



October Happenings



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12:00 Chair Yoga	2 11:00 Yoga- Lates	3
4	5 9:00 Nurse 10:00 Virtual Current Events 10:00 Cardio Chair Fitness	6 9:00 Nurse 10:30 Veterans Social Hour 1:30 Silver Sneaker Chair Fitness	7 10:00 Cardio Chair Fitness 1:00 Telephone Bingo	8 9:00 Nurse 12:00 Chair Yoga 3:00 Cookie Chatter	9 11:00 Yoga- Lates	10
11	12 CLOSED COLUMBUS DAY	13 9:00 Nurse 10:00 Caregiv- ers 1:30 Silver Sneaker Chair	14 10:00 Cardio Chair Fitness 1:00 Telephone Bingo	15 12:00 Chair Yoga 1:00 Historical House Virtual Tour	16 11:00 Yoga- Lates	17 Shopping Bus to Bristol
18	19 9:00 Nurse 10:00 Virtual Current Events 10:00 Cardio Chair Fitness 4:00 Living Room Scaven- ger Hunt	20 9:00 Nurse 10:00 Pottery Painting 11:00 Grand- parents 1:30 Silver Sneaker Chair Fitness	21 10:00 Cardio Chair Fitness 11:00 Souper Soups 1:00 Telephone Bingo	22 9:00 Nurse 12:00 Chair Yoga	23 9:00-12:00 COVID Testing 10:00 Virtual Storm Preparedness 11:00 Yoga- Lates	24
25	26 9:00 Nurse 10:00 Virtual Current Events 10:00 Cardio Chair Fitness	27 9:00 Nurse 1:30 Silver Sneaker Chair Fitness	28 10:00 Cardio Chair Fitness 1:00 Telephone Bingo 1:00 Apple Squares Cooking Class	29 12:00 Chair Yoga	30 11:00 Yoga- Lates Reverse Halloween	31 

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 drop them off at the Senior Center (ring door bell). We appreciate it! **We do not use religious cards or mass cards.** If you know someone who needs a smile, please let us know! **Please note:** When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. (If you wish your donation to remain anonymous, please let us know.) We do our best not to leave any donor's name off the list; but if we do, please let us know so we can include it in the next Newsletter.

A THANK YOU FOR GREETING CARDS DONATIONS

Hi Everyone! I would like to thank all of you for donating get well, sympathy and thinking of you cards. It is nice to bring cheer to someone in need of a smile or in time of sadness at the loss of a loved one. I really appreciate your thoughtfulness at this time. Your continued donations would be much appreciated!
Thanks again,
Carol Perry
Senior Center Cheer Card Volunteer



ADA PARATRANSIT FARE COLLECTION RESUMES OCTOBER 5, 2020

Beginning on October 5, 2020 fare collection will resume on ADA Paratransit and CTtransit buses. ADA Paratransit service requires a fare of \$3.50 for each one-way trip. Exact fares must be paid at the time of boarding. Should you have questions, please contact the ADA Paratransit Customer Service Department at 860-724-5340 extension 9.

MEMORIAL DONATIONS AUGUST 26-SEPTEMBER 25

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:

- **Elizabeth Demanski**
By June and Frank Demanski
- **Anthony Famiglietti**
By Sue Desrochers
- **Tony Guerriero**
By Pierre and Evelyn Morin
- **Ann Krupinski**
By Linda and James Williams
By Gloria Mengual

GENERAL DONATIONS, AUGUST 26-SEPTEMBER 25

Lisa McEnery, Marilyn Fithian, Marilyn Petit, Frank Broderick, Kathleen Marsan, Lexie Padmanabhan, Janice Sullivan, Joe St. Pierre, Cathy Ryan, Jenny Voisine, Anonymous, Bernice Castonguay

DIAL-A-RIDE DONATIONS AUGUST 26-SEPTEMBER 25

United Way, Gladys Berry, Richard Kowalezyk

IT'S OKAY TO ASK FOR HELP!

