

NEWS & EVENTS

OCTOBER 2022

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

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 & more. No question is too small. Call (860)747-5728.

*It's
Back!!*

holiday

Craft Fair

Saturday, November 5, 10:00 a.m. to 2:30 p.m.

Free Admission! Crafts! Vendors! Raffles! Bake Sale! Grandma's Cookie House! Lunch!

The Holiday Craft Fair is back!! There are many ways you can help make the Fair a success!

BAKE, BAKE, BAKE!!! We need a variety of baked goods for our bake sale...cakes, muffins, bars, breads, and sugar free items as well. Donations of baked goods can be brought to the Senior Center on November 4th between 9:00 a.m. and 1:00 p.m. or November 5th before 10:00 a.m. Contribute new hand crafted items (slippers, dolls, stuffed animals, aprons, scarves, afghans, holiday decorations). Volunteers needed to work during the fair in the kitchen, at a booth & greeting visitors. Do you live on a well-traveled street? We are looking for individuals to put Craft Fair lawn signs on their lawn. Donations of non-perishable food items are now being accepted for the Fair's Food Raffle. **Call Sharon or Ronda if you can help!**

COVID VACCINE/BOOSTER SHOT CLINICS OPEN TO THE PUBLIC

MONDAYS, OCTOBER 17 AND OCTOBER 24

Griffin Health will conduct a FREE COVID vaccine/booster shot clinic at the Plainville Senior Center on Monday, October 17 and Monday, October 24 from 10:00 A.M. to 5:00 P.M. This clinic is open to the public 6 months of age and up. Moderna & Pfizer available. All shots including 1st and 2nd vaccines and all boosters. Call the Senior Center, 860-747-5728, to make an appointment. Bring your photo ID, insurance card and COVID vaccine card. Walk-ins welcome!

FLU SHOT INFORMATION

At the time of printing, we did not have information about flu shots at the Senior Center. We suggest you check with your doctor or pharmacist to schedule your flu shot.



**PLEASE JOIN US FOR A MEET AND GREET WITH NEW TOWN MANAGER, MICHAEL PAULHUS
THURSDAY, OCTOBER 20 at 9:30 A.M., PLAINVILLE SENIOR CENTER**

This will be a wonderful opportunity to meet our new Town Manager, Michael Paulhus and talk about the great Town of Plainville all while enjoying a continental breakfast. Please call the Senior Center at 860-747-5728 to register by Wednesday, October 19th.



**MEDICARE ENROLLMENT IS
COMING! See page 3**

**OUTDOOR ADVENTURES
See page 6**

**AARP SMART DRIVERS
COURSE
Page 10**

CLASSES & PROGRAMS

HAUNTINGS IN CONNECTICUT

THURSDAY, OCTOBER 20, 10:30 A.M.

PROGRAM IS FREE!

INSTRUCTOR: JOE THE HISTORY GUY



A touch of the paranormal this month, where we find other worldly things happening. Moving objects, random noises, poltergeists and apparitions, perhaps of a time long ago. Our state has long claimed to have more hauntings than any other. If you are brave enough, join Joe to explore some of the locations and the influences upon their stories. This promises to be an unforgettable experience. **SIGN-UP BEGINS OCTOBER 6**
Call the Senior Center or register online at: www.schedulesplus.com/plainville

NEW QUILTING CLASS!

CARDINALS IN MY WINDOW WALL HANGING

WEDNESDAY, NOVEMBER 2, 9, 16 and 30

9:30 A.M. — 11:30 A.M. COST: \$6.00. INSTRUCTOR: DARLENE BACHAND.

This wall hanging is perfect for highlighting scenic fabric, flowers or your personal choice. Sample on display in showcase. **SIGN UP BEGINS OCTOBER 6**

BOWL COZY CLASS

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

COST: \$2.00. CLASS SIZE

LIMITED TO 10. INSTRUCTOR: EVELYN MORIN.

Have you ever taken a bowl of soup out of the microwave and burned your fingers as the bowl is so hot or sat down with a bowl of ice cream and as you were holding it your hands are freezing? Well, the bowl cozy is the answer! With a couple of pieces of fabric and a little bit of sewing, we can accomplish taking care of the burning/freezing hands. Use of a sewing machine is a must. Samples in showcase. **SIGN UP HAS BEGUN.**

BOOK BUDS OCTOBER BOOK: "THE GLASS HOTEL" by Emily St. John Mandel.

FRIDAY, OCTOBER 28, 10:00 A.M.

COST: FREE! FOR MEMBERS ONLY.

