

Plainville Senior Center News October 2017

Shawn Cohen, Director
Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062
860.747.5728
www.plainvillect.com/senior-center

Hours

Monday: 9 A.M.—6 P.M.
Tuesday-Thursday: 9 A.M.—5 P.M.
Friday: 9 A.M.—1 P.M.

BIG TRIPS MEETING!

THURSDAY,
OCTOBER 26
See details, back
of Calendar!

Free Sign-Up Day is October 3. Mega Sign-Up Day is October 4 9:15 a.m.- 4:45 p.m. REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place beginning at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center **only**.

**Flu Shot
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PREVENTING AND COPING WITH IDENTITY THEFT

THURSDAY, OCTOBER 12, 9:30 a.m. Call the Senior Center beginning Sept 6 to register. Open to public.

This unique program on ID Theft will provide an overview on how to prevent identity theft as well as the psychological effects of being a victim. The speaker, Eric Rodko, a professional counselor, will relay four personal experiences with identity theft, one of which resulted in his own legal name change. Eric will discuss:

- The emotional, financial toll of the invisible crime of identity theft
- Adverse impact of identity theft on families
- How to cope with the financial and emotional fallout
- Identity theft victim resources
- Steps to reducing the risk of identity theft



VETERAN'S BENEFITS AND COFFEE HOUR

TUESDAY, OCTOBER 3, 10:30 A.M.

Join Sherri Vogt, Veteran's District Aide for Congresswoman Elizabeth Esty's Office and Wayne Rioux, Veteran's Liaison for Hartford HealthCare at Home, for an informative program on Veterans Benefits. Ms. Vogt, an Army veteran, is honored to serve her fellow vets and to join us for this educational program. She will share information on federal and state veterans benefits, provide information on how she can assist vets with replacement of discharge documents, replacement of medals, and VA or branch records requests. She will also discuss VA healthcare applications, tips for navigating the VA, update on the Choice program, Representative Esty's legislative initiatives to support veterans and share state veteran information with phone numbers for veterans in crisis who may need housing, counseling or support. **Anyone who wishes to contact Sherri Vogt directly, may do so by calling her at: 860-223-8412 or emailing her at Sheri.Vogt@mail.house.gov. Program is free. Sign up has begun. Open to the public.**

HOW IS YOUR MOOD?

THURSDAY, OCTOBER 5, 2017

With summer ending and the days starting to get shorter, it is important to take an inventory of your mood. October 5, 2017 is National Depression Screening Day. Nurses from Hartford Healthcare at Home will be at the Plainville Senior Center and available to talk with you individually about your mood or any symptoms of depression or anxiety you may have. They will also offer you suggestions on how to improve your day to day mood. **The nurses will be available on October 5, 2017 from 10 am to 12 noon. No appointments are necessary.**



SENIOR CENTER HOLIDAY CRAFT FAIR

SATURDAY, NOVEMBER 4; 10:00—2:30

Crafts! Vendors! Raffles! Bake Sale! Lunch! Grandma's Cookie House! Bring your family and friends! Free Admission!

HELP NEEDED TO SELL QUILT RAFFLE TICKETS!

Most of the quilt raffle tickets are sold prior to the Fair. We count on these prior ticket sales to meet our goals. We have 2,000 tickets to sell and WE NEED YOUR HELP! If every Senior Center member buys a ticket, we will sell out! All proceeds go to Dial-a-Ride!

Help is needed to sell raffle tickets for our beautiful quilt raffle at various businesses in Plainville as well as at the Senior Center. If you can help for 2 or more hours, please call Evelyn at the Senior Center.

Also, if you'd like to take a book of raffle tickets (10 tickets per book) to sell to your friends and relatives, please let us know. There is no obligation to sell all the tickets in a book.

CAN YOU HELP PUBLICIZE THE FAIR?

Can you bring flyers/posters to local businesses? Do you live on a well-travelled street? We are looking for volunteers to hang posters around town and/or put a Craft Fair sign on their lawn. Call Evelyn if you can help.

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 can be dropped off November 3 or November 4th.

SEW! KNIT! CREATE!

Contributions of new hand-crafted items (slippers, dolls, stuffed animals, scarves, aprons, afghans, holiday decorations) are welcome!

Special Events

CURRENT EVENTS DISCUSSION GROUP

MONDAYS, 10 A.M.

Current events are back! Join us for a lively discussion of local, state, national news and current events. The group does not discuss politics. Rather, they talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register in advance. Just show up! Feel free to come and just listen ... no pressure to participate and new folks are welcome!

FRIENDS HELPING FRIENDS

FRIDAY, OCTOBER 20, 11:30 A.M.

East Side Restaurant, New Britain. Call the Senior Center beginning October 3 to register.

PREVENTING SLIPS, TRIPS, AND BROKEN HIP

TUESDAY, OCTOBER 10, 10 A.M.

An educational session presenting tips and tricks for fall prevention and safety at home! BINGO, Raffles, and Prizes included! Presented by University of Hartford Nursing Students. **Program is free and open to the public. Call the Senior Center to register. Sign up has begun.**

LAUGHTER WITH LEAANN

TUESDAY, OCTOBER 17, 10:00 A.M.

Did you know how beneficial laughter can be to your health? Did you know there is a difference between real and simulated laughter? Would you like to learn how to do laughter exercises? Join LeaAnn Blanchard, Social Services Director for the Orchards at Southington as she gives us an in-depth look at laughter. Sponsored by the Orchards at Southington. **The program is free; call the Senior Center to register. Open to the public.**



HALLOWEEN LINE DANCE PARTY!

TUESDAY, OCTOBER 31, 3:00 P.M.

Love to dance? Especially enjoy line dances like the Electric Slide, Macarena, and the stroll? Eileen Cyr will lead you through a variety of fun & easy line dances. Put on your dancing shoes and a costume and dance like no one is watching. **The event is free and for members only. Refreshments will be served. Call the Senior Center beginning October 3 to register.**

SNAPPY SENIORS

THURSDAY, OCTOBER 19, 10 A.M., Plainville Library

The Snappy Seniors' photo display "Water, Water Everywhere" is on exhibit for the month of October at Apple Rehab, 269 Farmington Avenue, Plainville. The Club meets on the third Thursday of the month at 10:00 AM at the Plainville Public Library. Besides meeting monthly, the group also takes field trips, does photo displays, has classes and does "show and tell". If you'd like to join Snappy Seniors, please call the Senior Center to register.

