

Plainville Senior Center News

September 2017

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

Hours

Monday: 9 A.M.—6 P.M.

Tuesday-Thursday: 9 A.M.—5 P.M.

Friday: 9 A.M.—1 P.M.

Free Sign-Up Day is September 6. Mega Sign-Up Day is September 7 9:15 a.m.- 4:45 p.m. REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday 9:15 a.m.-5:45 p.m.; Tuesday through Thursday 9:15 a.m.- 4:45 p.m.; Friday 9:15 a.m.-12:45 p.m. We accept cash and checks made out to Plainville Senior Center **only**.

PREVENTING AND COPING WITH IDENTITY THEFT

THURSDAY, OCTOBER 12, 9:30 a.m. Call the Senior Center beginning Sept 6 to register. Open to public.

This unique program on ID Theft will provide an overview on how to prevent identity theft as well as the psychological effects of being a victim. The speaker, Eric Rodko, a professional counselor, will relay four personal experiences with identity theft, one of which resulted in his own legal name change. Eric will discuss:

- The emotional, financial toll of the invisible crime of identity theft
- Adverse impact of identity theft on families
- How to cope with the financial and emotional fallout
- Identity theft victim resources
- Steps to reducing the risk of identity theft



MEMBERSHIP BREAKFAST

SEPTEMBER 28, 9:00 A.M.

SIGN UP BEGINS SEPTEMBER 6TH. MEMBERS ONLY

Co-sponsored by The Pines of Bristol.

Rise and Shine Plainville Senior Center Members! This complimentary breakfast is for YOU! Many thanks to The Pines of Bristol for donating and preparing a wonderful breakfast for our members. Enjoy ambrosia, scrambled eggs, French toast with syrup and butter, bacon, muffins, tropical juice, coffee and tea! While dining, enjoy the cool Island Sounds of Chris Merwin as he plays the steel drums and music that will transport you to a tropical island! Don't miss out on the fun...be sure to sign up by September 22nd as we need to give a meal count to the Pines.



GROWING OLDER CAN BRING NEW PURPOSE, WHAT IS YOURS?

Thursday, September 7, 3:00 p.m.

Growing older changes things: our physical being, our outlook on life, our wisdom. Does that mean your purpose has to change along the way? We're older, but we aren't finished....there is still work to do. It might look different than we thought it would, but that's okay. Join Southington Care Center exercise physiologist Mark Colello as he discusses how physical changes can affect our mindset and vice versa. Celebrate how what you have to offer can change along this journey called life. Call the Senior Center to register for this free program. Sign up has begun. Open to the public.

SAVE THE DATE: SENIOR CENTER CRAFT FAIR

SATURDAY, NOVEMBER 4

VOLUNTEERS NEEDED TO SELL QUILT RAFFLE TICKETS

Help is needed to sell raffle tickets for our beautiful quilt raffle at various businesses in Plainville and surrounding towns as well as at the Senior Center. If you can help for 2 or more hours, please call Evelyn at the Senior Center. Also, if you'd like to take a book of raffle tickets (10 tickets per book) to sell to your friends and relatives, please let us know. There is no obligation to sell all the tickets in a book.



CAN YOU HELP PUBLICIZE THE FAIR?

Can you bring flyers/posters to local businesses? Do you live on a well-travelled street? We are looking for volunteers to hang posters around town and/or put a Craft Fair sign on their lawn.

VETERANS COFFEE HOUR AT THE SENIOR CENTER

TUESDAY, SEPTEMBER 5, 10:30 a.m.

Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **For all veterans over 60 and their spouses. Call the Senior Center to register. Future dates: October 3, November 7, December 4th.**



2018 BIG TRIP MEETING FRIDAY, SEPTEMBER 15, 2017, 10:00 a.m. See page 4 for more details.

ICELAND DOCUMENT MEETING, September 15, 2017 9:30—10:00 a.m.

Document Meeting for those travelling to Iceland either Oct 19—25 or Oct 26—Nov 1. Stay after the meeting to hear about the Big Trips planned for 2018.

Special Events

CURRENT EVENTS DISCUSSION GROUP

MONDAYS BEGINNING, SEPTEMBER 11, 10 A.M.

Current events are back! Join us for a lively discussion of local, state, national news and current events. No need to register in advance. Just show up!

AARP SMART DRIVER COURSE

TUESDAY, SEPTEMBER 12, 9:30 a.m.—1:30 p.m. **Class is full. Sign wait list.**

FRIENDS HELPING FRIENDS

FRIDAY SEPTEMBER 15, 11:30 A.M.