INSTRUCTOR: KATHLEEN MARSAN

A stunning crime mystery, perfect for October, fills its pages with a hodge-podge story of ghosts, tragedy, drama, disasters and life altering schemes. The ending just might leave the reader with more questions than answers. Book club meetings bring like-minded people together and inspire interesting conversations which often enhances one's reading experience. Please be sure to register as there is limited space. The book is available at the main desk at the library. **SIGN UP OCTOBER 6.**

IMPORTANCE OF CALLING 911

TUESDAY, OCTOBER 18, 2:00 P.M.

PRESENTED BY KARA KEYWORTH, EMT



Learn why it is important to call 911 in an emergency and not wait. Join us for a very informative free presentation and be prepared for an emergency before you call. You will also take home a File of Life card which is used to list your medical diagnosis and medications. **SIGN UP BEGINS OCTOBER 6**

CHRISTMAS CARD CLASS &

A TREAT BAG

MONDAY, NOVEMBER 14, 1:00 P.M. —

3:00 P.M., INSTRUCTOR: SENIOR

CENTER MEMBER, DIANE SPERRY

COST: \$2.00



Join us in creating 4 Christmas Cards to enjoy this holiday season! **SIGN UP BEGINS OCTOBER 6.**

POINSETTIA CHRISTMAS ORNAMENT

THURSDAY, NOVEMBER 17 & NOVEMBER 18, 9:30 A.M.-11:30 A.M.

INSTRUCTOR: PENNY KINDBLOOM. COST: \$10.00 . INCLUDES ALL MATERIALS TO COMPLETE 1 ORNAMENT AND AN ORNAMENT STAND.

In this class you will paint a poinsettia flower on watercolor paper. We will use a pattern to accomplish this step. No experience is necessary. The flower layers will be cut out, glittered and then arranged and attached to the top of a round Christmas ball / ornament. Ribbons and a bow will be the finishing touch to complete your ornament. Sample on display in the Senior Center showcase. Please note.....the ornament used in the project may differ from the sample depending on availability. **SIGN UP BEGINS OCTOBER 6.**

FOODSHARE, SUPPORT GROUPS, PROGRAMS, ETC.

CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, October 11**, at 10 a.m. at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center 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 on **Tuesday, October 18** at 10:30 a.m., 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 to register.

FOOD SHARE PROGRAM - 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!

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, OCTOBER 20, 2:00 P.M.

CALL THE SENIOR CENTER TO REGISTER. OPEN TO THE PUBLIC.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Relax and socialize with others 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. & the CT State Unit on Aging.

ARE YOU READY FOR MEDICARE'S OPEN ENROLLMENT?



Medicare's Open Enrollment runs

October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. Any changes you make will take effect on January 1. During this time, you can join a new Medicare Advantage Plan or Part D prescription drug plan, switch from Original Medicare to a Medicare Advantage Plan or switch from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan). It's always good to review your coverage each year to be sure it meets all your needs. Please call Stephanie at the Senior Center, 860-747-5728, with questions or to set up an appointment to review your options.

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 \$39,791(gross) and a family of two could possibly make \$51,996(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 860-356-2000 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.

MyHomeCT Helps Eligible Homeowners With Mortgage Difficulties Due to COVID-19

Connecticut has been awarded approximately \$123 million to establish MyHomeCT, a program funded by the Homeowner Assistance Fund. The goal of the program is to cure mortgage delinquencies and defaults, and prevent foreclosures among eligible homeowners that occurred as a result of the pandemic. The program also includes assistance for qualified non-mortgage expenses including, but not limited to, non-escrowed real estate taxes and insurance as well as condo or HOA fees. The CT Dept. of Housing has designated the Connecticut Housing Finance Authority (CHFA) to administer this. The program offers reinstatement, up to 12 months of forward payments or a combination of both, to eligible CT homeowners. For more information, call the MyHomeCT Call Center: **(877)894-4111 Mon.-Fri. 10 a.m. – 8 p.m.**

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 P.M.

INSTRUCTOR: CAROLINE DUBE

Class includes intervals of low-impact movement with 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.

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.

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:45–3:45 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.

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. PEAK Center hours are: **Monday-Friday, 9:00 A.M.-1:00 P.M.**

CLASS DESCRIPTIONS

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.

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, 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.

WATERCOLOR CLASS

FRIDAYS, 9:30 A.M.-11:30 A.M.

INSTRUCTOR: PENNY KINDBLOM

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.

