

Shawn Cohen, Director

Victoria Nadolski, 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.

VISIT WITH VICTORIA—Wednesday OCT 11, 2:30—3:30 PM Meet our great new Assistant Director, Victoria Nadolski. Join us to welcome Victoria to our family. She has been busy getting to know our programs, services, events and the best part, getting to know you! Join the fun as we “Visit with Victoria”.

COVID INFORMATION

*The Senior Center is hoping to arrange for COVID Clinics similar to the ones we had in past years. In the meantime, talk to your physician or pharmacist to see if they are offering vaccines, if you are at risk and what charges there may be. Then you can decide. We keep trying to schedule here.
*FREE test kits are available at COVIDTests.gov. Let us know if you need help ordering test kits.

ATTENTION VETERANS: FLU SHOTS AND COVID SHOTS AVAILABLE IN NEWINGTON

On site at the PC waiting room (the sitting area where Vets walk into the main building): Monday—Friday: 8am to 4pm.
Drive Thru Clinic: Wednesdays and Fridays: 8am to 2:30pm, runs through October.

PLAINVILLE COMMISSIONS AND BOARDS NEED YOUR PARTICIPATION

The Town of Plainville encourages citizen participation in municipal government and welcomes your interest in serving on a board, commission or committee. The following are in need of members:

- 1. Inland Wetlands & Watercourse Commission (meets monthly*)**
- 2. Planning & Zoning Commission (meets twice a month*)**
- 3. Zoning Board of Appeals (meets monthly*)** (Details on page 8)

CAREGIVERS TOOLBOX: A DINNER EDUCATION FOR CAREGIVERS OF ELDERS

The Plainville Senior Center will hold an evening caregiver series Wednesdays **October 4th – 18th** from **5:30 PM - 7:00 PM**. The series will provide caregivers with the tools they need to allow their loved ones to remain safe and live at home for as long as possible while reducing caregiver burnout. A light dinner will be served. *Oct. 4 Caregiving Guilt & Duty— Real life solutions from a panel of caregivers *Oct. 11 Legal Resources *Oct. 18 Tools for Caregiving (homecare, respite, ADC, preventing caregiver burnout) Please register by calling the Senior Center at 860-747-5728. Call Stephanie with any questions. *Grant is given from the Plainville Community Fund at the Main Street Community Foundation.

VETERANS BENEFITS TALK: TUESDAY, OCT. 17 AT 1:00 PM, FREE-CALL THE SENIOR CENTER TO REGISTER

Join Jason Coppola, Veterans Service Officer, CT Department of Veterans Affairs will talk about Federal Benefits available for Veterans and their spouses. Jason is very knowledgeable about the benefits for Veterans: Disability Compensation, Pension, Dependency & Indemnity Compensation (DIC), Burial Benefits, Survivor Benefits, Aid & Attendance, Health Benefits and more. This program is open to the public and all Veterans of any age are invited to attend.

Goat Party
See page 2

Electric Bill Discount
See page 9

LGBTQ+ Moveable Senior Center
See Page 11

RONDA'S THANK YOU
See Page 13



CLASSES & PROGRAMS

QUILTING CLASSES

INSTRUCTOR: DARLENE BACHAND
WEDNESDAYS, 9:00 AM — 11:00 AM
OCTOBER 4, 11 COST: \$4.00



Crazy Nine Patch Quilt—Enjoy making this fun quilt using fat quarters.

OCTOBER 25 COST: \$2.00

Stitch 'N Time—Work on your own projects OR start a new one.

NOVEMBER 1, 8, 15 COST: \$6.00

Twisted Ribbon Table Runner—This is a fun way to use simple half square blocks to give your table runner a three dimensional look!

GOAT PARTY

WEDNESDAY, OCTOBER 4, 2:00 PM—3:00 PM
Norton Park Pavilion—FREE Sign up has begun

Bring the grandkids, nieces, nephews, neighbors! For the kids and the “kids at Heart”! Everyone can enjoy petting, feeding and snuggling with the goats!



Don't miss out on this fun experience with Got Your Goat from Washington Depot! Call the Senior Center to reserve your spot or register on-line at www.schedulesplus.com/plainville.

FALL PREVENTION CLASS: TUESDAY, OCTOBER 17, 11:00—11:30 AM, FREE

Every 11 seconds, an older adult is seen in the emergency department for a fall-related injury.

Many falls are preventable. Nancy Pandolfo, our Silver Sneakers Instructor will host a **complimentary** class on balance and tips on how to prevent falls. Please sign up to reserve your spot and take control of your health. You are welcome to stay for a free demo of the Balance Class at 11:45 AM.

SNAPPY SENIORS PHOTOGRAPHY

THURSDAY, OCTOBER 19, 10:00 AM
CALL TO REGISTER (860)747-5728

This month we will explain how members can better show stunning fall colors in their photographs. This is the most colorful time of the year, from now until Thanksgiving dinner. Also, members will show pictures they have taken recently. We've been getting a lot of participation in showing pictures, giving each other positive feedback and helping others look for ways to take better pictures. Members with all kinds of cell and digital cameras, and various level of photography experiences, are welcome.

