

**NEWS & EVENTS**

**OCTOBER 2021**

**Shawn Cohen, Director**

**Ronda Guberman, Assistant Director**

**200 East Street, Plainville, CT 06062**

**860.747.5728**

**[www.plainvillect.com/senior-center](http://www.plainvillect.com/senior-center)**

**Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm**

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, care-giving, financial assistance, Medicare, assistance at home and more. No question is too small. Call (860)747-5728.

**FLU SHOT CLINICS AT SENIOR CENTER**

**BY APPOINTMENT (SENIOR CENTER MEMBERS ONLY)**

**FRIDAYS, OCTOBER 8, 15, 22**

**9:15 A.M. - 12:15 P.M.**

Call the Senior Center beginning October 1 to register. The flu shots will be administered by Georgia Sterpka, the Senior Center APRN. You must bring your insurance card. Cost is \$50 if you don't have insurance.



**TRY "PUMPKIN TRIO" CANVAS PAINTING!**

*IN-PERSON OR ON ZOOM*

**MONDAY, OCTOBER 18, AT 1:00 P.M.**

*INSTRUCTOR: LINDSEY HOTTIN*

*COST: \$10.00 PER PERSON IN-*

*CLUDES ALL PAINTING SUPPLIES.*

*SIGN-UP BEGINS OCTOBER 6.*

Lindsey Hottin, of Lindsey's Craft Studio, will teach the class on

Zoom. You can watch from the Senior Center or Zoom from home. Learn to paint this fun fall pumpkin image. Supply kits will include the required colors of acrylic paint, a small canvas, and brushes. You will need a water cup for rinsing your brushes between colors, and paper towels/rags for blotting dry between rinsing. Feel free to get creative and add any extra colors of paint that you may have at home.



**MASKS ARE REQUIRED**

**REGARDLESS OF VACCINATION STATUS**

At the time the newsletter went to print, the Town of Plainville is requiring all persons, regardless of vaccination status, to wear masks in all town buildings, including the Plainville Senior Center. Any individual with COVID-like symptoms or recent exposure to someone testing positive should not enter. If you do not have a mask, they are available at the front desk.

**THE ICE CREAM TRUCK IS COMING TO THE SENIOR CENTER!**

**WEDNESDAY, OCTOBER 13, 12:30 -1:15 P.M.**

**FREE, HOWEVER YOU MUST PRE-REGISTER.**

Call the Senior Center or register online beginning October 6. Stop by the Senior Center to get a complimentary ice cream. You'll be able to choose from lots of varieties! Enjoy eating it at the Senior Center or take it home. Co-sponsored by The Pines at Bristol.



**MAMMALS, REPTILES AND BIRDS ... OH MY!!**

**TUESDAY, OCT. 19, 2:00 P.M. FREE.**

**CALL THE SENIOR CENTER OR REGISTER ONLINE BEGINNING OCT. 6.**

Join Adam from the Hungerford Nature Center for a fabulous afternoon of meeting & petting (if you'd like) a variety of small mammals, reptiles, and birds such as chickens, hedgehogs, chinchillas, snakes, owls and turtles!

**FREE TRICK-OR -TREATING AT THE SENIOR CENTER!**

Come celebrate Halloween here at the Senior Center with free Trick-or-Treating on **Friday, Oct. 29, from 11:00 a.m. to noon.** Wear your costume!



# PROGRAMS

## THE NOBLE GAME OF BILLIARDS...

Billiards has a long, rich history and has been played by kings and commoners, presidents, ladies, gentlemen, and hustlers alike. It evolved from a lawn game similar to the croquet played sometime during the 15th century in Northern Europe and probably in France. Then it moved indoors to a wooden table with green cloth to simulate grass, and a simple border was placed around the edges. The balls were shoved, rather than struck, with wooden sticks called "maces." The term "billiard" is derived from French, either from the word "billart," one of the wooden sticks, or "bille," a ball. The game was originally played with two balls on a six-pocket table with a hoop similar to a croquet wicket and an upright stick used as a target. During the 18th century, the hoop and target disappeared, leaving only the balls and pockets. Known as the "Noble Game of Billiards" since the early 1800's, Shakespeare even mentioned pool in Antony and Cleopatra.

SOURCE: "A Brief History of the Noble Game of Billiards " by Mike Shamos.

Did you know that...Billiards was **the first sport to have a world championship** (1873)! Come join in the fun in 2021 at the Plainville Senior Center! Our **Pool Tournaments** are every **Thursday at 12:30 p.m.**

### LADIES BILLIARDS BRUSH-UP GROUP

Ladies, if you've never played pool before or you haven't played in a while and want to work on your game, come each Tuesday at 10 a.m. and Ellen will help you. Other dates and times may be available. Come be a part of our group. See our new table! Call the Senior Center at (860)747-5728 to register.

### MENS BILLIARDS BRUSH-UP GROUP

Guys, if you want to brush up on your pool skills or even if you've never played before, John can help you on Thursdays at 11:00 a.m. Other dates and times may be available. Call the Senior Center to register.