Pagliaccis Restaurant. Call the Senior Center beginning September 6 to register.

FREE BALANCE ASSESSMENTS

THURSDAY, SEPTEMBER 21, BY APPOINTMENT.

During a ten minute balance assessment, the physical therapist will determine a participant's balance level and risk for falls. If a balance deficit is found, an evaluation will be given to the participant so that they may share this with their primary care physician. This evaluation will provide a recommendation for out-patient physical therapy, which will include strengthening and balance activities focused on improving the individual's balance level as well as decreasing the individual's fall risk. **Call the Senior Center to schedule an appointment. Appointments begin at 1:00 p.m. Open to the public. Presented by Apple Rehab Physical Therapist.**

SNAPPY SENIORS

THURSDAY, SEPTEMBER 21, 10 A.M.

The Snappy Seniors are having a display at the Plainville Public Library for the month of September. The theme is "Water, Water Everywhere." The next general meeting of the Snappy Seniors will be held on September 21st, at the Plainville Public Library. Besides meeting monthly, the group also takes field trips, does photo displays, has classes and does "show and tell". If you'd like to join Snappy Seniors, please call the Senior Center to register.



BOOKS & BAGELS BOOK CLUB

SEPTEMBER 27 AT 9:30 A.M. (NOTE DATE CHANGE)

Sign up for the September meeting has begun. Sign up for the October meeting begins September 6th. This book discussion group is led by Senior Center Member & Volunteer Kathy Marsan. For your greater enjoyment, please read the book prior to attending the book club meeting. Copies of the book may be obtained at the Plainville Public Library.

September 27: The All Girl Filling Station by Fannie Flagg.

October 25: The Heretic's Daughter by Kathleen Kent

VETERAN'S BENEFITS AND COFFEE HOUR

TUESDAY, OCTOBER 3, 10:30 A.M.

Join Sherri Vogt, Veteran's District Aide for Congresswoman Elizabeth Esty's Office and Wayne Rioux, Veteran's Liaison for Hartford HealthCare at Home, for an informative program on Veterans Benefits. Ms. Vogt, an Army veteran, is honored to serve her fellow vets and to join us for this educational program. She will share information on federal and state veterans benefits, provide information on how she can assist vets with replacement of discharge documents, replacement of medals, and VA or branch records requests. She will also discuss VA healthcare applications, tips for navigating the VA, update on the Choice program, Representative Esty's legislative initiatives to support veterans and share state veteran information with phone numbers for veterans in crisis who may need housing, counseling or support. **Anyone who wishes to contact Sherri Vogt directly, may do so by calling her at: 860-223-8412 or emailing her at Sheri.Vogt@mail.house.gov. Program is free. Sign up has begun.**

PREVENTING SLIPS, TRIPS, AND BROKEN HIP

TUESDAY, OCTOBER 10, 10 A.M.

An educational session presenting tips and tricks for fall prevention and safety at home! BINGO, Raffles, and Prizes included! Presented by University of Hartford Nursing Students. **Program is free and open to the public. Call the Senior Center beginning September 6 to register.**

LAUGHTER WITH LEAANN

TUESDAY, OCTOBER 17, 10:00 A.M.

Did you know how beneficial laughter can be to your health? Did you know there is a difference between real and simulated laughter? Would you like to learn how to do laughter exercises? Join LeaAnn Blanchard, Social Services Director for the Orchards at Southington as she gives us an in-depth look at laughter. Sponsored by the Orchards at Southington. **The program is free; call the Senior Center to register. Open to the public.**



COOKING FOR ONE

TUESDAY, DECEMBER 5, 10:00 A.M.

In the kitchen, cooking for one can seem lonely and confusing. For instance, why do all recipes feed so many people? Never fear, Jerome Home Chef Greg Sieron is here to save the day! Join Greg as he shares easy, healthy recipes sure to tempt your taste buds! **Program is free; call the Senior Center to register. Open to the public.**



ART SHOW CONGRATULATIONS!

Several Senior Center members and talented artists will display their work at the Pomperaug Woods Art of Experience Juried Art Show. At the time of printing, we were informed that Bonnie Carilli, Olga Callendar, Ellen Couture and Diane Misko were going to be displaying their work. The Plainville Senior Center will be offering a free bus to the show on Sunday, September 24. Bus will leave the Senior Center at 1:30 and return at 4:30 p.m. Please call the Senior Center to sign up for the bus. Limit 12 people. Art enthusiasts and artists are invited to attend!



