

Shawn Cohen, Director

Ronda Guberman, Assistant Director

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Monday: 9:00 a.m. – 6:00 p.m. Tuesday-Thursday: 9:00 a.m. – 5:00 p.m. Friday: 9:00 a.m. – 1:00 p.m.

**Free Sign-Up Day AND Mega Sign-Up Day are on Wednesday, October 3,** from 9:15 a.m. to 4:45 p.m. Sign-up by phone starts at 9:15 a.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center only.



## Saturday, Nov. 3, 10 a.m. – 2:30 p.m. ANNUAL SENIOR CENTER CRAFT FAIR!

*Craft Vendors! Raffles! Bake Sale! Lunch!  
Grandma's Cookie House! Admission is free!  
Bring your family and friends!*

Our annual Craft Fair is already around the corner, and as always, we need help selling raffle tickets for the beautiful quilt that will be raffled off! This year's quilt, made by our own Senior Center Quilting Class, features an Americana motif. Most raffle tickets are sold in the weeks leading up to the Fair. We count on these early ticket sales to meet our fundraising goals. If you can take one or more books of raffle tickets (10 tickets per book) to sell to 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 by bringing flyers or posters to area businesses? If you live on a well-travelled street, can you put a Craft Fair sign on your lawn? Please contact Evelyn at the Senior Center if you can help. The Fair is our largest fundraiser of the year and all proceeds benefit Dial-A-Ride!



**Flu Shots are Available!**  
**Please See Back of Calendar**



### DATING & STAYING SAFE AS A SINGLE PERSON

THURSDAY, OCT. 11, 10:00 A.M.

This presentation is geared to older adults who are currently dating and/or thinking about starting to date again. Some of the topics that will be covered in this presentation include: talking to your adult children about dating again, what women and men are typically looking for in a potential partner, on-line dating options, dating scams, safety tips for meeting someone the first time, safety tips for dating, sexual health and more. Refreshments will be served. Presented by Chrysalis Center Inc. The program is free. Sign up begins October 3. Call the Senior Center to register.

## New! Afternoon Walking at the Senior Center

Join us for Indoor Walking at the Senior Center from 4:00 – 4:30 p.m. We had a suggestion to offer walking in the "Green Room" in the afternoon, and we are happy to announce that beginning October 1, members may walk at their own pace in either the Green Room or Blue Room, depending upon which room is available. We will continue to have Indoor Walking in the mornings from 9:00 – 9:30 each day. Indoor walking is a wonderful alternative to walking outdoors as our indoor temperatures are cooler in the summer and warmer in the winter! It's also flat, level and fun because we have music and other walkers to join you! No need to sign up, just come in and start moving!



## See the Snappy Seniors' Photo Exhibit in October

"Oh, the Places We've Been," the new exhibit featuring the work of our Snappy Seniors Camera Club, will be on display in the Senior Center living room during October. "Oh, the Places We've Been" is a travelogue of photos that Snappy Seniors members have taken in locations such as Ireland, Cuba, Italy, Iceland, Greece, India, as well as many U.S. tourist destinations, including Hawaii, South Dakota and National Parks. Everyone is welcome to visit the Senior Center to enjoy these 50 beautifully enlarged, framed photographs from across the globe and throughout the area.

### Public Reception:

**Wednesday, October 3**  
**11:00 a.m. to 12:00 p.m.**  
**Senior Center Living Room**

# Special Events

## CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news as well as current events. We do not discuss politics; rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! Feel free to come and just listen. There is no pressure to participate and new folks are always welcome!

## VETERANS' COFFEE HOUR

TUESDAY, OCTOBER 2, 10:30 A.M.



This monthly informational and support meeting is conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Call the Center at

860-747-5728 to register. Sign-up has begun.

## UKULELE LESSONS AT THE SENIOR CENTER!

DEMO: THURSDAY, OCT. 4, 1:00 P.M.

CLASS: THURSDAYS, OCT. 11—DEC. 13, 1:00 P.M.

Come to a free demo on October 4 to learn how easy it can be to play the ukulele. Then, take an 8-week class! No musical experience needed. Local musician Sue Hill will teach you how to hold the ukulele and play a few basic chords, and encourage you to strum along while you sing (if you wish)! You'll need your own ukulele (\$29 to \$50 for a starter instrument) and a tuner. At the demo you'll learn where and how to buy a ukulele. Cost for the 8-week class is \$16.00. No class November 1 or 22. Sign-up has begun.

## COOKING FOR ONE CLUB

TUESDAY, OCTOBER 9, 2:00 P.M.

This group meets on the 2<sup>nd</sup> Tuesday of each month at 2:00 P.M. at the Senior Center. Join us to share tips, ideas, short cuts and recipes that make cooking for one "easy peasy." The program is free and open to members only. Sign-up begins October 3.



## LOVING YOUR LIVER: A GATEWAY TO GOOD HEALTH

FRIDAY, OCTOBER 12, 10:00 A.M.

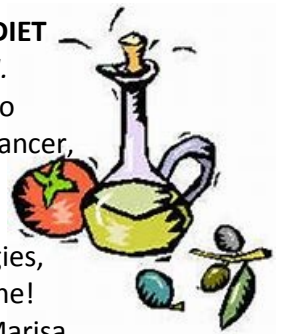
Liver health can be affected by many factors. People often think that if they are not alcoholics, they cannot have liver problems, but nothing could be further from the truth. Misuse of medications or supplements, unhealthy dietary habits, diabetes and viruses can all lead to serious liver disease. Join us to learn more about how to keep your liver healthy and questions to ask your doctor about your liver health. Donna Sciacca, Community Outreach and Education Manager with the American Liver Foundation's Connecticut Division, will share important information about this topic. All attendees will get a free American Liver Foundation goodie bag. Program is free. Sign-up has begun.



## DISCOVER THE MEDITERRANEAN DIET

TUESDAY, OCTOBER 16, 10:00 A.M.

The Mediterranean diet is proven to reduce your risk of heart disease, cancer, Parkinson's, Alzheimer's and many Other diseases. The diet includes delicious foods including fruit, veggies, nuts, seeds, fish and even some wine! So why not follow it!? Come join Marisa, ShopRite dietitian, to learn all about the Mediterranean diet, why it's the healthiest diet to follow and of course, taste some yummy samples!! Program is free; sign-up has begun.



## LIVING WITH CONGESTIVE HEART FAILURE (CHF) & CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

THURSDAY, OCTOBER 18, 10:00 AM

We invite you to join us as Anna Marianska, Transitional Care Nurse, brings you information on Living with CHF (Congestive Heart Failure) and COPD. Anna's work combines her nursing background and knowledge to benefit persons with these diagnoses. Anna will discuss symptoms, appropriate care, exercise, nutrition and general well-being. Anna will be joined by Heather Bale, Community Liaison, Fresh River Healthcare and Touchpoints at Farmington. Sign-up begins October 3.

## SNAPPY SENIORS

THURSDAY, OCTOBER 18, 10:00 A.M.

