

Shawn Cohen, Director

Ronda Guberman, Assistant Director

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

Mega Sign-Up Day (for free and paid programs) is on Thursday, October 3 from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. Online registration begins at noon for programs accepting online sign-up. If the Center is closed on Mega Sign-Up Day due to weather or 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 a.m., Mon.- Fri. We accept cash and checks made out to the Plainville Senior Center only.

Optional Online Registration is Here!

We are now offering online registration for **some free events**. (You will always be able to sign up in person or by calling the Senior Center.) We included step by step instructions in our September newsletter and posted the instructions online at the Senior Center's web page — www.plainvillect.com/senior-center. You can even pick up printed instructions at the Plainville Senior Center.

Once online, you can register yourself for certain free events **and** check out what's happening day-by-day at the Senior Center from the comfort of your own home. This month, sign-up day is October 3. Phone and in-person sign-up begins at 9:15 a.m. Online registration for new programs begins at 12 noon and then continues 24 hours a day, 7 days a week!

Here's a sample of programs that you can sign up for online:

- **JOIN US FOR A GAME OF KAHOOT!**
Wednesday, Oct. 2, 2:00 P.M.
- **CARING FOR AGING PARENTS & RELATIVES**
Tuesday, Oct. 8, 6:00 P.M.
- **HOW TO PREVENT COMPLICATIONS OF DIABETES**
Thursday, Oct. 10, 1:00 P.M.
- **CAREGIVING CONNECTIONS** (back of calendar)
Tuesday, Oct. 15, 10:00 A.M.
- **INFORMATIONAL RECEPTION FOR STS RIDERS AND PROSPECTIVE VOLUNTEERS**
Thursday, October 17, 11:30 A.M.
- **STRESS MANAGEMENT**
Tuesday, Nov. 5, 10:00 A.M.
- **STAYING ON YOUR FEET IN ICE AND SNOW**
Wednesday, Dec. 18, 1:00 P.M.

Every month the "Special Events" descriptions that begin on page 2 of the newsletter will indicate if online sign-up is available for a particular event. Again, you can still sign up for any free program in person or by phone. For events that require a fee, you must come to the Center to pre-pay with cash or check.

Saturday, Nov. 2, 10 a.m. – 2:30 p.m.

holiday Craft Fair

Craft Vendors! Raffles! Bake Sale! Lunch!
Grandma's Cookie House!

The Plainville Senior Center's Annual Craft Fair is already right around the corner! Can you help us to publicize the Fair by bringing flyers or posters to area businesses? Or, if you live on a well-travelled street, would you be willing to put a Craft Fair sign on your lawn? Please contact Evelyn at 860-747-5728 if you can help. The Craft Fair is our largest fundraiser of the year; all proceeds benefit Dial-A-Ride. *Admission is free! Bring your family and friends!*



Tickets on Sale for Senior Center Quilt

This year's annual handcrafted quilt is amazing! Visit the Senior Center to see it on display or www.plainvillect.com/senior-center to see a full color photo online. Sincere thanks to Instructor Karen Kebinger and the many Quilting Class participants who worked on this special project all year long. The 80-by 85-inch quilt is hand-crafted in rich gold shades accented with floral patches and small black squares. The drawing will be held at 2 p.m. at our Annual Craft Fair on November 2nd. Raffle tickets, priced at \$1.00 each, are **now on sale at the Senior Center**. We will also sell them at **Gnazzo's from 10 a.m. to 2 p.m. on Thursday, October 3rd, Friday, October 4th, Thursday, October 24th and Friday October 25th**. All proceeds benefit Dial-A-Ride in Plainville. If you can help sell tickets, please call Evelyn at the Senior Center — 860-747-5728.

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. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

VETERANS' COFFEE HOUR

TUESDAY, OCTOBER 1, 10:30 A.M.

TUESDAY, NOVEMBER 5, 10:30 A.M.

These monthly information and support Meetings, formerly conducted by Wayne Rioux, will now be offered by Sherry Vogt, former VA specialist with Congresswoman Esty's office, and now working as a Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Please call the Center at 860-747-5728 to register. Sign-up has begun.



JOIN US FOR A GAME OF KAHOOT! AND KEEP YOUR BRAIN HEALTHY

WEDNESDAY, OCTOBER 2, 2:00 P.M.

Kahoot! is a series of trivia games that makes learning awesome for millions of people all over the world. The topic for this game is "Ways to Keep Your Brain Healthy." If you have been to the 5-week Healthy Brain Series by Hartford Healthcare Center for Healthy Aging, you should get 100% in Kahoot! But don't worry, if you weren't able to join us, here is a game to learn ways to keep your brain healthy. Your game host will be Patty O'Brian, Dementia Specialist, Hartford Healthcare Center for Healthy Aging. Program is free. Sign up has begun. **On-line registration is available.**

LIVING IN THE MOMENT: INTRODUCTION TO THE PRACTICE OF MINDFULNESS

THURS., OCT. 3, 9:30 — 10:30 A.M.

SIGN-UP IS CLOSED.

CARING FOR YOUR AGING PARENTS & RELATIVES

TUESDAY, OCT. 8, 6:00 P.M.

As adult children take on caregiving responsibilities for their parents, they begin to manage their loved one's finances, living situations, health issues, medical decisions and other daily activities. This free presentation will explore the impact on the physical and emotional health of caregivers and offer community resources to prepare for the caregiving journey. Presented by Aminda Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging, and sponsored by the Center for Healthy Aging. Program is at Senior Center. A light dinner will be served. Sign up has begun. **Online registration is available.**



FREE MEMORY SCREENINGS

WEDNESDAY, OCTOBER 9, 12:30 P.M.

THIS EVENT IS FULL. YOU MAY SIGN FOR WAIT LIST.

HOW TO PREVENT COMPLICATIONS OF DIABETES

THURSDAY, OCTOBER 10, 1:00 P.M.

Learn to control your blood sugar with positive lifestyle changes. Find out what foods you can eat that are low in sugar, without giving up taste! Presented by the Berlin Visiting Nurse Association. Sign-up has begun. **Online registration is available.**

PLAINVILLE LIBRARY SERIES AT THE SENIOR CENTER

WEDNESDAY, OCTOBER 16, 1:00 P.M.

October's program is an introduction to the **Jobs Now!** online resource at the Plainville Library. Library Director Trish Tomlinson visits the Senior Center to share how the Library has evolved into a gateway to information and resources available anytime, anywhere, for FREE. Learn how to access and navigate online library resources!



SNAPPY SENIORS

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

Snappy Seniors, a group that focuses its activities and discussions on photography, typically meets on the third Thursday of the month at the Plainville Library at 10:00 a.m.

SENIOR TRANSPORTATION SERVICES — INFORMATIONAL RECEPTION FOR RIDERS AND PROSPECTIVE VOLUNTEERS

THURSDAY, OCTOBER 17, 11:30 A.M.

Join us for an informational session to learn about the newest medical transportation service in Plainville. Find out how Senior Transportation Services (STS) can provide rides to medical appointments, and meet the staff and volunteers who make the service possible. This service is ideal for folks who need rides to towns that our Dial-a-Ride cannot provide transport to. STS volunteers can take individuals to doctor's appointments as far as 20 miles away from Plainville and begin as early as 6:00 a.m. Whether you are interested in finding out more about how you can use the program, or if you'd like to be a volunteer driver, call the Senior Center to let us know that you're attending so that we have enough refreshments for all! (for more information about STS, please see page 12 in this newsletter). Sign up begins October 3. **Online registration is available.**

BOOKS AND BAGELS

WEDNESDAY, OCT. 23, 9:30 A.M.