CLASS SCHEDULE Class descriptions on pages 2, 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, October 6 between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **October 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 October 6 Payment Due Upon Registration.
MONDAY			
Acrylic Painting	10:00-12:00	Sept. 26-Dec. 5, 10 weeks, \$20.00. No Class Oct. 10	
Power Burst	1:30-2:30	Aug. 29-Oct. 17, 6 weeks, \$12.00. No Class Oct. 10	Oct. 24—Dec. 19, 9 weeks, \$18.00
Chair Pilates & Balance	2:45-3:45	Aug. 29—Oct 17 , 6 weeks \$12.00 No class Oct. 10	Oct. 24—Dec. 19, 9 weeks, \$18.00
TUESDAY			
Cardio Chair Fitness w/ Nancy	1:00-1:45	Sept. 20—Oct 18, 5 weeks, \$10.00.	Nov. 8—Dec. 20, 7 weeks, \$14.00
Balance Class	2:00-2:45		Nov. 8—Dec. 20, 7 weeks, \$14.00
WEDNESDAY			
Zumba Gold	9:30 -10:30	Sept. 28—Nov. 16, 8 weeks, \$24.00	Nov. 30—Dec. 21, 4 weeks, \$12.00
Quilting Classes! NEW!	9:30-11:30	SEE PAGE 2 FOR DESCRIPTIONS.	
THURSDAY			
Ceramics	9:30 – 11:30	Sept. 15—Nov. 17, 8 weeks, \$32.00, No Class Sept. 22 and Nov. 3	Dec. 1—Dec. 22, 4 weeks, \$16.00
Knitting/Crochet	1:00-3:00	Sept. 15—Nov. 10, 8 weeks, \$16.00 No Class Nov. 3	Nov. 17—Dec. 22, 5 weeks, \$10.00
FRIDAY			
Watercolor	9:30-11:30	Sept. 9—Oct. 28, 8 weeks, \$16.00	
Yoga-Lates	11:00-11:45	Sept. 30—Nov 18, 5 weeks, \$10.00 No Class Oct. 28, Nov. 4, Nov. 11 Free if you have Silver Sneakers	Dec. 2—Dec. 16, 3 weeks, \$6.00 Free if you have Silver Sneakers

HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, you can call us here at the Senior Center (860)747-5728 so we can register you.

VETERANS' NEWS & ACTIVITIES

INDIVIDUAL APPOINTMENTS FOR VETERANS WILL NO LONGER BE AVAILABLE WITH JASON COPPOLA AT THE SENIOR CENTER

Jason Coppola, from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance, has accepted a new job with the VA and will no longer be available at the Senior Center to help with Veteran benefits. Check upcoming newsletters to see who his replacement will be.

SAVE THE DATE!

The **PLAINVILLE WIND ENSEMBLE** will present their annual Veterans Concert on **SUNDAY, NOVEMBER 13** at Central CT State University, Welte Hall. Local Marines will be present at the door for donations of new, unwrapped toys for their "Toys For Tots" program. The concert is free, family friendly and accessible.



VETERANS' SOCIAL HOUR

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

This month, we will be hosting a guest speaker. Brock-Barnes, Post 33 Adjutant, **James McAuliffe**, American Legion-Department of CT will speak on current Post challenges and plans for the future of the Post, including membership and benefits. Jim will also mention memberships in the "Sons of American Legion" and the "American Legion Auxiliary. 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.*

OUTDOOR ADVENTURE

WALKIN' FOOD SCHMOOZE!

FRIDAY, OCTOBER 21, MEET AT PLAINVILLE PUBLIC LIBRARY AT 10:15 A.M., LEADER: EILEEN CYR
COST IS FREE TO REGISTER AND RIDE THE BUS. FOOD COST IS ON YOUR OWN. SPACE LIMITED TO 10
SIGN UP BEGINS OCTOBER 6

Join us for a walking adventure and lots of food!! Meet at the Plainville Public Library at 10:15 A.M. to take the CT FastTrak bus to Elmwood. The bus is currently FREE! We'll get off at the Elmwood station at the corner of New Britain Avenue and New Park Avenue. From there we will walk into Elmwood Center (we will be walking on busy New Britain Avenue and through some quieter residential streets). Our first stop will be at Nummy Restaurant for some Asian Fusion appetizers. After that, we'll walk to nearby Beachland Tavern for lunch. There are several dessert places to choose from including Elmwood Pastry, Taste by Spellbound and Rita's or maybe get a little treat from each one! Since people may choose to share food, please bring cash to cover the cost of shared items. Also, be prepared to walk at least 3 miles at a leisurely pace.

CRESCENT LAKE HIKE

SATURDAY, OCTOBER 29, 10:00 A.M.-12:30 P.M.
LEADER: JARED SCOVILLE
COST: \$3.00 SIGN UP BEGINS OCTOBER 6, SPACE LIMITED TO 10

Join us for one of the most classic hikes we have in Plainville/Southington! Our trail at Crescent Lake will take us over wooded trails of mild-moderate difficulty. Much of the trail will follow around the lake itself, though we may choose to hike up a wide, steeper gravel path to go to the summit to overlook the lake and the foliage this year (less than an eighth of a mile up and down to the summit)! This hike will be appropriate for anyone who regularly walks and remains physically active. Remember to wear warm fall clothes like a fleece or light jacket, and bring a water bottle! We will meet at the trail parking lot for Crescent Lake at 10a.m., located on Shuttle Meadow Road in Southington.