WALT DISNEY—HISTORY FOR FUN

THURSDAY, OCTOBER 26, 10:00 AM FREE,
Please join us for the GRAND FINALE of “The History Guy”, Joseph Ouellette. (He is Retiring)

“Disney” Walt Disney is a legend, a folk hero of the 20th century. His worldwide popularity was based upon the ideals which his name represents: imagination, and optimism. Ever since Steamboat Willy, his first historic sound—animated cartoon, gave birth to many new adventures, the Disney management team continues an aggressive posture in the entertainment industry bringing technology-based creativity and self-made success in the American Tradition. You will see an overview of the life of animator Walt Disney (1901—1966),



including his formative years, and how his legacy continues to grow with new and exciting people to manage the company. We will meet them and see how The Magic is created.

MEMORY SCREENING: TUESDAY, OCTOBER 24, 10:00 AM—12:00 PM, FREE

BY APPOINTMENT—CALL THE SENIOR CENTER TO REGISTER BEGINNING OCT. 4

Valerie Bartos, Memory Care Advisor from Arden Courts will conduct memory screenings. A memory screening is a series of questions and tasks designed to gauge memory, language and thinking skills. Screenings last just 5—10 minutes, and while the results are not a diagnosis, scoring below threshold can signal that someone should follow up with a clinician for a full evaluation.

BOOK BUDS OCTOBER BOOK: “THEN SHE WAS GONE” by Lisa Jewell FRIDAY, OCTOBER 27, 10:00 AM

* NEW(OLD) Day and Time COST: FREE! FOR MEMBERS ONLY. INSTRUCTOR: KATHLEEN MARSAN

October is perfect for delving into a good thrilling mystery. A daughter goes missing into thin air and after many years, there are still no answers until an unusual encounter with a stranger begins to unravel a bizarre tale. Calling all armchair detectives to join us for a truly captivating discussion. Please be sure to register as there is limited space. The book is available at the main desk at the library.

MORE CLASSES & PROGRAMS

SAD AND DON'T KNOW WHY? LUNCH AND LEARN

THURSDAY, NOVEMBER 30, 2023, 11:30 AM
FREE, REGISTRATION BEGINS OCTOBER 4, REGISTER BY NOVEMBER 20TH.

Seasonal Affective Disorder, commonly known as SAD, is more than just the "Winter Blues". SAD is a real type of depression that is associated with the change of seasons. Join us as Heather Hitchcock, Community Education manager for Bristol Behavioral Health, discusses causes, preventative measures for, signs and symptoms of, and available treatments for SAD. Complimentary lunch provided by The Pines of Bristol/National Health Care.

TELEPHONE BINGO!! WILL RESUME SHORTLY

Peggy Grant will be calling bingo over the telephone and on Zoom. If you'd like to play, call the Senior Center to register and to get a bingo card. There is no charge to play. Playing for fun!

CHORAL GROUP RETURNS!! *New Day and Time*

FRIDAY, OCTOBER 6, 9:30 AM

SEEKING NEW SINGERS: especially Altos & Lower Ranges. The Choral Group is seeking additional singers as it begins a new season of rehearsals and concerts. The group is free and there are no auditions or pressure. Rehearsals are the 1st Friday of each month at 9:30 AM and performances are on Mondays. Call 860-747-5728 to register.

BRIDGE: Anyone interested in learning how to play Bridge, Please sign up at the Front Desk. If there is enough interest, we will contact you.



A FUNNY PROGRAM ABOUT FUNNY PROGRAMS: THE GREATEST SITCOMS OF ALL TIME

TUESDAY, NOVEMBER 7, 2023, 1:30 PM TO 3:00 PM

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book, *The Greatest Sitcoms of All Time*. He is the only author to actually rank the best of the best, including *I Love Lucy*, *The Honeymooners*, *The Andy Griffith Show*, *Get Smart*, *All in the Family*, *The Mary Tyler Moore Show*, *Cheers*, *The Golden Girls*, *Seinfeld*, *Fraser* and *The Big Bang Theory*. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in on the fun!



CURRENT EVENTS DISCUSSION GROUP

TUESDAYS, 1:00 PM

Stay current by joining our lively discussion of local, state and national news as well as current events. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register—just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!



VETERANS' NEWS & ACTIVITIES

HELP FOR VETERANS

TUESDAY, OCT. 17, 10:00

AM—BY APPOINTMENT

Our Veterans Service Officer, CT Department of Veteran's Affairs, Jason Coppola, will be at the Senior Center at 10:00 AM BY APPOINTMENT ONLY. To schedule an appointment, call Jason at 203-805-6340.

PLAINVILLE VETERANS COMMISSION

For All Veterans in Financial Need

MONDAYS 6:00 PM—7:00 PM

Municipal Center, Room 306 Call Dave Dudek at 860-559-1860 before arrival. For Veterans and spouses of any age.



VETERANS' SOCIAL HOUR

TUESDAY, OCT. 24, 10:00 AM

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare Senior Services. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register.**

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30 PM –2:30 PM

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 & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

GENTLE CHAIR PILATES/BALANCE

MONDAYS, 2:45 PM–3:45 PM

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

CARDIO CHAIR FITNESS *TUESDAYS, 1:00 PM–1:45 PM*

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 & stretching.

BALANCE CLASS *TUESDAYS, 11:45 AM –12:30 PM*

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30 AM –10:30 AM

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

SILVER SNEAKERS CLASSIC

FRIDAYS, 10:00 AM–10:45 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

Join in the fun in this certified Silver Sneakers class. Exercises are done in a chair and combine cardio and strength training. Beginners welcome.



SILVER SNEAKERS & PLAINVILLE SENIOR CENTER

YOGA/PILATES(YOGA-LATES)

FRIDAYS, 10:50 AM –11:35 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

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

THE PEAK FITNESS CENTER

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.