Craft, Fitness & Technology 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 7** between 9:15 a.m. - 4:45 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.

Class	Time	Current Session	Next Session Sign up begins September 7th
MONDAY			
Zumba Tone	9:30 – 10:30	July 31—Sept 25 \$24.00. (No Class Sept. 4) \$24.00 members; \$48.00 non-members. Sign up has begun	October 2—November 27 (No class October 9) 8 Weeks. \$24. Members Only. Sign up begins September 7th
Acrylic Painting	10:00—12:00		October 16—December 11 (no class November 6) 8 Weeks. \$24.00, members; \$48 non-members. Sign up begins September 7.
Power Burst	1:30-2:30	September 11—November 6. (8 Weeks). No class October 9th. Members Only. Cost: \$16.00. Sign up has begun.	
TUESDAY			
Chair Yoga	2:30-3:30	August 8—September 12 (6 Weeks) FREE. CLASS IS FULL. Sign wait-list if interested.	
French Class	3:00—4:00		Class begins September 12. FREE. Call the Senior Center to register beginning September 6th.
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt	
Zumba Gold	10:30 – 11:30	July 26—Sept 27 \$24.00. \$24.00 Members. \$48.00 Non-members. Sign up has begun.	October 4 —November 22. 8 Weeks. \$32. Members Only. Sign up begins September 7.
iPad Class	1:00—3:00		September 13—October 11. 5 Weeks. \$25.00 Members & non-members. Let us know when you sign up if you need to purchase a beginner book. Book is approximately \$25.00 Sign up begins September 7th.
THURSDAY			
Ceramics	9:30 – 11:30	July 20—Sept 14. \$32.00. Members Only. Sign up has begun.	September 21—November 9. 8 Weeks. \$32. Members Only. Sign up begins September 7
Beginners Yoga- Class meets at Library. Arrive at 8:45, doors lock at 9:00.	9:00 – 9:45		September 7—September 28. Pay \$3 per session to Tim at each class. Exact cash or check made payable to Plainville Senior Center. Members Only.
Functional Fitness	1:30 –2:30		September 7—October 26. 8 Weeks. \$16. Sign up begins September 1st.
Knitting & Crochet	1:00 – 3:00	July 27- Sept 21. \$16.00. Members Only. Sign up has begun.	September 28—November 30 (No class November 2 or 23) 8 Weeks. \$16. Sign up begins September 7.
FRIDAY			
Intermediate Yoga- Class meets at Library. Arrive at 8:30, doors lock at 8:45.	8:45 – 9:30	August 4—September 1. Pay \$3.00 per session to Tim at each class. Exact cash or check made payable to Plainville Senior Center. Members only.	September 8—September 29. Pay \$3 per session to Tim at each class. Exact cash or check made payable to Plainville Senior Center Members Only.
Cardio Step & Abs	10:30—11:30		September 22—October 27. 6 Weeks. \$18. Sign up September 7.

Tag & Jewelry Sale Success!

Our annual tag sale to support Dial-a-Ride was an enormous success! Many thanks to all the people who donated items and jewelry to the sale. \$1774.71 was raised in 2 days to support Dial-a-Ride! We are grateful to our tag sale chair people Sally Miller and Sue Desrochers for their hours and hours of sorting and coordinating this event. Kudos also to all the volunteers for helping to organize, sort, price and sell. The breakdown of the sales was:

Early bird admission: \$47; **Jewelry:** \$592.75; **Tag Sale:** \$1,100.71; **Popcorn:** \$34.25

Class Descriptions

ACRYLIC PAINTING: You will learn methods to overcome the challenges of the medium, plus some special techniques. A supply list will be given to you at registration. If you're not sure if this class is for you, we provide beginner kits which include some paints, canvas and drawing pads. Scholarships are available through the generosity of the Plainville Amateur Art Group. Call Ronda for information. **Instructor: Abbe Wade.**

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

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 with a focus on decreasing the risks of falls and injury. **Instructor: Liz Hill.**

FUNCTIONAL FITNESS: This popular exercise class is 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: Kristin Champagne**

INTERMEDIATE YOGA FOR EVERYBODY: Designed for those 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 Plainville Public Library.

iPad Basics: 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 informative functions such as sending emails, music and using social media sites such as Facebook.

Instructor: Evelyn Morin.