QUICK TRIP/TRIP GUIDELINES

PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE & MOTORCOACH TRIPS ON THE BUS. DESTINATIONS—BOATS, RESTAURANTS, MUSEUMS, ETC. ARE BY VENDOR'S POLICY OR LOCAL RULES

SIGN-UP: Trip sign-ups take place during regular business hours (Mon.—Fri.). Cash or check 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.

QUICK TRIP/TRIP CANCELLATIONS:

Call the Senior Center immediately so we can try and find a replacement for you from our waiting list (if we have one). *If you must cancel the night before or the morning of the trip, please call Angela at (860) 839-7346 before 9:00 p.m. the night before the trip or before 9:00 a.m. the day of the trip.* 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 rarely given. We will always attempt to get a refund, and whatever we are refunded will be passed on to you.

PARKING: Parking for most trips is at Our Lady of Mercy Parish Center (the former parish school) Parking Lot (19 South Canal St.). Enter Parish Center parking lot on the right as close to the dividing fence with the Rectory and park on your right. Please park one after the other in the lined areas.

MEDICAL ID CARDS: For your protection in the event of a medical emergency, you must have a medical ID card filled out. Please show the bus captain your ID when you board the bus. She does not need to read it. Please stop by the Senior Center to get one.

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 at Our Lady of Mercy and the Senior Center is at your own risk.

SEAT ASSIGNMENTS: Your seat assignment will be given to you before boarding the bus. ***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. 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.

SENIOR CENTER QUICK TRIPS

We use our Dial-A-Ride Bus which 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 lifts, tell us at sign-up.

QUICK, CURRENT, NEW TRIPS 

MONTHLY SHOPPING TRIPS



BRISTOL WALMART, TUESDAY, OCTOBER 11.

PICKUP AT SENIOR CENTER AT 9:00 A.M. HOME PICKUPS BEFORE 9:00 A.M. SHOP FROM 9:30 A.M.—1:00 P.M. SIGN-UP HAS BEGUN.

BRISTOL SHOPPING PLAZA, TUESDAY, NOVEMBER 15.

PICKUP AT SENIOR CENTER AT 9:00 A.M. HOME PICKUPS BEFORE 9:00 A.M. SHOP FROM 9:30 A.M.—1:00 P.M. SIGN-UP BEGINS OCTOBER 6.

BRISTOL WALMART, TUESDAY, DECEMBER 6.

PICKUP AT SENIOR CENTER AT 9:00 A.M. HOME PICKUPS BEFORE 9:00 A.M. SHOP FROM 9:30 A.M.—1:00 P.M. SIGN-UP BEGINS OCTOBER 6.

THE SENIOR CENTER LE PETIT CAFÉ –NOW OPEN!

Join us for lunch in the café on **Tuesdays and Wednesdays, 11:30 - 1:00.**

Enjoy a new special every week in addition to our regular menu which features our famous grilled cheese sandwiches, BLT's, Center Salad, and delicious homemade soups! Fresh baked cookies available also! **CASH OR CHECK ONLY.**



OCTOBER 4 & 5: Harvest Turkey Panini
Soup: New England Clam Chowder

OCTOBER 11 & 12: Italian Panini
Soup: Chicken Noodle

OCTOBER 18 & 19: Corned Beef Reuben
Soup: Tomato Basil with Grilled Cheese Croutons

OCTOBER 25 & 26: BBQ Monster Meatloaf Sandwich
Soup: Pumpkin Soup

TRIPS

CURRENT TRIPS

MADE IN VERMONT-COUNTRY SHOPPING plus **THE FAMOUS VERMONT COUNTRY STORE**
WED., OCT. 19. DEPART OLM: 8:00 A.M. ESTIMATED RETURN: 6:45 P.M. COST: \$112.00. (PROOF OF VACCINE REQUIRED BY THE MARINA RESTAURANT) SIGN UP HAS BEGUN. OPEN TO THE PUBLIC. INVITE YOUR FRIENDS. TWO SEATS REMAIN.