This is the perfect month to read ***The Shadow of the Wind*** by Carlos Ruiz Zafron! An epic story of murder, madness and doomed love, the mystery takes place in Barcelona following the Spanish Civil War. A real-page turner for cool October evenings, the author spins a tale which is alternately scary, sensual, touching, tragic and thrilling. The book is available at the Plainville Library. Join us for what will surely be a hauntingly interesting discussion! Please sign up promptly as there is limited space. Sign-up begins October 3.



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More Special Events

PAINT PARTY WITH BECCA

WEDNESDAY, OCTOBER 23, 1:00 P.M.

Join local artist Becca Fazzino for a Halloween-themed painting, complete with a full moon, pumpkin, and black cat. A sample of the finished painting is on display in our showcase. Fee of \$10.00 includes all supplies. Sign-up begins October 3.

FRIENDS HELPING FRIENDS

FRIDAY, OCTOBER 25, 11:30 A.M.

The group will hold its October get-together at Pagliacci's on Route 10. Sign-up begins October 3.

ASSISTIVE DEVICES DISCUSSION

FRIDAY, OCTOBER 25, 10:00 A.M.

Do you have knee, hip or back pain? Do balance issues have you worried about falling? Physical Therapy and Sports Medicine Centers will be at the Senior Center on October 25th to discuss selection and use of assistive devices. If you or a loved one uses a walker, cane, or wheeled device, this is the talk for you! We will be discussing selecting the correct device, the appropriate size, and how to use each device. We will also save time for any specific questions and device fitting – looking forward to seeing you then! Free. Sign-up begins October 3. **Online sign-up is available.**

DENTAL CLINIC APPOINTMENTS

TUESDAY, OCTOBER 29 — BY APPOINTMENT

A registered dental hygienist from Community Health Center, Inc. will provide a dental exam, dental cleaning and x-rays when appropriate. Your insurance will be billed for the visit if you have it. The cost is \$30 for persons without insurance. Help in paying for the dental clinic (scholarships) may be available for Plainville residents over age 60, with a monthly income below \$1,429 (single) or \$1,928 (married). Contact Stephanie or Ronda at the Senior Center for scholarship information. To make an appointment or ask questions related to appointments, call Melissa at the Community Health Center, 860-983-2990. Appointments will be held at the Senior Center.

STRESS MANAGEMENT

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

Learn how to recognize the signs and symptoms of stress and how to cope with it! Presented by Laurel Reagan, APRN, Director of Behavioral Health and Social Work Services. Sponsored by Hartford Healthcare at Home. Sign up has begun. **Online registration is available.**

DEMENTIA & CAREGIVING: FOCUSING ON THE PERSON WHILE UNDERSTANDING THE DISEASE

TUESDAYS, NOV. 5—DEC. 3, 2:30-4 P.M.

Do you care for someone with dementia? Do you want to learn more about its progression and good communication? Join us for this 5-week program at the Senior Center! **In order to make it possible for as many caregivers as possible to attend, free respite care will be provided at the Senior Center, with activities and supervision for your loved one if needed, while you attend the program.** Please let us know when you sign up if you will be bringing your loved one and need respite care for him or her.

Continued...

DEMENTIA AND CAREGIVING (continued)

Session 1 - Overview of Dementia

Session 2 - Basics of Good Communication and Understanding Behaviors

Session 3 - Safety in the Environment and How to Structure a Day with Activities

Session 4 - Taking Care of the Caregiver & Care Options

Session 5 - Legal and Financial

Presented by Patty O'Brian and Michelle Wyman, dementia specialists, Hartford HealthCare Center for Healthy Aging. Funded and co-sponsored by the North Central Area Agency on Aging (NCAAA) and Hartford HealthCare Center for Healthy Aging. Respite care provided by Hartford Healthcare Independence at Home and funded by NCAAA. Sign up has begun.

ANNUAL VETERAN'S LUNCHEON

THURSDAY, NOVEMBER 14, 11:30 A.M.

If you are a veteran of the U.S. Armed Forces and a member of the Plainville Senior Center, or you are a veteran who attends our monthly Veteran's Coffee Hours, you and your spouse are invited to join us for a complimentary luncheon in celebration of Veterans' Day. Entertainment by Tom Callinan, CT's first "Official State Troubador." Tom will perform a variety of patriotic songs. Sign up begins October 3. **Please sign up at the Senior Center or by calling 860-747-5728 by Tuesday, November 12.**

THE IMPORTANCE OF SOCIALIZATION AND HEALTHY RELATIONSHIPS FOR OLDER ADULTS

TUESDAY, NOVEMBER 26, 10:00 A.M.

This free one-hour program is for older adults and family members / friends who are concerned about a loved one who is lonely and/or socially isolated. Jo-Anne Harrison-Becker, MS (Gerontology) will discuss the difference between loneliness and social isolation; assessing events and circumstances that lead to loneliness and social isolation; benefits of social connections/friendships; ways to overcome social isolation; opportunities to increase social connections and form new friendships. Sign up begins October 3.

AARP SMART DRIVER CLASS

THURSDAY, DECEMBER 12, 9:30 A.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 for AARP members providing a membership number and \$20 for all others. Limited to 25. Program ends about 1:30 p.m. Bring a bag lunch if you wish. Sign-up begins October 3.

STAYING ON YOUR FEET IN ICE AND SNOW

WEDNESDAY, DECEMBER 18, 1:00 P.M.

Sometimes, there's no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least prepare to fall **properly**. At this free program, learn how to fall down the correct way — forwards or backwards. Get all the details on how to do it safely to reduce the risk or lessen the severity of injury. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Southington Care Center. Sign-up has begun. **Online sign-up is available.**

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 religious cards or mass 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 receptionist needs to know your name and what you are donating so that we may list your name in this Newsletter. (If you wish your donation to 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—SEPT. 15

Jackie D'addese (2), Vella Panella, Carol Perry, Brenda Tella, Judy Briggs, Priscilla Cornish, Barbara Barton, Carolyn Ingalls, Sally McCann, Josephine D'addese, Carol Webster, Anonymous, Circle Group

MEMORIAL DONATIONS, AUGUST 16—SEPT. 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: Florence Doughty

By: Melinda Rogers, Anonymous, Barbara Cook, Paul Schwanka, Jolene Dutkiewicz, Lil & Tom Pitts

In Memory of: Michael Heslin

By: Lee Ann Korus

In Memory of: Carol Wygonaski

By: Florida Peninsula Managers

DIAL-A-RIDE DONATIONS, AUGUST 16— SEPT. 15

Barbara Barton

Shoes With Heart!



Donate your **gently worn** shoes, sandals, work boots, ballet shoes, sneakers and cleats, slippers, clogs or high heels. All men's, women's, children shoes accepted. Please put pairs of shoes in a bag before donating, to keep pairs together. We will have a box in the closet off the reception area.

**Plainville Senior Center
October 7, 8 and 9**



All collected shoes will be repurposed to other organizations here and abroad, for families and various projects. Funds are earned based on the total weight of the gently worn, used and new shoes collected. Most styles, from sandals to cleats, and all sizes from infant to adults are acceptable. The monies received for the shoes will be used directly by the United Way of West Central Connecticut to support health, education and financial community initiatives in Bristol, Burlington, Plainville and Plymouth.

We Can Always Use New Volunteers!