The Snappy Seniors Camera Club meets the third Thursday of each month at the Plainville Library.

## FRIENDS HELPING FRIENDS

FRIDAY, OCTOBER 19, 11:30 A.M.

This gathering, typically on the third Friday of each month, is for single, widowed or divorced members. Come out and socialize! We will meet at 11:30 a.m. at East Side Restaurant in New Britain. Sign up begins October 3.

## HOLIDAY HARVEST PROGRAM

MONDAY, OCTOBER 22, 3:00 P.M.

Get a head start in planning how to celebrate the holidays and plan for a beautiful holiday table. This program will focus on healthful, delicious recipes, cheese board ideas and easy entertaining ideas. Dark chocolate-dipped dried apricots, dark bark, fun virgin beverages and more highlight this enjoyable, informative and delicious program. Cost: \$2.00. Sign up has begun. Space is limited!

## AARP SMART DRIVER

TUESDAY, OCTOBER 23, 9:30 A.M.—1:30 P.M.

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15.00 for AARP members providing a membership number and \$20.00 for all others. Limited to 25. Bring a bag lunch if you wish. Sign-up has begun.





# More Special Events

## BOOKS AND BAGELS

WEDNESDAY, OCTOBER 24, 9:30 A.M.

Join us for a stirring discussion, a good cup of coffee or tea, and bagels!



**The Thirteenth Tale** by Diane Setterfield begins with a mysterious letter from a reclusive author to a fairly unknown biographer, requesting her to come to her estate. During their collaboration, the two women work through a tale of suspense, an eerie family estate, weird relatives, vanishing books and a mysterious mist. The question is: *Is this famous woman prepared to tell the truth or is this another one her "tales?"* Just in time for Halloween, this is a ghost story that will keep you riveted. The cast of characters will charm and mystify! Led by Senior Center Member and Volunteer Kathie Marsan, this book is sure to inspire an enchanted discussion while you nosh on bagels and sip tea or coffee. Copies of **The Thirteenth Tale** are available at the Plainville Library. For your greater enjoyment, please read the book before the meeting. Space is limited; sign-up begins October 3.

## DRY NEEDLING

THURSDAY, NOVEMBER 8, 3:30 P.M.

Trigger points are irritable, hard “knots” within a muscle that may cause pain over a large area, leading to difficulty in performing everyday tasks. This program will focus on **dry needling** as a treatment approach that releases the tight muscle bands and can lead to decreased pain and improve function. Presented by Matt Reynolds, physical therapist, Hartford Hospital Rehabilitation Network.

## UNDERSTANDING PARKINSON DISEASE

THURSDAY, NOVEMBER 15, 10:00 AM

Please join us as we discuss the dedicated and comprehensive programs available for persons with Parkinson Disease. We will touch upon early signs and symptoms, diagnosis, clinical tools and supportive services that bring care and treatment to the person with Parkinson Disease and their loved ones, in Home, Outpatient and Inpatient settings. There are so many opportunities for living a full and enriching life. Your questions and concerns are welcome. Presented by Heather Bale, Community Liaison, Fresh River Healthcare and Touchpoints at Farmington. Sign-up begins October 3.

# Tuesday Shopping Bus

In order to ride the Senior Center’s Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over age 60 or a Plainville resident of any age who is disabled. Please be ready at least 15 minutes before departure. We leave on time. Call the Senior Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up. We can only accommodate eight (8) people on the Tuesday Shopping Bus. Sign up early! Home pickups start at 11:15 a.m. The bus leaves the shopping center at 3:00 p.m.

- Tuesday, October 9, Walmart Bristol
- Tuesday, October 23, Aldi’s Southington
- Tuesday, November 6, Bristol Shopping Plaza

# 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 made-to-order fresh salads, a variety of sandwiches, grilled Panini and weekly specials. Le Petit Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, hand-crafted foods that are sure to wow your taste buds!

- |                 |   |
|-----------------|---|
| October 2 & 3   | Chicken Noodle Soup<br>California Brown Rice Bowl with<br>grilled chicken, black bean and corn<br>salsa, sliced avocado   |
| October 9 & 10  | Tuscan Soup<br>Chicken curry sandwich with fresh<br>mango   |
| October 16 & 17 | Chicken Tortilla Soup<br>Taco Salad with ground beef on a<br>bed of mixed greens topped with<br>avocado, diced tomato, cheese and<br>tortilla chips. Served with mild<br>salsa and sour cream |
| October 23 & 24 | Butternut Squash Soup<br>Roast beef sandwich with<br>horseradish cheddar cheese, lettuce<br>and tomato  |
| Oct. 30 & 31    | Baked potato soup<br>Monster meatloaf with ghostly<br>mashed potatoes   |

## We Welcome New Members to the Plainville Senior Center for August

Francoise Cyr, Kathleen Miller, Paul Schaffrick, Janice Scott, Michael Campanario, Allison Gasper, Dante Callegari, Lorraine Hill, Douglas Bell, James Bendza, Wendy Dudzinski, Deborah Wood, Weston Wood, Jr., David Albert and Patti Albert



# Weekly Tournament Winners PEAK Fitness Center

## SETBACK

**AUGUST 20:** 1ST: Bob Albrecht & Ron Roper  
2ND: Tony Lusitani & Fran Bolduc  
3RD: Marla Ludwig & Harold Bissonette  
(TIE) Joe Fortuna & Verna Pekrul

**AUGUST 27:** 1ST: Joan Litteral & Vicki Chapman  
2ND: Nancy West & John Gasparini  
3RD: Bernard Grabeck & Stan Funk

**SEPT 10:** 1ST: Sandy Tyminski & Claudette Lucente  
2ND: John Sisson & Verna Pekrul  
3RD: Donna Albrecht & Anne Theriault  
(TIE) Nancy West & John Gasparini

## BILLIARDS

**AUGUST 16:** 1ST: Tony Lusitani & Mitch Ziolkowski  
2ND: Joe Beaudin & Jeanne Shugrue

**AUGUST 23:** 1ST: Ellen Couture & Jeanne Shugrue  
2ND: Tony Lusitani & Joe Babin

**AUGUST 30:** 1ST: Stan Funk & Val Dumais  
2ND: Bob Ryer & Mitch Ziolkowski  
3RD: Tony Lusitani & Pat Cancelli

**SEPT. 6:** 1ST: Bob Ryer & Mitch Ziolkowski  
2ND: Stan Funk & Rich Nordgren



## *Did you know that exercise can help you:*

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



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 cardio-vascular workout using both upper and lower body.*
- **Bicycle:** *Recumbent bicycle allows you to ride in comfort. There is a seat back 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.*

**Membership rates:** Costs are \$9/one month, \$40/six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training.

Ready to sign up? Just stop by our front desk for a membership packet that includes a medical approval form.

## Bowling League

The Bowling League has begun its 2018-2019 season. Please call Frank Robinson at 860-747-2918 or e-mail at [FgrahamR@aol.com](mailto:FgrahamR@aol.com).