GRAFTON VILLAGE CHEESE, artisan Vermont cheeses & specialty foods. Choose from Baked Haddock **OR** 9oz. Marinated Steak with onions & blue cheese topping **OR** VT Cheddar Half Pound Burger **OR** Marina Mac 'n Cheese and dessert. Entrée choice in advance. Also, **ALLEN BROTHER'S FARM MARKET!**

NEW TRIPS

"BOB HOPE" USO SHOW AT THE AQUA TURF SIGN UP BEGINS OCT 6
TUESDAY, NOV 15, 11:00 A.M.—3:30 P.M. COST: \$47.00 PER PERSON (DRIVE ON YOUR OWN) or \$51.00 (TAKE OUR BUS). Bill Johnson's performance brings Bob Hope's humor and entertainment alive! He may have a few surprise guests as well! Enjoy family style roast beef and pan seared salmon with sides, coffee & donuts upon arrival, glass of beer or wine and door prizes!

SAVE THE DATE!

**TUES
 DEC 13TH
 HOLIDAY FUN
 AT THE AQUA
 TURF !!**



OUTDOOR ADVENTURE/QUICK TRIP

THE LEGEND OF SLEEPY HOLLOW by Master Storyteller Jonathan Kruk plus **SCARECROWS IN THE MEADOW** all at Tapping Reeve Meadow, Litchfield, CT. **WEDNESDAY, OCTOBER 19. LEAVES OLM AT 3:00 P.M., RETURNS APPROXIMATELY 8:00 P.M.** Visit more than 50 Scarecrows in the Meadow all created by businesses, non-profits and families and sponsored by the Litchfield Historical Society. Then... we all know of Washington Irving's classic tale of the Headless Horseman and Ichabod Crane but you don't know the whole story until you have experienced Jonathan Kruk's retelling. Jonathan is renowned for his dramatic solo shows of "Sleepy Hollow" and "Christmas Carol". He's been featured on CBC Sunday Morning, The TODAY Show, Good Morning America, The Travel Channel and The National Geographic Channel. According to the New York Time, "His spirited, candlelit one man show has become a fixture of Halloween. ➡ **OUTDOOR ADVENTURE ALERT...You will be walking at your own risk in a meadow with uneven ground and stones and in the dark. You must bring and carry your own chair plus a flashlight.** Dress warmly. We will not be stopping for dinner so eat before you go and bring a snack for the bus. **SIGN UP BEGINS OCTOBER 6.**

QUICK TRIPS!

A LITTLE BIT OF EVERYTHING TOUR

FRIDAY, OCT. 14, LEAVES SENIOR CENTER AT 9 A.M. RETURNS APPROXIMATELY 5:00 P.M. COST: \$8 FOR TRANSPORTATION. SIGN-UP BEGINS OCTOBER 6.

Collinsville Antiques Company in New Hartford. Lunch on your own at New Hartford Diner, Six Spoons Chocolatier. Winsted's Whiting Mills voted the "Best of New England" by Yankee Magazine. The former hosiery mill is now home to artists, craftspeople and retail shops. Canton's Ocean State Job Lot. A real treat!

FLORENCE GRISWOLD MUSEUM AND THE WEE FAERIE VILLAGE, OLD LYME

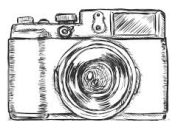
presents **TWINKLE POINT** (an amusement park for the Wee Faerie Folk)

FRIDAY, OCTOBER 21. LEAVING THE SENIOR CENTER AT 10:00 A.M. PLEASE BE HERE AT 9:45 A.M.

COST: \$23.00 per person, includes 1 hour guided tour of Florence Griswold Museum plus the Wee Fairie Village. Transportation by Dial-A-Ride bus. SIGN UP BEGINS OCTOBER 6.

Our first stop will be at **Lenny and Joe's** in Westbrook, for an 11:15 lunch on your own with separate checks. Next, **Florence Griswold Museum**, the home of the Lyme Art Colony with the most noted names in American Impressionism. See how the artists lived and worked. One hour tour of **Dreams & Memories** (which includes items from the permanent collection not seen in a very long time), plus the **Griswold House**. Then on your own to view the **Wee Faerie** exhibit of almost 30 pint sized creations of imagination and whimsy. The artists work nearly year round to create the installations of Faerie sized roller coasters, carousels, arcades and shops...everything you might find at any amusement park... only tiny scattered throughout a number of acres. Walking required.

NOTEWORTHY



SNAPPY SENIORS PHOTOGRAPHY
GROUP MEETS THURSDAY, OCTOBER
20, 10:30 A.M. CALL TO
REGISTER (860)747-5728.

Share photos from anytime or place.
Show us something you learned **OR** a special photo
& why **OR** one of your all time favorites! Bring ide-
as for future classes, trips and lectures. For more
information about joining the Snappy Seniors Pho-
tography Group, please call the Senior Center.

RAINBOW LUNCH

LGBT adults & allies can join the CT LGBT Movea-
ble Senior Center via Zoom for Rainbow Lunch
Hour. Pre-registration required. Bringing your own
lunch is optional. For more information and the
date and time please call Karen Green (860)589-
6226, ext. 2226. **Register at:**
www.cthealthyliving.org. To view the program
here, call the Senior Center .