VEGETARIAN COOKING CLASS

THURSDAY, OCTOBER 19, 2:00

This class has been rescheduled from July. It is currently full. Please sign wait list, if interested.

Join Rahsee Ramasway as she demonstrates how to make Dokla, a steamed Indian chickpea savory cake. The class is free; please bring a non-perishable item to be donated to the Plainville Food Pantry.

BOOKS & BAGELS BOOK CLUB

WEDNESDAY, OCTOBER 25 AT 9:30 A.M. Sign up has begun. This book discussion group is led by Senior Center Member & Volunteer Kathy Marsan. For your greater enjoyment, please read the book prior to attending the book club meeting. Books available at the Plainville Library.

The Heretic's Daughter by Kathleen Kent. Join us in discussing the story of Martha Carrier, one of the first women to be accused, tried and hanged as a witch in Salem, Massachusetts as told by the daughter who survived.



BALANCE, FLEXIBILITY AND THE DREADED FEAR OF FALLING!

THURSDAY, NOVEMBER 9, 10:00 A.M.

The fear of falling is a major health problem (but a natural one) among seniors, and actually has a name basophobia. Join Mark Colello, Exercise Physiologist with Southington Care Center, as he discusses how to: reduce environmental risks; take charge of your physical condition; boost your bone strength. **Program is free and open to the public. Call the Senior Center beginning October 3 to register.**

VETERANS LUNCHEON

THURSDAY, NOVEMBER 9, 11:30 A.M.

Senior Center Veterans and Spouses (must be a member of the Plainville Senior Center) are invited to join us for a complimentary luncheon (chicken parmigiana, pasta, salad) in celebration of Veterans' Day. You'll have a chance to visit and socialize with other Vets. **Call the Senior Center beginning October 3 to register. Open to Senior Center members who are veterans and their spouses only. Please let us know what military branch you were in, what your rank/title was and if you served during wartime.**



COOKING FOR ONE

TUESDAY, DECEMBER 5, 10:00 A.M.

In the kitchen, cooking for one can seem lonely and confusing. For instance, why do all recipes feed so many people? Never fear, Jerome Home Chef Greg Sieron is here to save the day! Join Greg as he shares easy, healthy recipes sure to tempt your taste buds! **Program is free; call the Senior Center to register. Open to the public.**

AARP SMART DRIVER COURSE

TUESDAY, DECEMBER 12, 9:30 a.m.—1:30 p.m.

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. **Cost \$15.00 for AARP members providing a membership number and \$20.00 for all other attendees. Limited to 25. Bring a bag lunch if you wish. Sign up begins October 4 for members and October 11 for non-members.**

Craft, Fitness & Technology Classes

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 missed classes due to vacations, trips, doctor’s appointments, etc.

Members may sign-up for new classes beginning on Mega Sign-up Day, **October 4** between 9:15 a.m. - 4:45 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.

Class	Time	Current Session	Next Session Sign up begins October 4th
MONDAY			
Zumba Tone	9:30 – 10:30	October 16—December 4 8 Weeks. \$24. Members Only.	
Acrylic Painting	10:00—12:00	October 16—December 11 (no class November 6) 8 Weeks. \$24.00, members; \$48 non-members.	
Power Burst	1:30-2:30	September 11—November 6. (8 Weeks). No class October 9th. Members Only. Cost: \$16.00.	November 13—December 18 6 Weeks. \$12.00. Members only.
TUESDAY			
Chair Yoga	3:15—4:00		Oct 17—Nov 21; 3:15—4:00. 6 weeks \$12.00. Members only.
French Class	3:00—4:00	Class began September 12. FREE.	
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt	
Zumba Gold	9:30 – 10:30	October 4 —November 22. 8 Weeks. \$24. Members Only.	
iPad Class	1:00—3:00	September 13—October 11.	
Portraiture	1:00—3:00		October 18—December 13 (no class Nov 22) 8 weeks \$24.00 members; \$48.00 non-members.
THURSDAY			
Ceramics	9:30 – 11:30	September 21—November 16. No class Nov. 2 8 Weeks. \$32. Members Only.	
Beg. Yoga--Class meets at Library. Arrive at 8:45, doors lock at 9:00.	9:00 – 9:45	October 5—October 26. Pay \$3 per session to Tim at each class. Exact cash or check made payable to Plainville Senior Center. Members Only.	
Functional Fitness	1:30 –2:30	September 7—October 26. 8 Weeks. \$16.	November 9—December 21 (no class Nov 23). 6 Weeks. \$12.00. Members only.
Knitting & Crochet	1:00 – 3:00	September 28—November 30 (No class November 2 or 23) 8 Weeks. \$16. Members only.	
FRIDAY			
Int. Yoga--Class meets at Library. Arrive at 8:30, doors lock at 8:45.	8:45 – 9:30	October 6—27. Pay \$3.00 per session to Tim at each class. Exact cash or check made payable to Plainville Senior Center. Members only.	
Cardio Step & Abs	10:30—11:30	September 29—November 17 No classes November 3 or 10. 6 Weeks. \$18.	

New Art Class Learn How to Draw Portraits!

This class will focus on basic measurements and how to start a portrait. We will learn shading techniques and will work from photographs to have a finished portrait by the end of the last class. This is a stress free class where you will have fun learning something pretty challenging. Instructor: Dawn Lombardi. Wednesdays, October 18—December 13th, 1:00—3:00 (no class November 22). \$24.00 members; \$48.00 non-members. Sign up begins October 4th. Please bring the following supplies to class: Portrait Chalk/Pastels (usually comes with all skin colors and white); one Portrait or Sketch Pad (16”x20”); pencils/erasers; photographs of people or pets. Supplies can be purchased from AC Moore, Dick Blick, Michaels, Ocean State Job Lot or any art supply store.

Chair Yoga
This 45 minute chair-yoga class will help you improve your strength and balance, and enhance your stretching and relaxation. Modifications will be offered. This program can be adapted to all levels. Instructor: Kristin Champagne. Tuesdays, Oct 17 to Nov 21 from 3:15—4:00. 6 weeks, \$12.00 Members only. Sign-up begins October 4th.

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 available through the generosity of the Plainville Amateur Art Group. Call Ronda for information. **Instructor: Abbe Wade.**

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

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.**

FUNCTIONAL FITNESS: This popular exercise class is 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: Kristin Champagne**

INTERMEDIATE YOGA FOR EVERYBODY: 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 Plainville Public Library.



iPad Basics: Learn all the basics of your new iPad in this fun and informative class. Learn its main components including the keyboard, Internet, camera and basic apps and its informative functions such as sending emails, music and using social media sites such as Facebook.

