



S.E.N.I.O.R. September 2016



Plainville Senior Center

Dynamic Past * Vibrant Future

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Free Sign-Up Day is September 7. Mega Sign-Up Day is September 8, 9:15 a.m.—4:00 p.m.

REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday through Friday between 9:15 a.m. - 12:00 (noon), and Mondays from 5:00 - 5:30 p.m. We accept cash and checks made out to Plainville Senior Center only.

VOLUNTEER RECOGNITION PARTY

Friday, September 23, 2016. Time 10:30 am

Invitations were mailed out for the Volunteer Party. We use the volunteer tracking board to send out our invitations. If you do not receive an invitation by mail, please call us at the Senior Center and let us know how many hours you volunteered last year and we will get an invitation out to you.



SNAPPY SENIORS IS BACK!

**Thursday, September 15,
10:00 a.m.**

Plainville Library

Mark your calendars for our future meetings:

Thursday, October 20

Thursday, November 17

**Join us for a Reception in Honor of
Helen Marinelli's Retirement from the Committee on Aging
Monday, September 26, 4:00 PM at the Plainville Senior Center**



Helen was appointed to the Committee on Aging in 1980 and was the longest serving Chairperson from 1987—2015. Join us as we celebrate her 35 years of dedication to the Plainville Senior Center and the older residents of our community. Refreshments will be served. Please call the Senior Center beginning September 7th to register.

HAVE YOU BEEN DIAGNOSED WITH VERTIGO?

Free Informational Workshop:

Friday, September 16th at 10am

Please join us!! Kevin Connellan, PT and Director of Physical Therapy & Sports Medicine Centers (PTSMC) of Plainville will be sharing some helpful information for those suffering with balance issues, dizziness or diagnosis of vertigo. The goal of this presentation is to better understand what causes vertigo and dizziness and to know when physical therapy can help alleviate your symptoms. Call the Senior Center beginning September 7th to register.

Making the Most of Your Doctor Appointment

Thursday, September 22, 10:00 a.m.

Join Heather Hitchcock of Hartford Health Care Senior Services, for a presentation that will cover important topics such as: How to be a partner with your doctor, how to get ready for an appointment, important things to bring to your doctor appointment, and many others! Call the Senior Center to register.

Congratulations to our talented artists who will display their art work at the Pomperaug Woods Art of Experience Senior Juried Art Show. The Plainville Senior Center will be offering a free bus for the artists wishing to attend the artists' reception and exhibit opening on September 23rd. Bus will leave the Senior Center at 1:30 p.m. and return to Plainville after the event. Please call the Senior Center to sign up for the bus. Limit 12 people.

NEW PARKING LOT CELEBRATION

Coming Soon!



We will be celebrating the completion of our new parking lot this fall! Details to follow.

ICELAND 2017 TRIP MEETING Monday, October 3rd at 3:30 See page 8 for details

iPad Basics

Wednesdays, September 7—October 5, 1:00 p.m.—3:00 p.m.

Instructor: Evelyn Morin. Learn all the basics of your new iPad in this fun and informative class. Learn its main components including the keyboard, internet, camera and basic apps and its intermediate functions such as sending e-mails, music and using social media sites like Facebook. **Limited to 8 participants.** You must own or borrow an iPad and bring it to class with you. **Cost is \$25.00 for members and non-members, plus the cost of a textbook which is \$25.00. Sign-up has begun. For more Computer Class News, please turn to page 11**

Senior Center Special Events

AARP Smart Driver Course

Tuesday, September 13, 9:30 a.m. - 1:30 p.m. at the Plainville Senior Center

This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance. **The cost to take the class is \$15.00 for AARP members providing a membership number and \$20.00 for all other attendees. Please bring a bag lunch if you wish. Sign-up for members and non-members has begun.**

Lions Club Eye Screening **Sponsored by the Plainville Lions Club**



Date: Tuesday, November 15
Time: 10:00 – 2:00, call the Senior Center to make an appointment
Location: Plainville Senior Center
Registration: Free. Call the Senior Center to make an appointment beginning September 7th.
Through the generosity of the Plainville Lions Club and their volunteers, we are pleased to host a free eye screening to detect symptoms of adult related eye disease. The primary goal of the screening is to screen for untreated or undiagnosed Glaucoma, High Blood Pressure, Vascular issues, Retina issues, Macular Degeneration and Diabetes. The goal is to prevent blindness. The volunteers conducting the screening are NOT eye care professionals. They only screen and provide results without consultation. This is not an eye exam to get new eyeglasses, but they will indicate if the current eyeglasses are in need of update. Bring your eyeglasses or reading glasses, so they can discuss these issues.

New! Free! Live Well Program Provides Keys to Chronic Disease Self-Management

Six-Week Class Series: Tuesdays, September 20—October 25, 1:00—2:00 p.m.

Life can be a challenge for those who live with chronic diseases and conditions. The program will be held at the Senior Center. Call the Senior Center to register. The program is built upon three underlying assumptions:

- 1.Regardless of the chronic condition, people have similar problems and concerns and face similar challenges.
- 2. People can learn the skills needed to better manage their disease and the day-to-day issues they face.
- 3. People who understand and take control of their condition will be healthier and happier.

Those individuals living with diabetes, depression, heart disease, arthritis, pain and anxiety or caring for someone with an ongoing health problem are among those who may benefit from the Live Well program. Workshops topics include healthy eating, exercise, effective communication, problem solving and setting goals. The Live Well program can help people get back to being in charge of their own lives, rather than being captive to their ongoing health conditions. The program is presented by the CT Center for Healthy Aging.

New! Free! UpRight & Balance Class

Tuesdays, September 13— October 25. We offer two classes: 2:00 p.m. and 3:15 p.m. The 2:00 class is full and only a few spots remain for the 3:15 class. This class is ideal for individuals who want to improve strength, balance, coordination and agility! If you’ve had a joint replacement, have arthritis, fear of falling, dizziness, or are unsteady, then this class is perfect for you! Each class participant will receive a pre and post balance screening to determine your level of balance. Limited to 12 students. Sign-up has begun. Instructor: Ann Fargo.

Veteran’s Coffee Hour at the Senior Center, Tuesday, September 6 at 10:30 a.m.

CALLING ALL VETERANS — LEARN ABOUT:



Veteran Benefits, Entitlements and services, Aid and attendance, Service connected disabilities and MEANS testing, Presumptive Diseases, Missing Military Medals and the Connecticut Medal, Military Burial/Military Honors, other services or issues. The Veteran’s Coffee Hour will be conducted by Wayne Rioux, a Veteran’s Liaison for Hartford HealthCare at Home. He has a passion for supporting and recognizing those who served in the military, as well as their spouses and families. **Please call 860-747-5728, so we can plan refreshments. FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** *Coffee Hour will be held the 1st Tuesday of each month at 10:30 a.m. Mark these dates on your calendar: October 4, November 1 and December 6.



CURRENT EVENTS

Resumes Monday, September 12 at 10am.
Meets every Monday

Join us for a lively discussion of local, state ,national news and current events.



INTERMEDIATE Wii BOWLING IS BACK!

Resumes September 6th at 1:00

Craft & Fitness Classes


Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes.