DAILY LUNCHES ARE BACK!

Lunches are available Monday-Friday by advance
reservation only. Call Bonnie at the Senior Center
(860)747-5728 between 10:00-10:30 a.m. to re-
serve your meals. If you do not reserve your meal
in advance, you can try calling the day that you
want a meal to see if there is a cancellation. Menu
is available at the Senior Center.

FREE NCAA WORKSHOPS ON RELIGIOUS PERSPECTIVES & CULTURAL DIVERSITY IN AGING

Wed., Jan. 25, 2023, 1 - 2 p.m. "Toward an Ethic of
Multifaith Collaboration" virtual via Zoom. Free regis-
tration link: [https:// www.hartfordinternationalsl.edu/](https://www.hartfordinternationalsl.edu/ncaa-series)
[ncaa-series](https://www.hartfordinternationalsl.edu/ncaa-series). For more information,
contact Eric Rodko at Eric.Rodko@ncaact.org.

PLAINVILLE COMMUNITY FUND BASKET RAFFLE



Help support The Plainville Community Fund Basket Raffle being held at Gnazzo's Food Center,
73 East Street from Thursday, October 6th through Saturday, October 8th. Come and see all
the unique themed baskets and purchase your raffle tickets for your favorite! Since its estab-
lishment, the fund has awarded over \$70,000 to Plainville programs and projects. These
baskets could include themes such as travel, reading, gardening, cooking, beauty, health, kids,
pets, and more! The holidays are coming and these would make great gifts!

VOLUNTEERS

REMINDER TO RECORD ALL VOLUNTEER HOURS

Reminder to all volunteers to submit your volun-
teer hours. Every hour counts! We want to make
sure we capture all hours for 2022 with a goal to
exceed the volunteer hours listed for 2021. Volun-
teer slips are available at the greeter and front
desk or instructions on how you can enter your
time online can be requested at the front desk.
Any questions, please see Sharon.

PEAK CENTER VOLUNTEERS NEEDED

We are hoping to extend hours at the PEAK Cen-
ter to 3 p.m., but we need volunteers. If you can
commit to working one day of the week from 1-3
p.m., you will get a complimentary or reduced
subscription to the PEAK Center. If you are inter-
ested, please see Sharon.

VOLUNTEERS NEEDED FOR THANKSGIVING DINNER AT THE SENIOR CENTER

We are looking for volunteers
that can help us out on
Thanksgiving Day for our annual
Thanksgiving Dinner. We are in
need of help with cooking and
serving. If you are able to help, please contact
Sharon or Ronda.



WE NEED YOUR HELP!

DO YOU SPEAK SPANISH, POLISH, FRENCH OR RUSSIAN?

Once in a while, someone comes to
us for help or calls and we cannot
communicate because of language.
Would you help us understand and translate? Call
Shawn or Ronda at the Senior Center.



HEALTH PROGRAMS AND INFORMATION

MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS:

Singles Range From: \$2,390 to \$2,786

Couples Range From: \$3,220 to \$3,754

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share):

The State of CT offers financial assistance to eligible Medicare enrollees. They 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.

AARP SMART DRIVER COURSE

THURSDAY, OCTOBER 27, 12:30-4:30 P.M. COST IS \$20 - AARP MEMBERS. \$25- NON-AARP MEMBERS. SIGN-UP HAS BEGUN. NON-MEMBERS CAN SIGN UP. The AARP Smart Driver course teaches valuable defensive driving strategies & provides a refresher for the rules of the road. You may qualify for an auto insurance discount by completing the course (check with your auto insurance agent for details).

BEREAVEMENT GROUP—HOSPITAL OF CENTRAL CONNECTICUT IN PERSON OR ON ZOOM:

Registration is required. Please contact Nadine Toce, LCSW at 860-224-5463 or Nadine.Toce@hhchealth.org for more information.

AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto o llame al Departamento de Servicios Sociales del Estado de CT al 1-800-626-6632.

UCONN HEALTH CENTER RESEARCH STUDY

Are you feeling sad or blue? Are you worried about your thinking or memory? Is it hard to keep up with everyday activities?

Participation involves:

- Interviews and evaluations of thinking and memory at 3 in-person study visits
- Completion of monthly questionnaires (at home)
- Blood tests at each of the 3 study visits
- No cost for participation

Participant will be paid a total of up to \$180 over the course of the study.

Kevin Manning, PhD, Department of Psychiatry, UConn Health Center heads this study. "Apathy: An Early Manifestation of Frailty and Disability in Older Adults with Depression".