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

Instructor: Evelyn Morin.

POWER BURST: This class combines intervals of movement including walking, marching and other forms of low impact movement to benefit the heart, combined with strength training using light weights and bands to help maintain strength and bone density and tone the body. It is a great over all workout. **Instructor: Kristin Champagne.**

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

Instructor: Karen Kebinger.

ZUMBA GOLD: Latin and international dance rhythms create a great cardio workout! Zumba gold adjusts to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray.**

ZUMBA TONE: The Zumba Toning Program combines Zumba with strength training to build muscle strength, increase bone density, improve mobility, posture and coordination. **Instructor: Amy Gray.**

Android-Based Cell Phone Class

Tuesday, September 19, 10:00 a.m.

Free. Members Only. Call the Senior Center beginning September 6 to register. Space is limited to 10.

Instructor: Patti Anne Cook—Senior Center Member and Volunteer

Bring your Android-based phone to learn the basic functions; take and store photos; learn to use Apps properly and manage your data plan. There will be time for questions and answers after class.

Big Trips 2018

Big Trip Meeting Friday, September 15, 10:00—11:30 a.m. Join us to hear about some of our Big Trip choices for 2018. There are so many unique choices and interesting and exotic ideas. Trip flyers will be available at the Senior Center starting September 1st. Hear all about trips to:

- **Adriatic Cruise, July 15—22, 2018** Venice, Italy; Dubrovnik, Croatia; Kotor, Monenegro; Corfu, Greece; Split, Croatia; and back to Venice.
- **France Hidden Canals, June 26—July 4, 2018** Cruise Loire Canal — fly to Paris and then tour Nevers Marseilles Les-Aubigny, Chapelle Montlinard, Menetreol-Sous-Sancerre, Lere, Briare.
- **France Hidden Canals, August 28—September 6, 2018** Cruise the Doubs & Saone Rivers — fly to Paris then onto Besancon, Arc-et-Senans, Dole, Saint-Jean-de-Losne, Petit-Ouges, Dijon, Grands Crus.

Both of the France Hidden Canal Cruises are on 22 passenger barges that traverse areas not able to accept the larger riverboats. Bikes are available on board if you wish to ride from town to town.

- **Vietnam, September 20—30, 2018** Ho Chi Minh City, Holong Bay Junk Cruise, Hanoi, Train to Danang, Hoi An. Visit local-home factory, markets, hands-on traditional fishing and more.
- **Journey to the Ark, Date to be Determined.** 8 day journey to see a full size replica of Noah's Ark, Kentucky Horse Farms, Ohio Amish Country, Frank Lloyd Wright's home Falling Waters, Louisville, Churchill Downs & Museum, Louisville Slugger, Ohio River Lunch Cruise, Appalachian Mountains of West Virginia, Natural Bridge, and White Sulphur Springs.
- **AND FOR THOSE WHO MISSED CUBA OR ICELAND LAST YEAR ... YOUR CHANCE TO GO IN 2018**
Cuba, March 1—9, 2018 **Iceland, October 16—26, 2018**

Outdoor Adventure Club & Miscellaneous

BLUFF POINT STATE PARK, GROTON

FRIDAY, SEPT 22, 1:00 P.M.—5:00 P.M.

Trip is FULL. Please sign wait list if interested.



URBAN ADVENTURE: RIDE THE CT FASTTRAK BUS TO HARTFORD & WALKING TOUR OF DOWNTOWN HARTFORD

WEDNESDAY, SEPTEMBER 27, 9:30 A.M.

Trip is FULL. Please sign wait list if interested.

EXPLORE THE RHODE ISLAND RAILS ON A RAIL EXPLORER! FRIDAY, SEPTEMBER 29, 11:15 a.m.

Trip is FULL. Please Sign Wait List if Interested. See below for an additional trip/date.

GREENWAY TRAIL BLAZER BIKE CLUB

WEDNESDAY, OCTOBER 4th

Cheshire to New Haven on the Rails to Trails

Call the Senior Center beginning Sept. 6 to register

Leader: Eileen Cyr. Meet at 8:15 at the Senior Center if you wish to carpool or meet at 9:00 a.m. at the Cornwall Street parking lot in Cheshire. We will cover between 10—20 miles, depending on the group. Helmets are mandatory! All levels of biking fitness are welcome. **Cost: \$3.00 payable to Eileen Cyr, leader, day of trip.**

EXPLORE THE RHODE ISLAND RAILS ON A RAIL EXPLORER! NEW DATE ADDED!