During late June, 40% of U.S. adults reported struggling with mental health or substance use. It's okay to ask for help. Here are some helpful contact numbers:



National Suicide Prevention Lifeline: 1-800-273-8255.

Bristol Health: 860-585-3006 or text **HOME** to 741741 to connect with a Crisis Counselor. Free 24/7 Support at your fingertips.

NEWS & EVENTS

OCTOBER 2020

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainville-ct.gov/senior-center

Staff and Senior Center Social Worker, Stephanie Soucy is available by phone during our regular hours: Monday 9:00—6:00, Tuesday, Wednesday, Thursday 9:00—5:00 and Friday 9:00—1:00.

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, caregiving, financial assistance, Medicare options, Medicare Savings Program, assistance at home and more. No question is too small. Please call 860-747-5728 to chat over the phone or to make an appointment to meet her outside.

We have been busy working with the Health Department and Town Officials to plan and prepare for the day when we can resume some of our in-person activities. Before we can reopen, we must make modifications to the building to be safe for staff and members. We need to follow the State of CT Reopen Guidelines for Senior Centers, Indoor Recreation and Fitness Centers to ensure that our protocols are safe for everyone who visits the Senior Center. When we do open, advance registrations will be required for all activities. Unfortunately, people will not be able to drop-in to “visit”, workout in the PEAK Center, play pool, play Bingo, etc. State Guidelines require that advance sign-up will be required for all activities, so people will need to plan their visit in advance. More details will be announced once we have a date for reopening. In the meantime, please check this newsletter for some fun classes and activities that you can do during October ... including pottery painting, living room scavenger hunt, cookie chat, cooking class, program on historical homes of Plainville, reverse Halloween and more! As always, we appreciate your continued patience and support. Feel free to call us with any questions. *Shawn and Ronda*

SATURDAY SHOPPING BUS TO BRISTOL

Saturday, October 17

We will be visiting one of the favorite shopping plazas which includes Stop & Shop, TJ Maxx and Ocean State Job Lot plus lots, lots more!! We will all travel together (no shuttle) on a school bus (step height, same as our Dial-A-Ride bus). If you need a lift for a walker or wheelchair let us know when you call to register. We will pick up at your home if you do not drive or the Senior Center. First pick up will begin at 9:00 a.m. and we will shop for 2 and 1/2 hours. Call to register for the shopping bus by calling the Senior Center at 860-747-5728. Remember, if you have ADA transportation you can go shopping or visit a friend in many towns in the Greater Hartford area, 7 days per week. Rides on ADA Paratransit are free until October 5th and will then have regular charges of \$3.50 (or less if you use tickets). Call the Senior Center for more details or assistance in registering with ADA Paratransit service.



FLU SHOTS CLINICS

At the time the newsletter went to print, we were unable to confirm a date for a Flu Shot Clinic. We hope to have something scheduled for late October or early November. Please call the Senior Center after October 15th for the Flu Shot Clinic date. If you wish to have a flu shot earlier, contact your physician or local pharmacy.

ProHealth Physicians/NBC 30 Free Drive-Thru Flu Clinic for Those Without Insurance/Under Insured.

Saturday, October 10, 2020, 9:00 a.m.-1:00 p.m.

3 Farm Glen Blvd, Farmington

(located near the UCONN Medical Center)

ProHealth Physicians will be hosting a FREE Drive-Thru Clinic. You can get a free flu shot without getting out of your car. This is ProHealth's effort to help those that are underinsured, without insurance, or who wouldn't normally get vaccinated against the flu.



VIRTUAL PROGRAMS/EVENTS



VETERANS SOCIAL HOUR THROUGH ZOOM VIDEO OR TELEPHONE

Tuesday, October 6, 10:30 A.M.

Call the Senior Center by Monday, October 5th to register and to receive the Zoom link and/or telephone

conference call phone number. You don't need a computer to join in this program. You can use your telephone to participate. A "virtual" support group for veterans... bring your own coffee and snack! Topics may include: presumptive diseases, service-connected disabilities, Aid & Attendance, Connecticut Veterans' Wartime Service Medal, burial allowances for survivors of veterans, and more. Let's share a few stories and bridge the gap during COVID-19. Facilitated by Hartford HealthCare Center at Home.