Instructor: Evelyn Morin.

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

Instructor: Evelyn Morin.

POWER BURST: This class combines intervals of movement including walking, marching and other forms of low impact movement to benefit the heart, combined with strength training using light weights and bands to help maintain strength and bone density and tone the body. It is a great over all workout. **Instructor: Kristin Champagne.**

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: Latin and international dance rhythms create a great cardio workout! Zumba gold adjusts to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray.**

ZUMBA TONE: The Zumba Toning Program combines Zumba with strength training to build muscle strength, increase bone density, improve mobility, posture and coordination. **Instructor: Amy Gray.**

Android-Based Cell Phone Class

Wednesday, October 11, 10:00 a.m.

Free. Members Only. Call the Senior Center beginning October 3 to register. Space is limited to 10.

Instructor: Patti Anne Cook—Senior Center Member and Volunteer

Bring your Android-based phone to learn the basic functions; take and store photos; learn to use Apps properly and manage your data plan. There will be time for questions and answers after class.

Flu Shot Clinics

From the Plainville/Southington Health District

Flu vaccines are available for adults (18 and older) who meet any of the following:

- Plainville or Southington resident
- Plainville or Southington municipal employees
- Persons who live with or care for non-eligible Plainville or Southington residents



Monday, October 2, 11:00 a.m.—1:00 p.m. Our Lady of Mercy Parish Gymnasium, 19 S. Canal St.

Wednesday, October 4, 8:00 a.m.—10:00 a.m. Gnazzos, 73 East Street

Flu shots will also be available at the Senior Center, dates to be announced.

MEDICARE ENROLLMENT

October 15th—December 7th

It is time to review your Medicare Choices. During Open Enrollment you can change plans as needed to meet your current health care needs. You may be able to save money, get better coverage or both. If you are satisfied with your current plan you do not need to make any changes. Stephanie and Bette are available to meet with **Plainville Senior Center residents 60 and over** to go over the options available for 2018. Non-residents should call the CHOICES counselor at the Senior Center in their community.

Outdoor Adventure Club

GREENWAY TRAIL BLAZER BIKE CLUB

WEDNESDAY, OCTOBER 4

Cheshire to New Haven on the Rails to Trails

Sign up has begun. Call the Senior Center to register.

Leader: Eileen Cyr. Meet at 8:15 at the Senior Center if you wish to carpool or meet at 9:00 a.m. at the Cornwall Street parking lot in Cheshire. We will cover between 10—20 miles, depending on the group. Helmets are mandatory! All levels of biking fitness are welcome. **Cost: \$3.00 pay leader, day of trip.**

SCENIC PLANE RIDE OVER PLAINVILLE

FRIDAY, OCTOBER 6 (WEATHER PERMITTING)

Sign up has begun. Call the Senior Center to register.

Have you ever wanted to have a birds eye view of Plainville? Join us for a 30 minute scenic passenger ride from Robertson Airport in Plainville. You will be flying in a C-172P or a Piper Warrior PA-28. Two or three passengers per plane (depending on total passenger weight). You'll enjoy a beautiful air tour of Plainville and the surrounding area. **Cost will be approximately \$46.00 per person depending on how many passengers per plane. Pay directly at Robertson Airport.**



EXPLORE THE RHODE ISLAND RAILS ON A RAIL EXPLORER, PORTSMOUTH, RHODE ISLAND

FRIDAY, OCTOBER 13, **Trip is full.** Sign wait list if interested.

A rail explorer is a pedal powered Quad vehicle that rides on (unused) railroad tracks. The Quad Explorers which has 4 seats and 4 sets of pedals. Ride a 3 mile loop (total of 6 miles with a 20-minute break in the middle). Early dinner at the Gulf Stream Grille following the ride. **Cost: \$39.00 includes transportation and Rail Explorer experience.** Leaves Senior Center at 11:15 a.m. and returns approximately 8:30 p.m. **Bring a lunch or snack** to eat on the bus to Rhode Island.



WALK/FIT AT WALNUT HILL PARK, NEW BRITAIN

WEDNESDAY, OCTOBER 18, 9:00 a.m.

Call the Senior Center to register.

Leader: Eileen Cyr. Meet at the Walnut Hill Parking Lot. Enjoy a 1 hour walk through Walnut Hill Park and challenge yourself (if you wish) to the fitness circuit equipment. Eileen will provide instruction on the equipment. All levels of fitness welcome, however, you must be able to walk for one hour. **Cost: \$3.00 payable to Eileen Cyr, leader, day of walk.**

CROQUET, PADEREWSKI PARK

TUESDAY, OCTOBER 24, 10:00 a.m.

Sign up has begun; call the Center to register.

Leader: Eileen Cyr. Join us for a friendly game of croquet. Everyone welcome! **FREE.**

URBAN ADVENTURE: RIDE THE CT FASTTRAK BUS TO HARTFORD & WALKING TOUR OF DOWNTOWN HARTFORD. WEDNESDAY, OCTOBER 25, 9:30 a.m. **Trip is FULL.** Sign wait list if interested.

FALL FLING & BBQ AT NORTON PARK

MONDAY, OCTOBER 16 (rain date October 17)

10:30am-1:30pm

Cost: \$5.00. Sign up begins October 4th.

Join Ann Fargo and enjoy this beautiful time of year with friends at Norton Park Pavilion. We will walk in the woods or paved trail, play some games, tell stories and enjoy great food. Grilled chicken, salads and s'mores. Dress for the weather. Good walking shoes required. Bring your own chair if you don't like sitting on benches.

BIRD WATCHING & FALL FOLIAGE AT WHITE MEMORIAL FARM & BANTAM LAKE

SUNDAY, OCTOBER 15

Leaves Senior Center at 9:00 a.m. Returns approximately 3:00. **Cost \$15.00 includes transportation and leader. Sign up begins October 4th.**

Join Frank Gallo, a leading expert on where to find birds in Connecticut for a delightful bird walk through Little Pond at White Memorial Conservation Center. This an elevated 1.2 mile wooden walkway that allows visitors to explore the wetland environment around Little Pond. We will concentrate on finding migrating songbirds and waterfowl. Plan on walking/standing close to 2.5—3 hours. There are places to rest along the pond, if you wish. We will also go to a look out area at Bantam Lake to see other birds and waterfowl. Bring binoculars if you have them!