### NUTRITION TRIVIA BINGO

THURSDAY, OCTOBER 14, 10:00 A.M.

PROGRAM IS FREE AND IN-PERSON.

CALL THE SENIOR CENTER TO REGISTER.

Test your nutrition knowledge and play Bingo with ShopRite Dietitian Jessica! Everything you need to play will be provided, and Jessica will have prizes for BINGO winners.

### MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, OCT. 21, 2:30 P.M. SIGN UP HAS BEGUN. CALL THE SENIOR CENTER TO REGISTER.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Join us on **Thursday, Oct. 21 at 2:30 p.m.** Relax and socialize with other people experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Connecticut State Unit on Aging.



### BOOST YOUR BRAIN HEALTH BY EATING WELL

THURSDAY, NOV. 18, 10 A.M. -11 A.M

PLAINVILLE SENIOR CENTER

CALL (860)747-5728

OR REGISTER ONLINE

BEGINNING OCT. 6.

There is no question that eating a diet rich in brain healthy food can benefit people at any and every age. Hear from the experts why making more healthful and mindful food choices can benefit you and learn how much you cook "brain healthy" at home. Join us to explore brain healthy eating. Samples and recipe cards provided. Presented by Farmington Station, a senior living residence.



**Did You Know...** Senior citizens are the fastest growing demographic group on Facebook. Recent studies show that more than half of all U.S. seniors are active online, and more than one-third are on Facebook and other social media websites.

# CLASS DESCRIPTIONS/PROGRAMS

*You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for missed classes due to vacations, trips, doctor's appointments, etc.*

## ACRYLIC PAINTING

MONDAYS, 10:00 A.M. — 12:00 P.M.

INSTRUCTOR: ABBE WADE

Instructor Abbe Wade teaches four unique techniques using acrylic paints. Students must provide their own supplies. Sign-up has begun.

## CERAMICS

THURSDAYS, 9:30 — 11:30 A.M.

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

## KNITTING/CROCHET

THURSDAYS, 1:00 — 3:00 P.M.

INSTRUCTOR: EVELYN MORIN

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.



## UKULELE-INTERMEDIATE

INSTRUCTOR: SUE HILL

Join a fun, six-week intermediate ukulele class. This class is for students who already play the chords C, F, and G7. We'll play mostly easy songs but add a few challenging ones. Learn strumming patterns and fingerstyle while building your repertoire. Students are to provide their own ukulele.



UKULELE

## OCTOBER BIRTHDAY BASH

THURSDAY, OCTOBER 21

2:00 — 3:00 P.M.

PICK UP AT THE SENIOR CENTER.

If you have a birthday in October, please join us for a birthday treat! **Call the Senior Center by Oct. 19 to register or register online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) so that we know how many birthday surprises to prepare.**



## JOIN US FOR THE RAINBOW LUNCH HOUR!

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center and the CT Healthy Living Collective for a Rainbow Lunch Hour on **Thursday, Oct. 28, at noon via Zoom from home or from the Senior Center.** October's topic will be inspired by National Coming Out Day. The event will be held every fourth Thursday of the month at noon. Pre-registration is required. Bringing your own lunch is optional. If Zooming from home, **register at [www.cthealthyliving.org](http://www.cthealthyliving.org). If you are coming to view the program here, call the Senior Center or go online to register at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**



## BOOK BUDS

OCTOBER BOOK: "A LONG WAY HOME" (NON-FICTION) BY SAROO BRIERLEY

FRIDAY, OCTOBER 29, 10 A.M. COST: FREE!

INSTRUCTOR: KATHLEEN MARSAN

SIGN-UP BEGINS OCT. 6.

The book is available at the front desk of the Plainville Library. **Call the Senior Center or register online at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**

## PIZZA WEDNESDAYS!

Come enjoy cheese pizza with us here at the Senior Center every Wednesday at noon. COST: \$2.50 includes bottled water.

Advance sign-up is required. We cannot accommodate walk-ins.

Call (860)747-5728 and join us for lunch.



## GUITAR JAM!

The acoustic guitar group, led by (Edgar) Allan Haver, meets on **Thursday, October 28, at 3 p.m.** at the Senior Center to play music together. Bring your guitar and don't forget to bring your voice too! Call the Senior Center to register.

# FITNESS PROGRAMS

## **POWER BURST**

*MONDAYS, 1:00-2:00 P.M.*

*INSTRUCTOR: CAROLINE DUBE*

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.

## **BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS**

*MONDAYS, 2:15-3:00 P.M.*

*INSTRUCTOR: CAROLINE DUBE*

Gentle Chair Pilates releases tensions, stress and calms the mind and also builds core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Bring a water bottle.

## **CARDIO CHAIR FITNESS WITH NANCY**

*TUESDAYS, 1:00 — 1:45 P.M.*

*INSTRUCTOR: NANCY PANDOLFO*

Everything you can do standing, you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching.