PLAINVILLE HISTORICAL HOME

VIRTUAL TOUR ON ZOOM

Thursday, October 15, 1:00 P.M.

Call the Senior Center to register and get the Zoom link.

Enjoy a one-hour virtual tour through Plainville as we "visit" 71 homes built prior to the 1869 incorporation of Plainville. The project was coordinated by Rachel St. Onge, a member of the Senior Center and the photos of the houses were taken by the Plainville Senior Center Snappy Seniors Photography group. Rachel spent three months doing historical research on the homes at the Plainville Historical Society. We are grateful to Rachel and the Plainville Historical Society for co-sponsoring this program.



VIRTUAL—STORM PREPAREDNESS: HOW CAN YOU BE READY?

Friday, October 23, 10:00-11:00 A.M.

Prevention and preparedness build the foundation to make a positive impact when it comes to a medical emergency during a storm. Steps to prepare your health, emergency plans considerations for long term health conditions, and essential tips during a storm will be discussed. Presented by Kaitlin Cuas, MSN, RN-BC, CDP, transitional care nurse. Registration is required. **To register, call Plainville Senior Center, 860.747.5728 or go to HartfordHealthCare.org/VirtualClasses.**



LIVING ROOM SCAVENGER HUNT

Monday, October 19th, 4:00 P.M.

Call the Senior Center to register and a Zoom link will be sent to you.

Bring your purse and/or wallet into the living room for a fun virtual scavenger hunt! We all know that there are lots of surprising things hidden in the depths of our purses and wallets ... let's see if you have all that we announce! Once an item is announced (we will also ask for some items typically found in the living room), you'll have 30 seconds to look for the item and show it to the group. Prizes will be awarded for those who find and show the most items!!



NO-COVID COOKIE CHATTER

(ZOOM VIDEO OR TELEPHONE)

Thursday, October 8, 3:00 P.M.

Call the Senior Center to register by October 7th

Enjoy a fresh baked cookie **delivered to your home** (if you live in Plainville; if you don't live in Plainville you can pick it up at the Senior Center) and join us on Zoom (either video or telephone) as we chat about everything **except** COVID-19!! You won't want to miss out on chatting and cookies!!



REVERSE HALLOWEEN TRICK OR TREATING!

Friday, October 30, 9:30 A.M.-12:00 P.M.

You won't want to miss out on the fun! Your favorite Senior Center staff will be dressing up for Halloween and delivering candy and treats to YOUR front door (Plainville residents only)!! Call the Senior Center by **October 26th** to register so we can plan to have enough candy for everyone! When you register, let us know if you need sugar free treats, so we can provide sugarless snacks for you. We will call in advance to let you know when your treats will arrive. Please set out a chair or small table where we can put your treat, so that we can maintain a proper social distance. Looking forward to trick or treating with you!! If you don't live in Plainville, but would like a Halloween treat, please register and plan to pick up your treat on Friday, October 30 between 9:30 – 12:00 noon at the Senior Center.



MORE VIRTUAL PROGRAMS/EVENTS

SOUPER SOUPS COOKING CLASS WITH MARGARET (ON ZOOM)

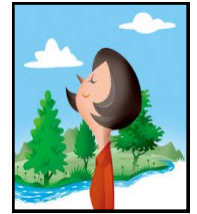
Wednesday, October 21, 11:00 A.M.



Call the Senior Center by Tuesday, October 20th to have the recipe emailed to you and to receive zoom link instructions.

The café may be closed, but you can still enjoy the taste of the wonderful Chicken Tortilla Soup made by Margaret Lemrise, one of our café volunteers. Margaret will be doing a live Zoom cooking class and, if you wish, you can actually cook along at home! The Chicken Tortilla Soup recipe will be emailed (or mailed) to you prior to the class so you'll have time to purchase your supplies.