Members may sign-up for new classes beginning on Mega Sign-up Day, September 8, between 9:15 a.m. - 4:00 p.m. or between 9:15 a.m. - 12:00 p.m. on any day following. You may also sign up on Mondays, between 5:00-5:30 p.m. If there is room in a class, non-members may sign-up for classes that allow non-members one-week after member sign-up begins. The Drop-in rate for any of the classes (that allow 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 for details.

Class	Time	Current Session	Next Session Sign up Begins September 8
MONDAY			
Zumba Tone	9:30 – 10:30 am	August 8 – October 3 \$24.00 members, \$48.00 non-members	October 17 – December 19 (9 Weeks) (no class 11/7) \$27.00 members, \$54.00 non-members
All Around Fitness	1:00 – 2:00 pm	September 12 – November 7 \$24.00 members, \$48.99 non-members	
Chair Yoga	3:30 – 4:30 pm		October 17 – December 5 (8 Weeks) Free. Limited to 15
TUESDAY			
Bring it Back	10:00 – 11:00 am		October 11—November 8 (5 Weeks) \$15.00
Italian Class	9:15—10:15 am		October 11—December 20 No fee. Limited to 12. Members Only
UpRight & Balanced	2:00 – 3:00 pm 3:15—4:15 pm	September 13 – October 25. Free.	
WEDNESDAY			
Quilting	9:30 – 11:30 am	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt	
Zumba Gold	10:30 – 11:30 am	Ends September 21	September 28 – Nov 16 (8 Weeks) \$24.00 members\$28.00 non-members
Power Burst	3:00 – 4:00 pm	September 14 – November 2 \$16.00 members only	
THURSDAY			
Ceramics	9:30 – 11:30 am	September 1 – October 20 \$32.00 members only	October 27 – December 22 (8 Weeks) (no class on 11/24) \$32.00 members only
Beginners Yoga	9:00 – 9:45 am	September 1 – October 20 \$24.00 members only	October 27 – December 22 (8 Weeks) (no class 11/24) \$24.00 members only
Beginners Fargo Fit	10:30 – 11:30 am	September 15 – October 27 \$14.00 members only	
Intermediate Fargo Fit	1:00 -2:00 pm	September 15 – October 27 \$14.00 members only	
Knitting & Crochet	1:00 – 3:00 pm	Current Session Ends September 8	September 15 – October 27 (7 Weeks) \$14.00 members,\$28.00 non-members
FRIDAY			
Intermediate Yoga	8:45 – 9:30 am	Current Session Ends September 16	September 23 – Nov 18 (8 Weeks) (no class 11/11) \$24.00 members only
Cardio Step & Abs	10:30 – 11:30 am	September 9 – November 18 (except 9/23, 11/4, 11/11) \$24.00 members. \$48.00 non-members	

FALL PREVENTION SEMINAR AND CHAIR YOGA DEMONSTRATION — Monday, October 3 at 3:30 p.m.

Learn tips and simple exercises to prevent falls. Chair yoga can help with stretching to improve flexibility, improve balance and strength. Learn breathing and mindfulness techniques to reduce stress and improve concentration. Classes will focus on decreasing the risks of falls and injury and encouraging physical activity outside of class.



CRAFT AND FITNESS CLASS DEScriptONS

ALL AROUND FITNESS: The low impact aerobics segment will be 25 minutes in a circuit fashion followed by a 15 minutes muscular conditioning segment which will work all the major muscle groups with light weights and or Dyna bands and end up with 10 minutes of abdominal and back exercises in a chair. All levels of fitness are welcomed. **Instructor: Eileen Cyr.**

BEGINNERS FARGO'S FUNCTIONAL FITNESS: Class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor: Ann Fargo .**

BEGINNER'S YOGA FOR EVERY BODY: Designed for individuals who are new to yoga. Improve health and cultivate inner peace. **Instructor: Tim Molnar, class held at Plainville Public Library.**

BRING IT BACK: Learn strategies for protecting your back during Activities of Daily Living. This class is taught by Janice Freeman, an experienced and Certified Group Exercise Instructor and Personal Trainer, who holds an Advanced Certificate in Back Health. This class is appropriate for all levels of fitness, but you must be able to get onto a mat without assistance. The class is limited to 10 participants and available on a first-come, first-serve.

CARDIO STEP & ABS: Step up your work-out with a 45-minute step/low impact aerobic interval workout to the oldies. Intervals of 3 minutes of low impact aerobics and 2 minutes of step (total of 5 intervals). You can do the step portion without a step if you prefer. Includes 15 minutes of abdominal exercise at the end of each class (standing, sitting or on a mat). **Instructor: Eileen Cyr.**

CERAMICS: Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty supplies. Class fee includes instruction, glazes and firing. **Instructor: Gloria Cerniglia.**

CHAIR YOGA: Each class includes stretching to improve flexibility, simple exercises to improve balance and strength, and breathing and mindfulness techniques to reduce stress and improve concentration. Classes will focus on decreasing the risks of falls and injury and encouraging physical activity outside of class. **Instructor: Elizabeth Hill.**

INTERMEDIATE FARGO'S FUNCTIONAL FITNESS: Teaches this popular exercise class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor: Ann Fargo .**

INTERMEDIATE YOGA FOR EVERY BODY: Designed for who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. **Instructor: Tim Molnar, class held at the Plainville Public Library.**

ITALIAN: This class will build upon what was taught last year and turn simple words into phrases, sentences and conversations. Open to members who have some knowledge of the language. **Instructors: Angela Civitillo and Juliana Rudolph.**

KNITTING & CROCHET: Finish an old project that's been hanging around in your closet or start something new! **Instructor: Evelyn Morin.**

POWER BURST: This circuit training exercise program, made up of 6-10 "stations", is a great way to improve mobility, strength and stamina. At each station a special exercise is done for 1-2 minutes, followed by 2 minutes of walking or marching in place. **Instructor: Ann Fargo. Instructor: Ann Fargo.**

QUILTING: Beginners are always welcome to the class. Beginners will learn proper rotary cutting and sewing techniques. Class participants also work on the annual Senior Center quilt that is raffled during the Holiday Fair, if they wish, or they may work on their own projects. **Instructor: Karen Kebinger.**

ZUMBA GOLD: This is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA and adjust it to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray.**

ZUMBA TONE: The Zumba Toning Program offers the best of both worlds; the exhilarating experience of Zumba with the benefits of safe and effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, improve mobility, posture and coordination. **Instructor: Amy Gray.**

OUTDOOR ADVENTURE CLUB

Please Note: All participants of any Outdoor Adventure activity must register in advance (by calling or stopping by the Center) even if payment is not due until the day of the event, unless otherwise noted. Programs may get cancelled if we do not have enough participants registered in advance. We also need to give an accurate roster to the group leader.

Do You Enjoy Bike Riding?



Join other biking enthusiasts for an informal get together to plan group bicycle outings in the local area. We will meet to discuss bicycle destinations, trails, routes and dates. Bring your calendars and ideas: Our next meeting will be on **Tuesday, September 20 at 9:30 a.m.** Call the Senior Center to register. If you can't attend the meeting, but would like to be on our list, please contact Ronda at the Senior Center.