## Cheer Report

*August 16 to September 15, 2018*

### *Get Well & Thinking of You Cards were sent to:*

Carol Beam, Steven Castiola, Evelyn Case, Bill Briggs, Natalie Palazzolo, Allyn Kall, Carol Harmon, Hazel Decker, Dianne Misko, Ron Roper, Ceal DiFrancesco, Rita Dewyea, Gilman Plourd, Josephine Dougherty, Laurie Davies, Evelyn Josephs, Cathleen Macca

### *Sympathy Cards were sent to:*

Family of Rose Norris, Family of June Cleveland, Family of Pat Cook, Family of Carl Stella, Family of John Goulet, Lenora Beck, Family of Thomas Johnson, Felicia Ruffini, Joan McBain, Marilyn Petit, Family of Stephen Varkal, Family of Larry Harper, Family of Wallen Caron

### *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. Cheer cards mean SO much to members and help us keep our files updated. Call the Senior Center at 860-747-5728 to give a name and let us know if the person should receive a cheer card or a sympathy card.

***Many thanks to Carol Perry for sending out cheer cards to our members and their families!***



# Craft, Technology & Fitness 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 anticipated missed classes due to vacations, doctor’s appointments, etc. Members may sign-up for new classes beginning on Mega Sign-up Day, Wednesday, October 3 from 9:15 a.m. - 4:45 p.m. Non-members may sign up for classes that allow non-members starting October 10 if there is still room in the class. The drop-in rate for any class that allows drop-ins and/or has space available, 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
MONDAY		
Zumba Tone	9:30 – 10:30	October 1 – December 17, No class October 8 or Nov. 12. 10 weeks, \$30.00 members only
Acrylic Painting	10:00-12:00	Sept. 24 – Dec. 10. No class Oct. 8 or Nov. 12. 10 weeks. \$30.00; non members \$60.00
Power Burst	1:30-2:30	October 29 – December 17. No class November 12. 7 weeks, \$14.00. Members only
Beginner Yoga*	10:15 to 11:15 a.m.	Oct. 15 – Dec. 17. No class Oct. 8 or November 12. Class held at Library. 9 weeks \$27.00
TUESDAY		
Intermediate Yoga*	10:15-11:15	October 2 – November 20. Class held at Library. 8 weeks \$24.00. Members only
Aqua-Arthritis Water Fitness	10:45—11:30	September 18 to November 6. CLASS IS FULL. See page 5 for description and special instructions. \$24 for 8 weeks. Free to YMCA members
French Class	3:00—4:00	Continues until December. Members only.
WEDNESDAY		
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.
Zumba Gold	10:00-11:00	October 24 – December 19. 9 weeks \$27.00 Members only
THURSDAY		
Ceramics	9:30 – 11:30	October 11 – December 13 No class November 1 & November 22. 8 weeks \$32.00. Members only
Aqua-Arthritis Water Fitness 2	10:45—11:30	September 20 to Nov. 8. See page 5 for description. Class held at YMCA. \$24 for 8 weeks. Free to YMCA members.
Knit & Crochet	1:00 – 3:00	October 4 – December 20. No class Nov. 1 & Nov. 22. 10 weeks \$20.00. Members only
Ukulele	1:00—2:00	Free Demo: Oct. 4 at 1:00 p.m. 8-week class: Oct. 11—Dec. 13, No class on Nov. 1 or Nov. 22 (see description, page 2)
FRIDAY		
Chair Yoga 1	9:30-10:30	October 19 – December 21. No class Nov. 2 & Nov. 23. 8 weeks \$16.00. Members only
Chair Yoga 2	10:40-11:40	October 19 – December 21. No class Nov. 2 & Nov. 23. 8 weeks \$16.00. Members only



### Moveable Senior Center

Lesbian, gay, bisexual and transgender (LGBT) adults and allies of the LGBT community are invited to join the LGBT **Moveable Senior Center (MSC)** — a partnership among senior centers in Greater Hartford to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging. The October program is described below.

#### October 2 – Author Reading at the Elmwood Senior Center, 4:30-6:00 p.m.

This program will feature a reading by Ellen Levy, author of *Romance at Stonegate*, a book about two young Jewish women vacationing in Western Massachusetts during the summer of 1910. They are immediately attracted to one another, though neither understands. As they build a friendship, they find that their connection is more intimate and intriguing than either had imagined.



# Class Descriptions

**ACRYLIC PAINTING:** Class is resuming this month! 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 unsure whether 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 info.

**Instructor: Abbe Wade**

## **AQUA ARTHRITIS WATER FITNESS AT THE Y:**

This course is held at the Plainville YMCA pool and offers a gentle range-of-motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of an aquatic environment. Bring a bathing suit and towel. You will be able to use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. The sessions are made possible thanks to the Main Street Community Foundation Grant for 2018, providing for the partnership between the YMCA and Plainville Senior Center to offer quality programs to local seniors.

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

**Instructor: Gloria Cerniglia**

**CHAIR YOGA:** In this mindful chair yoga class, we will practice gentle postures, breath work and meditation to discover the grace and wisdom of mind-body-spirit in movement and in stillness.

**Instructor: Rosalie Tanguay**

**FRENCH:** You will learn conversational French and have opportunities to attend French cultural events, field trips and more! **Instructor: Rachel St. Onge**

## **GENTLE YOGA FOR BEGINNERS—LEVEL 1**

This class is an introduction to the building blocks of yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release and is especially good for newcomers to yoga or those who would like a refresher on the basics.

**IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** Class is held at Plainville Library.



## **GENTLE YOGA FOR EXPERIENCED — LEVEL 2**

This class is for experienced students who are ready for the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** Class is held at Plainville Public Library.



## **KNITTING & CROCHET:**

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

**Instructor: Evelyn Morin**

**POWER BURST:** This class includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout.

**Instructor: Caroline Dube**

**QUILTING:** Class is resuming this month! Beginners are always welcome to this class. You will learn proper rotary cutting and sewing techniques. Participants may also work on the Annual Senior Center quilt that is raffled during the Holiday fair, or 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:** Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**



## Ongoing Support for Veterans

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments on the first Wednesday of each month at the Senior Center. He will be at the Center on Wednesday, October 3 and Wednesday, November 7. Please call Jason directly to make an appointment in advance — 1-203-805-6340.



# Trips

Sign-Up Info
Current Trips

**Sign-up:** Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is Wednesday, October 3, from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign up.

**Open to the public:** Trips are open to the public one week (7 days) after member sign-up unless otherwise stated.

**Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. *If you must cancel the night before or the morning of the trip, please call 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 insurance policies cover most 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 that you 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 trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your seat assignment from the bus captain. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We cannot wait for late comers.***

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



**OKTOBERFEST AT KRUCKER'S**  
*TUESDAY, OCTOBER 23, 2018 8:00 A.M.*  
 Tons of food and music, dancing and games all day through 4:30 p.m. Cost is \$93 per person, due at registration. Leave from OLM at 8:00 a.m. and return to Plainville about 7:15 p.m. Sign-up has begun.