BETTER BREATHERS CLUB ON ZOOM



The South Windsor Senior Center has invited our members to join their Better Breathers Club. The program will be facilitated by Susan Gouin, certified educator. She will conduct monthly meetings on topics concerning COPD and Asthma. Occasionally, there will be special guest speakers for variety and fun! Call or email Susan at: 860-648-6398, Susan.gouin@southwindsor.org to register, to get the schedule and to get the zoom link. Caregivers are welcome!

APPLE SQUARE COOKING CLASS

Wednesday, October 28th, 1:00 P.M.



Call the Senior Center by Tuesday, October 27th to have the recipe emailed to you and to receive Zoom link instructions.

Join café volunteer, Margaret Lemrise, as she bakes a delicious fall favorite: Apple Squares. Margaret will be "live" on Zoom and, if you'd like, you can bake along with her! The recipe will be emailed to you prior to class so you'll have time to purchase your supplies.

TELEPHONE BINGO

Wednesdays at 1:00 P.M.



If you miss **BINGO** then join us for a weekly game over the phone or on Zoom so you can see other friends. Give us a call to register, so we can provide you with the call-in/ Zoom information; we will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes could include toilet paper, lottery tickets, paper towels.

"EATING OUT AT HOME" ON ZOOM VIDEO OR TELEPHONE

Wednesday, Nov. 18, 3:00 p.m.



Call the Senior Center to register and get the Zoom link.

Here come the holidays and all the special fun, special foods, etc. But why just a few days a year? Take a page from French culture and make every meal a celebration, happy and healthful! Also get a better idea on how to survive the holidays. Join Miles Everett RD RN virtually at home.

WATERCOLOR FLOWERS ON POTTERY (ZOOM)

Tuesday, October 20, 10:00 A.M.



Cost: \$20.00 includes 8" ceramic rimmed plate, brushes, paints, firing and Firestone Art Studio instructor. Call the Senior Center by October 13th to register, receive Zoom link and to ensure that you receive your "art kit" prior to class.

Join folks from the South Windsor Senior in this virtual class. A Firestone Art Studio Instructor will provide tips and tricks to paint your very own bouquet of watercolor flowers on an 8" rimmed plate. A photo sample of the plate can be emailed to you, if you wish. Following the class, students will return their plate to the Senior Center and we will have it glaze fired for you at The Firestone. We will contact you once it's ready to be picked up again from the Senior Center.

VIRTUAL FITNESS PROGRAMS

SILVER SNEAKERS CHAIR

EXERCISE CLASS

Tuesdays at 1:30 P.M.



If you would like to participate in the Silver Sneakers Class, you must have Silver Sneakers through your health insurance. If you are not sure if you have Silver Sneakers through your insurance, call the 1-800 number on the back of your insurance card and ask if your plan covers the Silver Sneakers program. If it does, be sure to get your Silver Sneakers number, which is 16 digits and starts with 2300. If you have not participated in our Silver Sneakers class at the Plainville Senior Center, you will also need to sign a participation waiver. You can pick up a waiver at the Senior Center. Please email Nancy Pandolfo, Instructor, if you would like to take her class or if you have any questions: Fitness123@live.com. **This is a ZOOM program.**

CHAIR YOGA with DIANA GUNTER

South Windsor Senior Center

Instructor

Every Thursday at 12:00 noon on Zoom.



Zoom Meeting ID: 8993401834 Password: breathe

YOGA-LATES FITNESS CLASS ON ZOOM

Fridays at 11:00 A.M.

Taught by Nancy Pandolfo. Call the Senior Center to register and receive Zoom link. This is a combo class of Yoga poses and Pilates core training which incorporates balance, stretching and relaxed breathing. For all fitness levels.

NEW

NEW! CARDIO CHAIR FITNESS WITH NANCY ON ZOOM

Mondays and Wednesdays 10:00 A.M.

Call the Senior Center to register and receive the Zoom link.