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 AM–12:00 PM

INSTRUCTOR: ABBE WADE

Abbe teaches four unique techniques using acrylic paints. Students must provide their own supplies.

CERAMICS

THURSDAYS, 9:30 AM –11:30 AM

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 PM – 3:00 PM

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

THURSDAYS, 9:30 AM–11:30 AM

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 and 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 4 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting OCTOBER 11 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 Registration Begins OCTOBER 4
MONDAY			
Acrylic Painting	10:00-12:00	Sept. 18—Nov. 27, 10 weeks, \$20.00 No Class Oct. 9	
Power Burst	1:30-2:30	Oct. 2—Dec. 11, 8 weeks, \$16.00 No Class Oct. 9, Nov. 20, Dec. 4	
Chair Pilates & Balance	2:45-3:45	Oct. 2—Dec. 11, 8 weeks, \$16.00 No Class Oct. 9, Nov. 20, Dec. 4	
TUESDAY			
Balance Class	11:45-12:30	Oct. 3—Nov. 7, 6 weeks, \$12.00	
Cardio Chair Fitness w/ Nancy	1:00-1:45	Sept. 12—Oct 24, 6 weeks, \$12.00 No class Sept. 26	Oct. 31—Dec. 5, 6 weeks, \$12.00
WEDNESDAY			
Zumba Gold	9:30 -10:30	Sept. 27—Nov. 15, 8 Weeks, \$24.00	
Quilting	9:00-11:00	See page 2	
THURSDAY			
Ceramics	9:30 – 11:30	Oct. 5—Nov. 30, 8 Weeks, \$32.00 No Class Nov 23	
Watercolor	9:30 – 11:30	Sept. 28—Dec. 7, 10 weeks, \$30.00 No Class Nov. 23	
Knitting/Crochet	1:00-3:00	Aug. 17—Oct. 12, 8 weeks, \$16.00 No class Aug. 24	Oct. 19—Dec. 14,, 8 weeks, \$16.00 No class Nov. 23
FRIDAY			
Silver Sneakers Classic	10:00-10:45	FOR: Silver Sneakers and Yoga—lates Sept. 15—Oct. 27 Free if you have Silver Sneakers <u>OR</u>	FOR: Silver Sneakers and Yoga—lates Nov. 3—Dec. 15 (NO CLASS Nov. 10 & Nov. 24) Free if you have Silver Sneakers <u>OR</u>
Yoga-Lates	10:50-11:35	\$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	\$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.

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.

OUTDOOR ADVENTURES

RICHES OF HARTFORD SCAVENGER HUNT AND LUNCH AT BLACK EYED SALLY'S

WEDNESDAY, OCTOBER 25, Meet at Plainville Public Library at 9:15 AM Returns approx. 3:30 PM.
Sign up has begun.

COST: \$5.00 Does not include bus fare or lunch. Must bring exact change for bus—\$0.85 cents each way.
Minimum of 6 people, Maximum 10. Leader: Eileen Cyr

Join us for a fun urban adventure! We will travel to Hartford via the CT Transit FastTrack bus. Once we arrive at Union Station, we'll be breaking into teams of 2 to "compete" in this fun scavenger hunt in Connecticut's capital! We'll walk a 2 mile loop around the city center in search of iconic buildings and great green spaces. The team that gets the most "points" will win a prize.

Following our super sleuthing skills, we'll have lunch at Black Eyed Sally's for barbecue and southern cooking! (Pay for lunch on your own). Following lunch, we'll grab the bus and head back to Plainville.

RESERVOIR 6 HIKE

FRIDAY, OCTOBER 20, Meet at 9:30 AM at the Senior Center to caravan or meet at 10:00 at MDC 1st Parking Lot, Route 44, West Hartford

LEADER: EILEEN CYR. FREE, Sign up has begun

This hike will be about 1 hour to 1 1/2 hour in duration so you should be able to walk 1.5 miles without stopping, about 4 miles around the reservoir. Go at your own pace. It is a mostly flat dirt road so wear sneakers or hiking boots, a sun hat and bring a water bottle. There will be an optional lunch at First and Last Restaurant in West Hartford at about 11:45 AM.

HEUBLEIN TOWER HIKE

FRIDAY, NOVEMBER 17, Meet at 9:30 AM at the Senior Center to caravan or meet at 10:00 at MDC 2ND Parking Lot in the back by the MDC building,

LEADER: EILEEN CYR. FREE,

Sign up has begun

This is a moderate level hike with uphill grades. Wear hiking boots or sturdy footwear and bring a walking stick—go at your own pace. Bring a sun hat, a water bottle and bug spray. It takes about 1 hour to hike to the tower. There will be an optional lunch at J Timothy's about 1:00.

TRIP IDEAS

We would love to have your ideas for trips in Connecticut on the Dial-a-Ride bus. Please stop by the Senior Center for a Quick Trip Survey. We need your ideas!!!
Please write your suggestions for Quick Trips on the Mini Bus, day trips by MotorCoach, overnights and extended trips around the world.



FREE MONTHLY SHOPPING TRIPS

WEDNESDAY, OCTOBER 11, 10:00AM
BRISTOL PLAZA

Stores include: TJ Maxx, Burlington Coat, Stop & Shop, Five Below, Ocean State Job Lot and more. You can be picked up at home or the Senior Center. We will start home pick ups at 10:00. **Must call by October 6 to reserve a spot.** Pick up at the Plaza to go home at 2:30 PM.