FRIDAY, OCTOBER 13

SIGN UP BEGINS SEPTEMBER 7.

Join us for the latest in outdoor fun in Portsmouth, Rhode Island! A rail explorer is a pedal powered vehicle that rides on (unused) railroad tracks. They have 4 steel wheels, hydraulic disc brakes, pedals for each seat, and are comfortable, fun and easy to ride. Although the rail explorers require pedaling, the magic of steel wheels on steel rails makes the experience very different from riding a regular bicycle. There is no need to carefully watch the road ahead, there is no need to steer and riding is hands free - making it easy to take photographs and video as you roll along. We will be pedaling on Quad Explorers which has 4 seats and 4 sets of pedals. Not everyone has to pedal, so if you get tired, you can take a rest or take some photos along the scenic trail. You will ride for 3 miles, have a 20-minute break and then turn around and ride 3 miles back to the start. Following our ride we will stop for an early dinner at the Gulf Stream Grille. The Gulf Stream Grille is located on a marina and you can dine inside or out. The menu features a variety of soups, salads, sandwiches and entrees. **Cost: \$39.00 includes transportation and Rail Explorer experience.** Leaves Senior Center at 11:15 a.m. and returns approximately 8:30 p.m. Please bring a lunch or snack that you can eat on the bus on the way to Rhode Island.



SCENIC PLANE RIDE OVER PLAINVILLE

FRIDAY, OCTOBER 6 (WEATHER PERMITTING)

Call the Senior Center beginning Sept. 6th to register. Must register by September 21 to reserve your spot.

Have you ever wanted to have a birds eye view of Plainville? Join us for a 30 minute scenic passenger ride from Robertson Airport in Plainville. You will be flying in a C-172P or a Piper Warrior PA-28. Two or three passengers per plane (depending on total passenger weight). You'll enjoy a beautiful air tour of Plainville and the surrounding area. **Cost will be approximately \$46.00 per person depending on how many passengers per plane. Pay directly at Robertson Airport.**



WALK/FIT AT WALNUT HILL PARK, NEW BRITAIN

WEDNESDAY, OCTOBER 18, 9:00 a.m.

Call the Senior Center beginning Sept. 6 to register

Leader: Eileen Cyr. Meet at the Walnut Hill Parking Lot. Enjoy a 1 hour walk through Walnut Hill Park and challenge yourself (if you wish) to the fitness circuit equipment. Eileen will provide instruction on the equipment. All levels of fitness welcome, however, you must be able to walk for one hour. **Cost: \$3.00 payable to Eileen Cyr, leader, day of walk.**

CROQUET, PADEREWSKI PARK

TUESDAY, OCTOBER 24, 10:00 a.m.

Call the Senior Center beginning Sept. 6 to register

Leader: Eileen Cyr. Join us for a friendly game of croquet. Everyone welcome! FREE.



ZIP LINE ADVENTURE PARK, MYSTIC, CT

SATURDAY, SEPTEMBER 23

SIGN UP BEGINS SEPTEMBER 7

Leader: Jared Scoville.

The Fields of Fire Adventure Park is our destination for a 3 hour zip lining and obstacle course adventure! With both beginner and intermediate courses and both lower and higher rope options, this park in Mystic will be great to build up some adrenaline.

Cost: \$50.00 includes 3 hours of zip lining, safety gear, leader and transportation. Leaves from the Senior Center at 8:15am. Actual course time will be from approximately 10am-1pm. We will arrive back at the Senior Center approximately 2:30pm. Please bring water for yourself and also pack a lunch- which we will eat there following the course time, or on the ride home. Please wear active clothing that is not too loose and sneakers.

Trip Sign-Up Information

Important Trip Information:

Sign-up: Trip sign-ups take place Monday 9:15 a.m. - 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.-4:45 p.m., and Fridays 9:15 a.m.-12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is **SEPTEMBER 7** between 9:15 a.m.—4:45 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 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. Before boarding the bus, get your seat assignment from the bus captain.

Remember, be at your departure location 15 minutes prior to our departure time in order to board the bus. We will not wait for late comers.

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.



Current Trips

DAN CHIHULY EXHIBITION AT THE BOTANICAL GARDENS, NY THURSDAY, SEPTEMBER 7

Trip is FULL. Please sign wait list if interested.

BENNINGTON POTTERS, VERMONT:

TUESDAY, SEPTEMBER 19, 7:00 A.M.