**BOB HOPE USO-STYLE SHOW AT THE AQUA TURF**  
*MON., NOVEMBER 12, 11:00 A.M. — 3:30 P.M.*  
 This trip is full. You may sign up for wait list.

**LA SALETTE FESTIVAL OF LIGHTS & FATHER PAT'S HOLIDAY CONCERT**  
*SATURDAY, DECEMBER 8, 9:15 A.M.*  
 We still have a few seats available for the annual **LaSalette Festival of Lights & Father Pat's Holiday Concert Trip**. This motorcoach tour travels to the LaSalette Shrine in Attleboro, MA for their fabulous Festival of Lights, featuring more than 100,000 lights illuminating a beautiful landscape. The Holiday Concert evokes the spirit of the holidays with everyone singing along. Attend mass, stroll the grounds, view the Nativity scenes, and visit the book and gift shop. Before the shrine visit, dig into a delicious family-style lunch at Morin's Restaurant of Attleboro, including salad and rolls, ziti with meatballs, boneless breast of chicken with cranberry glaze, broiled scrod with lemon crumb topping, au gratin potatoes, and assorted pastries and coffee. The cost of \$78 each includes motorcoach trip, visit to the Festival of Lights and Holiday Concert, and lunch. Depart at 9:15 a.m. from the Senior Center and return at about 8:30 p.m. Sign-up has begun.

## 2019 Trips

**These Senior Center trips are planned for 2019!**

- March 19: Gaelic Meets Garlic
- May 5: Mamma Mia, Warner Theater
- May 14-22: Utah's National Parks
- May 22: All You Can Eat BBQ & Bingo
- June 10-22: Alaska and the Yukon
- July 10: All You Can Eat Lobster
- July 16: Celebrate Italia
- August 12: Kenny Rogers, Dolly Parton Tribute
- Sept. 17: Frank Sinatra Tribute
- Sept. 19: Frankie Pizzaro
- Oct. 6-16: Spain—History to Heart
- Oct. 20: Barry Manilow Tribute

***Just a few of the day trips waiting for shares...***

- *Riverboat Cruise on Lake Chargogagoggman-chauggagoggchanbunagungamaugg*
- *Historic Isle of Shoals, NH*
- *Secrets of Grand Central Terminal*
- *Old Rhinebeck Aerodrome Air Show*
- *Delaware & Ulster Railroad*
- *Friesians of Majesty*

*Continued, next page*

# Big Trips 2019

Brochures for each of these trips are available on the trip rack at the Senior Center!

## 11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS OCTOBER 6 — 16, 2019



Journey to Spain and explore historic cities including Cordoba, Toledo, Barcelona, Seville, Madrid and others! Savor the highlights of this beautiful and historical country. In Barcelona on the Mediterranean, explore wonderful plazas, modern squares, works by Gaudi (a designated UNESCO World Heritage Site), the Gothic Quarter and Spanish Village, and much more. In Seville, you'll visit the burial spot of Christopher Columbus and ride by rail to Madrid, where you'll enjoy an evening Flamenco show. Visit the Prado Museum, the Royal Palace, the Las Ventas Bullring and the Bernabeu Football Stadium. Your visit to Toledo, another UNESCO World Heritage Site, includes a tour of a magnificent Gothic cathedral and a 13th century synagogue. Trip costs include international airfare, 16 meals with wine at dinner, all sites listed above, a visit to a Spanish olive orchard, canal cruise, tour of Alhambra Palace and much, much more! Pick up a trip flyer at the Senior Center!

## UTAH'S NATIONAL PARKS FROM LAS VEGAS MAY 14—22, 2019 — 9 DAYS, 8 NIGHTS

See the "Mighty 5" National Parks — Canyonlands, Arches, Capitol Reef, Bryce (Shawn's favorite) and Zion National Parks. Add to that the Grand Canyon, Monument Valley, Route 66 and even a brief stop in Las Vegas for the trip of a lifetime! Added tours and adventures include: Tour of Antelope Canyon, 4-Wheel Drive Tour of Monument Valley with a Navajo Guide, Dead Horse State Park, Jet Boat Ride on the Colorado River, Red Cliffs Adventure Lodge, 4x4 Jeep Tour of Canyonlands National Park, Moab, Utah Movie Museum and Castle Creek Winery. The trip will be fully escorted from Plainville, includes local guides, a professional tour guide throughout and so much more! The trip is open to the public, so invite your friends (airfares are available across the US). **More, next column**



## ALASKA & THE YUKON

### JUNE 10-22, 2019 13 DAYS, 12 NIGHTS

Fully escorted from Plainville, this trip includes 8 days of land touring and 4 days of cruising on Holland America. Enjoy a ride on the McKinley Explorer Domed Train to Denali National Park, a Tundra Wilderness Tour plus Mt. Denali, stops in Fairbanks and a visit to the Trans-Alaska Pipeline. In Dawson, you'll view old-time wooden boardwalks, frontier-era buildings and the Jack London Museum. On your four-day cruise Skagway to Vancouver, watch for whales, eagles and otters, see Glacier Bay National Park, sheltered fjords, rainforests and wildlife, take in the Saxman Native Village and the Lumberjack Show in Ketchikan and still more. The trip is open to the public, so invite your friends (separate airfares are available from around the country). Pick up a brochure at the Senior Center.

# Quick Trips

Senior Center Quick Trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or Our Lady of Mercy Church (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. **Passengers must be able to get to and from the bus on their own.** If you need a wheelchair lift, tell us at sign-up.

**TRIP GUIDELINES:** All Quick Trips charge \$8.00 for transportation, payable at registration. No phone reservations are accepted. Refunds are given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. If you are ill and cannot attend, please call the Senior Center when it is open or call Ceal DiFrancesco after hours (860-747-1927).

Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens. Please help us by signing up for trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!

## More 2019 Trips *Cont. from page 7...*

### A few more day trips waiting for shares...

- Shear Madness, Boston
- Circle Line, NYC
- Andy Warhol Exhibit
- United Nations
- Libraries of Manhattan
- "On Your Feet," Westchester Broadway Theater
- Rhode Island Chicken Dinner & Casino

**STAY TUNED FOR MORE DETAILS NEXT MONTH!**



## OLD SAYBROOK SHOPPING PLAZA & LUNCH AT LENNY & JOE'S, MADISON

SAT., OCT. 13, 9:30 A.M.

Enjoy lots of shopping opportunities at stores such as Walmart, Famous Footwear, Marshalls, Home Goods, Pier

One and others, then enjoy a delicious lunch at Lenny & Joe's. Limit of 12 participants. \$8.00 for transportation is due at sign-up. Cost of lunch is on your own. Home pick-ups **for those who do not drive** begin at 9:15 a.m., and the bus will leave the Senior Center at 9:30 a.m. and return around 3:00 p.m. **Sign-up begins October 3.**



# Quick Trips, cont.

# Outdoor Adventure Club

## FALL FOLIAGE RIDE IN THE LITCHFIELD HILLS

SATURDAY, OCT. 27, 11:00 A.M.