TUESDAY, OCTOBER 24, 10:00AM
WALMART IN BRISTOL

We will start home pick-ups at 10:00. You can be picked up at home or the Senior Center. We will shop for 2 hours and pick up at Walmart at 1:30. **Must call by October 20 at 12:00 noon to reserve a seat.**

QUICK TRIP

MYSTIC, YOU CHOOSE—AQUARIUM OR SEAPORT—SATURDAY, OCTOBER 28, 8:30 AM—5:00 PM



COST: \$10.00/BUS, \$27.00/SEAPORT, \$32.00/AQUARIUM, BREAKFAST & LUNCH ON YOUR OWN. Sign up begins October 4.

Choose your location when you sign up. We have had numerous requests to visit various locations in historic Mystic, CT. Beginning with breakfast at The Mystic Aquarium or Mystic Seaport. Both locations have food options available for lunch to purchase. Please note that anyone going to the Aquarium may walk to the shops at Old Mystic Village and be picked up from there. Spend approx. 3 hours at either location. A 2:00 PM departure from the Aquarium, Old Mystic Village or the Seaport, with one final stop in Downtown Mystic for an hour of shopping before we head home.

CURRENT TRIPS

AQUA TURF: ELVIS IS IN THE BUILDING! WEDNESDAY, NOVEMBER 8, 2023,

11:00 AM—3:30 PM, COST: \$52.00 Per Person. Sign-up has begun. Drive on your own-(hopefully this may change). A little less conversation, a little more rock n' roll!! John Monforto's performance brings Elvis' groove and entertainment alive!

*MENU: Roast Beef/Pan Seared Salmon Family Style. Pasta & Salad Courses. Complimentary Coffee & Donuts, Glass of Beer or Wine, Door Prizes. (See Flyer For Details) * Only 3 seats left!*



ESCORTED VIKING RIVER CRUISE—DANUBE WALTZ: APRIL 27—MAY 5, 2024

COST: FROM \$2,999. PP + Airfare (INCLUDES TAXES & SHORE EXCURSIONS) Special airfare deals. Please call Friendship Tours for details.

Includes: Passau, Germany/Vienna & Linz & Krems, Austria/Bratislava, Slovakia/Budapest, Hungary, etc. Escorted from Plainville to Europe to Plainville. Shore excursions in every port. English speaking crew. Casual dining in elegant style. (See Flyer For Details)

IRELAND SAMPLER: April 13—20, 2024, 8 Days/6 Nights. Dublin* Galway* Killarney & More...

Includes Non-Stop Flights from Hartford! Includes a 2 night Castle Stay! \$3,449.00 Per Person Double.

- ◆ Local panoramic sightseeing tour of Galway City.
- ◆ Connemara Region—Photo stop at Kylemore Abbey.
- ◆ Cliffs of Moher, 700 feet above the Atlantic Ocean. Ferry ride across the River Shannon.
- ◆ A full day tour along the Kerry coast to the Dingle Peninsula, Beyond Sleah Head, see Blasket Islands.
- ◆ Blarney—enjoy option visit to Blarney Castle and perhaps kiss the famed Blarney Stone. Photo op at the historic Rock of Cashel. Overnight at our castle hotel in Killiney overlooking Dublin Bay.
- ◆ Dublin sightseeing. Visit Guinness Storehouse, views Gravity Bar followed by the EPIC Museum.

See Flyer for Details. Please note—optional tours and driver-guide gratuities not included.



NOVEMBER 12—AMERICAN MUSEUM OF NATURAL HISTORY,

NYC: COST:

\$110.00

***FULL-SIGN**

WAITLIST*

Includes Hayden Planetarium
Space Theater Space Show.

(See Flyer for Details)



AQUA TURF: HOLIDAY CLASSICS WITH DOWNTOWN 6 BAND!

TUESDAY, DECEMBER 12, 2023, 11:00 AM —3:30 PM

*COST: \$52.00 Per Person. **SAVE THE DATE.***

Featuring a sing-a-long from The Glamour Girls & Santa George & Mrs. Claus! Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit!

MENU: Roasted Turkey/Baked Scrod Family Style. Pasta & Salad Courses. Complimentary Coffee & Donuts, Glass of Beer or Wine, Door Prizes.



CENTER NEWS & VOLUNTEER OPPORTUNITIES

GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs in the area or “give a-ways” or last minute trip shares or lectures or important information on community news & fun stuff to do!! On occasion, we send out emails during the month with details. Join our email list! Call, send an email or stop by & give us your email address. If you want to email us, send an email to beamc@plainville-ct.gov. PLEASE NOTE: we do not share our email address list with anyone.

SHOWCASE YOUR COLLECTION OR 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. **OCTOBER:**
Bill Caporale—metallic trees/leaves.
Bill uses sheet metal to create beautiful, delicate and intricate works of art.



PEAK CENTER & GREETER VOLUNTEERS NEEDED

We need volunteers (including Floaters) to cover a variety of shift times. Volunteers typically cover two-hour shifts. PEAK floaters & regularly scheduled volunteers receive a reduced subscription to the PEAK center. **We have an urgent need for Tuesdays 1-3PM.** Please stop by the front office to express interest in volunteer opportunities!!

LANGUAGE INTERPRETERS—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 Bonnie at the Senior Center.