Through his birding tours, lectures and classes Frank has inspired countless birders to discover and appreciate the region's rich bird life. He has led birding expeditions throughout North America and abroad. Frank worked for the CT Audubon Society as the Director of the CT Audubon Coastal Center at Milford Point and is the author of two children's nature books.



Following our hike, we will stop for lunch (on your own) at Da Capo Brick Oven Pizza (offers pasta, paninis, pizza, salads).

SLEEPING GIANT STATE PARK

WEDNESDAY, NOVEMBER 8

Call the Senior Center starting October 3 to register.

Join us for a moderate (uphill) hike approximately 3 miles total (2 hours) on a wide mostly stone path up Sleeping Giant Mountain to the Tower building. This trip is for intermediate and/or experienced hikers. Atmospheric conditions permitting, the Tower sight offers long views of much of New Haven County and some of Hartford County. We will meet at the Senior Center to car pool at 8:30 a.m. or meet us at the Sleeping Giant parking lot at 9:00 a.m. Bring walking stick, water, bug spray and a great attitude. **Cost: \$3.00 payable to Eileen Cyr, leader, day of walk.**

More Outdoor Adventure on Page 7

Trip Sign-Up Information

Important Trip Information:

Sign-up: Trip sign-ups take place Monday 9:15 a.m. - 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.-4:45 p.m., and Fridays 9:15 a.m.-12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is **October 4** between 9:15 a.m.—4:45 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 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. We will not wait for late comers.

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.



Current Trips

TERRACOTTA WARRIORS, PHILADELPHIA, PA:
OCTOBER 16-17, 2017

DAY 1: Depart aboard our deluxe motor coach for the "City of Brotherly Love", Philadelphia, PA.

DAY 2: TERRACOTTA WARRIORS at the FRANKLIN INSTITUTE. COST: \$307.00 per person double/triple, \$387.00 per person single. Cost includes Deluxe Motor coach, 1 Night Hotel, 1 Breakfast, 1 Dinner, Admissions, gratuities for Driver and Tour Guide. Open to the Public. Payment due in full when signing. Departs from OLM.



JACK-O-LANTERN SPECTACULAR—PROVIDENCE, RI:
SATURDAY, OCTOBER 7th — **Open to the Public**

Take a leisurely walk through the 1/4 mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns. Prior to the spectacular, enjoy free time at Providence Place Mall for shopping and dining. Note: There is a moderate amount of walking on this trip.

Cost: \$62 per person. Depart: 12:30pm from the Senior Center. Estimated Return: 10:30pm. Sign up has begun.

HOUSE OF SEVEN GABLES, SALEM, MA

SUNDAY, OCTOBER 22, 7:45 A.M. Leaves at 7:45 from Plainville Senior Center. Returns 8:00 p.m. Trip is full. Sign reserve list if interested.

FRIENDSHIP TOURS 40TH GALA, AQUA TURF
MONDAY, NOVEMBER 20, 11:30 A.M.

The Friendship family is celebrating 40 years of traveling together and they are throwing a party for all their friends. Enjoy hot hors d'oeuvres, a champagne toast, and live entertainment. John Timpanelli & Leesah Stiles, will bring an exciting show of the Best of Broadway, love songs and comedy routines. Cost: \$36 per person. Drive on your own. **Sign up has begun. Open to public.**

CHRISTMAS WITH THE STARS, EDWARD TWINS, NORTHAMPTON, MA

WEDNESDAY, NOVEMBER 29, 10:00 A.M.

Your day begins with a luncheon at the Hotel Northampton that includes Soup du Jour and your choice of Grilled Salmon or Chicken Piccata with chefs choice of vegetable & potato and Tavern's Famous Bread Pudding. Enjoy your favorite Holiday songs performed by Celine Dion, Pavarotti, Streisand, Cher, Stevie Wonder, Kermit the Frog & more. Departs OLM at 10:00 a.m. Returns approx. 5:30 p.m. **Cost: \$89 per person. Sign up has begun. Open to public.**

CHRISTMAS IN NEWPORT, RI

SUNDAY, DECEMBER 10, 7:15 a.m.

Visit two of the most magnificent Mansions in Newport: The Marble House and the Breakers. Both will be filled with holiday decorations, poinsettias, charming ornaments, trees and wreaths. Audio guides will be given at both mansions so you can enjoy an exceptional tour at your leisure as you explore each mansion. Enjoy a buffet brunch at the New Atlantic Resort including Salads, Omelet & Belgian Waffle Stations, Selection of Hot & Cold Entrees, Breakfast and Lunch Items, Pastries and Beverage. Departs from Plainville Senior Center 7:15 a.m. Returns approximately 7:00 p.m. **Cost \$99.00 per person. Sign up has begun.**

Big Trips 2018

We have some great trips planned for 2018! Trip flyers are available at the Senior Center.

- **Adriatic Cruise, July 15—22, 2018** Venice, Italy; Dubrovnik, Croatia; Kotor, Monenegro; Corfu, Greece; Split, Croatia; and back to Venice.
- **France Hidden Canals, June 26—July 4, 2018** Cruise Loire Canal — fly to Paris and then tour Nevers Marseilles Les-Aubigny, Chapelle Montlignard, Menetreol-Sous-Sancerre, Lere, Briare.
- **France Hidden Canals, August 28—September 6, 2018** Cruise the Doubs & Saone Rivers — fly to Paris then onto Besancon, Arc-et-Senans, Dole, Saint-Jean-de-Losne, Petit-Ouges, Dijon, Grands Crus.

Both of the France Hidden Canal Cruises are on 22 passenger barges that traverse areas not able to accept the larger riverboats. Bikes are available on board if you wish to ride from town to town.

- **Vietnam, September 20—30, 2018** Ho Chi Minh City, Holong Bay Junk Cruise, Hanoi, Train to Danang, Hoi An. Visit local-home factory, markets, hands-on traditional fishing and more.
- **Journey to the Ark, May 6—13.** An 8-day journey to see a full size replica of Noah's Ark, Kentucky Horse Farms, Ohio Amish Country, Frank Lloyd Wright's home Falling Waters, Louisville, Churchill Downs & Museum, Louisville Slugger, Ohio River Lunch Cruise, Appalachian Mountains of West Virginia, Natural Bridge, and White Sulphur Springs.
- **FOR THOSE WHO MISSED CUBA OR ICELAND THIS YEAR ... YOUR CHANCE TO GO IN 2018**
Cuba, March 1—9, 2018
Iceland, October 19—26, 2018

More Outdoor Adventure!