Bicycling Group Event

Join biking enthusiasts for a ride on the rails to trails from Cheshire to New Haven on **Wednesday, September 14th**. Meet at 8:00 a.m. at the Cornwall Street rails to trails parking lot in Cheshire. The group will bike to New Haven and back to Cheshire (roundtrip of about 30 miles). If you are interested in joining the group, please call the Senior Center. Your name will be added to our "bike list serve". This is an informal group of folks who enjoy bike riding. Communication to members will be done via text messaging, so be sure to give us your cell phone number!

JOIN US ON ANOTHER KAYAK ADVENTURE!

Enjoy "Happy Paddling" at the Happiest Paddler
Lake Pocotopaug, East Hampton , CT
Friday September 16, 2016, 9:30 a.m.



Cost: \$23.00 includes transportation, leader, one hour kayak, life jacket and equipment. Sign up begins September 8th. We will take the senior center bus to The Happiest Paddler, enjoy an hour paddling on the lake, a picnic lunch (bring your own) and then head back to Plainville. Bus leaves at 9:30 am and returns at approximately 2pm. Please wear clothing that can get wet. Sunscreen and hat recommended. Bring water bottles for hydration, a lunch and snacks . Home-made treats provided by leader Ann Fargo! \$23.00 payment is due at registration.



Wednesday Walk in the Woods Walks start at 9:00 a.m.

September 21—Crescent Lake, Southington. Moderate to difficult walk. We will meet in the parking lot.
September 28—West Hartford Reservoir, West Hartford. Easy to moderate walk. We will meet at the main parking lot on Farmington Avenue, West Hartford.

Every walk in the woods is along forest trails that include rocks, roots and some gentle hills. Good walking shoes, walking sticks and outdoor clothing required. If you do not have walking sticks we do have some at the Senior Center. Each walk is 45 minutes to an hour in duration. Bring water to hydrate with. Homemade snacks will be provided by the leader. **Cost: \$3.00** paid to the leader the day of the event. Sign up has begun.

Croquet in the Park—Norton Park Tuesday, September 20, 1:00 p.m.



Join us for fun in the park after lunch. All levels of players are welcome to join in this non-competitive game. We will play for approximately one hour and enjoy light refreshments afterwards. **Cost: \$3.00** paid the day of the event. Sign up has begun.

Zip Line Tour Friday, September 30, 2016, 8:30 a.m.

Berkshire East Mountain Resort, Charlemont, Massachusetts



Calling all mountain goats! Get ready for a grand adventure! Ride a chair lift to the top of the mountain, enjoy 7 zips of 250-800 feet in length, and ride the chair down the mountain. There are 2 gentle hikes as part of the adventure. Enjoy a relaxing 2 hour bus ride to the mountain. Zip line and hike for 3 hours. Leave the Senior Center parking lot at 8:30 a.m. and return to the center around 6:00 p.m. Wear good outdoor clothing for the weather. Good walking shoes or hiking shoes. Bring a bag lunch to eat on the bus so we can be ready to go upon arrival. Homemade treats and snacks provided by leader, Ann Fargo. **Cost is \$80.00** per person which includes transportation, equipment and instructions. Sign up begins September 8.

FRIDAY SHOPPING BUS

• September 2	Walmart, Bristol	8:45 a.m.—12:00 p.m.
• September 16	ShopRite, Southington	8:45 a.m.—12:00 p.m.
• September 30	Stop & Shop, Bristol	8:45 a.m.—12:00 p.m.
Sign-up begins on September 7. Call the Senior Center <u>before</u> 11:00 a.m. on the Wednesday before the Shopping Bus date to add your name to the pick-up list.		

In order to ride the Friday Shopping Bus you must be a member of the Plainville Senior Center or a Plainville resident over 60, or a Plainville resident of any age who is disabled.

QUICK TRIPS & SATURDAY SHOPPING BUS

These trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts; but passengers must be able to get to and from the bus on their own. **If a wheelchair lift is needed, let us know at sign-up.**

TRIP GUIDELINES—PLEASE NOTE CHANGES:

- **Starting September 1st, all Quick Trips/Saturday Shopping Bus will charge \$8.00 for transportation this is payable when registering at the Senior Center. No phone reservations will be accepted.**
- **Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given.**
- If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
- You should be at the departure point at least 15 minutes prior to the scheduled leaving time. The bus will not wait for late-comers.
- **We need at least ten participants in order to run a trip. If there are not enough people, we will have to cancel...so, please encourage your friends to join you. (Non-members may sign up one week after members sign-up, if space is available.)**

September 10, 2016 - Magic Wings Butterfly Conservatory and Kringle Candle Company - FILLED

Saturday, September 24, 2016 - Christmas Tree Shop—Lunch at HomeTown Buffet - 9:30 a.m.—3:00 p.m.

Enjoy a fall day at the Christmas Tree Shop, then enjoy lunch at HomeTown Buffet. Home pick-ups **first for those who do not drive** begin at 9:30 a.m., then Senior Center pick-ups. Following lunch, the bus leaves HomeTown Buffet at 2:30 p.m. and returns to Plainville at about 3:00 p.m. \$8.00 for transportation is due at registration. **Sign-ups begin September 8.**

Sunday, October 2, 2016 - Scenic Ride on Naugatuck Railroad - 12:00—4:30 p.m.

Join us for a scenic ride on the Naugatuck Railroad. Board the train at the historic Thomaston Railroad Museum of New England for a ride on the restored passenger railway cars to Waterbury. The round-trip lasts between one and one and a half hours. Home pick-ups **first for those who do not drive** begin at 12:00 noon, followed by Senior Center pick-up at 12:30 p.m. Bus will return to Plainville by 4:30 p.m. Please sign up immediately if you are interested, as fall train tickets sell out quickly; and we need to purchase tickets in advance. \$21.00 is payable at registration (\$13. for train and \$8 for bus transportation). You may bring a snack as there will not be a meal stop, and food is not available on the train. **Sign-ups begin September 8.**

Saturday, October 8, 2016 - Fall Foliage Ride in the Litchfield Hills - 10:00 a.m.—3:30 p.m.

Enjoy the breathtaking views of fall foliage in the Litchfield Hills. Lunch on your own at Bohemian Pizza which features a variety of entrees, salads and of course, PIZZA! Our tour will take us around Lake Waramaug and various scenic roads in the beautiful Northwest corner of the state. A special stop at the Arethusa Creamery owned by the executives of Manolo Blahnik Shoes for fabulous ice cream. Home pick ups **first for those who do not drive** begin at 10 a.m. then Senior Center pick ups. Transportation \$8.00. **Sign up begins September 8.**

AARP Trips

Tuesday, September 13: Mohegan Sun
Tuesday, October 11: Foxwoods
April 2017 Trip: 8-Day trip to the Outer Banks, NC

PLEASE NOTE: AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. You must call Sally for more information and to sign-up at 860-747-1732.