Everything you can do standing you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching all from the comfort of your own home! Instructor: Nancy Pandolfo



HEALTHY BRAIN SERIES: Tuesdays, Oct. 6, 13, 20, 27 & Nov. 3 1:30-2:30pm

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Webinars.

Join us for a five-part series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. All while having fun! Participant's are encouraged to attend all sessions. Each of the 5 sessions will cover the following topics:

Challenge your mind daily: Activities keep your mind sharp. **Feeding the brain:** The importance of diet and hydration. **Benefits of a purposeful life:** Finding meaningful engagement as you age. **Good sleep and brain power:** The importance of sleep and your brain. **The Blue Zones:** Lessons for living longer from the people who've lived the longest. *Presented by Dementia Specialist, Hartford HealthCare Center for Healthy Aging.*

PLEASE CHOOSE WHICH SESSION YOU WOULD LIKE TO ATTEND:

After you register, you'll receive an email with easy instructions on joining the webinar.

MEDICARE ENROLLMENT CLOSES DECEMBER 7TH!

The Fall Medicare Annual Enrollment Period (AEP) ends on **December 7, 2020**, so now is the perfect time to review your Medicare choices.

During Open Enrollment you can change plans as needed to meet your current health care needs. You may be able to save money, get better coverage or both. If you are satisfied with your current plan you do not need to make any changes. Stephanie is available to meet with **Plainville Senior Center residents 60 and over** to go over the options available for 2021. Non-residents should call the CHOICES counselor at the Senior Center in their community.

CAREGIVING CONNECTIONS

Tuesday, October 13, 10:00 A.M.

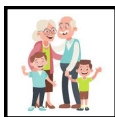
Join your caring friends as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. It is critical to give and receive support from others who truly understand. Join our Zoom meeting, share and be nourished. Caregivers from neighboring towns are welcome! Call the Plainville Senior Center at 860-747-5728 to register and receive the Zoom link.



GRANDPARENTS RAISING GRANDCHILDREN

Tuesday, October 20, 11:00 A.M.

Join us for our “virtual” Grandparents/Relatives Raising Grandchildren Information and Support Meeting. We will “meet” by Zoom—you can either do video or call in. We miss you! Please call the Plainville Senior Center at 860-747-5728 to register and receive the Zoom link.



GET TESTED FOR COVID-19 At The Plainville

Senior Center

Friday, October 23rd

9:00 to 12:00

Call Community Health Center for an appointment 475-241-0740 or on-line at www.chc1.com

The testing is **FREE**. No insurance necessary. You can get tested even if you’ve been previously tested. Drive-In....No need to get out of your car.

If you are unable to come on October 23rd for COVID testing there are other locations listed on page 10.

FITNESS CHALLENGE

How are you doing on the Fitness Challenge? You can do it! The Fitness Challenge ends on October 18th.

Whether you have been walking, biking, playing tennis, swimming, pickle ball, running, group fitness classes, yoga, etc., any activity is great for your health.

Don’t forget to log your activity/activities each day on the Fitness Tracking Calendar. You can do more than one activity per day. Submit your completed calendar to the Senior Center by October 30th.

The Senior Center with the greatest number of activities WINS! Each Senior Center will also award a prize to the Senior Center member with the most activities completed at their respective Senior Center.



SHOPRITE VIRTUAL STORE TOURS

Monday Oct 19th: 2PM and 7PM

Friday Oct 23rd: 11AM and 4PM

Dietitians Lauren and Jessica will be touring the store, pointing out their favorite products, answering your questions and giving you some great tips and tricks to save money and eat healthy!

To register go to:

<https://www.dietitians.shoprite.com> Participants do have to register with a Shoprite card and associated phone/email. If you have questions, contact Jessica at: Jessica.Dorner@Wakefern.com



Thank you to all of you who sent us your updated Membership Form. If you haven’t already, please return the brown Plainville Senior Center Membership Form that was sent out to all of our members so that we can update our records. You can mail it to the Plainville Senior Center, 200 East Street, Plainville, CT 06062 or it can be brought directly to the Senior Center during our normal business hours (Monday 9:00—6:00, Tuesday, Wednesday, Thursday 9:00—5:00 and Friday 9:00—1:00). If you don’t have your form you can call the Senior Center to receive one. Please return as soon as possible. Thank you!