- ♥ With the holidays coming, we're looking for a volunteer to **lead a class to build a "gingerbread house."** The Senior Center will provide the gingerbread house kits, but we would appreciate the help of an experienced person to lead the class and help participants put the houses together! Please contact Evelyn or Jan at the Senior Center — 860-747-5728 — if you have this experience and are available on a weekday to lead this class.
- ♥ We are still looking for volunteers who like to be around people and work with food, to **be a part of our Café team!** Prep workers, servers, cashiers and dishwashers are needed. Training is provided and you can help as often or as seldom as your schedule allows. Hours vary, Tuesdays and Wednesdays. If interested, call Ronda or Evelyn at 860-747-5728.
- ♥ We also need volunteers for Meals on Wheels to **deliver meals to homebound Plainville residents.** You can pick a specific day or fill in for regular drivers who are out. Please call Ronda at 860-747-5728.

THE PLAINVILLE HOUSING AUTHORITY WAIT LIST IS CLOSED.



**BELOW ARE THE LOCAL HOUSING
AUTHORITIES YOU MAY CONTACT TO SEE IF THEY
HAVE OPENINGS. (UPDATED 9/4/19)**

CT HOUSING AUTHORITIES

Bristol	(860) 582-6313
Southington	(860) 628-5200
New Britain	(860) 225-3534
Glastonbury	(860) 652-7568 *Accepting Applications
Torrington	(860) 482-3581 *Accepting Applications
Simsbury	(860) 658-1147 *Accepting Applications in Sept.
Waterbury	(203) 596-2640 *Accepting Applications
West Hartford	(860) 953-0002

Flanders West Southington – Elderly Housing

***Accepting Applications**
1 Darling Street, Southington
(860) 621-3954

North Riverside Apartments – Family Housing

***Accepting Applications**
318 Queen Street, Bristol
(860) 506-6339

**Online: www.cthousingsearch.org
Phone: (877) 428-8844**



Weekly Tournament Winners

PEAK Fitness Center

SETBACK

- SEPT. 9:** 1ST: Richard Nordgren & Bob Albrecht
2ND: Gemma Croteau & Barbara Metzen
3RD: John Gasparini & Mike Chapman
- AUG. 26:** 1ST: John Gasparini & Mike Chapman
2ND: Tony Lusitani & Fran Bolduc
3RD: Maryann Cunningham & Joe Fortuna
- AUG. 19:** 1ST: John Gasparini & Mike Chapman
2ND: Bob Albrecht & Rich Nordgren
3RD: John Sisson & Verna Pekrul
- AUG. 12** 1ST: Sally Miller & Gail Kreneck
2ND: Bob Wallace & Jean Rodrigue
3RD: Joan Litterall & Vicki Chapman

BILLIARDS

- SEPT. 5:** 1ST: John Gasparini & Bob Michalic
2ND: Ellen Couture & Dan Burgess
- AUG. 29:** 1ST: John Gasparini & Tony Lusitani
2ND: Mike Hermanowski & Bob Ryer
- AUG. 22:** 1ST: John Clancy & Patti Cancelli
2ND: Ellen Couture & Tony Lusitani
- AUG. 15:** 1ST: Mike Hermanowski & Richard Nordgren
2ND: Tony Lusitani & Bob Ryer
3RD: John Gasparini & Rob Michalic

Bowling League

Men and lady bowlers of all levels: There are a few openings in the Bowling League. \$10 a week includes ball, shoes, three games, free coffee and end of year banquet. Please call Frank Robinson at 860-747-2918 or e-mail him at FgrahamR@aol.com if interested.

LIKE TO PLAY POOL?

You're welcome to come to the Center's weekly Drop-In Pool Tournaments!

Every Thursday at 12:30 p.m., Senior Center members who enjoy pool gather for informal tournaments at the Center. If you have some experience playing pool, you are welcome to join in! Cost is \$5.00 each week; part of each fee goes to the winners, and part goes to a Pool Table Fund to cover the cost of table repair/replacement. Members can play or practice pool most hours during the week when the Senior Center is open, except for Thursdays during tournaments and Tuesday mornings from 9:00 a.m. to 11:30 a.m. when the tables are available to **ladies only**.



Our Espresso Bike Offers Unique Benefits!

Regular exercise reduces the risk of heart attack, diabetes and high blood pressure, and according to the American College of Sports Medicine, **any** type of **cy-cling** also improves cardiovascular health, strengthens bones and rarely results in overuse injuries common to other forms of exercise. A 2012 study reported in the American Journal of Preventive Medicine found that **older adult cybercyclists** had a 23% reduction in progression to mild cognitive impairment compared to traditional exercisers. This suggests that **simultaneous** cognitive and physical exercise has **greater potential** for preventing cognitive decline.

PEAK FITNESS SPECIAL!

FINAL MONTHS — Now through January 2020

Join for 13 months for the price of 12! \$60.00 for one year, good for new **and** renewing memberships. That's only \$4.61 per month... such a **GREAT** deal!

Our PEAK Center offers:

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.*
- **Bicycles:** *Recumbent bicycle allows you to ride in comfort. There is a seat back for full support. The new Espresso Bike features a fully-immersive 26.5 inch HD touchscreen.*
- **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 Costs: \$9/one month, \$40/six months and \$60/13 months till Jan. 2020. Registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is due at the time of initial training. Stop by our front desk for a packet that includes a medical approval form.

TALK TO THE TRAINER SESSIONS

THURSDAY, OCTOBER 3, 3:00 to 3:30 p.m.

MONDAY, OCTOBER 7, 9:00 to 9:30 A.M.

"Talk to the Trainer" allows PEAK members to ask any question about their fitness plan, progress, new goals, wellness, our equipment, etc. Typically, you can drop by the PEAK Center on the first Monday and first Thursday of each month for expert advice from our Exercise Physiologist Eileen Cyr!

Remember What Exercise Can Do for You:

- Boosts your energy
- Helps you live longer, gain self-confidence, sleep better, socialize with others, control your weight
- Reduces heart disease /blood pressure
- Increases your mobility & flexibility
- Improves your memory

PEAK Members: Will YOU Take the Espresso Bike "Trick or Treat Challenge?"

Beginning October 1, whoever rides the most miles on our Espresso Bike in the PEAK Center will be **treated** to a grand prize! Don't be **tricked** into thinking that you can't compete! No need to register—just log in to your personal account when you ride the Espresso Bike each day in October. See Ronda if you have any questions!



Craft, Technology & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We 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, Thursday, Oct. 3, from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting September 11 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 descriptions are on next page.