Important Trip Information:

- **Sign-up:** Trip sign-ups take place Monday – Friday, between 9:15 a.m.—12:00 noon and Mondays from 5:00-5:30 p.m. One day a month we also offer **Mega Sign-up Day. This month it is September 8** and we will accept sign-ups all day between 9:15 a.m.—4:00 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (**Not** on the Stillwell Drive side.)
- **Open to the public:** Trips are open to the public 7 days after member sign-up unless otherwise stated.
- **Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can **try** to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded, it will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons. **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
- **Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
- **Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk.

MEGA SIGN-UP DAY

Mega Sign-up Day is September 8. Sign up for paid trips, classes and activities from 9:15 a.m.- 4:00 p.m. On all other days, paid sign-ups take place from 9:15 a.m.-12:00 noon and Monday evenings, 5:00-5:30 p.m. Please make arrangements to be here during the hours that we offer sign-ups. **We will not take money any other time.** If you cannot be here yourself, you may send money in with someone else. If you have any questions about our policy, please feel free to ask.

Current Trips

Strawberry Fields: The Beatles Tribute Show, The Aqua Turf Club
Tuesday, September 13, 2016, 11:00 a.m. - 3:30 p.m.



Drive on your own. The cost is \$42.00 per person. The trip is filled. Please sign the reserve list.

Long Island & The Hamptons
Thursday and Friday, September 15 - 16, 2016, Departs OLM at 7:15 a.m.

Green Mountain Flyer Railroad - Fall Foliage Tour
Thursday, September 29, 9:15 a.m.

Depart OLM at 9:15 a.m. for the Green Mountain Flyer! Return to Plainville approximately 8:00 p.m.
\$95.00 per person. The trip is full. Please sign the reserve list.



Hudson Valley Foliage Cruise & Garlic Festival, Saugerties, NY
Saturday, October 1, 2016

Celebrate garlic! Located between the picturesque Catskill Mountains and the mighty Hudson River this is the festival to enjoy everything garlic. Visit the garlic marketplace, try garlic-enhanced foods such as sausage, pulled pork, garlic soup, garlic green beans and even garlic ice cream. Enjoy entertainment (Bluegrass, Cajun, Ragtime, Irish and German music), cooking demonstrations, instructive garlic growing and braiding talks and arts & craft vendors. In the afternoon, we will board the 300 passenger Rip Van Winkle for a 2 hour narrated cruise on the Hudson River. See the beautiful mansions and lighthouse on this stretch of the river. **COST:** \$84.00 per person. Departs the Senior Center at 8:30a.m. Returns at approximately 6:30 p.m. Sign up has begun.



Myrtle Beach and Charleston, South Carolina - Sunday to Saturday, October 16 - 22, 2016

Depart Senior Center at 7:00 a.m. for the Holiday Inn of Fredericksburg, Virginia; then on to Myrtle Beach the next day. Relax during a four-night stay at The Sea Watch Resort. Enjoy 6 breakfasts, 4 dinners and 2 shows! Take a history tour, a walking tour, a Creek Cruise on a Pontoon Boat, play golf. Tour The Battery, Marion Square, Brookfield Sculpture Garden, the College of the Citadel and many Ante Bellum homes. On the last day enjoy lunch (on your own) at popular Mastoris Restaurant in New Jersey. You will return home at approximately 7:00 p.m. **\$1,115.00 double, \$1,415.00 single, and \$1,045.00 triple. Insurance is available. A \$100.00 deposit is due at registration. Sign-up has begun and is open to the public. Invite your friends!**

CURRENT TRIPS CONTINUED...

Great Jack O’Lantern Blaze Tarrytown, NY, Saturday, October 29, 2016

Departs the Senior Center at 2:30 p.m. Returns approximately 10:00 p.m. Sign up has begun.
Trip is filled. Please sign the waiting list if interested.



Intrepid Sea, Air & Space Museum Complex– Saturday, November 12, 2016

Depart from: Plainville Senior Center at 8:30 a.m. and returns at 5:30 p.m. The USS Intrepid is an important part of America’s history at sea, in the air and in space and spans two major wars, World War II and the Vietnam War. Explore the 900- foot USS Intrepid. See where the sailors ate and slept. Learn about the various aircraft that flew from her deck and the technologies that supported over 3,000 sailors. Walk on the flight deck and see how the airplanes’ wings fold and where they take off and land. The Intrepid museum just underwent a 120 million dollar renovation. See the Space Shuttle Enterprise. Dynamic exhibits, audio and films will immerse you in the history of this vessel. Climb aboard the Submarine Growler, the only American guided-missile submarine open to the public. Enjoy a bite to eat at the Mess Deck Café (on your own). This trip has a considerable amount of walking. **\$70.00 pp. Sign-up has begun and is open to the public. Invite your friends!**

Saturday Night Fever the Musical– Wednesday, November 16, 2016

Depart 8:45 a.m. from OLM, returns 5:30 p.m. Westchester is an equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, each person selects from an excellent menu and enjoys a pre-show lunch. Saturday Night Fever is a mega-musical based on the film that became a cultural phenomenon and crowned BEE GEES as disco era icons with their electrifying score, dazzling choreography and chart-stopping songs will leave you with Night Fever. **Cost \$100.00 Sign-up has begun and is open to the public. Trip is full. Please sign waiting list if interested.**



NEW TRIPS

Holiday Sparkle—Sunday, December 4 ,2016

Join us for a wonderful day in Manhattan at Holiday time! The city never looks more beautiful than at Christmas Time. Begin the day at Bryant park for holiday shopping with more than 125 boutique-like custom designed kiosks. Enjoy a delicious lunch at DaRosina Ristorante in the Theater District. Choose an appetizer, main course and dessert that day from a wonderful Italian menu. Two hour fabulous guided riding tour of Manhattan’s Holiday Lights with our New York City guide with stops along the way. We will see the tree at Rockefeller Center, 5th Avenue Windows, Lincoln Center and more! **COST: \$87 per person.** Departs from OLM at 9:15 a.m. Estimated return 9:15 p.m. Sign up begins September 8.

2017 BIG TRIP

INCREDIBLE ICELAND
OCTOBER 19 TO OCTOBER 25, 2017
7 Days/8 Meals

Trip Meeting
October 3, 2016,
@3:30
Open to the Public

HIGHLIGHTS: Full Time Tour Manager...panoramic Reykjavik city tour...Old Town, the Cathedral, the Asmundur Sveinsson Sculpture Museum, the Pearl, the Hofoi House, and the city’s main landmark, the Hallgrimskirkja...Northern Lights (Aurora Borealis) excursion in search of the entrancing and magical display of beautiful colors across the night...stunning landscapes of Iceland’s south coast...region of breathtaking scenery and legendary stories...from the wide plains formed by glacial rivers to the dramatic sea cliffs of Dyrholaey to the spectacular waterfalls of Seljalandsfoss and Skogarfoss...Hekla and Eyjafjallajokul volcanos...village of Vik, arriving at your countryside hotel...hot spring area to see the famous Geysir and Strokkur, a magical hot spring that spouts every few minutes...Onwards to Gullfoss (translated as “Golden Falls”), Iceland’s most famous and impressive waterfall featuring a spectacular double cascade...Thingvellir National park where the ancient Viking parliament met for centuries on the shores of Iceland’s largest lake...witness the geological phenomenon of tectonic plates coming apart...Day at leisure to explore independently or participate in the optional excursion of your choice...world-famous Blue Lagoon is a natural spa based around the unique properties of the geothermal seawater in the Lagoon...the geothermal water originates 2,000 meters below the surface where freshwater and seawater combine at extreme temperatures...you can enjoy a drink while you relax in the Lagoon, position yourself under the waterfall, apply a Silica mud mask, or simply enjoy the healing powers of the Blue Lagoon.