HOLIDAY CRAFT FAIR VENDORS



Unfortunately, we will be unable to hold our Plainville Senior Center's Annual Holiday Craft Fair this year due to COVID-19. We have contacted the vendors who attended last year and offered to provide their contact information in our Newsletter. Below is a list of vendors who asked to be included :

THIS AND THAT CRAFTS

Contact Name: Judi Pollack
Email: judipollack2@aol.com
Phone: 860-485-1337
Items Available: Birthday Month Bracelets, Microwave Bowl Cozies

DMG CRAFTS AND GIFTS

Contact Name: Marie Perusse
Email: Chamro@aol.com
Phone: 860-404-8942
Items Available: Rag Quilts, Scarves, Knitted Hats/Mittens, Stained Glass, Dog Coats, Table Wreaths and much more.

CAROLINE'S JEWELRY

Contact Name: Caroline Doiron
Email: carolinedoiron@hotmail.com
Phone: 860-747-5255
Items Available: Handmade seed beaded jewelry

SANDY'S STITCH IN TIME

Contact Name: Sandy Desrochers
Email: Sandysstitch@gmail.com
Phone: 860-348-7014
Website: <https://www.sandysstitchintime.com>
Items Available: Surprise Balls, Tissue Boxes, Magnets, Keychains, Cup Sleeves Crochet Cat Toys

CRICKET KNOLL QUILTING

Business Name: Cricket Knoll Quilting
Contact Name: Claudia Rajotte
Email: crajotte513@yahoo.co
Phone: 860-589-8035
Available Items: Quilted Wall Hangings, Quilts, Quilted Baskets, Table Toppers, Longarm Quilting

MARYLOU –SHARON—JILLIAN

Contact Name: Marylou White
Email: Marylou-white@comcast.net
Phone: 860-582-0813
Items Available: Potholder sets, Door Christmas Trees, Microwave Bowl Cozies, Aprons for Adults & Children, Tote Bags and more.

CONNIE'S CREATION

Contact Name: Connie Rajotte
Phone: 860-582-6185
Items Available: Fleece Blankets, Team Fleece Blankets/Throws: Yankees, Red Sox, Patriots, Cowboys, Steelers

PATTY'S CRAFTS

Contact Name: Pat Samselski
Email: pattiescrafts@gmail.com
Phone: 860-681-2311
Items Available: Angel and Tea Crafts, Dammit Dolls, Dustpan Cookies (cookie mix, dust pan and mini broom), Hot Cocoa gifts, Hershey Nugget Snowmen, Red Cardinal Crafts, and much more!

ROSEMARIE MILLER

Contact Name: Rosemarie Miller
Email: glits@att.net
Phone: 860-836-3531
Items Available: Kitchen Towels with Button, Baby Bibs, Red Velvet Dress for Small Dogs, Dog Leashes



UNITED STATES CENSUS 2020

While you are sitting at home, take the time to complete the 2020 Census! Your response matters and Plainville is hoping to have 100% participation in the Census. Census results help determine how billions of dollars in federal funding flow into states and communities, they determine how many seats in Congress each state gets, and it's mandated by the US Constitution. There are three ways to complete your census: **online** at: www.2020census.gov, **by phone 844-330-2020 for English, 844-468-2020 for Spanish** or **by mail**.

RESPOND NOW! IT'S SAFE, EASY & IMPORTANT!

VIRTUAL CURRENT EVENTS DISCUSSION GROUP ON VIDEO AND TELEPHONE

Every Monday, 10:00 A.M.

Call the Senior Center to register and receive the Zoom log in instructions. You can use Zoom video or conference call. Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more.



The Food Share program at the Seventh Day Adventist Church is available on Wednesdays for Plainville individuals needing assistance with food. For more information about eligibility and hours contact: Laurie (860) 747-5867. Drive up and a volunteer will put the groceries in your car!