Class	Time	Current Session	Next Session—Sign up Oct. 3
MONDAY			
Zumba Tone	9:30 – 10:30	Oct. 7—Nov. 25, 6 weeks, \$18. No class 10/14, 11/11	
Acrylic Painting	10:00—12:00	Sept. 30 to Dec. 16, 10 weeks, \$20. No class 10/14, 11/11	
Beginner's Yoga	10:15-11:15	August 5 - October 7. No class September 2 or 16. \$24. 8 weeks, members only	Oct. 21—Dec. 16. No class Oct. 14, Nov. 11. 8 weeks, \$24
Power Burst 1	1:15—2:05	Oct. 7 to Dec. 16. No class Oct. 14 or Nov 11. 9 weeks, \$18	
Beginner Pilates	2:15-3:05	August 19 - September 30. No class September 2. 6 weeks \$12.00.	Oct. 7—Dec. 16, 9 weeks. \$18. No class Oct. 14, Nov. 11. Members only. Bring a yoga mat and water bottle. Space limited!
TUESDAY			
Interm. Yoga	10:15-11:15	Sept. 24 to Nov. 12, 8 weeks. \$24.	
Aqua-Arthritis Water Fitness	10:45-11:30	Sept. 10 to Oct. 29. 8 weeks, \$24. Free for YMCA and Silver Sneaker members.	Nov. 5—Dec. 17. 7 weeks, \$21. Free for YMCA and Silver Sneaker members
Beg. Tai Chi #1	1:30-2:30	Sept. 24 – November 12. 8 weeks. \$16.00.	
Beg. Tai Chi #2	2:45-3:45	Sept. 24 – November 12. 8 weeks \$16.00.	
French Class	3:00 - 4:00	Every Tuesday	Every Tuesday
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.
Zumba Gold	10:00 - 11:00	Sept. 18 to Nov. 13, No class Sept. 25. 8 weeks, \$18.	
THURSDAY			
Ceramics	9:30 – 11:30	Sept. 5 to Oct. 24. 8 weeks, \$32.	Nov. 7—Dec. 12. 5 weeks, \$20. No class Nov. 28
Yoga for Men	10:00-11:00	Oct. 10—Nov. 21 (no class Oct.31) 6 wks., \$18	
Aqua-Arthritis Water Fitness 2	10:45-11:30	Sept. 12 to Oct. 31. 8 weeks, \$24. Free for YMCA and Silver Sneaker members.	Nov. 7—Dec. 19. 6 weeks, \$18. Free for YMCA and Silver Sneaker members. No class Nov. 28
Knitting & Crochet	1:00 – 3:00	October 3 – December 12 (no class Oct. 17, Oct. 31, Nov. 28) 8 weeks, \$16	
Ukulele	1:30—2:30	Sept. 26—Nov. 21 No class Oct. 31 8 weeks, \$16.00	
FRIDAY			
Chair Yoga 1	9:30-10:30	September 6—Nov. 8, 8 weeks. \$16 No class Oct. 4, Nov. 1	Nov. 15—Dec. 20. 5 weeks, \$10. No class Nov. 29
Chair Yoga 2	10:40—11:40	September 6—Nov. 8, 8 weeks. \$16 No class Oct. 4, Nov. 1	Nov. 15—Dec. 20. 5 weeks, \$10. No class Nov. 29
Bridge	10:00—12:00	Sept. 6—Oct. 25. Sign-up is closed.	

Cheer Report

The Plainville Senior Center makes every effort to send **cheer, get well and sympathy** cards to our members who could use a lift of their spirits. If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at 860-747-5728. Cheer cards mean so much to our members and the info helps us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out “cheer” on behalf of the Plainville Senior Center.

Get Well & Thinking of You Cards were sent to:
Bill Fabian, Betty Kirch, Alan Cohen, Karen Kebinger, Flavia Manasia, Welliena Saucier, Barbara Cichon, Judy Humphrey, Shirley Murr, Kathleen Cambo, Dawn Dallas, Tooti Carlson, Jeanine Martino, Phyllis Gediman, Annamae Casorio, Marcia Chapman, Beatrice Dumont

Sympathy Cards were sent to:
Family of Patricia Backus, John and Rita Susco, Family of Florence Doughty, Lois Schmidt, Family of Fay Rella, Family of Arianna Faiola, Richard and Madeline Drake, Family of Robert Ferrer, Family of Esther Lyons

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: This course is held at the Plainville YMCA pool and offers a gentle range-of-motion work-out to help people with arthritis improve joint flexibility and reduce pain or stiffness. Bring a bathing suit and towel. You may use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. Class is made possible thanks to the Main Street Community Foundation Grant, providing for a partnership between the YMCA and Plainville Senior Center to offer quality programs to local seniors.

BEGINNER BRIDGE: This class is free to Senior Center members and limited to just 8 people. Current session is full. **Instructor: Barbara Wallace.**

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

GENTLE YOGA —LEVEL 1: An introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release; especially good for yoga newcomers or those who would like a refresher. 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.*

INTERMEDIATE GENTLE YOGA — LEVEL 2: For experienced students who are ready for the next level. We perform yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. 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 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**



PILATES (BEGINNER): If you're new to exercise, this is your class. Basic Pilates puts emphasis on breath, core conditioning and body awareness. Exercises are safe and effective ways to stretch, strengthen and streamline your body without building bulk or stressing your joints. Bring a water bottle and a yoga mat, if you have one. **Instructor: Caroline Dube**

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: Beginners are always welcome! 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**

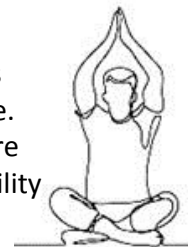
TAI-CHI (BEGINNER) FOR HEALTH AND BALANCE

This program covers the most important Tai-Chi principles, safety, balance, health and growth. Tai-Chi can be a positive part of an overall approach to improving your health. You may benefit from reduced stress and anxiety, lower risk of falls, and increased aerobic capacity, energy, stamina, flexibility, balance, agility, muscle strength and definition. **Instructor: Walter Bruce**

UKULELE: Local musician Sue Hill will teach you how to hold the ukulele, 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. **Instructor: Sue Hill**

YOGA FOR MEN

This fun, approachable and calming class will help you improve your life at any age. The class is designed for beginners, where we will work on strength, balance, flexibility and relaxation. Yoga is great for the nervous system and organs. It is also helpful for mental, emotional and energetic well-being. The instructor is in his late 50s and has been teaching for 8 years. **Instructor: Jamie Wright**



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**

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. Early each month we offer Mega Sign-up for new trips. This month it is on 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 to 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 our Quick Trips. When you sign up on the Reserve List for a trip that is filled, we will ask if you are a Senior Center member. If there is a cancellation, we always sign up any members from the Reserve List first! Therefore, a member who signs the Reserve List with a non-member friend should be aware that since we always sign up members first, we will skip over non-members on the Reserve List until all the members have been contacted.

**Flyers are available
on the Trip Rack
at the Senior Center!**

OGUNQUIT MAINE/PORTLAND CITY TOUR/FOSTER'S CLAMBAKE/NUBBLE LIGHTHOUSE CRUISE

TUESDAY, OCTOBER 8 to THURSDAY, OCTOBER 10

A deluxe motorcoach trip to the coast of Maine! Two nights at **THE MEADOWMERE RESORT**; enjoy a delicious welcome dinner. Tour Portland, the historic district, Longfellow House, Victoria Mansion, sea captains' homes and Portland Head Light. Foster's Downeast Clambake: prize-winning chowder, mussels, lobster, corn, potatoes, and fresh Maine Blueberry crumb cake! Nubble Lighthouse and Perkins Cove. **COST DUE: \$471 per person double/triple, \$591 single.** Includes: transportation, 2 nights at hotel, 2 dinners, 2 breakfasts, sightseeing & admissions as per itinerary, and a Friendship Tours Escort. Trip cancellation insurance that includes pre-existing conditions, is available. Departs from OLM parking lot at 9:00 a.m. on October 8.

DELAWARE & ULSTER RAILROAD — FALL FOLIAGE

WEDNESDAY, OCTOBER 16, 7:00 A.M.

THIS TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

THIS ONE'S FOR YOU — BARRY MANILOW TRIBUTE at THE LOG CABIN, HOLYOKE, MA

SUNDAY, OCTOBER 20, 9:15 A.M.

Jonathan Elgart presents a tribute to Barry Manilow, featuring all his hits and the stories behind the music. The show will catalog Barry's career from jingle writing, producing for Bette Midler, and his string of number one hits that made him a best-selling adult contemporary artist in the 70's and 80's. Savor a bountiful Sunday brunch with mimosas, bellinis and assorted juices on arrival. Enjoy Belgian Waffle wedges, French Toast, home fries, bacon, sausage, scrambled eggs, made-to-order omelets, pasta, salads, Chef's Selections of beef, poultry, fish and pork entrees, desserts and assorted beverages. Cost is \$84 per person. Estimated departure is 9:15 a.m. from the Plainville Senior Center, and return at 4:00 p.m. Sign-up has begun.