STS VOLUNTEER DRIVERS NEEDED

Driver volunteers needed for transport to medical appointments not covered by our Dial-a-Ride. To discuss volunteering, please call 860-224-7117. Mileage reimbursement and supplemental automobile coverage is provided.

Attention Fabulous Volunteers!

The Volunteer Board is Back!! Please be sure to record your hours. You can use the board or online if you prefer (<https://schedulesplus.com/plainville/kiosk>). Every volunteer hour counts and we appreciate all that you do to keep our Center so active!

PLAINVILLE COMMISSIONS AND BOARDS

PLAINVILLE COMMISSIONS AND BOARDS NEED YOUR HELP AND EXPERTISE *(continued from page 1)*

Inland Wetlands & Watercourse Commission (meets monthly*): The Inland Wetlands Commission is responsible for overseeing the protection of Plainville’s marshes, swamps, ponds, streams and rivers as well as intermittent waterways and vernal pools. The Commission reviews and acts on requests for permits to conduct activities inside designated wetlands and also enforces regulations.

Planning & Zoning Commission (meets twice a month*): The Planning and Zoning Commission hears land use applications for residential, recreational, commercial and industrial purposes. Acting under the zoning authority, the Commission is responsible for the establishment and administration of the Town’s zoning regulations.

Zoning Board of Appeals (meets monthly*): The Zoning Board of Appeals has the powers and duties under CT General Statutes to:

A) vary the zoning regulations under certain circumstances; b) grant approval for motor vehicle repair shops, new and used car dealerships; and c) hear and decide appeals decisions resulting from actions of the Zoning Enforcement Officer.

* NOTE: Meetings are held at night in the Municipal Center.

If you are a registered voter in the Town of Plainville and wish to serve on a Board or Commission, please call the Town Manager’s Office at 860-793-0221 x8703 to request an application.

SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, OCTOBER 17, 10:30 AM

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 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 register online at www.schedulesplus.com/plainville.

CAREGIVING CONNECTIONS

TUESDAY, OCTOBER 10, 10:00 AM

Join your caring friends at the Senior Center as we support one another on our journeys & recognize the challenges & frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center to register.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY OCT. 26, 2:00 PM

OPEN TO THE PUBLIC

Memory Café is a social gathering with a safe, supportive, & engaging environment that gives everyone a place to make new friends and interact with others. Enjoy appropriate activities such as crafts, games, music & conversation. For more information about or to sign up, please contact Karen Pagliaro or Stephanie Soucy at the Senior Center. 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.

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 \$41,553 (gross) and a family of two could possibly make \$54,338 (gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. HRA is located at 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR. Please call 860-356-2000 or online at:

<https://hranb-ortal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

EVERSOURCE ELECTRIC DISCOUNT RATE

A bill discount will be available for residential electric customers starting in December 2023. You must have financial hardship status on your electric account. If you do, there are two tiers of discounts depending on your annual household income or receipt of a public assistance benefit. You may be eligible for a 10% or 50% discount.

To qualify for a 10% discount, your annual income for

Single = up to \$41,553
Couple= up to \$54,338

Or be eligible for certain public assistance benefits:

- *Connecticut Energy Assistance Program (CEAP)
- *Section 8 Housing, Rental Assistance Program
- *Medicare Savings Program

(Additional Low-Income Medicare Beneficiary or Special Low-Income Medicare Beneficiary)

To qualify for a 50% discount, your annual income for

Single = Up to \$23,328
Couple= Up to \$31,552

Or be eligible for certain public assistance benefits:

- *Supplemental Security Income (SSI)/Social Security Disability Income (SSDI)
- *State Administered General Assistance (SAGA)
- *DSS State Cash Assistance, State Supplement
- *Supplemental Nutrition Assistance Program (SNAP)
- *Medicaid (Husky C, D)
- *Refugee Cash Assistance and Refugee Medical Assistance
- *Medicare Savings Program (MSP) ((Qualified Medicare Beneficiary Program) (QMB)

After confirming you receive one of the public assistance benefits or meet the income eligibility requirements, you may submit your documents securely in several ways.

*Log in to your account to upload your documents.

*Send them via U.S.P.S. mail at Eversource, Attn: Credit Dept., P.O. Box 270, Hartford, CT 06141

*Submit documents via fax at 866-438-6476.

*Call us at 800-286-2828.

*Contact your local Community Action Agency.

They will review and verify your information within 10 business days. If you are eligible, you could start to see a discount on your bill in December 2023.

Please call Stephanie at the Senior Center with any questions 860-747-5728.

CW COMMUNITY CAFE

DAILY LUNCHES AT THE SENIOR CENTER

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 AM to reserve 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.

Reservation Procedure:

Call on Mondays by 10:30 AM to reserve a lunch on Wednesday

Call on Tuesdays by 10:30 AM to reserve a lunch on Thursday

Call on Wednesdays by 10:30 AM to reserve a lunch on Friday

Call on Thursdays by 10:30 AM to reserve a lunch on Monday and Tuesday/or the entire week

Menu available at the Senior Center.

