Please drop **ONLY** cellular phones in the box! Please no phone chargers or any other type of electronic devices. **Thank you to all who have donated. The money received from these cellular phones goes to support Dial-a-Ride! Every phone helps, tell your friends and family!**

Additional Tournament Winners

SETBACK WINNERS

August 29: 1ST: Verna Pekrul & Harold Bissonette 2ND: Lucy Pavano & Edna Pires 3RD: Joan Olivier & Elaine Chartier
September 12: 1ST: Barbara Cichon & Rose Dunlap 2ND: Roy Kaine & Richard Nordgren 3RD: Lee Mills & Sandy Tyminski
September 19: 1ST: Jackie Dionne & Jackie D'Addese 2ND: Roy Kaine & Richard Nordgren 3RD: Lynn Krakauski & Wendell Copeland



October 2016



Plainville Senior Center, 200 East Street, Plainville CT 06062 Phone 860-747-5728

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	KEY: GR: Green Room, BR: Blue Room GA: Game Room CR: Craft Room	C: Café CL: Computer Lab OS: Old Store L: Library •: By Appointment				1 Hudson Foliage Cruise
2	3 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:30 Mahjong GA 12:30 Bowling 1:00 Blood Pressure 1:00 Setback GR 3:30 Iceland Trip Mtg CR 3:30 Fall Prevention/Chair Yoga Presentation BR	4 *9:00 Nurse 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veterans Coffee Hour CR 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 1:00 Live Well CR 2:00 Balance Class GR 3:15 Balance Class GR	5 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR FREE SIGN UP	6 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 10:30 Begin. Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:00 Inter. Fargo Fit BR 2:30 Band / Dancing BR MEGA SIGN UP	7 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Canasta OS 10:30 Cardio Step GR 12:00 Pinochle L	8 Fall Foliage Ride Litchfield
9	10 CLOSED FOR COLUMBUS DAY 	11 *9:00 Nurse 9:00 Walking BR 9:00 Walk in the Woods 9:15 Italian ClassJCR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Bring it Back GR 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Live Well CR 1:00 Adv. Wii Bowling BR 2:00 Balance Class GR 3:15 Balance Class GR	12 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold BR 10:30 Field Day 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR	13 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 10:00 Medicare 101 GR 10:30 Begin. Fargo Fit BR 11:00 Volunteer Meeting C 12:00 Pool Tournament 12:00 COA CR 12:30 Pinochle GA 1:00 Blood Pressure 1:00 Scrabble C 1:00 Knit & Crochet GR 1:00 Bridge OS 1:00 Inter. Fargo Fit BR 2:30 Band / Dancing BR	14 8:45 Shopping Bus 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:30 Pumpkin Craft CR 10:00 Canasta OS 10:30 Cardio Step GR 12:00 Pinochle L	15 Fall Foliage Ride Litchfield II Mattatuck Museum
16 Myrtle Beach 10/16 to 10/22 Roseland Cottage	17 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:30 Mahjong GA 12:30 Bowling 12:30 Questions for the Social Worker 1:00 Setback GR 3:00 Chocolate Making C 3:30 Chair Yoga BR	18 *9:00 Nurse 9:00 Walking GR 9:15 Italian Class CR 9:30 Beg Wii Bowling BR 10:00 Caregiving GA 10:00 Bring it Back GR 10:00 Ladies Billiards 10:00 Cribbage OS 10:30 Grandparents CR 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Adv. Wii Bowling CR 1:00 Live Well GR 2:00 Balance Class GR 3:00 French Class CR 3:15 Balance Class GR	19 8:00 Bike Trip 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold BR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR 3:00 Parking Lot Block Party	20 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Pain Management GR 10:00 Mexican Train OS 10:00 Brighter Focus GA 10:00 Snappy Seniors L 10:30 Begin. Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:00 Inter. Fargo Fit BR 2:30 Band / Dancing BR	21 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Mormon Temple 10:00 Canasta OS 10:00 Mormon Temple 10:30 Cardio Step BR 11:00 Roosevelt/ Auerbach Talk GR 11:30 Friends Helping Friends 12:00 Pinochle L	22 Bishops Orchard and Winery
23	24 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:30 Mahjong GA 12:30 Bowling 12:30 Questions for the Social Worker 1:00 Setback GR 3:30 Chair Yoga BR	25 *9:00 Nurse 9:00 Walking GR 9:15 Italian Class CR 9:30 Beg Wii Bowling R 10:00 Bring it Back GR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle 1:00 Live Well GR 1:00 Bridge OS 1:00 Adv. Wii Bowling CR 2:00 Balance Class GR 3:00 French Class CR 3:15 Balance Class GR	26 9:00 Walking GR 9:00 Walk in the Woods 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR	27 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 10:30 Begin. Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:00 Inter. Fargo Fit BR 2:30 Band / Dancing BR	28 8:45 Shopping Bus 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group BR 10:00 Canasta OS 10:30 Cardio Step GR 12:00 Pinochle L	29 Great Jack O'Lantern Blaze
30	31 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:30 Mahjong GA 12:30 Bowling 1:00 Setback GR 1:00 Blood Pressure 3:30 Chair Yoga BR	NOV. 1st *9:00 Nurse 9:00 Walking GR 9:15 Italian Class CR 9:30 Beg Wii Bowling R 10:00 Bring it Back GR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Adv. Wii Bowling CR 3:00 French Class CR	2 8:00 Bike Trip 9:00 Walking GR 9:30 Quilting CR 10:00 Mini Golf 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR	3 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA *Fair Set Up...No Afternoon Activities	4 8:45 Int Yoga L 12:00 Pinochle L *Fair Set up *No Walking, Mahjong, Canasta or Lunch	5 Craft Fair 10 a.m.— 2:30 p.m.