MIRACLE OF CHRISTMAS: SIGHT & SOUND THEATER

WEDNESDAY to FRIDAY, NOV. 13 - 15

This 3-day motorcoach trip to Lancaster, PA includes lodging at Comfort Suites Lancaster, with indoor pool. Your dinner will be an authentic PA Dutch family-style meal at the Stoltzfus family homestead, with entertaining stories of Amish life. See their miniature pony barn, woodworking shop and gift shop for baked goods and other handmade items. Day 2 features a guided Amish countryside tour, followed by a stop at Kitchen Kettle Village with 42 shops and restaurants. An early dinner at Miller's Smorgasbord will be followed by our reserved seating at Sight & Sound Theater for the "Miracle of Christmas" show. Go back in time to witness the sacred birth, experience the bustling village of Bethlehem as camels, horses, donkeys and villagers pass by, and witness legions of angels descending upon the shepherds.



Continued, next page

More Current Trips

Miracle of Christmas, *cont. from page 8*

On Day 3, Elva Hurst, an extraordinarily talented artist, will present her amazing chalk artistry along with music, storytelling and insights into Amish culture. Cost is \$471 per person double/triple or \$597 single. Includes transportation, two nights hotel, 2 breakfasts, 2 dinners, sightseeing and admissions to programs. \$150 deposit due at sign-up.

RADIO CITY CHRISTMAS SPECTACULAR!

WEDNESDAY, NOVEMBER 20, 7:45 A.M.

THIS TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

Total cost is \$165. Final payment due Oct. 15.

"AN AMERICAN IN PARIS" AT WESTCHESTER BROADWAY THEATER

WEDNESDAY, NOVEMBER 6, 8:30 A.M.

Enjoy the romantic story of a young American soldier, a beautiful French girl and an indomitable city, each yearning for a new beginning following a brutal world war. This



show is filled with beauty, artistry and the unmistakable beat of the human heart. Inspired by the Academy Award-winning film and featuring the Gershwin hits "I Got Rhythm," "Liza," and many more.

Westchester Dinner Theatre located in Elmsford, New York is an elegant theater featuring fine dining and full scale musical productions. Once seated at your reserved table, you'll select from an excellent menu and enjoy a delicious pre-show luncheon. Cost is \$107 per person, due at sign-up. Includes deluxe motorcoach transportation, the show, lunch and driver gratuity. Leave from OLM lot at 8:30 a.m. and return around 6:15 p.m. Sign-up has begun.

Upcoming Trips

These Senior Center trips, which we've publicized in recent months, are all happening soon!

- Oct. 6-16: Spain—*History to Heart (full)*
- Oct. 8-10: Ogunquit, ME*
- Oct. 16: Delaware & Ulster Railroad Foliage in the Catskills *(full)*
- Oct. 20: *Barry Manilow Tribute*, Log Cabin Brunch**
- Nov. 6: *An American in Paris* — Westchester Broadway Theater**
- Nov. 13-15: *Miracle of Christmas* Sight & Sound **
- Nov. 20: Radio City Christmas Spectacular *(full)*



* One seat still available — Book now!

** Several seats open — Don't delay!

2020 Trips

These Senior Center trips are being planned for 2020!

Stay tuned for sign-up dates and details in the next few months. More trips to follow in upcoming newsletters.

- May 14, 2020 — "Abba" at the Aqua-Turf. Drive on your own
- June 11, 2020 — Kennebunkport
- July 15 or 16, 2020 — All You Can Eat Lobster
- Nov. 12, 2020 — USO Tour, Grand Oak Villa
- TBA — Tea & Lady B — Holyoke and Hadley, MA (CT river cruise)
- TBA — "9 to 5" at Westchester Broadway Theater
- TBA — Salem and Marblehead, MA

Last-Minute Special Quick Trip

FREE TRANSPORTATION TO PLAINVILLE PUMPKIN FESTIVAL

SATURDAY, OCTOBER 19, 4:00 P.M.

We are offering **free** transportation to the Plainville Pumpkin Festival. Bus will leave Senior Center at 4:00 p.m., do home pickups (for those who do not drive), then drop passengers off at the Pumpkin Fest. This community-hosted event will feature about 12 food trucks, live music, a kids' costume parade through downtown, haunted house at the Masons' Lodge and Magic by the Leones. (See more about PumpkinFest on page 12.) You can also shop for crafts. If you bring your own pumpkin, you can carve it and display it in the Pumpkin Tent on the Library lawn. There is no charge for the Festival. Return to Senior Center around 6:30 p.m. **Sign up begins October 3. PLEASE NOTE:** If you wish to drive your own car, you can park at Plainville High School. There will be two town shuttle buses running continuously to downtown.

See more Quick Trips on page 11!

See Outdoor Adventures on page 10!

Big Trips

Please take a minute to send your Big Trip ideas to the Senior Center for 2020 and 2021! We have gotten some great ideas, and would love to hear from as many of our members as possible!

*Please be very specific. For example, if you are suggesting a country, you can name some specific sights or regions you'd like to see. Email to to: **carvethc@plainville-ct.org**.*

Thank you!



Tuesday Shopping Bus

We can only accommodate eight (8) people on the Tuesday Shopping Bus. Be sure to sign up early! **We have a new procedure** for Shopping Bus. Home pick-ups for all participants still begin at 11:15 a.m. However, we now ask participants if they would prefer to be picked up to go back home at 1:30 p.m. or 3:00 p.m. Please be sure to tell us when you sign up! In order to ride the 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 Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up.

- **October 8, Walmart, Bristol**
- **October 22, Bristol Shopping Plaza, Bristol**
- **November 5, ShopRite, Southington**

Outdoor Adventure

PLAINVILLE TO COLLINSVILLE BIKE RIDE

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

Our bike ride will start at Northwest Drive in Plainville and travel towards Collinsville and back. Plan on at least two hours. This is an easy, mostly flat paved trail. Meet at the Northwest Drive trail parking lot at 9:30 a.m. Riders must wear a bike helmet. Bring water and a snack. Pay leader Eileen Cyr \$3.00 day of ride. Sign up begins October 3.



CRESCENT LAKE FALL FOLIAGE HIKE FOR INTERMEDIATE / ADVANCED HIKERS, SOUTHTON

FRIDAY, OCTOBER 18, 9:30 A.M.

Crescent Lake is a classic local spot for a hike, and this trip will take us along the red blazed trail for a total of about 2.4 miles over moderate terrain — including wooded trails with moderate inclines and some mildly rocky trails. We will attempt a section of trail that is a smooth gravel road with a steep incline for some new views overlooking the lake itself! The fall colors reflected in the lake are spectacular. This intermediate/advanced level hike is recommend for folks who are regularly exercising and walking/hiking. Wear warm fall clothes like a fleece or light jacket, and bring a water bottle! We will meet at the trailhead for the lake at 9:30 a.m. and finish the hike at about 12 p.m. Directions available at Senior Center. A \$3.00 fee is payable to Jared on day of hike. Sign up begins October 3.



Adventures continue, next column...



More Outdoor Adventure

SLEEPING GIANT HIKE

WEDNESDAY, OCTOBER 23, 9:30 A.M.

Sleeping Giant Tower Trail is located near Hamden and is good for all skill levels. This hike is about 3.2 miles —about 2 hours. Meet at OLM parking lot and we will caravan from there at 9:30 a.m. Optional lunch on your own at Aunt Chilada's in Hamden. Wear hiking boots or sturdy shoes with good traction. Bring water and a snack. Pay leader Eileen Cyr \$3.00 day of hike. Sign up begins October 3.



RAILS TO TRAILS WALK

SATURDAY, OCTOBER 26, 9:15 A.M.