## **BALANCE CLASS**

*TUESDAYS, 2:00—2:45 P.M.*

*INSTRUCTOR: NANCY PANDOLFO*

This 45-minute balance class works on balance with holding poses, adding movement, and sometimes one light free weight. Working on balance is perfect for keeping you from slipping and falling and helps work on core and leg strengthening.

## **ZUMBA GOLD**

*WEDNESDAYS, 9:30 –10:30 A.M.*

*INSTRUCTOR: AMY GRAY*

Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels.



## **SILVER SNEAKERS & PLAINVILLE SENIOR CENTER**

### **YOGA/PILATES(YOGA-LATES)**

*FRIDAYS, 11:00—11:45 A.M.*

*INSTRUCTOR: NANCY PANDOLFO*

**Class is free if you have Silver Sneakers through your health insurance. IN PERSON OR ON ZOOM.**

This 45-minute class includes both chair and standing yoga poses, a lot of stretching and Pilates. In Pilates, you will target a specific muscle, squeeze it and work through a motion which also tones your lower body and core.



## **THE PEAK FITNESS CENTER IS OPEN** **NO APPOINTMENTS NEEDED!**

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open, and appointments are no longer needed! Work out when you want. New PEAK Center hours are: **Monday—Friday, 9:00 A.M.-1:00 P.M.**



# CLASS SCHEDULE Class descriptions on pages 3,4

**Please Note:** You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign up for new classes beginning on **Mega Sign-Up Day, Oct. 6, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **Oct. 13**, if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session Sign-Up begins Oct. 6 Payment Due Upon Registration
<b>MONDAY</b>			
Acrylic Painting	10:00-12:00	Sept. 13-Nov. 22. 10 weeks, \$20.	
Power Burst	1:00-2:00	July 19- Oct. 4. No class Aug. 2 & 30, Sept. 6. Cost is pro-rated based on when you register.	Oct. 18-Nov. 22. 6 weeks. \$12.00.
Chair Pilates & Balance	2:15-3:15	July 19-Oct. 4. No class Aug. 2 & 30, Sept. 6. Cost is pro-rated based on when you register.	Oct. 18-Nov. 22. 6 weeks. \$12.00.
<b>TUESDAY</b>			
Cardio Chair Fitness w/Nancy	1:00—1:45	Oct. 5-Dec. 7. No class Oct. 26 & Nov. 2. 8 weeks, \$16. Sign-up has begun.	
Balance Class	2:00-2:45	Oct. 5-Dec. 7. No class Oct. 26 & Nov. 2. 8 weeks, \$16. Sign-up has begun.	
<b>WEDNESDAY</b>			
Zumba Gold	9:30 – 10:30	Sept. 15-Nov. 3. Cost is pro-rated based on when you register.	Nov. 10—Dec. 22. 7 weeks. \$21.00.
Ukulele-Intermediate	2:00-3:00		Nov. 10-Dec. 15. 6 weeks. \$12.00.
<b>THURSDAY</b>			
Ceramics	9:30 – 11:30	Oct. 7-Dec. 9. 8 weeks. No class Nov. 11 & 25. 8 weeks, \$24.	
Knitting/Crochet	1:00-3:00	Sept. 23-Oct. 28. Cost is pro-rated based on when you register.	Nov. 4-Dec. 16. 4 weeks. \$8. No class Nov. 11, Nov. 18 & Nov. 25.
<b>FRIDAY</b>			
Yoga-Lates	11:00—11:45	Oct. 1-Nov. 19., 6 weeks, no class Oct. 29 & Nov. 5. \$12. FREE if you have Silver Sneakers. Sign-up has begun.	



# Trips



## **\*PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE & MOTORCOACH TRIPS.\***

**SIGN-UP:** Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. One day a month, we also offer **Mega Sign-up Day**. This month it is **October 6** from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign-up.



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

**CANCELLATIONS:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call Angela at (860) 839-7346 that evening or before 9:00 a.m. the day of the trip.*** Angela 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. Once we pay, refunds are not guaranteed. 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. Some insurance policies cover most costs if the cancellation is due to illness, but others may cover a variety of additional reasons.

**PARKING:** Parking for most trips is at Our Lady of Mercy Church parking lot, directly across South Canal Street from the church. It's the first lot on your right entering South Canal from Broad Street. Park as close to the fence as possible, one car directly behind another. 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. Many overnight trips may provide parking at Our Lady of Mercy Church. Please contact the Senior Center, not OLM, for information.

**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 latecomers.***

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

## **QUICK TRIPS 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. 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.*

**QUICK TRIP GUIDELINES:** 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 **Angela at (860)839-7346**. 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.