PRICING: Double Occupancy—\$2,999 per person; Single Occupancy: \$3,499 per person. \$100.00 Early Bird discount if deposit is paid by October 17, 2016.

2017 “Big Trips”: Complete itineraries available on the “rack” for trip details. Big trips are open to the public so invite your friends. All three trips are fully escorted from Plainville back to Plainville. Check the early bird discounts which range from \$100-\$200 per person.

Cuba Cruise Experience, March 17-24, 2017 Full itinerary available at the Senior Center

Visit Santiago de Cuba, have time on your own at the Central Square of Santiago, Old Havana and its fortification. Walking and bus tours of Havana including all the sites. Ride in the 50’s cars to Hemingway’s House for a tour including his famous Key West Boat, and lastly tour Maria la Gorda and Cienfuegos. Fly to Jamaica to board the cruise ship. This is a walking intensive tour. Full itinerary and details available at the Senior Center.

Wonders of Italy, April 25—May 5, 2017 Full itinerary available at the Senior Center

Visit Rome, Vatican City, Pantheon, Roman Colosseum and more. Travel to Capri, Sorrento, the picturesque coastal village of Positano, Amalfie Coast, Tuscany and Florence. Full itinerary and details available at the Senior Center.

2017 ITALY TRIP PRESENTATION

The Calendar House in Southington has invited us to attend a presentation for the **2017 ITALY TRIP** (in case you missed the presentation we had here at the Plainville Senior Center) . This presentation will be held at The Calendar House, 388 Pleasant Street on September 30, 2016 at 2:30 pm.

Canadian Rockies and Vancouver, British Columbia by Train, Bus & Plane September 2-8, 2017

\$200.00 Early Bird Discount if you sign up by September 3, Full itinerary available

Highlights include: Vancouver City Tour (Stanley Park, Chinatown, Gastown, & Olympic Village), daylong train trip through the most beautiful mountains ever seen. This is a walking intensive tour. Full itinerary and details available at the Senior Center.

FYI: Reserve Lists for all trips including Quick Trips.

When you sign a Reserve List for a trip that is filled, we will ask whether or not you are a member. If there is a cancellation, we will 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 will always sign-up members first, we will skip over the non-members until all members have been contacted.

Senior Center Announcements

THE SUGGESTION BOX

Drop your suggestions in our box either signed or unsigned. If you need an answer to a question, please leave a name or number. The box is located at the giveaway area, near the public computers.

The Senior Center Needs Sympathy, Get Well and Thinking of You Cards

We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you are interested in donating these cards, please bring them to the Senior Center’s front desk. We would really appreciate it. At this time, we **cannot** use blank cards, holiday cards, etc. A special thank you to Carol Perry who is in charge of this program. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need!

SENIOR CENTER DISPLAY CASE

Do you have a collection, hobby or artwork you would like to put on display such as teapots, figurines, etc? If so, stop by the front desk to make a reservation for our display case.



Hours

Monday - Thursday: 9:00 a.m. - 4:45 p.m.
Fridays: 9:00 a.m. - 1:00 p.m.

PEAK FITNESS CENTER

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym!

- Cardiovascular equipment includes: Nusteps, treadmills, recumbent bicycles and elliptical cross trainers
 - Weight Training includes: Seven pieces of upper and lower body strength training equipment
 - * Chest Press * Leg Press * Tricep Press * Row * Seated Leg Curl * Leg Extension * Abdominal
- Stop by the front desk for a membership packet that includes a medical approval form**
- ☆ Membership rates: \$9.00 for 1 month, \$40.00 for 6 months and \$60.00 for one year. A one-time registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), \$17.00 (weights only), is charged at the time of your initial training.

DONATIONS

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist). We do our best not to leave any donor’s name off the list, but if we do, please let us know so we can include it in the next Newsletter.

Thank you to all who made donations

GENERAL DONATIONS: July 14—August 22

Anonymous(2), Madeline Drake, Diane Calvo-Poplawski, Ellen Thomas, Theresa Terran, Circle Group(2), Tom Martello, Carol Niccoluchi, Betty Green, Noelle Flanders, Deanna Tino, Family of William Alfred Johnson, Jessie Tanguay, Rosalie Sastre, Kaumudi Parikl, Ruth Coleman, Rosaleen Peters, Nancy Muir, Jeannette Schmidt, Vella Pinella, Clara Dlugosz, Joanne Krawczynski, Kathy Lickwar, Sal & Natalie Palazzolo, Ellen Couture, Barbara Barton, Madeline Drake, Lawrence Morse, Jesse Tanguay, Peggy Grant, Sydney Kensa, Annonymous(4), Pauline Caron, Circle Group, Hazel Decker, Maria Barth, Joe Beaudoin, Angela Mascia, Toni Voitkevics, Lori Corsini, Karen Morrison, Phyllis Gediman, Peggy Grant, Eunice Cardin, Judy DuPerry, Tom Martello, Aurora Pedrolini, Madeline Drake, Tom Blackler, Diane & Victoria Cabral, Lois Schmidt, Barbara Wallace, Diane Raymond, Judy Ronewicz, Helen Pernieigros, George & Eunice Carden, Gregory Davidson, Kaumudi Parikh, Doris Olson, Betty Kirch, Jeannette Schmidt, Nancy Hall, Eileen D’Auerio, Ada Baroni for Mary Badon, Ellen Gauthier, Laurel Daggett, Barbara Barton

MEMORIAL DONATIONS

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

In Memory Of Peter Pestillo: Lucy Pestillo. In Memory Of Helen Farr: Patricia Thompson, Peter and Janice Freeman, Marion Lovely, Ruth Coleman, Mr. and Mrs. Todd Chaplinksy, Mr. and Mrs. Nelson Potter, Mr. and Mrs. Paul Vallier, Mr. and Mrs. William Ozga. In Memory Of William Alfred Johnson: Circle Group. In Memory of Val Dlugosz: Clara Dlugosz. In Memory of Norma Powell: Mr. and Mrs. Michael Nestico, Jerome and Laura Ishler.

Dial-A-Ride: Pierre Morin, Carol Perry, Anonymous



Cheer Report



DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?

Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. A special thank you to Carol Perry for handling our cheer report.

CHEER REPORT: July 1—August 22

CHEER CARDS: Dorothy Mikulak, Rosaleen Peters, Beverly Heslin, Bud Moxley, Normand Ortner, Everett Johnson, Cynthia Baruffi, Rosaleen Peters, Lawrence Johanson, Morris Brousseau, Maryann Cunningham, Sandra Stewart, Beulah Caron, Cindi Fruchtenicht, Al Cambo, Judy Silva, Marjorie Erb.