Enjoy the breathtaking views of fall foliage in the Litchfield Hills. We will begin our trip by having lunch at Bantam Pizza (lunch is on your own), then drive around Lake Waramaug on the various scenic roads in the beautiful northwest corner of the state. As we return to Litchfield, 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 and is an experience in itself. The bus will then go around Bantam Lake before returning to Plainville. Pick-ups **first for those who do not drive** begin at 10:45 a.m., then Senior Center pick ups at 11:00 a.m. Trip returns at 4:00 p.m. \$8.00 for transportation is due at sign-up. **Sign up begins October 3.**



## Plainville Artists Chosen for “Art of Experience” Juried Art Show

Eleven Plainville Senior Center members participated in "The Art of Experience" juried art show held at Pomperaug Woods in Southbury. The selected artists included: P.R. Bailey, Ellen Couture, June Demanski, and Martha Trask. Selected photographers were: Olga Callender, Bonnie Carilli, Frank Demanski, Judith Humphrey, Eugene Kelsey, Irene Kelsey, and Lakshmi Padmanabhan.

"Imperfect Perfection," Judy Humphrey's entry, was selected for the month of February page in the Art of Experience 2019 Calendar. The photo was taken in the Portland, Oregon Rose Garden. To view this photo and other Snappy Seniors' entries, please come to the Snappy Seniors' photo exhibit, **Oh, the Places We've Been** during October at the Senior Center. The public is invited to the opening reception at the Senior Center on Wednesday, October 3, 11:00 a.m. - noon.

**Please Remember: The Plainville Senior Center AND its Trips are Scent-Free Zones!**

Help us to keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, aftershave or other fragrances at the Center **or** on our bus trips!



**Please help us by signing up for Trips, Outdoor Adventures and Quick Trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects those who have already signed up. Thank you!**

## ZIPLINE ADVENTURE AT ZOAR OUTDOORS, CHARLEMONT, MA

SATURDAY, OCTOBER 6, 7:00 A.M.

If you've ever wanted to try zip-lining, this unique Canopy Tour is for you. The tour follows 11 zip lines, 2 sky bridges and 3 rappels suspended in the trees and connected through platforms that sit high above the forest floor! We will travel with members of the South Windsor Senior Center in their bus to Zoar Outdoors. Trip goes rain or shine. We will stop for lunch (on your own) on the way home. Bus leaves Senior Center Lot at 7:00 a.m. and returns about 3:00 p.m. **TRIP IS FULL; PLEASE SIGN-UP FOR WAIT LIST!**



## URBAN ADVENTURE SOUTH END WALKING TOUR

WEDNESDAY, OCTOBER 10, 9:15 A.M.

Join Eileen Cyr as we travel via CT FastTrak for a walking history tour of Hartford's South End. Wendy Pawlak, Hartford historian, writer, lecturer, researcher, teacher and friendly tour guide will lead us through the South End, and will provide information about this part of the city: Campfield Library, Major Thomas McManus Memorial Park, St. Augustine Church, Barry Square, Old South Burial Ground, Institute of Living, and the history of Hartford Hospital. Participants must be able to walk and stand without breaks for 1 ½ hours. We will stop for lunch (on your own). Rain date is October 17. Meet at the bus stop in front of Plainville Public Library at 9:15 a.m. Cost of \$5.00 due at registration includes leader and tour guide. Bring \$1.70 and an additional .85 cents (for bus transfer) in exact change for the bus fare. Lunch is on your own. The trip returns at about 2:30 p.m. Sign up has begun.

## WEST HARTFORD RESERVOIR 6 HIKE

FRIDAY, OCTOBER 19, 2:30 P.M.

We'll drive separately to meet up at the reservoir for a good fall hike! The hike will be about 4.5 miles on terrain that has rolling hills and beautiful scenery. We will meet in the main reservoir parking lot at 2:30 p.m. and finish around 5:30. Bring warm clothes and some water! The fee of \$3.00 is payable to Jared on day of hike. Sign up at the Senior Center starting October 3.

## CRESCENT LAKE HIKE

FRIDAY, OCTOBER 26 2:30 P.M.

Another fall hike — at Crescent Lake, a classic local hiking spot. This trip will take us along the red-blazed trail for about 2.4 miles over moderate terrain, including wooded trails with moderate inclines and some mildly rocky stretches. Please wear warm fall clothes like fleece or a light jacket, and bring a water bottle! We will meet at the trailhead at 2:30 p.m. and finish at about 4:30. The \$3.00 fee is payable to Jared on day of hike. Sign up begins October 3.

**More Adventures, next page**

# Outdoor Adventure cont.

## **MCLEAN GAME REFUGE, GRANBY (RESCHEDULED) WEDNESDAY, OCTOBER 31, 7:45 A.M.**

The McLean Game Refuge is among the largest private forests in New England and serves a vital role in wildlife management. Eileen Cyr will lead this easy 3-4 mile hike (about 2 hours). Individuals **MUST** be able to walk at least 4 miles on a flat surface. Participants must take all of their medications (diabetes, asthma, etc.) prior to the walk and bring necessary medications with them in the event they are needed (e.g., inhaler). Wear good walking shoes, bring a walking stick (or borrow one from the Senior Center before the day of departure). Wear sunscreen, a hat and bring your own water and snack. Bus leaves from OLM at 7:45 a.m. and returns approximately 11:30 a.m. Cost is \$5.00, due at sign-up. Sign up has begun.

## **EXPLORE NEW HAVEN USING CONNECTICUT'S NEW HIGH SPEED RAIL SYSTEM!**

**WEDNESDAY, NOV. 7, 9:00 A.M.**

Join us for a day exploring New Haven via **The Hartford Line's** new high speed trains, which travel up to 110 miles per hour between Springfield, Hartford, and New Haven, with stops along the way.



Meet at 9:00 a.m. at the Senior Center to caravan by car to the Berlin Train Station. We will then travel by high speed rail to New Haven's Union Station. From the station, we will walk to the Yale Art Gallery (about 1 mile away, 20-25 minute walk), and visit the exhibits. There will be time for lunch at Claire's Restaurant, and further walking/touring of the sights in New Haven. We will take a free shuttle bus back to the New Haven train station, and arrive back to Berlin at approximately 5:30 p.m. The train is \$12.00 (round trip) for those under 65 and \$10.80 for over 65. Admission to the Yale Art Gallery is free! Bring money for lunch, which is on your own, and any shopping or treats you may wish to buy. Eileen Cyr will be the trip leader. Cost is \$3.00, due at registration, starting October 3.

# Library News

To sign up for any of the following events at the Plainville Public Library, please call the Library at 860-793-1446 or stop by the Reference Desk.