Join trainer Eileen Cyr for an autumn walk along the Rails to Trails from Iron Horse Boulevard in Simsbury towards Granby and back. We will walk approximately 3 miles for about 1.5 hours on a relatively flat, paved trail. Dress appropriately for the weather and bring a water bottle. Following the walk, we will have lunch at Plan B (on your own). Meet at Plainville Senior Center at 9:00 a.m. Bus leaves at 9:15 a.m. and returns approximately 1:15 p.m. Cost of \$8.00 includes transportation and leader. Pay at sign-up, which begins October 3.

YOGA WALK — RESERVOIR 6, AVON

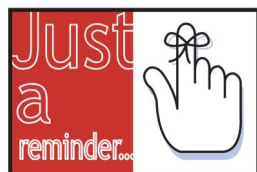
SATURDAY, NOVEMBER 16

Join Rosalie Tanguay and Eileen Cyr as we bus to Reservoir 6 in Avon for a relaxing yoga walk. We will walk approximately 3 ½ miles (about 1 ½ hours) on a beautiful, scenic dirt road around the reservoir. Don't worry if you have never practiced yoga — all levels are welcome. Bring a walking stick, if you wish. We will practice walking meditation and mindful movement as we connect with Mother Earth, pausing and practicing yoga postures along the way. Lunch (on your own) at Red Stone Pub in Simsbury. Wear sneakers and dress appropriately for the weather (hat, sunglasses, sunscreen and bug spray). Bring water and maybe a camera so you can take photos! Bus leaves Senior Center at 9:15 a.m. and returns approximately 3:00 p.m. Cost is \$10.00 and includes transportation and instructors. Sign up begins October 3.



Don't Miss Our Quick Trips on Page 11!

Please sign up for Trips, Outdoor Adventures and Quick Trips as **EARLY** as possible. This assures that we won't have to **cancel** a trip, which affects everyone who has already signed up. Thank you!



The Senior Center AND Buses are Scent-Free Zones! Help us to keep the air we share healthy and fragrance-free for persons with asthma, allergies and other respiratory conditions. Please don't wear perfume, cologne, aftershave or other fragrances!



Quick Trips

QUICK TRIP GUIDELINES: 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. 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. After hours, you may call Ceal DiFrancesco at 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.

FREE BUS TO LYMAN ORCHARDS

FRIDAY, OCTOBER 4, 9:00 A.M. **TRIP IS FULL.**

FALL FOLIAGE RIDE IN THE LITCHFIELD HILLS

SATURDAY, OCTOBER 12, 10:45 A.M. **TRIP IS FULL.**

WESTBROOK OUTLETS (FORMERLY TANGER OUTLETS), WESTBROOK and LUNCH AT LENNY & JOE'S, MADISON

SUNDAY, OCTOBER 27, 9:30 A.M.

Shop at the more than 40 stores at the Westbrook Outlets, followed by lunch at Lenny & Joe's in Madison. Home pick-ups first for those who do not drive begin at 9:15 a.m., and Senior Center pick ups at 9:30 a.m. Return to Plainville at about 3:00 p.m. \$8.00 for transportation is due at registration. **Sign-up begins October 3.**



SPECIAL FREE TRIP to CHRISTMAS TREE SHOP, MANCHESTER and ANGELLINO'S RESTAURANT, VERNON

SATURDAY, NOVEMBER 9, 9:15 A.M.

We are offering a **FREE** trip to the Christmas Tree Shop in Manchester.

Afterward, you can enjoy lunch (on your own) at Angellino's Restaurant in Vernon. You will be travelling on a school bus, which is handicapped accessible and has seat belts. Great time to shop for your early holiday bargains. Home pick-ups **for those who do not drive** begin at 9:15 a.m., then Senior Center pick-up at 9:30 a.m. Return to Plainville by 3:00 p.m. **Sign-up begins October 3.**



Le Petit Cafe

at the Plainville Senior Center

Open Tuesdays & Wednesdays

11:00 a.m. to 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 1 & 2 BBQ chicken, bacon and melted cheddar quesadilla

Tomato Basil Soup

October 8 & 9 Roast Beef sandwich with horseradish cheddar cheese, lettuce & tomato

Chicken Noodle Soup

October 15 & 16 Harvest Cobb Salad — Crisp Greens topped with grilled chicken, bacon, hard boiled egg, Red Delicious Apples, roasted Butternut squash and shredded Cheddar cheese. Served with a honey apple cider vinaigrette

Italian Wedding Soup

October 22 & 23 Ham & Cheese Quiche

Butternut squash soup



Ongoing Support for Veterans

VETERAN APPOINTMENTS WITH JASON COPPOLA

WEDNESDAY OCTOBER 2, 12:00 noon

Please Note: Time Change for October! Jason Coppola, Veterans Service Officer from the State Office of Advocacy and Assistance, hosts appointments at the Plainville Senior Center on the first Wednesday of the month. **On October 2 only, Jason's appointments will begin at 12:00 p.m.** You may set up a personal appointment with Jason by calling him at 1-203-805-6340.



Plainville Library

UNDERSTANDING YOUR SENSES

Thursday, Oct. 17th at 6:30 pm.

Connecticut medium and paranormal author Sydney Sherman will demonstrate and explain how everyone can learn to recognize the difference between spiritual interactions and common environmental effects, all by using their own innate senses. **Registration is required. Refreshments will be served.** This program is generously funded by the Friends of the Plainville Public Library.

Utility Scams are Still Around -- Here's How to Protect Yourself

"We're coming to shut off your power NOW unless you give me a payment this minute!" This old phone scam has a few new **gimmicks** you should know about.

- Your caller ID may show the call is coming from the utility. Don't be fooled — it's probably not!
- Perpetrators may have a bit of specific information about you, but don't take the bait. You don't need to confirm or give them any new info!
- Callers may leave a callback number on your voicemail; don't use that number. If you want to reach your utility company, get the official phone number from the back of your utility bill.

What's Important to Know:

- Real companies don't call customers for payment if the account is in good standing!
- Customers who are behind on payments will receive a shut-off notice by mail — it will include a specific disconnection date, and the customer will have an opportunity to pay or enter a payment arrangement before the shut-off takes place. Companies do not disconnect service on Fridays, weekends, state holidays, or any time their Customer Service office is closed.
- Companies don't demand payment by a prepaid card, especially a specific brand of prepaid card!

What to Do:

If you get a call or in-person demand for payment:

- **Check your account status.** Call the company's Customer Service at the number found on your bill. (Again, do not use callback numbers provided by unsolicited callers.)
- **Check ID.** Ask to see the company-issued ID tag from anyone who comes to your door. Don't let anyone inside who does not have an official ID.
- **Protect personal information.** Never share your personal or financial information -- including outstanding balances -- over the phone, unless you have called the company first and are sure you are working with a company employee.
- **Keep evidence.** If you suspect a scam, write down the name and number from caller ID, if you have it. If you are given a call-back number, write that down, and take notes on what the caller said.
- **Report it.** Report the scam to the utility company, local law enforcement, and the Federal Trade Commission (www.ftc.gov/). This will help authorities shut down scams and prosecute the scammers.

Information provided by the North Central Area Agency on Aging.