# Trips

## QUICK TRIPS

### **CHRISTMAS TREE SHOP, MANCHESTER**

*FRIDAY, OCT. 1, 9:30 A.M.*

**THIS TRIP IS FULL. SIGN RESERVE LIST IF INTERESTED.**

It's a great time to shop for your holiday bargains at the Christmas Tree Shop. \$8 for transportation is payable at registration. Lunch is on your own at Panera Bread or McDonald's. Home pick-up **for those who do not drive** begins at 9:15 a.m., then Senior Center pick-up is at 9:30 a.m. Return to Plainville by 3:00 p.m.



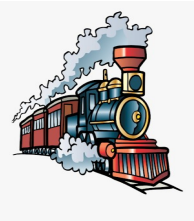
### **NAUGATUCK RAILROAD AUTUMN COLORS TRAIN RIDE MORE DATES ADDED!**

**FRIDAY, OCT. 8, 15, & 22.**

11:00 A.M. \$26 PER PERSON INCLUDES TRAIN RIDE & TRANSPORTATION ON OUR MINI BUS.

**OCT. 15 & 22 TRIPS ARE FULL. AT THE TIME OF PUBLICATION, THERE WERE FOUR SPOTS OPEN FOR OCT. 8. LOCATION CHANGE— DUE TO FLU SHOT CLINICS NOW AT THE SENIOR CENTER, THESE THREE TRIPS WILL NOW DEPART FROM OUR LADY OF MERCY CHURCH 19 CANAL ST.**

Join us for a leisurely one-hour-and-20-minute train ride following the Naugatuck River for breathtaking views and autumn scenery. A brief venture is made north of the Thomaston station over the Thomaston Dam, providing a vista-like view of the Naugatuck River Valley. We will begin with lunch on your own at Rozzi's Restaurant (Menu at Front Desk). Enjoy a quick stop at the Railroad Museum of New England adjacent to the Naugatuck Railroad and board the 2:00 train for a delightful fall ride. Ice cream (on your own) at Cleveland Country Store and the Sweet Tooth in Plymouth will be the main event for our ride home, returning at approximately 4:30 p.m. **SIGN-UP HAS BEGUN.**



### **LYMAN ORCHARDS FARM STORE at THE APPLE BARREL**

**FRIDAY, OCTOBER 29, 10:30 A.M. \$8.00 PER PERSON INCLUDES TRANSPORTATION.**

Lyman Orchards has been a farm for over 275 years, starting in 1741 when John & Hope Lyman bought two parcels of land (which is now the site of Homestead and Apple Barrel). Today you can pick your own fruit, buy delicious pies, pastries, fruit and yummys, have lunch at the deli (menu at front desk) and enjoy the scenery of Middlefield. \$8 per person includes transportation. Lunch and shopping are on your own! Home pick-ups are available for those who don't drive. Trip returns at approximately 1:45 p.m. **SIGN-UP HAS BEGUN.**

### **BUTTERFLIES & YANKEE CANDLE**

**FRIDAY, NOV. 12, 8:15 A.M.**

**\$26 PER PERSON INCLUDES BUTTERFLY ADMISSION & TRANSPORTATION. LUNCH SNACKS, SHOPPING ON YOUR OWN. SIGN-UP BEGINS OCT. 6.**

We're heading to the Magic Wings Butterfly Conservatory & Yankee Candle Village in Deerfield, MA. We'll have a quick stop at Irving Gas & Go in South Deerfield, MA, to get a grab-and-go breakfast and a bathroom break and then it's onto Magic Wings, which features an 8,000-square foot indoor conservatory that is home to some 4,000 exotic and domestic butterflies. It may be cold outside, but it will feel like you're on a trip to the tropics inside. It's also a perfect place for photographers. Then it's onto the nearby Yankee Candle Village—one of New England's favorite day trip destinations with over 200 new, classic, and limited-edition fragrances and candle accessories. Create your own candle and shop for unique holiday ornaments and other gifts. It also snows inside the Bavarian Village every few minutes. Lunch is on your own next door at Hillside Pizza & Powder Hollow Brewery, where they have pizza, wraps, salads plus New England clam chowder, mac & cheese and garlic knots. We return to Plainville at approximately 4:00 p.m.



# DAY & OVERNIGHT TRIPS & OUTDOOR ADVENTURES

## DAY TRIPS

### **A BOB HOPE USO STYLE TRIBUTE THE GRAND OAK VILLA, OAKVILLE**

**WEDNESDAY, NOV. 10, 2021**

\$115 per person. Departs 10:30 a.m. from Our Lady of Mercy Church, 19 Canal St., with an approximate return of 4:30 p.m. Family Style Meal including salad, pasta, roast turkey with gravy and sliced roast beef with gravy, roasted potato, vegetable, dessert and beverage. Carafes of red and white wine at every table. Join us for a tribute to America's Veterans featuring Bill Johnson and Holly Farris. Flyers available. Sign-up has begun.