- **Wednesday, October 24** at 5pm — **Introduction to Ancestry.com** workshop. Participants must register and bring a laptop or tablet to follow along with the instructor.
- **Thursday, October 11** at 1:00 p.m. and **Saturday, October 27** at 1:30 p.m.— **Movie: The Book Club**
- **Wednesday, November 7** at 7pm — **New Britain Symphony Orchestra presents The Steel Drum Ensemble**

# Donations

## ***The Senior Center Always 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 wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **We do not use blank cards, holiday cards, religious cards, mass cards or birthday cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need!

**Please note:** 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 this Newsletter. (If you wish to have your donation remain anonymous, please tell 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 16 — September 15**

MaryJane Snow, Barbara Petit, Circle Group, Gemma Croteau, Maria Wynkoop, Naomi Goldsmith, Lois Schmidt, Bob Anderson, Rosaleen Peters, Tammy Roth, Joann Cephas, Joann Manioli, Karna Baumberger, Helen Kisluk, Dale Sharp, Peter Orofino, Plainville Funeral Home

## **MEMORIAL DONATIONS through September 15**

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

### ***In Memory of:***

- **Michael Heslin**, by Lee Ann Korus
- **Francis LeDuc**, by Charles & Olga Stepney
- **James J. Ross Jr.**, by Barbara Barton

## **DIAL-A-RIDE DONATIONS through September 15**

Mary J. Nolan, Marlene Maglio, Rosaleen Peters, Rosemarie Babin

## **AARP Trips**

- **October 9, Foxwoods Casino**, Leaves OLM lot at 8:00 a.m., Leave casino at 4:00 p.m. \$25.
- **November 30, "Christmas in Connecticut,"** Wadsworth Trees, Twain House and Chowder Pot, \$108 includes lunch

*For information on any of these trips or to sign up please call Sally at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Center. You cannot sign-up or pay for them at the Center.*

## **AARP Trips Planned for 2019!**

- April 1-9: New Orleans, \$2299
- July 22-24 (2 nights): Riding the New Hampshire Rails, \$611
- November 9-24: Panama Canal, \$1999

# Transportation

## DIAL-A-RIDE

**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, Southington, New Britain, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. Also, 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 \$1.00 donation for each way is suggested, but not required.*



## ADA Para-Transit

**Another option with more hours and destinations**

The Americans with Disability Act (ADA) Paratransit Service provides more hours and more destinations than the Senior Center's Dial-A-Ride service and even runs on Sunday! It is another option for seniors and persons with a disability who cannot drive.

The ADA Paratransit ride service travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you still may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 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 in a book of ten for \$28 (only \$2.80 each). **A driver can assist you door-to-door if you make arrangements ahead of time.** 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.

### **You Must be Pre-Approved — How to Apply:**

The application process is now part of the Greater Hartford Transit District. The on-line application can be found online at **www.ctada.com**.

*Continued...*

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 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 two to four 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.



Once you are approved, you can re-serve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m.—5:00 p.m. So give it a try — broaden your horizons, go shopping or visit a friend. Sunday service can take you to religious services. You can schedule an appointment at 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).

### **2018 ADA PARTICIPATION GROUP FORUM**

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting is on **November 14, 2018 at 5 p.m.** The Forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation about the ADA Paratransit Service. Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: **pwilliams@hartfordtransit.org** 48 hours in advance.

**Have questions about transportation services? Call Bette or Stephanie at 860-747-5728.**



**Your suggestions, ideas, concerns and comments are welcome! Feel free to talk directly to Shawn or Ronda or write them down and put in the Suggestion Box on the counter across from the rest rooms.**



# This & That

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BC: Back of Calendar

### YOU SHOULD HAVE YOUR NEW MEDICARE CARD!

The Centers for Medicare and Medicaid Services reports that you should have gotten your new Medicare card by now. If you didn't get it:

- Look through your recent mail for a plain white envelope from the Department of Health and Human Services; your card may be there.
- Call 1-800-MEDICARE. They will check the status and help you get your new card.
- Meanwhile, use the Medicare card that you already have.

**CHORAL GROUP** rehearsals are Friday, October 5 and Monday, October 22 at 9:30 a.m. to 11:00 a.m.

### SENIOR CENTER DISPLAY CASE

If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for December 2018 or sometime in 2019!

### CONGREGATE MEAL PROGRAM

You may stop by the big 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.**

### MEALS ON WHEELS VOLUNTEERS NEEDED

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Mon-Fri., typically from 10 A.M. to 12 noon. Deliver one or more days per week, or be on call to cover for other volunteers during an illness or vacation. Mileage reimbursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior Center for more information: 860-747-5728.

### AUTHOR VISIT AT THE LIBRARY

Experience a special afternoon of true storytelling with author Janina Nawaskas based on her memoir, ***A Child Lost***. The book describes author's life journey from war-torn Europe to America, detailing her early years in Lithuania where she lived comfortably with her family, up to age seven when World War II exploded their lives. **This exclusive free event is on Saturday, October 6 from 1:00 to 2:00 p.m. at the Plainville Public Library.** Time for questions will be provided, and autographed books will be for sale. *Sponsored by Plainville Adult Education.*

### Free Wellness Festival!

New Horizons Village and Cigna are co-hosting a Wellness Festival in October. The FREE event will include a workshop on healthy eating on a budget, chair yoga, art therapy, adaptive sports activities, and more!

**Saturday, October 20th**

**11:00am – 2:00pm**

**New Horizons Village, 37 Bliss Memorial Road, Unionville**

Call Michelle at 860-673-8893 to register

### Support Groups *(continued from Back of Calendar)*

- **Free "Care-partner Course" Offers Support for Those Caring for Someone with Dementia**

This free four-part program is for anyone caring for someone with Alzheimer's disease or other type of dementia. Sessions run from 6 to 8 p.m. You may attend any or all. Please RSVP Susan Clements at 860-828-2828 or [sclements@alz.org](mailto:sclements@alz.org).

- Oct. 2: Understanding Alzheimer's and other Dementias
- Oct. 9: Communication and Behavioral Challenges
- Oct. 16: Legal and Financial Issues
- Oct. 30: Keeping the Caregiver Healthy, Family Dynamics and Community Resources

*Sessions will be held at UConn Health's Cell & Genome Sciences Building, 400 Farmington Avenue, Farmington CT*

## FLU SHOTS ARE AVAILABLE!

- Flu shots for homebound Plainville residents will be available soon. Please call the Senior Center at 860-747-5728 to schedule.
- All other Plainville residents aged 60 and above may get their flu shot at 12:30 p.m. on Tuesdays starting October 2, or at 12:30 p.m. on Thursday, October 11, 25, November 8, or 22.
- No appointment needed. Bring your insurance card.
- The price for any uninsured person is \$25. All insurances except Wellcare are accepted.
- The Town of Plainville will offer flu clinics as well, through the Plainville-Southington Health District. Call 860-276-6275 or go online to [www.pshd.org](http://www.pshd.org) for flu clinic dates.