AARP Trips...Call Sally Miller

- **Foxwoods Casino, Wednesday, November 13.** Leave OLM 8:00 a.m. sharp and leave casino at 4:00 p.m. Promo pkg included. Cost \$25.
- **Christmas Lights & Song** — Lunch in Springfield, brief visit to MGM and trip through Forest Park for the Christmas light display — December 5, \$89.
- **Historic South Trip** — Savannah, GA, Beaufort, S.C., Charleston, S.C. April 18-25, 2020. 8 days, includes 14 meals, admission to all sites, round-trip transportation and more. \$1,745 pp dbl / \$2,185 single
- **St. Patrick's Celebration** — Aqua Turf, featuring full corned beef and cabbage lunch and live Irish music. Dancing too! Tuesday, March 17, 2020. \$50 per person;  drive on your own.
- **All Shook Up** — April 23, 2020. Westchester Broadway Theater
- **Bar Harbor Village, Maine** — Acadia National Park, Cadillac Mountain, Perkins Cove and more. June 15—17, 2020
- **Baltimore Inner Harbor** — Lobster Fest. July 2020 — Date TBA

Call Sally Miller at 860-747-1732 for info and reservations. *AARP Trips are not sponsored by the Senior Center, so we do not have details or collect payments.*

CONGRATULATIONS TO OUR ARTISTS! ART OF EXPERIENCE 2019

Six members of our Senior Center were chosen to exhibit at Connecticut's only senior juried art show at Pomperaug Woods in Southbury, CT. They are: Bonnie Carilli, Frank Demanski, June Demanski, Judy Humphrey, Fred Kennedy and P.R. (Abbe) Bailey. Entrants may submit works in painting, drawing, photography or sculpture.

A special congratulations to **Bonnie Carilli**, whose photo titled, "Solitude" was chosen as the 2nd place winner in Photography. Her photograph depicts a country church set amid the vastness and isolation of Iceland. Our display case will showcase the six exhibitors and their works during April 2020. Kudos to all!



Kid's Costume Parade & Games

SATURDAY, OCTOBER 19, 4 - 8 P.M.

The Plainville Senior Center will run a free bus from the Senior Center Lot. See "Special Last Minute Quick Trip" on page 9!

RAIN OR SHINE
WWW.PLAINVILLEPUMPKINFEST.COM

Transportation

DIAL-A-RIDE

DIAL-A-RIDE PHONE: (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.

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are ***Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 p.m.***

Hours may change depending on usage of the CT Transit buses. *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). There is a wheelchair lift, if needed.

Continued, next column

ADA Para-Transit, *continued*

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 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 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 have copies of the application here at the Center as well. An application can be sent to you by calling **860-247-5329 x3100**. The same number can be called to get an updated ID number, if you are already an ADA Para-transit rider.

After you submit your application, call 860-724-5340, ext. 1 to set up a face-to-face interview. A medical form will be sent to your doctor if needed. The approval process generally takes two to four weeks. It is wise to get pre-approved, even if you don't need the service now. Please call Customer Service at 860-724-5340 ext. 3046 with any complaints or issues.

Once approved, you can reserve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m. to 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).

2019 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 date of the next meeting is November 13, 2019. Free ADA Transportation is available to attend the Forum. Please 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@ghtd.org** at least 48 hours before the meeting.



You may call Bette or Stephanie at 860-747-5728 with any questions you may have about transportation.

Senior Transportation Services — a New Option for Rides

Senior Transportation Services, Inc. (STS) is now available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. The mission of this organization is to provide community-supported, affordable out-of-town medical transportation to older adults. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. STS works to help families coordinate their loved one's transportation needs by working one-on-one with individuals to ensure that family needs are met. There is an annual membership fee and cost (based on mileage) to use STS. Financial assistance is available for individuals who cannot afford the fees. STS is funded in part by grants from the Bristol Main Street Community Foundation and the North Central Area Agency on Aging. To discuss riding or volunteering with Senior Transportation Services, please call **860-224-7117**.

This & That

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BC = Back of Calendar

CHORAL GROUP The Choral Group will meet at the Senior Center on Friday, October 4, at 9:30 a.m. and on Tuesday, October 29, at 9:30 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 2019!

CONGREGATE MEAL PROGRAM

You may stop by the Big Kitchen to pick up the October calendar. Lunch reservations must be made at least one day ahead by calling Bonnie at 860-747-5728. **You may call only between 10:00 a.m. and 11:45 a.m. to make a reservation or speak with Bonnie.** A suggested donation is \$2.50.

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of persons who depend on electricity to maintain optimum health. We update this list during the year to be certain that such folks will be safe during a power outage/weather event. It is every-one'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 health and safety. Please call the Center at 860-747-5728 to have your name added to the At-Risk List. Our social workers can help you plan for power outages and weather emergencies. Please call us at 860-747-5728.

WELCOME TO NEW MEMBERS FOR AUGUST 2019!



Denise Plourde, Roger Bogdan, Colette Casey, Russell Casey, Patricia Sawczuk, Sharon Legere, Claudia Trevino, Jenny Voisine, Donald Vye, Joanne Fusari, Rose Charette, Barbara Sutkowski, Evelyn Myers and Francis Myers

HEALTH NEWS FROM THE HOSPITAL FOR SPECIAL CARE

- **Breathtakers Support Group** free lunch/lecture program is open to all pulmonary patients and their caregivers. On **Thursday, Oct. 24, 11 a.m. to 1 p.m.** the topic is **Oxygen, O2 Therapy Use & Safety, and Travel.** To sign up, call 860-832-6256. Please bring a non-perishable food item to donate.
- The Brathtakers group is considering getting a **BUS** for the **November 6th LUNG EXPO** in Rocky Hill. If interested, please call (860) 832- 6256 by October 15.
- **Free Seated Yoga Class:** Fridays, October 18 and November 1. For more info, please call 860-827-1958 x6354.

And the Winner is...

Maryann Provost had the winning ticket in our Deluxe Goodie Basket raffle, held on September 12. Maryann's prize is a large donated basket filled with treats and gift cards, valued at \$100. The \$230 in proceeds raised by this raffle will benefit Dial-a-Ride. Thank you to all who participated and "Congratulations," Maryann!



PLAINVILLE TO HOST TOURS OF HISTORIC SITES — OCTOBER 5TH

In honor of Plainville's 150th Anniversary, 60-minute tours of historic sites in town will be held on October 5th between 10:00 a.m. and 4:00 p.m. Tours will depart from and end at the Plainville Municipal Center parking lot. The first tour will leave at 10:00 a.m. via a trolley generously donated by Dattco. The second tour will leave at 10:30 a.m. via a handicap-equipped bus provided by the Senior Center. Tours will continue through the day; the last tour bus departs at 3 p.m. Maps and brochures will be provided at a table behind the Municipal Center. People are also encouraged to visit the Plainville Historic Center, which will be open from 10 a.m. to 3 p.m. that day.

Nursing, Insurance Info, Etc.

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 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 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 SCREENING: DROP-IN CLINICS

- **Monday, October 7**, 11:30 a.m. to 12:30 p.m. — by Bristol Hospital
- **Wednesday, October 9**, 12:30 to 1:30 p.m.—by Hartford HealthCare
- **Monday, October 28**, 12:00 to 12:30 p.m. — by 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 at 860-747-5728 for an appointment with our nurse. Cost is \$12.00.

FLU SHOTS will be available at the Senior Center with the Nurse. Call or check in with us sometime in mid- to late October for dates.

CHANGE the SCRIPT — About your Prescription Medicines

Here are some questions you should ask your doctor or pharmacist before starting any new or different prescription medicine:



- Why am I being prescribed this medication?
- How much of this medication do I take and for how long?
- How will this interact with my other medications?
- What are the side effects?
- What are the other options for managing my pain?

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAY, OCTOBER 7 & OCTOBER 28, 12:30 P.M.

We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find help in the community or home-care. Stop by Stephanie's office to have a private chat. **This service is only for Plainville residents, age 60 and over.** No sign-up needed and no question 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 — 860-747-5728.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, OCTOBER 29, 10:30 A.M.

If you are raising a grandchild or other young relative, you are not alone. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act. Sign-up starts October 3.

CAREGIVING CONNECTIONS

TUESDAY, OCTOBER 15, 10:00 A.M.