FALL FOLIAGE HIKE TO HEUBLEIN TOWER, SIMSBURY

SATURDAY, OCTOBER 21

Leaves from Senior Center at 9:00 a.m. and returns approximately 1:30 p.m. **Cost \$10.00 includes transportation and leader. Sign up begins Oct 4th.**

Join Jared Scoville for a scenic fall foliage hike! This trip will take us on the Talcott Mountain Trail for a 2.6 mile loop. We will summit where the tower is! The hike is rated moderate, with certain stretches that are somewhat steep. We will break at the top to take in the view of the Farmington valley. Dress appropriately for the weather, wear sturdy hiking shoes, bring a walking stick if you have one or stop by the Center Monday-Friday to borrow one. Be sure to bring water and snacks.

Belated congratulations to Judy Humphrey for having her photography accepted into the Pomperaug Woods Art Show in September!

Quick Trips & Saturday Shopping

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: 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 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 departure. We leave on time. Non-members may sign up one week after the trip opens.

WHITE SILO FARM & WINERY, E. SHERMAN, CT SATURDAY, OCTOBER 7, 9:30 a.m.—4:30 p.m.

White Silo Farm is a small specialty winery, which produces and bottles wine on the premise from farm-grown fruit. Tour the original dairy barn where the winery is located. Visit the fermentation, bottling and cork rooms. Walk the fields or relax in one of the outdoor gardens. Wine tastings at \$8 per



person include a choice of four wines, plus a taste of Sangria. Take home the logo wine glass used for tasting! You may bring your own picnic lunch or purchase food at the Winery. An \$8 transportation fee is payable at registration. Bus will pick up first at the Senior Center at 9:30 a.m., followed by home pick-ups **for those who do not drive. Sign-up has begun.**

CHRISTMAS TREE SHOP, MANCHESTER SATURDAY, OCTOBER 21, 9:30 a.m.—3:00 p.m.

Enjoy a Fall day at the Christmas Tree Shop, then have lunch at HomeTown Buffet. Home pick-ups first for those who do not drive begin at 9:30 a.m., then Senior Center pick-up. Following lunch, the bus leaves HomeTown Buffet at 2:30 p.m. and returns to Plainville at about 3:00 p.m. **\$8.00 for transportation is due at registration. Sign-ups begin October 4.**

FALL FOLIAGE RIDE IN THE LITCHFIELD HILLS SATURDAY, NOVEMBER 11, 10:30 a.m. —4:00 p.m.

Enjoy the breathtaking views of fall foliage in the Litchfield Hills. Lunch on your own at JDT Brickhouse Restaurant in Thomaston. Our tour will take us around Bantam Lake and then around Lake Waramaug on the various scenic roads in the beautiful northwest corner of the state. Before returning to Plainville, there will be a special stop at the Arethusa Creamery for its fabulous homemade ice cream. Arethusa Creamery is owned by the executives of world-renowned Manolo Blahnik Shoes. Home pick-ups first for those who do not drive begin at 10:30 a.m., then Senior Center pick ups. **\$8.00 for transportation is due at registration. Sign up begins October 4.**

Weekly Tournament Winners

PEAK FITNESS CENTER

SETBACK

- August 28** **1ST:** Gail Kreneck & Sally Miller
 2ND: Jackie D’Addese & Jackie Dionne
 3RD: Sonja Naughton & Sandy Tyminski
- Sept 11** **1ST:** Mary Ann Cunningham & Sandy Tyminski
 2ND: John Daversa & Bernard Grabeck
 3RD: Sally Miller & Gail Kreneck
 Jackie D’Addese & Jackie Dionne
 Madeline Drake & Tony Lusitani
- Sept 18:** **1ST:** Pat Landry & Madeline Drake
 2ND: Sally Miller & Gail Kreneck
 3RD: Tony Lusitani & Ida Pedrolini

AM WII BOWLING

- August 8:** **1ST:** Lynne Krakauske
 2ND: Jim Calderone
 3RD: Rosemarie Machowski
- August 15:** **1ST:** Lynne Krakauske
 2ND: Jim Calderone
 3RD: Margaret Albrecht
- August 22:** **1ST:** Lynne Krakauske
 2ND: Jim Calderone
 3RD: Margaret Albrecht
- August 29:** **1ST:** Lynne Krakauske
 2ND: Rosemarie Machowski
 3RD: Jim Calderone

BILLIARDS

- August 24:** **1ST:** Jeanne Shugrue & Mitch Ziolkowski
 2ND: Ellen Couture & Tony Lusitani
- August 31:** **1ST:** John Clancy & Joe Babin
 2ND: Stan Funk & Rich Nordgren
 3RD: Tony Lusitani & Ed Zarek
- September 7:** **1ST:** Mike Hermanowski/ Rich Nordgren
 2ND: Joe Beaudin & Joe Babin
- September 14:** **1ST:** Stan Funk & Rich Nordgren
 2ND: Mitch Ziolkowski/ Vinny Mazzarella
- September 21:** **1ST:** Ellen Couture & Mitch Ziolkowski
 2ND: Mike Hermanowski & Tony Lusitani

Shopping Bus

Home pick-ups begin at 11:30 a.m. and pick-up from the store will be at 3:00 p.m.

Sign-up begins October 3rd. Call the Senior Center before 11:00 a.m. on the Thursday before the Shopping Bus date to add your name to the pick-up list.

Tuesday Shopping Bus Dates & Destinations	
October 10, 2017	Walmart, Bristol 11:30 a.m.—3:00 p.m.
October 24, 2017	ShopRite, Southington 11:30 a.m.—3:00 p.m.
November 7, 2017	Bristol Shopping Center 11:30 a.m.—3:00 p.m.

In order to ride the Tuesday 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.



Did you know that benefits of exercise can help you:

- Boost your energy
- Reduce heart disease/blood pressure
- Maintain better control of diabetes and cholesterol
- Live longer
- Sleep better
- Improve your memory
- Increase your mobility & flexibility
- Control your weight
- Gain self-confidence
- Socialize with others

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.