Our Facebook page is up and running! Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle and our logo is our "cover page".



NEW MOBILE FOODSHARE SITE IN PLAINVILLE

NORTON PARK, 15 Norton Park Road
Monday, October 5 and Monday, October 19
11:00 A.M.—11:30 A.M.

Perishable foods including fresh fruits, vegetables, dairy, meat and bread. This service is available to everyone 16 years and older. No identification needed. Please remember to bring your own bags. For the entire Mobile Food Share schedule visit: www.Foodshare.org/mobile. To check for other locations around Plainville and/or cancellations visit the website or call 860-856-4321. Text FOODSHARE to 85511 to receive the mobile schedule and cancellations alerts directly to your phone.

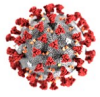
YOUR VOTE COUNTS!

The Secretary of the State has mailed out absentee ballot **APPLICATIONS** to all registered Plainville voters. If you wish to receive an absentee ballot, please complete the application as soon as possible and mail it back to the Town Clerk's office in the postage free envelope provided OR use the Official Ballot Drop Box located right outside the side entrance of the Municipal Center. The actual absentee ballots will be mailed out beginning October 2. Voters are encouraged to use the Ballot Drop Box when returning their completed ballot. All polling locations will be open and safe on Election Day, Tuesday, November 3rd, from the hours of 6am to 8pm.



DIAL-A-RIDE

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank call Nancy at HRA 860-589-6968 to schedule a ride. We operate on Monday, Tuesday and Wednesday 9:00 A.M. to 2:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill.



ADDITIONAL LOCATIONS/DATES FOR COVID-19 TESTING

These are FREE COVID-19 tests. Drive-up or Walk-up:

- Tuesday, October 20th: 10AM-2PM, HRA Bristol Office: 55 South Street
- Thursday, October 22nd: 10AM-2PM, HRA Food & Resource Center (Food Pantry): 460 Osgood Ave. New Britain
- Tuesday, October 27th: 8AM-11AM, HRA Oak: 35 Oak St. New Britain
- Wednesday, October 28th: 10AM-2PM, HRA Arch: 336 Arch St. New Britain

For more information or to register, please call: 475-241-0740

SENIOR CENTER VIRTUAL PROGRAMS

Senior Centers from across the state are collaborating and sharing a variety of virtual programs with older adults in Connecticut. Have fun! Learn something new!

We recently emailed a list of upcoming state-wide programs to all Plainville Senior Center members who have an email address in our records. If you did not receive an email from us, but wish to receive this state-wide virtual program list, please email: Guberman@plainville-ct.gov and we will forward the list to you. Please be sure to check your spam/junk mail as well.

Energy Assistance

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$36,171 (gross) and a family of two could possibly make \$47,300 (gross) and qualify for the program. Asset Limit for homeowners is \$15,000 and \$12,000 for renters. HRA is located at 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR. Please call or go online to: <https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with making an appointment online.

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.*

August 21-September 21 Get Well & Thinking of You Cards were sent to:

Ann Campbell (2), Dawn Dallas, Kathryn Scott, Bruna Badon, Leona Bisson, Genevieve DiFrancesco, Joe Sperduti, Phyllis Gediman, Paul LaBarre, Beatrice Dumont, John Lomonte, Helene Fabian, Robert Kopinsky, Cathleen Macca, Anna Smedick, Rita Dewyea, Hazel Decker, Ceal DiFrancesco, Evelyn Case, Agnes Ogonowski, Rosaleen Peters

August 21-September 21 Sympathy Cards were sent to:

Elizabeth Pratt, Family of Amanda Dumais, Family of George Bartley, Family of Leon Rzewnicki, Family of Ann Krupinski, Family of Christine Harvey (4)



NEW MEMBERS: Donna Neidermyer, Gary Roy, Barbara Kostrzewski, Nicholas Manna, Paul Catanzaro, Michael Behary

FALL CLEANING HELP MAY BE AVAILABLE

When was the last time your house or apartment had a deep fall cleaning? The Senior Center is researching grant opportunities to assist individuals with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceilings, washing walls and so much more. If this is something that you would be interested in or like more information about, please call the Senior Center. If funding is obtained, the program will be available to individuals who meet eligibility guidelines.