### **EDWARDS TWINS**

#### **AQUA TURF**

**WEDNESDAY, DEC. 8, 2021.**

\$87 per person. Drive on your own. Arrive at 11:30 a.m. Coffee & donuts on arrival. Family Style Menu: salad, pasta, Chicken ala Kathryn, broiled scrod with cracker crumb topping, vegetable, potato, rolls, dessert, beverage. The World-Famous Edwards Twins are two brothers impersonating 100 stars! They are the number one impersonation act in the world! Flyers available now! Sign-up has begun.

## OVERNIGHT TRIPS

### **AMERICAN QUEEN PADDLEBOAT**

**MARCH 20-28, 2022.**

Cruise from New Orleans to Memphis and let the American Queen introduce you to the American South. From \$3,198 includes air & travel. Flyers available at the Senior Center.



One night in New Orleans with sightseeing tour, Nottoway Plantation, St. Francisville, LA, Natchez, MS, Vicksburg, MS, Greenville, TN, Memphis. Transportation to Bradley Airport. Unlimited beverage package. Cappuccino, Espresso, bottled water & soft drinks, entertainment, daily lectures by the Riverlorian, award-winning cuisine, gracious service, Friendship Tours escort throughout the trip. **SIGN-UP HAS BEGUN. Call Friendship Tours at (860)243-1630 to sign up.**

### **COLUMBIA & SNAKE RIVERS ABOARD THE AMERICAN EMPRESS:**

**\*PLEASE NOTE: DATE HAS CHANGED from Oct. 23-31, 2022, to NEW DATE: July 10-18, 2022.\***

Cruise from Spokane to Vancouver, WA. Follow in the footsteps of Lewis & Clark. Cost: Outside cabin with veranda is \$5,398 per person twin including air and taxes. One night Spokane, WA, one night in Vancouver, WA, both with sightseeing tour, Clarkston, WA, Richland, WA, The Dalles, OR, Stevenson, WA, Astoria, OR, Vancouver, WA. Transportation to Bradley Airport. Unlimited beverage package -beer, wine, spirits, cappuccino, bottled water, etc., hop on, hop off tours in each port, entertainment and more. **SIGN-UP HAS BEGUN. Call Friendship Tours at (860)243-1630 to sign up.**

## Outdoor Adventure Club

### **HIKE THE FARMINGTON RIVER TRAIL**

**MONDAY, OCT. 11, 10:00 A.M.**

HIKE IS APPROXIMATELY 90 MINUTES

LEADER: NATALIE CARPENTER. SIGN-UP

BEGINS OCT. 4. CALL TO REGISTER. COST: FREE.

Join Natalie on Monday, Oct. 11, at 10 a.m. for an easy hike on the Farmington River Trail, with beautiful views of the Farmington River and Unionville. Walk is on a paved path, so comfortable shoes are recommended. Bring a water bottle for hydration and possibly a hat to avoid too much sun exposure. Meet at the Farmington River Trail parking lot, 350 Collinsville Rd., Unionville, at 10 a.m. for the 90-minute hike.

### **MONTANA AXE THROWING**

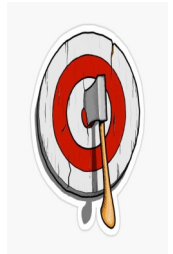
**WEDNESDAY, OCTOBER 6**

**MEET AT 4:15 P.M. AT 168 CENTER  
STREET, SOUTHTON**

**AXE THROWING FROM 4:30 - 5:45 P.M.**

**SIGN UP BEGINS OCT. 1. \$30.00 PER  
PERSON.**

Learn to throw axes and have some fun! No plaid required! We will "play" for 75 minutes. A certified "Axept" will teach you how to throw an axe and be with us throughout the time to ensure safety and cheer you on! Bring your own snacks if you wish. **CLOSED-TOED SHOES REQUIRED.**





# HEALTH MATTERS

## HELP STOP MEDICARE FRAUD IN ITS TRACKS

The Senior Medicare Patrol (SMP) program recruits and trains volunteers about Medicare fraud, errors and abuse. These volunteers empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, error and abuse through outreach, counseling and education. SMP addresses inquiries and complaints regarding Medicare, Medicaid and other health care or related consumer issues either by resolving matters directly or by referrals to appropriate entities. Connecticut's SMP program is funded by the Federal Administration for Community Living and is administered by the State Department of Rehabilitation Services.



By volunteering, you can become an integral member of the growing effort to educate the community about Medicare health care fraud, errors and abuse, as well as empower people with Medicare to recognize suspected fraud, protect themselves from it, and report it. For more information about the SMP program and/or volunteering in the North Central region, please contact Aslin Cruz, Coordinator of Volunteers, at (860)724-6443, ext. 271, or [aslin.cruz@ncaaact.org](mailto:aslin.cruz@ncaaact.org).