Cardiovascular Equipment:

- **Treadmills:** *Walk at your own pace.*
- **NuStep:** *Seated “stair stepper” which offers a low-impact cardiovascular workout using both upper and lower body.*
- **Bicycle:** *Recumbent bicycle allows you to ride in comfort. There is a back to the seat for full support.*
- **Elliptical Cross Trainer:** *Provides a total body workout with minimal impact.*



Weight Training Equipment: *Seven piece circuit of upper and lower body strength training equipment:*

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

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



Bowling League

The Plainville Senior Center Bowling league is looking for new bowlers and meets Mondays beginning at 12:45 at Lessard Lanes, 136 New Britain Avenue, Plainville. The cost is \$9.50 per person, per week and includes three games of bowling, automatic scoring and free beverage. Adult bowlers over age 55, of all abilities, including beginners, are welcome to join. **For more information, or to join the league, contact Frank Robinson, Bowling League President, at 860.747.2918.**

Le Petit Cafe

At the Plainville Senior Center
Open TUESDAYS and WEDNESDAYS
11:00 a.m.—1:00 p.m.
No reservations needed!

Le Petit Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. Le Petit 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!

Le Petit Café Specials for October

October 3 & 4	Taco Salad. Tortilla Soup
October 10 & 11	Crisp Autumn Salad: Fresh greens, granny smith apples, sharp cheddar cheese, grapes and walnuts. Chicken Noodle Soup
October 17 & 18	Fig Jam & Cheddar Grilled Cheese Sandwich. Tuscan Soup
October 24 & 25	Roast Beef Sandwich w/ Horseradish Cheddar Cheese, Lettuce & Tomato. Butternut Squash Soup
October 31 & Nov 1	Monster Meatloaf & Ghostly Mashed Potatoes. Baked Potato Soup

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 1 could possibly make \$34,366.28 (gross) and a family of 2 could possibly make \$44,940.52 (gross) and be eligible for the program. For more information or to see if you are eligible, call the HRA Energy Department at 860-582-7490. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR.

AARP Trips

Foxwoods, October 10
Eastern Caribbean Cruise , Feb. 13—Feb 24, 2018.
Ireland, coming in 2018

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

West Central CT Triad 2017 Fall Conference

Empowered Choices: Planning for a Healthy & Financially Secure Future

Tuesday, October 17, 9:30—1:00

Boys & Girls Club of Bristol 255 West Street, Bristol

*Speakers: Atty. Tully, Elder Law & Planning,
CT Community Care Resources (CCCI),
Dave McAllister (Aid for Older Veterans & Spouses)*

Raffles, prizes, lunch and more!
RSVP to Elizabeth Hill, 860-582-9559 ext. 406

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

OCTOBER 16 & 30 12:30 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 GRANDCHILDREN

TUESDAY, OCTOBER 10, 10:30 A.M.

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 24, 10:00 A.M.

Autumn is underway...another season of caregiving. Do not miss the opportunity to share your cares and woes along with your joy and your caring skills with your understanding friends! We are called to care... and it is not always easy to answer the call! Join us as we support one another in this most challenging role! Call Bette at the Senior Center with any questions or concerns. Caregivers from neighboring towns are most welcome.

BRIGHTER FOCUS

THURSDAY, OCTOBER 19, 10:00 A.M.

Join us as we continue to explore living each day slowly while enjoying and savoring the joy of life. Honesty, integrity, gratitude, generosity and compassion are all components of one's character forming his/her personality. What makes you unique? Come armed with any books, articles or ideas to share, ponder, agree upon or argue about!? Brighter Focus is open to all Senior Center Members. Call Bette with any questions or concerns.

VA CAREGIVER SUPPORT

Did you know that Veterans who require a caregiver may be eligible for up to 30 days of respite care each year? Care can be offered in a variety of settings: in your home, at a VA community living center, at a VA-contracted community residential care facility, or at an adult day health care center. To see if you are eligible for respite care services, call the Caregiver Support Line at 1.855.260.3274.



DONATIONS Cheer Report

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.

GENERAL DONATIONS: August 21—September 19

Arbor Rose, Lori Corsini, John Green, Circle Group, Sally McCann, Robert Cassidy, Stan Valencis, Betty Kirch, Mary Jane Snow, Donna Lentini, Joanne Manuli, Lois Schmidt, Barbara Wallace, Eunice Carden, Evelyn Case, Susan Pearson, Corinne Lagace, Ann Krupinski, Ellen Thomas, Nancy Pol, Rosemarie Babin, Ray Cormier, Sandy Therrien, Sharon Simpson, Brenda Tella, Carol Wright

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: Reggie Cyr from Marie & Robert Cyr

In Memory Of: Helen Marinelli from Don & Dorothy Strickland, Joseph & Sonia Sperduti, Rotary Club of Plainville, Linda Williams, Ann Krupinski, Dominic & Marie Ragalia, Jeanine & Joseph Martino, Susan Hearn Paradis, Charlotte & William Hammick

DIAL-A-RIDE DONATIONS

United Way, Rosaleen Peters, Fran Martin, Pat Glendenning, Norma Weisenburger, Mary Jane Nolan, Archdiocese of Hartford

Plainville Library

Thru Hiking the Appalachian Trail

Come enjoy the telling of a modern day adventure presented by Sam Ducharme, retired K9 officer and lifetime Connecticut resident, on Wednesday, October 4th at 7pm at the Plainville Public Library. Sam will recount his 2180 mile, six month journey where he documented the rugged beauty of the Appalachian Mountains, the wildlife, the hardships encountered on the trail, as well as, people at their finest. He will also share his gear, how he cooked, and what it was like sleeping in a hammock for six months through three seasons.

Take a Historic Trip Along the Old Canal

On Wednesday, October 11th at 7pm, the Plainville Public Library will host author Bob Madison as he talks about his book New Haven and Northampton Canal Greenway: Bike and Rail Trails. The Canal Greenway takes the bicyclist or hiker on a historic trip through sixteen towns that parallel the Connecticut River into the interior of Western New England. Come enjoy an informative presentation about the history of the Canal and its ties to Plainville.

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 18—September 15, 2017

CHEER CARDS: Charlene Damiano, Juliet Catucci, Lee Labonte, Ida Dlugolenski, Francis & Mary Vasile, Alcide Ayotte, Gladys Pietrowicz, Barbara Kurowski, Florence Wolf, Lois Maitz, Marcia Chapman, Alan Lord, Rose Plourde, Betty Kirch, Fred Kennedy, Len Wishart, Mary Ann Tabaka, Beatrice & Roland Dumont, Nancy Muir

SYMPATHY CARDS: Judy Gostin, Family of Emily Wiener, Family of Doris Warner, Family of Reginald Cyr, Family of Helen Marinelli, Family of Winthrop Thurlow, Marie Bowyer, Family of Ken Hedman, Family of Morris Brousseau, Family of Ida Dlugolenski, Charles & Olga Stepney, Family of Emile Vandersteen, Family of Florence Wolf

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. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need.