\$2.50 suggested donation

OCTOBER 2023 MENU—CW COMMUNITY CAFÉ/BONNIE'S LUNCH (SERVED AT 12 NOON)

2 Hearty Vegetable Soup	3 Sliced Ham	4 Southern Grilled Chicken Salad	5 Broiled Fish	6 Homemade Meatloaf
9 CLOSED	10 Chicken Picatta	11 Tomato Basil Soup	12 Baked Veal Parmesan	13 Turkey Divan
16 Lazy Stuffed Cabbage	17 Herbed Chicken Legs	18 Open Faced Turkey Sandwich	19 Roast Pork	20 Minestrone Soup
23 Philly Cheesesteak	24 Corn Chowder	25 Spaghetti w/ Meatballs	26 Chicken/Sausage Gumbo	27 Roast Turkey
30 Bean/Veggie Chili	31 Fried Chicken			

FOOD PROGRAMS

SNAP stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were INCREASED as of October 1, 2022. There is no asset limit. **Single \$2,265; Couple \$3,052.** Call Stephanie with any questions or to assist with an application.



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

MEMORY CARE KITS

The Plainville Public Library has themed activity kits to aid people with memory loss, Alzheimer's disease, cognitive impairment, and their caretakers. These kits aim to foster positive experiences, stimulate conversation and ignite memories. *Two-week loan period Call or visit the Reference Desk for more information.

AT THE LIBRARY

PLAINVILLE PUBLIC LIBRARY

56 EAST MAIN STREET, PLAINVILLE, CT 06062, 860-793-1446
PLAINVILLECT.COM/LIBRARY *Library cards are FREE to all CT residents *24/7 Access to Databases with your Library Card *Discounted/Free Museum Passes *WI-FI Anytime, Anywhere

COMMUNITY NOTES

ALZHEIMER'S ASSOCIATION—CAREGIVER SUPPORT GROUP @ THE PLAINVILLE PUBLIC LIBRARY

Library—56 East Main St., Plainville, CT 06062,
2ND Monday of the month, 6:30 PM—7:30 PM

Build a support system with people who understand. Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia & their care partners to:

- ◆ Develop a support system.
- ◆ Exchange practical information on challenges & possible solutions.
- ◆ Talk through issues and ways of coping.
- ◆ Share feelings, needs and concerns.
- ◆ Learn about community resources.

Contact info: Deborah Stanczykiewicz, 860-729-1648, alzhelpp@gmail.com

12 ANNUAL PHOTOGRAPHY EXHIBITION AT THE ARTS CENTER EAST

Submissions open until November 10.

Informational flyers are available at the Senior Center or contact Bill Dillane or Peggy Clancy.

AARP PLAINVILLE

WEDNESDAY, OCTOBER 18, 1:00 PM
Faith Bible Church, 168 Unionville Ave., Plainville. Refreshments served!



TRIPS:

*Oct. 17—Spooky Salem Witch Museum,
\$128.00 per person

*Nov. 29—Norman Rockwell Museum,
\$142.00 per person

Reservations/Info: Sharon 860-712-2795

Trip Flyers available at the Plainville Senior Center.

DEMENTIA SUPPORT GROUP

Arden Courts of Farmington—45 South Road,
Farmington, CT 06032

<https://www.arden-courts.org/farmington>

Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month, 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. To RSVP call Hollis Hartman 860-543-1010 or

Hollis.Hartman@promedica.org

BLOOMFIELD SENIOR SERVICES

An Afternoon of Information, Fellowship and Socializing

Thursday, October 19, 2023, 1:30 PM—5:00 PM

Topics: Advance Directives and Medicaid—What everyone needs to know

Probate Court—What everyone needs to know

“It's 5:00 somewhere”: light refreshments, mocktails and socializing.

BONUS: Avon & Bloomfield Librarians will be on-hand to share information about LGBTQ+ library resources and talk about upcoming collaborative programs (and will present each guest with a “cool swag item!”)

Please RSVP to Bloomfield Senior Services (860-243-8361) by October 16.

For full afternoon agenda, please see front desk.



INTERGENERATIONAL PROGRAM-TEA @ 3 LOOKING FOR VOLUNTEERS

Our friends at For All Ages are once again offering their free ‘Tea @ 3’ Community to residents age 55+.

This program pairs an older adult with a college student based on common interests for a weekly 20 minute phone call during the college semester and runs each spring and fall for 12 weeks.

You'll receive a free welcome kit that includes your choice of tea, a handcrafted mug cozy, & conversation starters. For All Ages will share only your first name, phone number, and your common interests with your Tea-Mate. Together, you & your Tea-Mate will decide the day & time that works for your weekly call. Each week you'll receive an email with ideas for that week's conversation. You'll share laughter, joy, and perhaps a recipe or 2! Together, you'll grow a new friendship.

BONUS: You are welcome to attend 2 optional, live Zoom events where you can meet other Community members. Sign up NOW to participate in this fall's session which begins mid-September.

For more information and to sign up online, visit www.forallages.org/tea-at-3.

HEALTH PROGRAMS AND INFORMATION

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W

**NEW INCOME LIMITS:
MEDICARE SAVINGS PROGRAM (MSP)**
Singles Range From: \$2,564 to \$2,989
Couples Range From: \$3,468 to \$4,043

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.

WOMEN WITH HEART DISEASE SUPPORT NETWORK

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference room A, 81 Meriden Ave., Southington. To sign up call: 1.855.HHC.HERE (1-855-442-4373).

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 ceiling, washing walls & so much more. Please call Stephanie at the Senior Center 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.

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.



HOME FIRE PREPAREDNESS CAMPAIGN—FREE

REDUCING FIRE INJURY/DEATHS
ONE HOME AT A TIME

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services IN YOUR HOME (visits last about 20 minutes). You will receive: *FREE Installed smoke alarms if needed
*Family Disaster Plan Guidance
*Valuable emergency preparedness tips/information
Register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 & choose option 1 to schedule.