VETERAN'S BENEFITS

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance. Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance is available by phone to help you with all your Veteran Benefit needs. You can reach Jason at 203-805-6340 (please leave a message).



WALK TO END ALZHEIMERS

Sunday, October 4th, 12:00-1:00 P.M.

The Bristol Senior Center is walking to remember our family members and friends, and in honor of the 5 million Americans living with Alzheimers (drinks and snacks will be available). The walk will take place at the Bristol Senior Center practicing proper social distancing and wearing masks. Or you may walk in your own neighborhood if you choose. If you are not able to walk, but would like to make a donation, that would be greatly appreciated. If you have any questions or would like to join you may contact Patty Tomascak, Executive Director, City of Bristol, Department of Aging, (860)584-7895 X 7110.



STAY CONNECTED!

Want to "stay connected" while staying home and staying safe? The CT Department of Aging and Disability Services has a new grant program called "Stay Connected" that will provide technology such as laptops and tablets to older adults and individuals with disabilities who are increasingly socially isolated because of COVID-19. The grant even provides training on how to use the devices. You do not need to be a "techie" to give it a try. If you would like to be screened for the program, please call your local Area Agency on Aging at 1-800-994-9422 and ask for the "Stay Connected Program" in the CHOICES Department.



Have You Heard About Senior Transportation Services? **VOLUNTEERS ARE NEEDED!**



Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. (For help in paying for the service call Stephanie or Ronda at 860-747-5728). Senior Transportation Service (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.**

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FALL WORD SEARCH

Fall Word Search

C U W V B F K S Q S W H A R V E S T H G
 O Y S M A N T A T O U U O G K R P M L E
 A C F D F O O T B A L L W B T Q W O Z B
 S E E Z Z A G E R Y N T U E N I B E X R
 W J P N X T B U W A A P P L E C I D E R
 E A U O A H U D C N U T U U N C T A Q
 A P R V S A U U R K K P P Z M H R B C T
 T P L E A N N O J Y S R P C U P A G I C
 E L E M J K C A D B E F W K E U K Y M K
 R E A B U S K F Y O P L I O H Z E I Y B
 P S V E L G P H L N T Z H P S J S Q N O
 Q Q E R S I Q A W F E Y E M U W E Q J O
 J N S O M V V C N I M C O Q N R M W K T
 T B M E K I F Z B R B R Y C F K N L J S
 V Y A P N N Q K G E E A V G L U T A A O
 V N R R D G H N A B R U Q T O O N I G V
 C Y A O O P I Q O N H T X F W J Z Y P E
 L C X F E A L T K O E U W Z E S U P P B
 R D E F I D C W K O Q M Z Q R B F Z U S
 D R Q R J O V Z O Y W N C J G R K N E U



CORN
 AUTUMN
 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER



ZOOM HELP AVAILABLE BY PHONE THROUGH THE SENIOR CENTER

More and more programming and classes are now being offered virtually. If you have a smart phone, tablet or computer, you can take advantage of many programs on Zoom. If you haven't given it a try or need help learning how to use it, call the Senior Center! We will schedule an individual telephone appointment for you to "meet" with Tammy to learn how to use Zoom or to answer any questions you might have if you've used Zoom before but would like to learn more. We will provide you with written step-by-step instructions prior to your telephone appointment. Call the Senior Center to schedule your telephone appointment, 860-747-5728.

LGBT AGING MASTER PROGRAM

The Moveable Senior Center and the CT Healthy Living Collective will be running a virtual LGBT Aging Master Program starting October 6th. This is a 10 week program presented on ZOOM on Tuesdays starting October 6th from 10:00 a.m.—11:30 a.m. Call to Dianne Stone to register at 860-665-8778.