SYMPATHY CARDS: Family of Al Johnson, Frank and Norene Robinson, Sally Miller, Jadwiga Tanguay, Elizabeth Collins, Family of Norma Powell, Family of Helen Schultz, Family of Marilyn Packowski, Family of Mary Baruffi, Family of Mary Badon, Family of Mary Maichack, Family of Marilyn Paczkowski, Family of Everett Johnson, Family of Shirley Brown.

NEW MEMBERS: July 1—July 29

Sylvia Charette, Pearl DiBenigno, Beverly LeBeau, Marie Janowski, Linda Pader, Beverly Spirito, Marcus Spears, Christopher Esnard, Sally Chadwick, William Kimball, Jan Bevan, Merrill Bevan, Nancy Conlan, Yvan Denoncourt

FRIENDS HELPING FRIENDS
Friday, September 16, 2016
Gobi Mongolian Grill, Southington

Care & Support



We are here to help!

QUESTIONS FOR THE SOCIAL WORKER
Mondays, September 12 and September 26
12:30-1:30 p.m.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer’s help in the community, Caregiving, Homecare, etc. Just stop by Stephanie’s office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. **No pre-registration necessary. No question is too small!**

CAREGIVING CONNECTIONS

Tuesday, September 20, 2016, 10 a.m.

Join your fellow caregivers as we begin a new season of sharing and caring! Summer can take a toll on the stamina and energy of the caregiver. Come share your survival stories along with stories of the quiet joy experienced in knowing you are doing your best. Caregivers from neighboring towns are welcome. Call Bette with any questions.



BRIGHTER FOCUS

Thursday, September 8, 2016, 10 a.m.

Life is a circle...one’s journey takes one back to where it all began. Along the way the circle of our life overlaps with the circles of the lives’ of others we come in contact with weaving a rich tapestry that tells our story of love, friendship, pain, adversity, happiness and triumph! Come brighten your focus as we discover the joy of shared wisdom. Enrich your life by sharing your feelings and experiences while learning from the feelings and experiences of others! We will have a lively discussion as we journey on! Call Bette at the Senior Center if you have any questions.

Grandparents/ Relatives Raising Grandchildren
Tuesday, September 13, 10:30
Plainville Senior Center

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Millions of children are living in grandparent-headed households, where the grandparents and relatives are responsible for the needs of children. 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.* **Please call the Plainville Senior Center to register.**

Medicare 101: Everything You’ve Ever Wanted to Learn About Medicare

Date: Thursday, October 13
Time: 10:00 a.m.
Registration: Program is free, call the Senior Center to register beginning September 7
Come join us to find out if you know all there is to know about Medicare. Bet you don’t! We’ll talk about how Medicare works, what it pays for, what it doesn’t pay for, and how you may be able to save money on your Medicare expenses. If you are about to retire or know someone who is, or are having that special birthday soon, we’ll tell you everything you need to know about signing up.
Cindi Del Favero, from the North Central Area Agency on Aging, will be here to guide you through the Medicare maze with humor and a ton of great information. No need to bring your caffeine to this presentation! Bring your friends and learn something that can put some change back in your pocket.
This is NOT a sales presentation! The North Central Area Agency on Aging is a private non-profit organization that offers free objective information on Medicare and other insurance available to people over 65 or who are disabled. For more information about NCAAA, please call 860-724-6443.

CT Prepares APP

Governor Dannel Malloy announced the launch of a new emergency preparedness mobile application for Connecticut residents that provides information and alerts in emergency situations and also helps residents prepare in advance of an emergency. The “CT Prepares” app can be downloaded to most smartphones. Real-Time notifications including emergency news, state office closings and public safety messages can be sent directly to the device, providing up-to-the-minute information for residents. The app can be downloaded for free from the iTunes Apple Store for Apple devices and Google Play for Android devices by searching the keyword “CT Prepares.”

COMPUTER CLASSES

We have been invited to participate in computer classes at The Calendar House Senior Center in Southington. Fall 2016 class session-registration dates: Monday, August 29 at 10:00 am and Monday September 12 at 10:00 am. Additionally, registrations will be accepted in the computer lab 9:00-11:00 Monday mornings and 1- 3pm on Wednesday afternoons starting August 31st. Classes being offered are: Basic 1-Computer Basics for Beginners, Introduction to Computers, Windows 10 Overview, Basic Digital Photo, iPad Basics, Kindle Fire Basics, Android Phone Basics. A complete course description, dates, times, fees, etc...is available at the Senior Center or visit calendarhouse.org.

Community Announcements

September LGBT program was not available at the time of printing. Please call the Senior Center in September for information.

LGBT EVENT in Hebron:

October 12: "Sharing our Coming Out Stories".

LGBT EVENT in South Windsor:

November 10: "LGBT and Cognitive Challenges-Needs and Issues".



Do you have a garage for rent??? Please call Shawn at 860-747-3860

Lions Club Homeless Project Collection

The Senior Center will still be collecting items for the Lions Club Homeless Project. A box will be located at the Senior Center for items such as: socks, gloves, scarves, hats, small blankets, backpacks/duffel bags, sweatshirts, sweatpants, personal care items (wet wipes, deodorant, hand sanitizer, toothpaste/brushes, and feminine care items), hand/foot warmers, chap-stick, tuna/chicken in a pouch, granola bars, juice boxes, Spam, jerky, dried fruit pouches, raisins. In addition, they will also accept coats and cold weather clothing that is in clean and in good condition. Collection boxes are also located at The Municipal Center.

Town of Plainville Housing Rehabilitation Loan Program

The Town of Plainville has Community Development Block Grant funds available for income eligible residential property owners for housing rehabilitation. The types of work that may be eligible for funding include the correction of health and safety violations, code compliance, roofing, carpentry, electric work, painting, plumbing, heating, etc. **Household Size/Income Limits: Family of 1: \$46,000. Family of 2: \$52,600** For further information contact: Lisa Metayer, Housing Rehab Coordinator, 1 Central Square, Plainville CT 06062. Phone: 860-793-0221 Ext. 205

Home Fire Preparedness Campaign Reducing fire deaths one home at a time

The American Red Cross is making homes fire resistant through the Red Cross Home Fire Preparedness Campaign. At no cost to you, they would like to demonstrate some simple changes in your home that will help protect you against fire. In addition, the Red Cross will install FREE smoke alarms. The Red Cross installs a limited number of specialized bedside alarms for individuals who are deaf or hard-of-hearing. The Red Cross will also offer guidance in the development of a Family Disaster Plan. You will also receive valuable emergency preparedness tips and information. You can schedule a visit on line at <http://www.redcross.org/local/connecticut/schedule-a-visit> or call 1-877-287-3327 and choose option 1. Visits will take place between 9-2 on Tuesday, Thursday or Saturday. Visits last about 20 minutes. If you have any questions, see Stephanie or Bette.