COVID-19 TEST KIT FRAUD ALERT

The US Dept. of Health & Human Services is warning of a fraud scheme involving unsolicited COVID-19 testing kits. Seniors have been receiving unsolicited test kits then finding that their Medicare Summary Notices reveal that Medicare is being billed for reimbursement but Medicare will no longer pay for in-home COVID-19 tests after May 11. Report these supposed “free” kits to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Detailed info can be picked up at the Senior Center.

SCAM ALERT ‘NEW MEDICARE CARD’ SCAM

Fraudsters may be calling people claiming they need to verify information and obtain payment information over the phone to receive a new card. If anyone is contacted and shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed information.



Donations

AUGUST 15 — SEPTEMBER 15

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

MEMORIAL DONATIONS

IN MEMORY OF: James Carroll II

Barbara Barton

GENERAL DONATIONS

Rita Susco, Diane Chamberlain, Manli Luo, Kathy Joslyn, Priscilla Gundry, Laura Van Linter, Dennis Corsino, Steve Rusczyk, Catherine Humai, Charlotte Politis, Carol Loiselle, Barbara Barton, Anonymous

DIAL-A-RIDE DONATIONS

Douglas Kaller, Flo Nixon, Carol Loiselle, Verna Pekrul, Barbara Barton, Anonymous

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.

DONATIONS NEEDED

STAND UP WALKERS NEEDED

The Senior Center is in need of Stand Up Walkers. Anyone who has one to donate, please let someone at the front desk know.



ROLLATORS-ROLLING WALKERS WITH SEAT NEEDED



The Senior Center is looking for rolling walkers with seats to loan out. Call us at (860) 747-5728 to make arrangements to drop off.

Cheer Report

AUGUST 15 — SEPTEMBER 15

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:

Tina Wishart, Dorothy Mikulak, Robert Tyler, JoAnn Bertolo, Dawn Dallas, Simone Dallaire, Margaret Albrecht, Walt Reckert, Ralph Porter, Carol Wright, Jean Kelly, Bev Heslin, Kathryn Scott, Beatrice Dumont, Skip Kensel, Richard Belden, Jeanine Martino, Maryana Merzlyak, Jackie Posadas,

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Joanne Hart

SYMPATHY CARDS WERE SENT TO:

Lois Maitz



AUGUST NEW MEMBERS

S. Lynn Carbone, Timothy Culpovich, Armand Daigle, Elizabeth Doiron, Andrea Flagg, Mabel Giza, Beatrice Marrero, Susan Oliveira, Robert Pelletier, Edward Wayne and David Willis

RONDA'S THANK YOU

From the bottom of my heart I thank you all for the absolute amazing send off! The going away party was more than I could have ever anticipated! The entire day was spectacular and it was incredible to see so many of you there. As I said during the party, THANK YOU for taking the first step in coming into the Senior Center and discovering all that it offers. My greatest joy was always seeing people meet new friends, explore new talents, take risks in challenging themselves in learning something new, supporting our caregivers and providing the best service possible. The Plainville Senior Center staff is by far the BEST ever and you'll never find a more dedicated group of hardworking people who love what they do! My first few weeks at the Glastonbury Senior Center has been challenging and exciting! I certainly have a lot to learn, but I definitely feel well prepared! I wish everyone the best of health and know that I think of Plainville with love and thankfulness!!



INDEX

AARP Plainville Chapter	11
Acrylic Painting	4, 5
Alzheimer’s Assoc.—Library	11
Ayuda	12
Balance Class	4, 5
Book Buds	2
Bloomfield Senior Services-LGBTQ+	11
Bridge-Learn to Play	3
Cardio Chair Fitness	4, 5
Caregivers Toolbox	1
Caregiving Connection	9
Ceramics	4, 5
Chair Pilates & Balance Class	4, 5
Cheer Report	13
Choral Group	3
Class/Activity/Schedule	2, 4, 5
COVID info/Flu Info	1
Current Events Discussion Group	3
Daily Lunches at the Senior Center	10
Dementia Support Group	11
Donations	13
Energy Assistance	9
Eversource Electric Discount	9
Fall Prevention Class	2
Food Share	10
Funny Program—Sitcoms	3
Get the Latest News by Email	8
Goat Party	2
Grandparents Raising Grandchildren	9
Heavy Cleaning Help	12
Home Fire Preparedness Campaign	12
How to Register	5
Intergenerational Tea	11
Knitting/Crochet	4, 5
Language Interpreters Needed	8
Library Card	10
Medicare Savings Program	12
MEGA SIGN-UP DAY	5, 14
Memory Café	9
Memory kits-Library	10
Memory Screening	2
New Members	13
Nursing Information/Health Info	12
Outdoor Adventure	6
PEAK Fitness Center	4, 14
Photography Exhibit	11
Plainville Commission	1, 8
Pool Table Schedule/Info	14
Power Burst	4, 5
Quilting	2, 5
Rainbow Lunch Hour	14
Ronda’s Thank You	13
SAD Program	3
SNAP	10
Scam Alert/Fraud Alert	12
Shopping Trips	6
Showcase Your Collection/Hobby	8
Silver Sneakers Classic	4, 5
Snappy Seniors	2
Telephone Bingo	3
Tournaments Winners/Pool Info	14
Transit Wheelchairs & Rollators Needed	13
Transportation	BC
Trips/Trip Ideas/Quick Trips	6, 7
Veterans’ News & Activities	1,3
Visit With Victoria	1
Volunteers Info	8
Walt Disney-History Guy	2
Watercolor Class	4, 5
Women with Heart Disease Support	12
Wreath Sale	14
Yoga-Lattes	4, 5
Zumba Gold	4,5
BC= Back of Calendar	