To learn more about this research study call (860) 679-2272.

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.



SALVATION ARMY KETTLE DRIVE IS ALMOST HERE! **AND WE NEED YOUR HELP**

The donations from the Kettle Drive assist residents in need from the Town of Plainville all year long. We need bell ringers to donate their time and their smiles to make this event successful. Ring with a friend! This is a great way to bring in the joy and warm wishes of the holiday season. The ringing takes place at Gnazzo's Supermarket on **Thursday December 8, Friday December 9 and Saturday December 10**. Please see Stephanie Soucy for details to sign up.



Donations

AUGUST 22-SEPTEMBER 26

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

Marlene Andrusia, Bernice Castonguay, Anonymous, Rena Albert, Kathy Knox, Marie Boccuzzi, Kay Evans and Richard Smith, Madeline Drake, Diane Chamberlain, Rosaleen Peters, Jeanette Schmidt, Donna Cook, Gabby Paciotti, Karen Orvis, Pat Delaney, Marilyn Fithian, Anne Wroboleski, Paula Maglio

MEMORIAL DONATIONS

IN MEMORY OF: LEOSINA CELLI

Rosaleen Peters, Boston Global Investors, Inc, Ana Covey

IN MEMORY OF: HELENE FABIAN

Norma Weisenburger

DIAL-A-RIDE DONATIONS

Bonnie Carilli, Barbara Barton, Marci Negro, Anonymous, Rosaleen Peters

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 8—SEPTEMBER 22

*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:

Shawn and Alan Cohen, Faith Stewart, Norma Weisenburger, Ceal DiFrancesco, Hazel Decker, Beatrice Dumont, Mary Michaud, Joe Maitz, Helena Niziolek, Ellen Couture, Phyllis Gediman, Beverly Heslin, Barbara Wallace, Paula Harland, Lorraine Corsini, Gemma Croteau, Cathleen Macca, Shawn Cohen, Sandra Therrien, Meri Lowe, Dawn Dallas, Carol Wright, Kathleen Grieco, Juliana Rudolph, Cheryl and Fred Lesniewski, Richard Belden

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Leosina Celli, Dolores Joyce, Rose LeFemine, Stephen Bruno

SYMPATHY CARDS WERE SENT TO:

Stephanie and Brett Soucy, Martha Trask, Sandra Colello, John Parenti, Verna Pekrul, Huguette Veilleux, Lillian Ouellette, Diane Sperry

*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!*

CHRISTMAS CARDS

We would like to thank everyone for their Christmas card donations, but we have plenty and won't need anymore at this time. Thanks again!



TRANSPORT WHEELCHAIRS NEEDED

The Senior Center is looking for another transport wheelchair or two to loan out. These are so popular, we can't keep up with the need for them. Compared to wheelchairs, transport chairs have smaller rear wheels that cannot be reached while sitting in the chair. Call us at (860)747-5728 to make arrangements to drop off the chair.



AUGUST NEW MEMBERS

Christina Adams, Jeff Adams, Janet Bouffard, Rhonda Carpenter, Rachel DeAngelo, Robert Drzata, Eva Duquette, Herman 'Don' Duquette, Joseph Kozalka, Patricia Mason, Dennis Maynard, Kathleen Maynard, Maryana Merzlyak, Cynthia Nevelos, Marylou Oshana, Linda Pader, Paul Skonieczny, Joseph Wiszniak and John Wright.

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THIS AND THAT

PUMPKIN TABLE RUNNER RAFFLE

We will be raffling off a beautiful pumpkin table runner on October 14th! This beautiful runner was made and donated by Linda Altmeyer. The runner is on display at the Senior Center. Tickets are on sale now and are 3 for \$1.00.



SETBACK WEEKLY TOURNAMENT WINNERS

Aug. 22: 1st: Alyce Lembo/Judy Laprise, 2nd: Elaine Chartier/Charlie Stepney, 3rd: Sally Miller/Gail Kreneck
Aug. 29: 1st: Alyce Lembo/Judy Laprise, 2nd: Gail Kreneck/Sally Miller, 3rd: Sandy Robinson/Butch Gudat
Sept. 12: 1st: Gail Kreneck/Sally Miller, 2nd: Ann Testa/Iva Dube, 3rd: Judy Laprise/Alyce Lembo
Sept. 19: 1st: Gail Kreneck/Sally Miller, 2nd: Verna Pekrul/Bernie Grabeck

WEEKLY POOL TOURNAMENT WINNERS

Aug. 25: 1st: Bob Korpita/Joe Babin, 2nd: John Gasparini/Val Dumais
Sept. 1: 1st: John Gasparini, 2nd: Bob Korpita
Sept. 8: 1st: Joe Babin 2nd: Stan Funk
Sept. 15: 1st: John Gasparini, 2nd: Stan Funk

DIAL-A-RIDE DRIVERS NEEDED!