## REGULAR 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 Senior Center members who live in Plainville and \$28.00 for out-of town Senior Center members.** You may pay with cash or check made out to the Plainville Senior Center. Please call the Senior Center to make an appointment. **Senior Center members only.**

## EAR WAX REMOVAL

Call the Senior Center to make your appointment for ear wax removal. At least one week before your appointment, you must come in to the Senior Center to pick up an instruction sheet that explains how to prepare, as well as paperwork to fill out and bring to your appointment. This service is provided by ProHealth Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any outstanding balance over \$5.00. In most cases, patients will not pay more than \$5.00 for the service.

## FREE BLOOD PRESSURE SCREENINGS

- **Thursday, Oct. 11, 1:00—2:00 p.m.**  
(provided by Hartford Health Care)
- **Wednesday, Oct. 3 and Oct. 17, 11:00 a.m.-12 p.m.**  
(provided by Interim Health Care)
- **Monday, Oct. 29, 12:00—12:30 p.m.**  
(with our Nurse)

## CHOLESTEROL SCREENING

A quick appointment and a prick of your fingertip can tell you your total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose numbers. This test does not require fasting. Knowing these numbers and taking appropriate health measures are great steps toward a healthier you! Call the Senior Center for an appointment with our nurse. Cost is \$12.00.



## QUESTIONS FOR THE SOCIAL WORKER

*MONDAYS, OCT. 15 AND OCT. 29, 12:30 P.M.*

If you have questions, we have answers! We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find Alzheimer's help in the community or homecare. 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 sign-up needed; no question is too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center to schedule a time that's convenient.

## GRANDPARENTS RAISING GRANDCHILDREN

*TUESDAY, OCTOBER 16, 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 households where grandparents and relatives are responsible for their needs. Come and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. Sign-up begins October 3.

## CAREGIVING CONNECTIONS

*TUESDAY, OCTOBER 16, 10:00 A.M.*

October is a harbinger of the seasonal changes on the horizon! It brings shorter days and longer evenings with more time spent indoors along with the brilliant coloration of foliage to brighten our days and lift our spirits. Come share golden moments with your friends who understand the challenges of caregiving no matter the season! Call Bette at the Center for any questions or concerns. Sign-up begins October 3.

## BRIGHTER FOCUS

*THURSDAY, OCTOBER 18, 10:00 A.M.*

When hope dwindles, life can become arduous. Keeping a positive state of mind as we age is often an increasingly difficult challenge. A hopeful outlook changes not only our life, but the lives of others with whom we come in contact! Come share your thoughts and experiences on the power of optimistic expectations. Sign-up begins October 3. Call Bette with any questions. New members are welcome.

## Support Groups at UConn Health Center

- **Bladder Cancer Support Group**  
*Next Meeting — Saturday, Oct. 6, 2 p.m. to 3 p.m. at UConn Health, Onyuke Dining Room*  
Patients, family members and caregivers (not limited to UConn Health patients) are invited to join others whose lives have been touched by bladder cancer. This support group, established in partnership with the Bladder Cancer Advocacy Network, usually meets on the **first Saturday of the month** and is the only group of its kind in New England. Call 888-901-BCAN for more information.