FUN AND GAMES

WEEKLY SETBACK TOURNAMENT WINNERS

AUG. 21: 1st: Peggy Grant/Gail Kreneck 2nd: Jackie Lemelin/Francoise Bolduc 3rd: Alyce Lembo/Judith Laprise

AUG. 28: 1st: Gail Kreneck/Peggy Grant 2nd: Bernard Grabeck/Verna Pekrul 3rd: Linda Dominique/Mary Levanti

SEPT. 11: 1st: Linda Arnold/Janet Sanborn 2nd: Donna Albrecht/Sandy Tyminski 3rd: Robert Albrecht/Mark Dunn & Gail Kreneck/Peggy Grant

SEPT. 18: 1st: Sandy Tyminski/Mark Dunn 2nd: Jackie Lemelin/Francoise Bolduc 3rd: Linda Dominique/Mary Levanti

POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play –NO need to sign up, just show up. EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.



LADIES BILLARD OPEN PLAY

Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.

Looking for something fun to do on Tuesday mornings?? Whether you call it pool or billiards, it is one of America’s favorite pastimes. Join our ladies for a friendly game of pool with some friends. No formal instruction giver, just helpful tips and tricks, if needed. Let’s have a ball!!

PEAK CENTER REMINDERS—Just a friendly reminder to wipe down all equipment after each use. There are spray bottles with disinfectant and paper towels for your convenience. Also, we request that all PEAK members bring a pair of “inside” shoes to change into prior to using the equipment. **PLEASE HELP US KEEP OUR PEAK CENTER CLEAN & MEMBERSHIP RATES DOWN!**

MEGA SIGN-UP DAY OCTOBER 4, 9:15 AM—4:45 PM

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.



WREATH SALE—Beautiful crafted wreaths will be on sale in August. You can purchase a Christmas, spring or summer themed wreath. The wreaths will be on display in the showcase. Priced to sell at just \$5.00!!

DIVERSE UNIVERSE

RAINBOW LUNCH

LGBT adults & allies can join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Pre-registration required. For more information please call Karen Green (860)589-6226, ext. 2226. **Register at: www.cthealthyliving.org. To view the program here, call Ronda at the Senior Center.**

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.

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 Victoria 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 days a year 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 \$2.90 per additional mile after that.

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

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 AM—Midnight
Weekends 6:00 AM—Midnight

FARES: Each ride is \$3.50 each way and discount ticket books can be purchased at *Shop & Stop* or on-line at hartfordtransit.org/ada-paratransit-services for \$28.00 for a book of 10 tickets (\$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 Para-Transit rider.

CANCELLATIONS: please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghdtonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours call the dispatch department).

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.**

OCTOBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 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)	2 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)	3 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	4 MEGA Sign up 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 2:00 Goat Party (Norton pARK) 5:30 Caregiv.Tool (BR) 1000 Islands Trip	5 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1000 Islands Trip	6 9:15 Walk (GR) 9:30 Choral Gr. (BR) 10:00 Silv. Sneak. Classic. (BR) 10:50 Yoga-Lates (BR) 1000 Islands Trip Nat'l Parks Trip Departs	7
8	9 <div style="text-align: center;"> <p>CLOSED</p>  </div>	10 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Caregiv. (CR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr. (GR) Covered Bridges Trip	11 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 10:00 Shopping Bus 1:00 Bingo (GR) 1:15 Charlem. (CA) 2:30 Meet Victoria (BR) 5:30 Caregiv.Tool (BR)	12 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GR) 10:00 Mex. Train (CL) 11:45 COA (GA) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	13 9:15 Walk (GR) 10:00 Silv. Sneak. Classic. (BR) 10:50 Yoga-Lates (BR)	14 9:00 Snappy Seniors Field Trip
15	16 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)	17 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Help* (CL) 10:30 Grandparents (CR) 11:00 Fall Prev. (GR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:00 Vet. Benef. Talk (BR) 1:30 Circle Grp (CR)	18 9:00 OPEN Quilt. (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 5:30 Caregiv.Tool (BR)	19 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 10:00 Snappy Sen. (GR) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	20 9:15 Walk (GR) 9:30 Reserv. 6 Hike 10:00 Silv. Sneak. Classic (BR) 10:50 Yoga-Lates (BR)	21
22	23 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)	24 9:00 NURSE* 9:15 Walk (GR) 10:00 Shopping Bus 10:00 Memory Scr*(CL) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Social (CR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	25 9:00 Quilting (CR) 9:15 Walk (BR) 9:15 Scav. Hunt (Library) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	26 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Walt Disney (GR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:00 Memory Café (CA)	27 9:15 Walk (GR) 10:00 Book Buds 10:00 Silv. Sneak. Classic (BR) 10:50 Yoga-Lates (BR)	28 8:30 Mystic Trip
29	30 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)	31 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (GR)	1 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	2 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	3 9:15 Walk (GR) 9:30 Choral (BR) 10:00 Silv. Sneak. Classic (BR) 10:50 Yoga-Lates (BR)	4 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