Weekly Tournament Winners

BILLIARDS



July 7: 1ST: Mitch Ziolkowski, Joe Babin
2ND: Jim Loghry, Jeanne Shugrue
July 14: 1ST: Jim Loghry
2ND: Mike Hermanowski
July 21: 1ST: Mitch Ziolkowski, Rich Nordgren
2ND: Stan Funk, Don Carlson
July 28: 1ST: Stan Funk, Tony Lusitani
2ND: Mitch Ziolkowski, Joe Babin
Aug 4: 1ST: Don Carlson, Rich Norgren
2ND: Stan Funk, Joe Babin

SETBACK



July 18: 1ST: Bernard Grabeck, John Daversa
2ND: Tony Lusitani, Fran Bolduc
3RD: Bob Albrecht, Ron Roper
July 25: 1ST(tied): Madeline Drake, Judith Wallace
Gemma Croteau, Carol Diana
3RD: Sally Miller, Gail Kreneck
Aug 1: 1ST: Verna Pekrul, Roy Kaine
2ND: Lee Mills, Sandy Tyminski
3RD: Bob Albrecht, Ron Roper
Aug 8: 1ST: John Daversa, Bernard Grabeck
2ND: Elaine Chartier, Joan Oliviera
3RD: Rachel Beaudin, Ray McCormick

Wii BOWLING

May 24: 1ST: Lynne Krakauske
2ND: Evelyn Case
3RD: Georgia Jewell
June 7: 1ST: Georgia Jewell
2ND: Marilyn Paczkowski
3RD: Rose Marie Machowski



June 14: 1ST: Georgia Jewell
2ND: Marilyn Paczkowski
3RD: Rose Marie Machowski
June 28: 1ST: Georgia Jewell
2ND: Lynne Krakauske
3RD: Marilyn Paczkowski



Check out our Center Café, open Tuesdays and Wednesdays from 11:00 a.m.-1:00 p.m., featuring a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. The Center Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, handcrafted foods that are sure to wow your taste buds!

CAFÉ REOPENS SEPTEMBER 6TH! ENJOY A FREE COOKIE WITH EVERY ENTREE!

- Check out our September Specials:
- September 13 & 14: BLT Wrap:** Bacon, lettuce, tomato, avocado, ranch dressing in a sun-dried tomato wrap
- September 20 & 21: Lettuce Wrap:** Chopped chicken, shredded Gouda cheese, tomato, onion, Caesar dressing wrapped in a lettuce leaf
- September 27 & 28: Chicken Curry Salad** Fresh mango, chopped almonds served either on a bed of lettuce or as a sandwich

Transportation



DIAL-A-RIDE, (860) 589-6968

<u>Monday</u>	<u>Tuesday-Thursday</u>	<u>Friday</u>
9:00 a.m.-5:30 p.m.	9:00 a.m. - 4:30 p.m.	9:00 a.m.-12:30 p.m.

Dial-a-Ride can provide transportation to medical and social service appointments, and to visit loved ones in nursing homes in Plainville, Bristol, New Britain, Southington, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville.

The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. In addition, the drivers cannot help with groceries or packages or help you walk. However, the bus is wheelchair equipped. Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A donation of \$1.00 for each way is suggested, but not required.*

Need a Ride? Americans with Disability Act (ADA) Paratransit Service Adds More Hours and Service on Sunday!

The ADA Paratransit ride service travels anywhere for any reason to 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.

Plainville hours, except for major holidays, **Monday-Friday, 5:45 a.m.-midnight, Saturdays, 6:15 a.m.-midnight and Sundays, 7:40 a.m.-7:00 p.m.** Some of these hours may change, dependent on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3* and discount ticket books can be purchased at Stop and Shop. **A driver can assist you door-to-door.** There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

The application process is now part of the Greater Hartford Transit District. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We also have copies of the application here at the Center. An application can be sent to you by calling **860-247-5329 x3086 or x3100.** The same number can be called to get an updated ID number if you are already an ADA Paratransit rider.

After the online or paper application is submitted, the next step is to call 860-247-5329 ext. 3086 or ext. 3100 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 4 weeks. Even if you don't see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 9.

Rides are reserved by calling **860-724-5340 x1**, 7 days a week, 8:00 a.m.—5:00 p.m.

So give it a try, broaden your horizons, go shopping, visit a friend. Sunday's service can take you to church or schedule a medical appointment to a destination not covered by Dial-A-Ride.



Still have Questions about our transportation services? Call Bette or Stephanie at 860-747-5728.

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Choral Group

Friday, September 9, 9:45 am

Upcoming Rehearsal Dates

October 7, October 28 and December 2

**Volunteer. Volunteer. Volunteer!***Volunteers Needed!! Contact Toni, Volunteer Coordinator, if interested.*

- **Café:** Looking for someone to be a café volunteer floater for food preparation, serving or cashier.
- **Foreign Language Instructor and/or Interpreter:** Are you fluent in French, Polish or Spanish etc?? If so, please let us know if you could help teach a class or with interpreting.

**General Volunteer Meeting**

Thursday, September 1, 2016 at 11:30

A BIG THANK YOUTo all the wonderful people
who brought in items for our **TAG SALE!**

We really appreciate the donations!

Tag Sale Proceeds: Early Birds: \$51.00, Jewelry: \$526.50,**Tag Sale: \$1,025.51****GRAND TOTAL: \$1603.01****Subsidized—Affordable Elderly/Disabled Wait List Opening****Cheshire Hillside Village Section 8 Subsidized Housing****Pamela J. Volpe, Housing Manager. pjvgib@aol.com. 203-272-3781**

These garden-style units with private entrances have balconies/patios and on-site laundry facilities. All units are on one floor with ground level access. The apartments are subsidized by the Department of Housing and Urban Development (HUD) under their Section 8 housing program. Residents pay approximately 30% of their incomes towards rent. Must be 62 years of age or older or disabled. Our current household income limit for one person is between \$18,400—\$46,000.

Wait List Opens: Tuesday, September 20, 2016 at 10:00 a.m.**Wait List Opens:** Thursday, September 22, 2016 at 12:00 p.m.

For a flyer describing the program and process etc., please stop by the Plainville Senior Center.

READY, SET, BOWL! THE SENIOR BOWLING LEAGUE**League begins Monday, August 29**

It's not too late! The Plainville Seniors' Bowling League is still welcoming new bowlers who would like to join the league! The league meets weekly at Lessard Lanes, 136 New Britain Avenue, Plainville, on **Mondays at 12:30 p.m.** The cost is \$9.00 per person, per week and includes three games of bowling, automatic scoring and free weekly beverage. Adult Bowlers; age 55 and above; of all abilities, including beginners, are welcome to join this exciting league. **To receive more information or to join the league, contact Frank Robinson, Bowling League President at 860-747-2918.**

CIGAR BOXES NEEDED**FOR THE ANNUAL CRAFT FAIR**

Please drop off at the Senior Center

**CONGREGATE MEAL PROGRAM: September 2016**

Please stop by the kitchen to pick up the September calendar. **Reservations for a meal** must be made at least one day ahead by calling the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. A suggested donation is \$2.50.

Nursing Services



Foot Care

Regular Foot Care and Diabetic Foot Care **Please note fee increase.**

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. Cost is \$18.00 Plainville resident members and \$28.00 for Out of Town Plainville Senior Center Members and must be paid with exact change or by check only (made out to the Plainville Senior Center) neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Foot care is for Senior Center members only.**

Cholesterol Screening

September 8, 2016

1:00 p.m.—3:00 p.m. by appointment



With a ten-minute appointment and a few drops of blood from a fingertip, you can know your numbers for total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose. This form of testing does not require fasting. These numbers, along with a few other risk factors, can help your provider determine your personal cardiovascular risk. A modest fee is due, at the appointment. **Call the Senior Center to make an appointment to have your cholesterol tested.**

Ear Wax Removal

Call the Senior Center to make your ear wax removal appointment. At least one week prior to your appointment, you must come into the Senior Center for an instruction sheet explaining the prep procedure and pick up the paperwork that must be filled out and brought in at the time of your appointment.