Join your caring friends as we begin a new season of caregiving. Be sure to read about and sign up for the program **"Dementia & Caregiving: Focusing on the Person While Understanding the Disease,"** listed on page 3 of this newsletter. This is a wonderful opportunity to increase your understanding of dementia. Please call Bette at the Center with any questions — 860-747-5728. Open to folks from neighboring towns. Sign-up begins October 3. **Online sign-up is available.**

BRIGHTER FOCUS

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

Join your friends as we continue our dialogue on REST, the art of relaxing. In our very busy world it may take planning to step back and let our mind, body and spirit get quiet in order to restore and refresh. Come share your secret for rest and hear how others manage to give themselves a healthy time out for a more peaceful within! Call Bette with any questions — 860-747-5728. Sign-up begins October 3.

MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS EFFECTIVE MARCH 1, 2019

QMB (Q01)	Single \$2,196.51/ mo	Couple \$2,972.99/mo
SLMB (Q03)	Single \$2,404.71/mo	Couple \$3,254.79/mo
ALMB (Q04)	Single \$2,560.86/mo	Couple \$3,466.14/mo

There is No Asset Limit AND There is No Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Co-pays for medications are a maximum of \$3.40 for generic medications and \$8.50 for brand name medications. Stephanie or Bette can review your eligibility for MSP.

OCTOBER 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<div><div><div>KEY:</div><div>GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Caf�, CL: Computer Lab OS: Old Store K: Kitchen L: Library</div></div><div>*By Appt.</div></div> <div>6</div> <div>Spain Trip Departs</div>	<div>Sept. 30</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acr. Painting CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:00 BP Clinic 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst 1 BR 2:15 Beg. Pilates BR</div>	<div>Oct. 1</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00 9:00 Espresso Bike Chal. 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:30 Vet. Coffee Hr. 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Beg. Tai Chi 1 GR 2:45 Beg. Tai Chi 2 GR 3:00 French Class GA</div>	<div>2</div> <div>Walking 9:00 or 4:00 9:30 Quilting CR 10:00 Zumba Gold GR *12:00 J. Coppola Vet Appts. 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 2:00 Kahoot! BR 3:00 Color Club GR</div>	<div>3</div> <div>MEGA-SIGN UP DAY</div> <div>Walking 9:00 or 4:00 9:30 Mexican Train GA 9:30 Ceramics CR 9:30 Live in Moment GR 10:45 Aqua Fit 2, Y 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 Knit/Crochet GR 1:00 Scrabble C 1:30 Ukulele Class BR 3:00 Talk to Trainer</div>	<div>4</div> <div>9:00 Bus to Lyman Orchards 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Gp. BR 10:00 Beg. Bridge OS 12:00 Pinochle L</div> <div>No Chair Yoga</div>	<div>5</div> <div>150th Anniv. Plainville Tours 10:00 from Municipal Ctr.</div>
	<div>7</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00 9:00 Talk to Trainer 9:30 Zumba Tone GR 10:00 Acr. Paint, CR 10:00 Curr. Events OS 10:15 Beg. Yoga L 11:30 BP Clinic 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst 1 BR 2:15 Beg. Pilates BR</div>	<div>8</div> <div>*9:00 NURSE</div> <div>9:00 Ogunquit Trip Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Beg. Tai Chi 1 GR 2:45 Beg. Tai Chi 2 GR 3:00 French Class GA 6:00 Caring for Older Rel.</div>	<div>9</div> <div>Walking 9:00 or 4:00 9:30 Quilting CR 9:30 P'ville Bike Ride 10:00 Zumba Gold GR 1:00 Open Paint CR 12:30 BP Clinic 12:30 Mem. Screen CL 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR</div>	<div>10</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00 9:30 Mexican Train GA 9:30 Ceramics CR 10:00 Men's Yoga GR 10:45 Aqua Fit 2, Y 12:00 COA CL 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 How to Prevent Comp. of Diabetes CR 1:00 Scrabble C 1:00 Knit/Crochet GR 1:30 Ukulele Class BR</div>	<div>11</div> <div>9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:00 Beg. Bridge OS 10:40 Ch Yoga 2 GR 12:00 Pinochle L</div>	<div>12</div> <div>10:45 a.m. Fall Foliage Ride</div>
<div>13</div>	<div>14</div> <div>Columbus Day Holiday</div> <div>Senior Center Closed</div>	<div>15</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Caregiving Conn. 10:00 Cribbage GA 10:15 Inter. Yoga L 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Beg. Tai Chi 1 GR 2:45 Beg. Tai Chi 2 GR 3:00 French Class GA No Circle Group</div>	<div>16</div> <div>7:00 Delaware RR Trip Walking 9:00 or 4:00 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Plainville Library Series BR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR</div>	<div>17</div> <div>Walking 9:00 or 4:00 9:30 Ceramics CR 9:30 Mexican Train CL 10:00 Snappy Srs. L 10:00 Br. Focus GA 10:00 Men's Yoga GR 10:45 Aqua Fit 2, Y 11:30 STS Recep. C 12:30 Pool Tourn. 12:30 Pinochle CL 12:30 Bridge OS 1:00 Scrabble C 1:30 Ukulele Class BR No Knit/Crochet</div>	<div>18</div> <div>9:00 Walking GR 9:00 Mahjong GA 9:30 Cresc. Lake Hike 9:30 Chair Yoga 1 GR 10:00 Beg. Bridge OS 10:40 Ch Yoga 2 GR 12:00 Pinochle L</div>	<div>19</div> <div>4:00 Free bus to Plainville Pumpkinfest</div>
<div>20</div> <div>9:15 a.m. Barry Manilow Trip, Holyoke</div>	<div>21</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acr. Paint, CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst 1 BR 2:15 Beg. Pilates BR</div>	<div>22</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Beg. Tai Chi 1 GR 2:45 Beg. Tai Chi 2 GR 3:00 French Class GA</div>	<div>23</div> <div>Walking 9:00 or 4:00 9:30 Quilting CR 9:30 Sleep. Giant Hike 9:30 Bks & Bagels GA 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:00 Paint Party BR 1:15 Charlemagne C 3:00 Coloring Club GR</div>	<div>24</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00 9:30 Mex. Train GA 9:30 Ceramics CR 10:00 Men's Yoga 10:45 Aqua Fit 2, Y 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit/Crochet GR 1:30 Ukulele BR</div>	<div>25</div> <div>9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:00 Beg. Bridge OS 10:00 Asst. Dev. CR 10:40 Ch Yoga 2 GR 11:30 Friends Helping Friends 12:00 Pinochle L</div>	<div>26</div> <div>9:15 A.M. Rails to Trails Walk, Simsbury</div>
<div>27</div> <div>9:30 a.m. Westbrook Outlets trip</div>	<div>28</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Acrylic Paint CR 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:00 BP Clinic 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Pwr. Burst 1 BR 2:15 Beg. Pilates BR</div>	<div>29</div> <div>*9:00 NURSE</div> <div>*Dental Clin. Appts. GR</div> <div>Walking 9:00 or 4:00 9:30 Choral Gp. BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:30 Grandparents, GA 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Beg. Tai Chi 1 BR 2:45 Beg. Tai Chi 2 BR 3:00 French Class GA</div>	<div>30</div> <div>Walking 9:00 or 4:00 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR</div>	<div>31</div> <div>Walking 9:00 only 10:45 Aqua Fit 2, at Y</div> <div>4:45 Espresso Bike Challenge ends</div> <div>No Activities Fair Setup</div>	<div>Nov. 1</div> <div>No Activities Fair Setup</div>	<div>Nov. 2</div> <div>Annual Senior Center Craft Fair</div> <div>10 a.m. to 2:30 p.m.</div>