WELCOME NEW MEMBERS FOR AUGUST!

Donna Dupont, Cheryl (Sherri) Stanco, Krishna Shrestha, Edmund Szubowicz, Kathleen Monteiro, John (Jack) McConachie, Regina McConachie, Lucille Martin, Robert Poston, Ellen Poston.



Indoor Mini Golf League for Seniors

Lessard Lanes, 136 New Britain Ave, Plainville

Tuesdays at 9:30 a.m.

\$6.00 per Week Includes:

1 Round of 18 Hole Indoor Mini Golf

Free Coffee, Individual Awards

Session Ending Holiday Party

Call Lessard Lanes to register, 860-747-1657



Transportation



DIAL-A-RIDE ADA PARA TRANSIT

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, 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.*



2017 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. The forums are held on the second Wednesday of every other month from 5:00 p.m. to 6:00 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting will be held on November 8th. The forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation related to the ADA Paratransit Service** ADA Transportation is available free of charge to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride to the Forum. Up to 48-Hours in advance of the forum, written participation related to the ADA Paratransit Service may be mailed to the GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or emailed to: pwilliams@hartfordtransit.org

AIR CONDITIONING & HEAT

We have many requests each day to change the temperature in our building. If you are not comfortable, please come to the front desk right away and we will have the group or class or event vote (3 choices: "too hot", "too cold", or "just right") majority wins. We will alter the temperature or not depending on the vote. Please remember that we are an older building so some parts of a room (under a vent, for instance) might be colder or in winter, warmer. Also, remember that you can bring a sweater or dress in layers to help you be more comfortable.

Need a Ride? Americans with Disability Act (ADA) Paratransit Service Provides More Hours, More Destinations 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, depending 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 \$3.50 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. The on-line application can be located at www.ctada.com. 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 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 860-724-5340 ext. 1 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. 3046. 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. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

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



Your suggestions, ideas, concerns, comments are welcome! Feel free to talk directly to Shawn or Ronda or write it down and put it in the suggestion box.

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CONGRATULATIONS TO OUR MEMBERS!

Hearty congratulations to Sally Miller, Frank Robinson, Valerie (Gale) Williams and Olga Callender on being recognized and honored by the Bristol Branch of the National Association for the Advancement of Colored People (NAACP) as four of the twenty-five Most Influential African American Men and Women in the area. Sally is being recognized for her exemplary leadership as President of AARP in Plainville and her work at the Plainville Senior Center as chair of the Committee on Aging and as a volunteer in many capacities such as coordinating fundraising which supports Dial-A-Ride and Homebound Services. Frank is honored as the President of PARC and Coordinator of the Plainville Senior Center Bowling League. Valerie (Gale) Williams is the Historian for African Americans who lived in Plainville and she also curated a permanent exhibit of Plainville's African Americans at the Plainville Historic Center. Olga is a board member of both the New Britain NAACP and the Bristol NAACP and is the Protocol Chairman of the Greater Hartford Chapter of Links, Inc. a Black Professional Women's Organization. A banquet will be held at Nuchie's Restaurant on October 27th. For ticket information contact Lexie Mangum at lexiemangum@gmail.com.

LOOKING FOR A LARGE (TALL) STANDING QUILT RACK

The Senior Center is in need of a large quilt rack to display the queen size quilt for our annual raffle. See Shawn, Ronda or Carol if you have one.

CHORAL GROUP REHERSALS

FRIDAYS, OCTOBER 6th and 27th at 9:30 A.M.

Everybody who loves to sing is invited to attend! The Choral Group also needs typists—See Roseanna Garcia or Evelyn Morin for more details.

Upcoming Choral Group Rehearsal Dates: December 1, January 5

SENIOR CENTER DISPLAY CASE

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

CONGREGATE MEAL PROGRAM: OCTOBER 2017

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 Bonnie in the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon.

A suggested donation is \$2.50.

PLAINVILLE'S 3RD ANNUAL PUMPKINFEST 2017

SATURDAY, OCTOBER 21, 4:00 P.M.—8:00 P.M.

Come join us in downtown Plainville and bring your best carved pumpkins. Also enjoy lots of food trucks, live music, kid's costume parade and games. Proceeds to benefit the Plainville Community Fund. For more Information visit: plainvillepumpkinfest.com



2017 LBGT MOVABLE SENIOR CENTER EVENT SCHEDULE

South Windsor Senior Center: October 13 from 1:00 pm—3:00 pm. Call Missy Rankin by October 9th to register, (860) 648-6361. "Another Kind of Coming Out: Life with Early to Moderate Stage Dementia". People from the LBGT community will share factual information about dementia, the value of early diagnosis and some of the challenges that exist for an LBGT person living with dementia and their care partner. The program will be followed by Sound-Meditation by the Conduit Center of East Hartford Relax and let go!

Bloomfield: November 2, 1:00 pm—6:00 pm (860) 243-8361



Nursing, Insurance Info, Etc.

REGULAR FOOT CARE AND DIABETIC FOOT CARE

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 for 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. **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

Many thanks to Apple Rehab, The Pines of Bristol and Hartford Health Care for offering their Services



Thursday, October 12, 1:00 p.m. Hartford HealthCare
Wednesday, October 25 11:00 a.m. The Pines of Bristol
Monday, October 30, 12:00 Georgia, Senior Center Nurse

NEW SERIES! CAREGIVING FOR AGING PARENTS & RELATIVES

Caring for an older loved one can be overwhelming. Learn more about caregiving and skills to help cope with the stress of day-to-day life, while caring for aging relatives. All sessions in this free series will be held on Thursdays from 6:30 to 8:00 p.m. at the Orchards at Southington. Participants are encouraged to attend all sessions.

October 5 — Overview of the Aging Process
October 12 — When is it Time for Help?
October 19 — Role Reversal: Why do I feel Like the Parent?
October 26 — "The Crisis"
November 2 — Translating Anger and Guilt
November 9 — Care Resources and Options

This program will be presented by LeaAnn Blanchard, Director of Social Services, The Orchards at Southington. Light snacks and refreshments will be served, and a free caregiver journal will be provided to all attendees. The Orchards is at 34 Hobart Street in Southington. Registration is required; call Jessica Baillargeon at 860-628-5656.