## ARE YOU READY FOR THE AEP?

Annual Election Period (AEP) happens once a year. Make sure you know your options and deadlines. AEP runs **OCTOBER 15-DECEMBER 7**. During this time, you can shop for a new plan, switch your Medicare Advantage plan, change from Original Medicare to a Medicare Advantage plan, and add or remove prescription drug coverage. Make sure you are eligible to enroll. If you are new to Medicare, you will need to sign up for Medicare Part A and Part B before you can enroll in a Medicare Advantage plan during AEP. If you already have a Medicare plan, make sure it meets your needs. You may be able to lower your monthly premium or copay amounts. Call 1-844-267-2322 (TTY: 711). Local, licensed Medicare Agents can help answer any of your questions about AEP.



SOURCE: HARTFORD HEALTHCARE SENIOR SERVICES

## **MEDICARE SAVINGS PROGRAM (MSP)**

### **INCOME LIMITS:**

**Singles Range From: \$2,265 to \$2,641**  
**Couples Range From: \$3,064 to \$3,572**

### ***There is No Asset Limit nor Estate Recovery***

The State of CT offers financial assistance to eligible Medicare enrollees. Department of Social Services 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). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

## **THE NURSE IS IN!**

GEORGIA STERPKA, APRN, IS  
AVAILABLE BY APPOINTMENT FOR:

### **REGULAR AND DIABETIC FOOT CARE**

Cost is \$18.00 for Plainville resident members and \$28.00 for out-of-town members.



**EAR WAX REMOVAL: COST IS \$5.00.**

**CHOLESTEROL SCREENING** -This type of test does not require fasting. Cost is \$12.

### **FREE BLOOD PRESSURE SCREENINGS**

Senior Center Members only.

**facebook**

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

## PROGRAMS, ETC.

### **FREE PASSES AVAILABLE AT THE LIBRARY FOR AREA MUSEUMS & ATTRACTIONS**

The Plainville Public Library, 56 East Main Street, offers free passes to area museums and attractions. You can check out passes at the library for two days, including the date of pickup. You can also reserve the passes online and print them from home. Reserve the pass for the date you want to visit the destination, print the pass confirmation page or the pass from the confirmation email/reminder. The pass is only valid for the reserved date of the visit.



There are passes available to: the New England Carousel Museum, the Beardsley Zoo, the Maritime Aquarium, CT State Parks & Forests, the New Britain Museum of American Art, the Wadsworth Atheneum, the New Haven Museum, the Peabody Museum of Natural History, the Children's Museum & Roaring Brook Nature Center, the New England Air Museum, USS Constitution Museum, the Eric Carle Museum of Picture Book Art, Imagine Nation, American Clock & Watch Museum, the Bushnell Park Carousel and Lessard Lanes Family Entertainment Center.

All passes are sponsored by the Friends of the Plainville Public Library. To go online and reserve your passes go to: <https://www.plainvillect.com/library>. For more information, call the library at (860) 793-1446.

### **DO YOU SEW, KNIT OR CROCHET?**

Neighborhood Housing Services of New Britain, Inc. (NHSNB) needs your help to create hats, scarves and mittens for our 2021 Winter Drive! Items will be donated to children and families in need across New Britain. Make a difference! To participate, call Daria at (860)224-2433, ext. 112. The Plainville Senior Center has yarn and knitting needles available if anyone wants to use them for this project.



### **AARP Smart Driver In-Person Class Cancelled but Online Class Set for Nov. 10**

As a precaution against COVID-19 and the emerging variants, AARP has cancelled all of its in-person events and activities until Jan. 1, 2022. The AARP Smart Driver class that was scheduled at the Senior Center for Thursday, Dec. 9, has been cancelled, but there is an online class available for **Nov. 10 from 9:30 a.m. to 1:30 p.m.** To register, go online to: [www.aarpdriversafety.org](http://www.aarpdriversafety.org). For a 25 percent discount, please enter promo code: DRIVINGSKILLS. The Senior Center is able to assist those who don't have the technology to use our computers if they'd like. We only have three computers available. Please call the Senior Center at (860)747-5728 to reserve a computer for that day. For more information about the class, please call the AARP Customer Service team at 1-800-569-1658, Monday-Friday from 8 a.m. to 5 p.m.



### **MEGA SIGN-UP DAY—OCTOBER 6**

**Mega Sign-Up Day is set for Wednesday, Oct. 6, from 9:15 A.M. to 4:45 P.M.** Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

**THE PLAINVILLE SENIOR CENTER CHORAL GROUP** will be rehearsing on **Friday, Oct. 1, and Friday, Oct. 29, at 9:30 a.m.** here at the Senior Center.

### **QUILTING INSTRUCTOR NEEDED**

Plainville Senior Center is seeking a talented quilting instructor with excellent skills and previous experience teaching older adults. Must be creative, professional, enthusiastic, patient, and able to work positively with people of varying abilities. Beginner and intermediate classes are taught weekdays, in-person at the Plainville Senior Center; COVID-safe practices are followed. For further details regarding rate of pay, schedule, etc., please contact Ronda Guberman at (860)747-5728 or by email: [guberman@plainville-ct.gov](mailto:guberman@plainville-ct.gov).