Blood Pressure Clinics at the Senior Center

Many thanks to The Pines of Bristol, Hartford Health Care Senior Services and The Summit for Offering their Services

Thursday, September 8, 1:00-2:00(Hartford Health Care)

Monday, September 12, 1:00 - 2:00 (The Pines of Bristol)

Wednesday, September 21, 11:00 - 12:00 (The Summit in Plantsville)

Monday, September 26, 1:00-1:30 (Georgia Senior Center APRN)



Renters Rebate Program

The Town of Plainville Assessor's Office has announced that it has begun to take applications for the Renters Rebate Program for elderly and disabled renters. Income requirements for the renters rebate are: single people \$35,200 and married couples \$42,900. One qualification for the above renter's benefits is: applicants must have been 65 prior to December 31, 2015, or have a 100 percent disability rating from the Social Security Administration, and must have been a resident of Connecticut for any one year. A complete list of requirements and list of items needed for an appointment are available at the Senior Center front desk. You must call the Assessor's Office for an appointment at 860-793-0221, ext 244

Plainville Senior Center At-Risk List

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We refresh this list throughout the year so we can be certain that such folks will be safe during a power outage/weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728, if you wish to have your name added to the At-Risk List. Bette and Stephanie are available to help you develop a plan for power outages/ weather emergencies.

Recycle Your Old Cell Phones!

Do you have old cellular phones that you don't know how to properly dispose of? Keep them out of landfills by donating them to The Plainville Senior Center. The donation box is located in the hallway between the main office and billiards room on the table. Please drop **ONLY** cellular phones in the box! Please no phone chargers or any other type of electronic devices. **Thank you to all who have donated. The money received from these cellular phones goes to support Dial-a-Ride! Every phone helps, tell your friends and family!**



THANK YOU NOTE



The following excerpt was from a member who attended the annual Senior Center Lion's Club picnic. Thank you to Olga Calendar for her kind and inspirational words:

"In the words of the late comedian (one of my favorites) Red Skelton, "You dood it!" Tuesday's Lion Club picnic was a 10 plus in every way. When I questioned a friend about her attendance at the up coming gathering, she related the delays associated with the previous year. My response was that bodes well for this year. Why? Because it required solving known problems. Anyone who let that experience prevent coming to the Lion's Club Picnic 2016 really denied themselves a gala event. From start to finish it was a testament to hospitality, generosity, compassion, caring, congeniality, out reach, love kindness and a long list of superlatives. Volunteers who served faithfully, deserve a standing ovation for their donation of loving service for overseeing a fantastic event that brightened my day and that of everyone present, I am sure!"



September 2016



Plainville Senior Center , 200 East Street, Plainville CT 06062 Phone 860-747-5728

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	KEY: GR: Green Room, BR: Blue Room GA: Game Room CR: Craft Room C: Café CL: Computer Lab OS: Old Store L: Library *: By Appointment			1 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 11:30 Volunteer Meeting OS 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 2:30 Band / Dancing BR	2 8:45 Shopping Bus 9:00 Walking GR 8:45 Int Yoga L 9:00 Mahjong GA 10:00 Canasta OS 12:00 Pinochle L	3
4	5  HAPPY LABOR DAY Center is Closed	6 *9:00 Nurse 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Bring It Back GR 10:30 Veterans Coffee Hour CR 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:00 Adv. Wii Bowling CR	7 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR .	8 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Brighter Focus GA 10:00 Mexican Train GR 12:00 Pool Tournament 12:00 COA CR 12:30 Pinochle GA 1:00 Blood Pressure *1:00 Cholesterol Screening 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 2:30 Band / Dancing BR	9 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group BR 10:00 Canasta OS 10:30 Cardio Step GR 12:00 Pinochle L	10 Magic Wings Butterfly Trip ***** Rhine River Cruise
11	12 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:30 Questions for the Social Worker 12:30 Mahjong GA 12:30 Bowling 1:00 Blood Pressure 1:00 Setback GR 1:00 All Around Fitness BR	13 *9:00 Nurse 9:00 Walking BR NO Beg Wii Bowling 9:30 AARP Driver GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Grandparents CR 11:00 Beatles Trip 12:00 Pinochle GA 12:30 Open Circle 1:00 Bridge OS 1:30 Adv. Wii Bowling CR 2:00 Balance Class BR 3:15 Balance Class BR	14 8:00 Bike Trip 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR .	15 7:15 Long Island /Hamptons 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 10:00 Snappy Seniors L 10:30 Begin. Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Scrabble C 1:00 Knit & Crochet GR 1:00 Bridge OS 1:00 Inter. Fargo Fit BR 2:30 Band / Dancing BR	16 8:45 Shopping Bus 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:30 Kayak Trip 10:00 Canasta OS 10:00 Vertigo CR 10:30 Cardio Step GR 11:30 Friends Helping Friends 12:00 Pinochle L	17
18	19 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:30 Mahjong GA 12:30 Bowling 1:00 Setback GR 1:00 All Around Fitness BR	20 *9:00 Nurse 9:00 Walking GR 9:30 Beg Wii Bowling BR 9:30 Bike Meeting OS 10:00 Caregiving GA 10:00 Ladies Billiards 10:00 Cribbage OS 12:00 Pinochle GA 12:30 Open Circle 1:00 Croquet 1:00 Bridge OS 1:00 Adv. Wii Bowling CR 1:00 Live Well GR 2:00 Balance Class BR 3:15 Balance Class BR	21 9:00 Walk in Woods 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold BR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Basics GA *1:00 Nurse 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR	22 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 10:00 Making Most of Doc Appt. GR 10:30 Begin. Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:00 Inter. Fargo Fit BR 2:30 Band / Dancing BR	23 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Canasta OS 10:30 Volunteer Party 12:00 Pinochle L PEAK FITNESS CENTER CLOSED	24 Christmas Tree Shop
25	26 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:30 Mahjong GA 12:30 Bowling 12:30 Questions for the Social Worker 1:00 Setback GR 1:00 Blood Pressure 1:00 All Around Fitness BR 4:00 Reception for Helen Marinelli C	27 *9:00 Nurse 9:00Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle 1:00 Live Well GR 1:00 Bridge OS 1:00 Adv. Wii Bowling CR 2:00 Balance Class BR 3:15 Balance Class BR	28 9:00 Walk in Woods 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR	29 9:00 Walking GR 9:00 Begin Yoga L 9:15 Fall Foliage Trip 9:30 Ceramics CR 10:00 Mexican Train GA 10:30 Begin. Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:00 Inter. Fargo Fit BR 2:30 Band / Dancing BR	30 8:30 Zip Line Trip 8:45 Shopping Bus 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Canasta OS 10:30 Cardio Step GR 12:00 Pinochle L	