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. Reminder: Bette and Stephanie are always available to help you develop a plan for power outages/ weather emergencies.

BIG TRIPS MEETING

October 26 at 3:00 at the Plainville Senior Center
See the sights and hear about the **big trips** being offered in 2018!

April 23-27: Virginia International Tatoo

Rosie the Riveter, Norfolk Naval Station, the Botanical Gardens, Ocean-front Rooms and more.

May 6-13: The ARK

Ohio Amish Country, the ARK, Churchill Downs & Racing Museum, Louisville Slugger, Lexington Horse Farms, Bourbon Distillery, Natural Bridge and Drama of Creation, Appalachian Mountains

July 15-22: Adriatic Cruise to Italy, Croatia, Greece, Montenegro, Venice, palaces, beaches UNESCO sites, towns and cities from the 4th Century through today.

ALSO: France's Hidden Canals

Travel small rivers and canals by barge.

Vietnam

...and if you missed it last year... Iceland or Cuba!

ACCESS HEALTH ENROLLMENT

Open Enrollment is November 1—December 15, 2017 for coverage to start January 1, 2018

Access Health CT (AHCT) is Connecticut's only official health insurance marketplace. AHCT offers CT residents and employers a range of quality, affordable health and dental insurance options from several health insurance partners.

AHCT is the only place where you can qualify for certain affordability programs that can help you pay for health coverage. Call Stephanie at the Senior Center for more information and assistance.

VETERANS ONLINE SHOPPING BENEFIT

Beginning this Veterans Day, November 11th, honorably discharged Veterans will be eligible to shop all online exchanges. To check your eligibility go to **VetVerify.org** and submit your verification form and receive your determination. Qualified veterans will be able to purchase military- priced name brand products ranging from apparel, jewelry, appliances, toys, gifts, food and more! Items are tax free, shipping is free and military credit and financing are available. Do not delay, check your eligibility so you will be able to take advantage of this opportunity beginning November 11, 2017.

PLAINVILLE VETERAN'S MEMORIAL WALL

A moveable memorial wall has been created in the Plainville Municipal Center near the Town Clerk's office to provide a place to honor the military service of deceased veterans by their friends and family members. Brass Plates (1" X 3") engraved with the veteran's rank, name and branch of service can be purchased. The fee is just to cover the cost of the engraved plate, no extra funds are being charged. To purchase a plate, please fill out a form available at the Municipal Center or at the Plainville Senior Center. The cost of the plate is \$8.00.

OCTOBER 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 KEY: GR: Green Room, BR: Blue Rm, GA: Game Room, CR: Craft Room C: Caf�, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library, *By Appt.	2 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	3 *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veterans Benefits & Coffee CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Adv. Wii Bowling BR 1:00 Bridge OS 3:00 French Class GA FREE SIGN-UP	4 9:00 Walking GR 8:15 Bike Trip 9:30 Quilting CR 9:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Class GA 1:15 Charlemagne C 3:00 Coloring Club GR MEGA SIGN-UP	5 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00—12:00 How is Your Mood CL 10:00 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR	6 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Group BR 10:00 Pinochle CL 10:30 Cardio Step GR 11:00 Scenic Plane Ride	7 White Silo Farm & Winery Trip 12:30 Jack-o-Lantern Trip
8	9 Closed Columbus Day	10 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Preventing Slips, Trips & Broken Hips GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Grandparents Raising Grandchildren CR 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Adv. Wii Bowling BR 1:00 Bridge OS 3:00 French Class GA	11 9:00 Walking GR 9:30 Quilting CR 10:00 Android Cell GA 9:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Class GA 1:15 Charlemagne C 3:00 Coloring Club GR	12 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 9:30 Prevent ID Theft GR 10:00 Mexican Train GA 12:00 COA CR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Blood Pressure 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR	13 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 10:30 Cardio Step GR 11:15 RI Rails Explorer	14
15 9:00 Bird Watching Trip	16 *9:00 NURSE Terracotta Warriors Trip 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg CR 10:30 Fall Fling & BBQ at Norton Park 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling League 1:30 Power Burst BR	17 *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Laughter w/LeaAnn GR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 3:00 French Class GA 3:15 Chair Yoga BR	18 9:00 Walking GR 9:00 Walk/Fit Walnut Park 9:30 Quilting CR 9:30 Zumba Gold GR 1:00 Bingo GR 1:00 Portraiture CR 1:15 Charlemagne C 3:00 Coloring Club GR	19 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Brighter Focus GA 10:00 Mexican Train OS 10:00 Snappy Seniors L 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR 2:00 Vegetarian Cooking	20 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 10:30 Cardio Step GR 11:30 Friends Helping Friends	21 Christmas Tree Shop, Manchester 9:00 Heublein Tower
22 7:45 House of Seven Gables Trip	23 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg CR 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	24 *9:00 NURSE 9:00 Walking GR 9:15 Wii Bowling Tournament GR 10:00 Ladies Billiards 10:00 Cribbage OS 10:00 Croquet Pad Park 10:00 Caregivers GA 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 3:00 French Class GA 3:15 Chair Yoga BR	25 9:00 Walking GR 9:30 Quilting CR 9:30 Urban Adventure 9:30 Books & Bagels GA 9:30 Zumba Gold GR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Portraiture CR 1:15 Charlemagne C 3:00 Coloring Club GR	26 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR 3:00 Big Trip Mtg. CR	27 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Group BR 10:00 Pinochle CL 10:30 Cardio Step GR	28
29	30 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Acrylic Ptg CR 10:00 Current Events OS 12:00 Mahjong GA 12:00 Blood Pressure 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling League 1:30 Power Burst BR	31 *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 3:00 French Class GA 3:00 Halloween Line Dance Party GR 3:15 Chair Yoga BR	Nov 1 9:00 Walking GR 9:30 Quilting CR 9:30 Zumba Gold GR 1:00 Bingo GR 1:00 Portraiture CR 1:15 Charlemagne C 3:00 Coloring Club GR	2 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 10:00 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS NO Ceramics, Knitting or Functional Fitness. Fair Set Up 10:00	3 8:45 Int. Yoga L PEAK Center Open No Activities No Lunch Fair Set Up	4 Holiday Craft Fair 10:00—2:30