# FOODSHARE, SUPPORT GROUPS & PROGRAMS

## THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

This program is offered Wednesdays for Plainville residents needing assistance with food. For more information about eligibility and hours, contact: Laurie at (860) 747-5867. Drive up, and a volunteer will put the groceries in your car!



**CAREGIVING CONNECTIONS** - Join your caring friends on **Tuesday, October 19, at 10 a.m.** at the Senior Center as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. Come share & be nourished. You must register to attend. Call the Senior Center or go online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to register.

## **GRANDPARENTS RAISING GRANDCHILDREN**

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at **10:30 a.m. on Tuesday, October 12**, at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center or go online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to register.



## **CARING AND CONNECTING**

Would you like someone to chat with? We have volunteers who are happy to connect with folks to say "hello" and to help brighten someone's day, especially during these difficult times. Call the Senior Center if you'd like to volunteer.



## **PLAINVILLE ANTI-RACISM TASK FORCE MEETS OCT. 20** **AT THE PLAINVILLE PUBLIC LIBRARY**

The Plainville Anti-Racism Task Force is looking for residents to help the group's efforts to address the issues of racism in our schools and community. The task force is made up of residents, town and school staff and elected officials working to make Plainville a fair and just place for all to live and thrive. Residents are invited to share their personal experiences and stories at their next "Plainville Unites" program **on Wednesday, October 20, at 6:30 p.m. at the Plainville Public Library**. Anyone interested in participating can contact Roberta Brown at (860)793-0221, ext. 7404, or [brownr@plainvilleschools.org](mailto:brownr@plainvilleschools.org).

## **HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS**

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist Plainville residents 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. Please call Stephanie Soucy at the Senior Center for more information.

## **BRISTOL MEMORY CAFÉ SET FOR OCT. 26**

The Bristol Senior Center, 240 Stafford Ave., Bristol, holds a Memory Café on the last Tuesday of each month at 1 P.M. For more info., contact Lynn Litwinczyk at [llitwinc@bristolhospital.org](mailto:llitwinc@bristolhospital.org).

## Donations

AUGUST 17--SEPTEMBER 21

*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.*

### GENERAL DONATIONS

*Rosemarie Babin, Deb Starnes, Lynn Limeburner, Michelle Cormier, Madeline Drake, Anonymous, Glen Halvorsen, Sharon Simpson, Bob & Nancy Burns, Dianne Misko.*

### MEMORIAL DONATIONS

**In Memory Of: John Mangan** by Barbara Barton

**In Memory Of: Joseph Martino** by Carol Loiselle & Sue DesRochers.

**In Memory Of: Anna Smedick** by Committee on Aging

**In Memory Of: Joseph A. Sperduti** by Committee on Aging

### DIAL-A-RIDE DONATIONS

Carol Loiselle, Lynda Kosky.

***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.***

## Cheer Report

AUGUST 17—SEPTEMBER 21

*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:

Norma Weisenburger, Elaine Wyzga, Vivian Arena, Helena Niziolek, Ceal DiFrancesco, Evelyn Case, Cathleen Macca, Hazel Decker, Rose Plourde, Mary Michaud, Stella Massa, Beatrice Dumont, Laurette Ortner, Bill & Judy Briggs, Nancy Pilarski, Bob Albrecht, Fred Kennedy, Heidi Palance, Jacqueline Harris, Ed Prior, Rose Lefemine, Joseph Babin, Skip Kensel, Richard Nordgren.

### SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Nancy Eberhardt, Virginia Beliveau, Stephen Pienkowski, Claire Camp, John Borry, Florence Pyzynski, Joseph Martino, Gloria Stricklen, Wanda Cody, Kristine Nadolny, Anna Smedick, Frank Demanski.

### SYMPATHY CARDS WERE SENT TO:

Dolores Martin, Sheri Bolduc, Gloria Stricklen, Sonia Sperduti, Anthony & Teresa Cavallo, Rita Szymanoski.

***The Senior Center ALWAYS Needs Sympathy, Get Well and Thinking of You Cards! We do not use religious cards or Mass cards. If you wish to donate cards, please drop them off at the Senior Center. We appreciate it!***



### AUGUST NEW MEMBERS

David Merci, Sr., Ferris Neal, Judy Pakutka, John Parenti, Rebecca Parris, Donna Pichette, Charlene Smith, Roberto Soto, Cheryl Stebbins, Howard Swanson, Theresa Testa, Wayne Weinhofer and Judith Youmans Harvey.





# VETERANS' NEWS & ACTIVITIES

## INDIVIDUAL APPOINTMENTS FOR VETERANS WEDNESDAY, OCTOBER 6, AT THE SENIOR CENTER

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 on **Wednesday, October 6**, at the Senior Center to help you with all of your veteran benefit needs. Call Jason at (203) 805-6340 to schedule an individual appointment (please leave a message). Jason is scheduled to be at the Senior Center the first Wednesday of each month.