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# OCTOBER 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	OCT. 1	2	3	4	5	6
<div><div>KEY:</div><div>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.</div></div>	<div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 Zumba Tone GR</div><div>10:00 Acr. Paint CR</div><div>10:00 Curr. Events OS</div><div>10:15 Beg. Yoga L</div><div>12:00 Mahjong GA</div><div>12:30 Setback GR</div><div>12:45 Bowling</div><div>1:30 Power Burst BR</div><div>4:00 Walking GR</div></div>	<div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 AM Wii Bowling BR</div><div>10:00 Cribbage GA</div><div>10:00 Ladies Billiards</div><div>10:15 Int. Yoga L</div><div>10:30 Vet. Coffee Hr. CR</div><div>10:45 Aqua Fitness YMCA</div><div>12:00 Pinochle GA</div><div>12:30 Open Circle CR</div><div>1:00 Bridge OS</div><div>1:00 Memory GR</div><div>1:00 PM Wii Bowling BR</div><div>3:00 French Class GA</div><div>4:00 Walking GR</div></div>	<div><div>MEGA and FREE SIGN-UP DAY</div><div>8:45 Bike Ride Northampton</div><div>9:00 Walking GR</div><div>9:30 Quilting CR</div><div>*10:00 Vet Appts CL</div><div>10:00 Zumba Gold GR</div><div>11:00 Photo Exhibit Reception LR</div><div>11:00 BP Clinic</div><div>1:00 Open Paint CR</div><div>1:00 Bingo GR</div><div>1:15 Charlemagne C</div><div>3:00 Coloring Club GR</div><div>4:00 Walking GR</div></div>	<div><div>9:00 Walking GR</div><div>9:30 Ceramics CR</div><div>9:30 Mexican Train GA</div><div>10:45 Aqua Fitness 2 at YMCA</div><div>12:30 Pool Tournament</div><div>12:30 Pinochle CL</div><div>1:00 Ukulele Demo CR</div><div>1:00 Scrabble C</div><div>1:00 Bridge OS</div><div>1:00 Knit &amp; Crochet GR</div><div>4:00 Walking GR</div></div>	<div><div>9:00 Walking GR</div><div>9:00 Mahjong GA</div><div>9:30 Chr Yoga 1 GR</div><div>9:30 Choral Gp. BR</div><div>10:40 Chr Yoga 2 GR</div><div>12:00 Pinochle L</div></div>	<div><div>7:00 a.m. Zipline Adv.</div></div>
7	8	9	10	11	12	13
	<div><div>Columbus Day Senior Center Closed</div></div>	<div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 AM Wii Bowling BR</div><div>10:00 Ladies Billiards</div><div>10:00 Cribbage GA</div><div>10:15 Int. Yoga L</div><div>10:45 Aqua Fitness YMCA</div><div>11:15Shopping Bus</div><div>12:00 Pinochle GA</div><div>12:30 Open Circle CR</div><div>1:00 Memory GR</div><div>1:00 Bridge OS</div><div>1:00 PM Wii Bowling BR</div><div>2:00 Cooking for One C</div><div>3:00 French Class GA</div><div>4:00 Walking GR</div></div>	<div><div>9:00 Walking GR</div><div>9:15 Urban Adv. Htfd.</div><div>9:30 Quilting CR</div><div>10:00 Zumba Gold GR</div><div>1:00 Open Paint CR</div><div>1:00 Bingo GR</div><div>1:15 Charlemagne C</div><div>3:00 Coloring Club GR</div><div>4:00 Walking GR</div></div>	<div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 Ceramics CR</div><div>9:30 Mexican Train GA</div><div>10:00 Date / Be Safe GR</div><div>10:45 Aqua Fitness 2 YMCA</div><div>12:00 COA Meeting CR</div><div>12:30 Pool Tournament</div><div>12:30 Pinochle CL</div><div>1:00 Ukulele Class CR</div><div>1:00 BP Clinic</div><div>1:00 Scrabble C</div><div>1:00 Bridge OS</div><div>1:00 Knit &amp; Crochet GR</div><div>4:00 Walking GR</div></div>	<div><div>9:00 Walking GR</div><div>9:00 Mahjong GA</div><div>9:30 Chr Yoga 1 GR</div><div>10:00 Love Your Liver CR</div><div>10:40 Chr Yoga 2 GR</div><div>12:00 Pinochle L</div></div>	<div><div>9:30 a.m. Old Saybrook Shopping</div></div>
14	15	16	17	18	19	20
	<div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 Zumba Tone GR</div><div>10:00 Current Events OS</div><div>10:00 Acr. Paint CR</div><div>10:15 Beg. Yoga L</div><div>12:00 Mahjong GA</div><div>12:30 Questions for the Social Worker</div><div>12:30 Setback GR</div><div>12:45 Bowling</div><div>1:30 Power Burst BR</div><div>4:00 Walking GR</div></div>	<div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 AM Wii Bowling CR</div><div>10:00 Ladies Billiards</div><div>10:00 Cribbage CL</div><div>10:00 Caregiving GA</div><div>10:00 Mediterr. Diet BR</div><div>10:15 Int. Yoga L</div><div>10:30 Grandparents GR</div><div>10:45 Aqua Fitness YMCA</div><div>12:00 Pinochle GA</div><div>12:30 Open Circle CR</div><div>1:00 PM Wii Bowling BR</div><div>1:00 Bridge OS</div><div>3:00 French Class GA</div><div>4:00 Walking GR</div></div>	<div><div>9:00 Walking GR</div><div>9:30 Quilting CR</div><div>10:00 Zumba Gold GR</div><div>11:00 BP Clinic</div><div>1:00 Open Paint CR</div><div>1:00 Bingo GR</div><div>1:15 Charlemagne C</div><div>3:00 Coloring Club GR</div><div>4:00 Walking GR</div></div>	<div><div>9:00 Walking GR</div><div>9:30 Ceramics CR</div><div>9:30 Mexican Train CL</div><div>10:00 Brighter Focus GA</div><div>10:00 Snappy Sr. L</div><div>10:00 CHF/COPD GR</div><div>10:45 Aqua Fitness 2 at YMCA</div><div>12:30 Pool Tournament</div><div>12:30 Pinochle CL</div><div>1:00 Ukulele Class CR</div><div>1:00 Scrabble C</div><div>1:00 Bridge OS</div><div>1:00 Knit &amp; Crochet GR</div><div>4:00 Walking GR</div></div>	<div><div>9:00 Walking GR</div><div>9:00 Mahjong GA</div><div>9:30 Chr Yoga 1 GR</div><div>10:40 Chr Yoga 2 GR</div><div>11:30 Friends Helping Friends</div><div>12:00 Pinochle L</div><div>2:30 WH Res Hike</div></div>	
21	22	23	24	25	26	27
	<div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 Zumba Tone GR</div><div>10:00 Current Events OS</div><div>10:00 Acrylic Ptg. CR</div><div>10:15 Beg. Yoga L</div><div>12:00 Mahjong GA</div><div>12:30 Setback GR</div><div>12:45 Bowling</div><div>1:30 Power Burst BR</div><div>3:00 Hol. Harvest, C</div><div>4:00 Walking GR</div></div>	<div><div>8:00 Oktoberfest Trip</div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 AARP Driver GR</div><div>9:30 AM Wii Bowling BR</div><div>10:00 Ladies Billiards</div><div>10:00 Cribbage GA</div><div>10:15 Int. Yoga L</div><div>10:45 Aqua Fitness YMCA</div><div>11:15 Shopping Bus</div><div>12:00 Pinochle GA</div><div>12:30 Open Circle CR</div><div>1:00 Bridge OS</div><div>1:00 PM Wii Bowling BR</div><div>3:00 French Class GA</div><div>4:00 Walking GR</div></div>	<div><div>9:00 Walking GR</div><div>9:30 Books &amp; Bagels GA</div><div>9:30 Quilting CR</div><div>10:00 Zumba Gold GR</div><div>1:00 Open Paint CR</div><div>1:00 Bingo GR</div><div>1:15 Charlemagne C</div><div>3:00 Coloring Club GR</div><div>4:00 Walking GR</div></div>	<div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 Ceramics CR</div><div>9:30 Mexican Train GA</div><div>10:45 Aqua Fitness 2 at YMCA</div><div>12:30 Pool Tournament</div><div>12:30 Pinochle CL</div><div>1:00 Ukulele Class CR</div><div>1:00 Scrabble C</div><div>1:00 Bridge OS</div><div>1:00 Knit &amp; Crochet GR</div><div>4:00 Walking GR</div></div>	<div><div>9:00 Walking GR</div><div>9:00 Mahjong GA</div><div>9:30 Choral Gp BR</div><div>9:30 Chr Yoga 1 GR</div><div>10:40 Chr Yoga 2 GR</div><div>12:00 Pinochle L</div><div>2:30 Crescent Lake Hike</div></div>	<div><div>Fall Foliage, 11:00</div></div>
28	29	30	31	NOV. 1	NOV. 2	NOV.3
	<div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 Zumba Tone GR</div><div>10:00 Curr. Events OS</div><div>10:00 Acrylic Ptg. CR</div><div>10:15 Beg. Yoga L</div><div>12:00 BP Clinic</div><div>12:00 Mahjong GA</div><div>12:30 Questions for the Social Worker</div><div>12:30 Setback GR</div><div>12:45 Bowling</div><div>1:30 Power Burst BR</div><div>4:00 Walking GR</div></div>	<div><div>*9:00 NURSE</div><div>9:00 Walking GR</div><div>9:30 AM Wii Bowling BR</div><div>10:00 Ladies Billiards</div><div>10:00 Cribbage GA</div><div>10:15 Int. Yoga L</div><div>10:45 Aqua Fitness YMCA</div><div>12:00 Pinochle GA</div><div>12:30 Open Circle CR</div><div>1:00 Bridge OS</div><div>1:00 PM Wii Bowling BR</div><div>3:00 French Class GA</div><div>4:00 Walking GR</div></div>	<div><div>7:45 Mclean Hike</div><div>9:00 Walking GR</div><div>9:30 Quilting CR</div><div>10:00 Zumba Gold GR</div><div>1:00 Open Paint CR</div><div>1:00 Bingo GR</div><div>1:15 Charlemagne C</div><div>3:00 Coloring Club GR</div><div>4:00 Walking GR</div></div>	<div><div>9:00 Walking GR</div><div>9:30 Mexican Train GA</div><div>10:45 Aqua Fitness 2 at YMCA</div><div>HOLIDAY FAIR SET-UP</div></div>	<div><div>HOLIDAY FAIR SET-UP</div></div>	<div><div>10:00 a.m. Holiday Craft Fair</div></div>