The Plainville Senior Center is looking for on-call drivers for our Dial-a-Ride Program. Drivers must have a CDL or F-endorsement in order to drive our wheelchair lift-equipped bus. Training and hourly wage provided. Hourly wage between \$15.50—\$16.61. Hours are on-call to assist when regularly scheduled drivers are out or when the schedule is busy and more drivers are needed. F-endorsement is now easier to obtain and can be done without going to DMV and can be completed in two weeks. Contact Shawn or Ronda at the Senior Center for more information or visit www.plainvillect.com for an application.

SIGN UP TO DISPLAY YOUR COLLECTION, HOBBY!


If you have a collection or hobby that you'd like to display in our showcase, please call us at the Senior Center to let us know. Displays are typically in the locked showcase for a month at a time.

MEGA SIGN-UP DAY OCTOBER 6, 9:15 A.M. - 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 or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

OCTOBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	4 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Bridge (OS) 1:00 C. Events (GA) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	5 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	6 MEGA SIGN UP 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 M. Train (CL) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Teleph.Bingo 1:00 Knit/Crochet(GR)	7 9:15 Walk (GR) 9:30 Watercolor (CR) 11:00 Yoga-L(GR/Z)	8
9	10 COLUMBUS DAY  SENIOR CENTER CLOSED	11 9:00 NURSE* 9:00 Shopping 9:15 Walk (GR) 10:00 Caregiving(OS) 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 Current E.(GA) 1:00 Cardio Chr(GR) 1:00 Bridge (OS) 1:30 Circle Grp (CR)	12 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilt (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	13 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 M. Train (CL) 12:00 COA (CR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Teleph.Bingo 1:00 Knit/Crochet (GR)	14 9:00 Little Bit of Everything Trip 9:15 Walk (GR) 9:30 Watercolor (CR) 11:00 Yoga-L(GR/Z)	15
16	17 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 10:00 COVID Clinic 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	18 9:00 NURSE* 9:15 Walk (GR) 10:00 Bowl Cozy (CR) 10:00 Ladies Pool 10:00 Cribbage (GA) 10:30 Grandparents(GR) 1:00 Bridge (OS) 1:00 Current E.(GA) 1:00 Cardio Chr(GR) 2:00 Calling 911 (BR) 2:00 Circle Grp (BR)	19 8:00 VT Trip 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Open Quilt (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR) 3:00 Sleepy Hollow Trip	20 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Town Mgr Mtg 10:00 M.Train(CL) 10:30 Snappy Srs (CR) 10:30 Haunting in CT 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Teleph.Bingo 1:00 Knit/Crochet (GR) 2:00 Memory Café (CR)	21 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Food Schmooze Trip 10:00 Griswold Museum Trip 11:00 Yoga-L(GR/Z)	22 KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED
23	24 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 10:00 COVID Clinic 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	25 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Veterans Social Hour (BR) 1:00 Bridge (OS) 1:00 Current E.(GA) 1:30 Circle Grp (CR)	26 9:15 Walk (BR) 9:30 Open Quilt (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	27 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 M. Train (CL) 12:30 Pool Tourney 12:30 Pinoch.(GA) 12:30 Smart Driver(GR) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Teleph. Bingo 1:00 Knit/Crochet (BR)	28 9:15 Walk (GR) 9:30 Choral Group 9:30 Watercolor (CR) 10:00 Book Buds (OS)	29 10:00 Crescent Lake Hike
30	31 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	1 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Bridge (OS) 1:00 Current E.(GA) 1:30 Circle Group (CR)	2 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	3 FAIR SET UP 1:00 Telephone Bingo	4 FAIR SET UP	5 HOLIDAY CRAFT FAIR 10:00—2:30

Transportation

Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, **call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.**

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. **We ask that you be ready on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.

ADA Paratransit



ANOTHER OPTION WITH MORE HOURS & 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. to 8:00 p.m.

Each ride is just \$3.50 and discount ticket books can be purchased at Stop & Shop in a book of ten for \$28 (only \$2.80 each). There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

You Must be Pre-Approved — How to Apply:

The online application can be found at www.ctada.com. **You can also call the Senior Center at (860)747-5728 for an appointment with**

Stephanie who can assist with the online application process. Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Paratransit rider.

SENIOR TRANSPORTATION SERVICES

ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS

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. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



ADDITIONAL TRANSPORTATION OPTIONS

ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the

Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 without restrictions.

Eligibility: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.00 per additional mile after that.

Call Encompass at (860)444-4444 or visit online at Encompass.M7Ride.com.

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call **(860)247-5329, extension 3086.**