## VETERANS' SOCIAL HOUR

**TUESDAY, OCTOBER 26, 10:00 A.M.**

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register or register online at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**



## PLAINVILLE VETERANS' MEMORIAL WALL

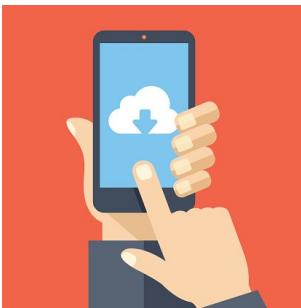
A Memorial Wall has been created to provide a place to honor the military service of deceased veterans by their friends and family members. Brass plates engraved with the Veteran's rank, name and branch of service can be purchased for \$14. Contact the Senior Center for an order form.



## VETERANS MOBILE APP AVAILABLE

The CTVeterans mobile app is available for both Apple and Android mobile devices and connects Veterans, current service members and their families to a directory of services the state provides for Veterans, as well as access to the Veterans Crisis hotline and information on how to support veterans in Connecticut. The App can be downloaded for free from the App Store and Google Play Store by searching the keyword "CTVeterans."

*SOURCE: Connecticut State Department of Veterans Affairs*



## Apply for Veteran Flag on CT Driver's License or ID Card

To receive a Veteran's flag on an existing Connecticut license or identity card, Veterans must submit documentation (DD-214 or pre 1950 WG AGO Discharge certificate) of the following to the DVA:

### Qualifying military service:

Active federal service, not including initial entry training; or entitled to retirement pay under 10 USC Chapter 1223, as amended from time to time, or, but for age, would be entitled.

### Characterization of Discharge:

Honorable discharge, Discharge under honorable conditions, or Discharge due to injuries received in the line of duty.

To apply, go to: <https://portal.ct.gov/DVA/Pages/Apply-for-Veterans-Flag-on-CT-Driver-License-or-ID-Card/Application>. For more information, call the CT Department of Veterans Affairs at (860) 616-3600.



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BC= Back of Calendar

## THIS AND THAT

### DROP-IN ACTIVITIES! COME JOIN US!

Below is a schedule of drop-in activities that you are welcome to join:

**Mahjong: Mondays 12:00 noon**

**Setback Tournament: Mondays, 12:30 p.m.**

**Cribbage: Tuesdays, 10:00 a.m.**

**Pinochle: Tuesdays, 12:00 noon**

**Current Events: Tuesdays, 1:00 p.m.**

**Bridge: Tuesdays, 1:00 p.m.**

**Open Quilting: Wednesdays, 9:30-11:30 a.m.**

**Open Painting: Wednesdays, 1:00 p.m.**

**Bingo: Wednesdays, 1:15 p.m.**

**Charlemagne: Wednesdays, 1:15 p.m.**

**Coloring Club: Wednesdays, 3-4 p.m.**

**Mexican Train: Thursdays, 10:00 a.m.**

**Pool Tournament: Thursdays, 12:30 p.m.**

**Pinochle: Thursdays, 12:30 p.m.**

**Telephone Bingo: Thursdays at 1 p.m.—call ahead to receive call-in or Zoom information and a Bingo card.**

**Bridge: Thursdays, 1:00 p.m.**

**Scrabble: Thursdays, 1:00 p.m.**

**Mahjong: Fridays, 9:00 a.m.**

**Walking—Daily at 9:15 a.m. (check calendar for changes).**

**Computers—Daily for members only. Must sanitize keyboard & mouse before & after.**



### SETBACK WEEKLY TOURNAMENT WINNERS

Setback Tournament Winners

Aug. 23: 1<sup>st</sup>: Randy Skrzyniarz & Pat Goulet, 2<sup>nd</sup>: Mike Chapman & John Gasparini, 3<sup>rd</sup>: Bernard Grabeck & Stan Funk. Aug. 30: 1st: John Gasparini & Mike Chapman, 2nd: Sally Miller & Gail Kreneck, 3rd: Alyce Lembo & Peggy Grant. Sept. 13: 1st: Bob Albrecht & Sandy Tyminski, 2nd: Sally Miller & Gail Kreneck, 3rd: Charlie Stepney & Elaine Chartier.

Sept. 20: 1st: Maryann Cunningham & Liz Aloï, 2nd (TIED): Elaine Chartier & Charlie Stepney & Mary Levanti & Carol Diana.



### BILLIARD WEEKLY TOURNAMENT WINNERS

Sept. 2: 1st: Stan Funk, 2nd: John Gasparini

### HELP WANTED!

Part-Time Custodian position at the Plainville Senior Center. Monday – Fridays, days. Duties include setting up and taking down tables and chairs, cleaning bathrooms, vacuuming, washing floors, dusting, garbage removal, kitchen cleanup, set up for functions, stocking supplies and other duties as needed. Some heavy lifting required. Apply to the Town of Plainville, Human Resources Department, 1 Central Square, Plainville, (860)793-0221, [www.plainvillect.com](http://www.plainvillect.com).