DEPART: 7:00 a.m. OLM. Estimated Return: 7:30 p.m. COST: \$79.00 per person. Trip is FULL. Please sign wait list if interested.



TERRACOTTA WARRIORS, PHILADELPHIA, PA:

OCTOBER 16-17, 2017

DAY 1: Depart aboard our deluxe motor coach for the "City of Brotherly Love", Philadelphia, PA. Overnight accommodations at the HOLIDAY INN EXPRESS MIDTOWN. **DAY 2:** This morning we're off to see the TERRACOTTA WARRIORS at the FRANKLIN INSTITUTE. Silent, steadfast and secret, an army of over 8,000 terracotta statues stood guard at the tomb of China's first emperor for over 2,000 years before being discovered in 1974. Head for home this afternoon with memories of this great experience. **COST: \$307.00 per person double/triple, \$387.00 per person single.** Cost includes Deluxe Motor coach, 1 Night Hotel, 1 Breakfast, 1 Dinner, Admissions, gratuities for Driver and Tour Guide. Open to the Public. Invite your friends to this wonderful trip! Sign up has begun. Payment due in full when signing. Departs from OLM.



JACK-O-LANTERN SPECTACULAR—PROVIDENCE, RI:

WEDNESDAY, OCTOBER 18

Experience the glow of thousands of pumpkins, set in a magical display of artistry during this Early Evening Spectacular. Take a leisurely walk through the 1/4 mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old-time favorites and everything in between. Prior to the spectacular, enjoy free time at Providence Place Mall for shopping and dining. Note: There is a moderate amount of walking on this trip. **Cost: \$62 per person. Depart: 12:30pm from the Senior Center. Estimated Return: 10:30pm. Sign up has begun.**



HOUSE OF SEVEN GABLES, SALEM, MA

SUNDAY, OCTOBER 22, 7:45 A.M.

The name Salem is forever linked to the Witchcraft Hysteria of the 1690s. Spend Halloween in this wonderful town and learn how the Witches got their names. A special interior tour of Salem's premier historic site The House of the Seven Gables. This is the oldest surviving 17th century wooden mansion in New England and the inspiration of author Nathaniel Hawthorne. Enjoy lunch at Victoria's Station set on Pickering Wharf. Menu: Mixed Green Salad, Choice of Teriyaki Chicken, New England Baked Haddock, Steak Tips, or Vegetarian Pasta Primavera served with mashed red potato and NY Cheesecake for dessert. Entrée choice in advance. **Cost: \$92 per person. Depart: 7:45 a.m. from the Plainville Senior Center. Estimated Return: 8:00 p.m. Sign up has begun.**



Current Trips Cont...

FRIENDSHIP TOURS 40TH GALA, AQUA TURF
MONDAY, NOVEMBER 20, 11:30 A.M.
The Friendship family is celebrating 40 years of traveling together and they are throwing a party for all their friends. This will be a fabulous afternoon party with hot hors d'oeuvres, a champagne toast, and live entertainment. John Timpanelli & Leesah Stiles, will bring an exciting show of the Best of Broadway, love songs and comedy routines. Cost: \$36 per person. Drive on your own. Sign up has begun.

CHRISTMAS WITH THE STARS, EDWARD TWINS, NORTHAMPTON, MA
WEDNESDAY, NOVEMBER 29, 10:00 A.M.
Your day begins with a luncheon at the beautifully decorated Hotel Northampton that includes Soup du Jour and your choice of Grilled Salmon or Chicken Piccata with chefs choice of vegetable & potato and Tavern's Famous Bread Pudding. Enjoy your favorite Holiday songs performed by Celine Dion, Pavarotti, Streisand, Cher, Stevie Wonder, Kermit the Frog & more. Departs OLM at 10:00 a.m. Returns approx. 5:30 p.m. Cost: \$89 per person. Sign up has begun.

New Trip

CHRISTMAS IN NEWPORT, RI
SUNDAY, DECEMBER 10, 7:15 a.m.
Visit two of the most magnificent Mansions in Newport: The Marble House and the Breakers. Both will be filled with holiday decorations, poinsettias, charming ornaments, trees and wreaths. Audio guides will be given at both mansions so you can enjoy an exceptional tour at your leisure as you explore each mansion. Enjoy a buffet brunch at the New Atlantic Resort including Salads, Omelet & Belgian Waffle Stations, Selection of Hot & Cold Entrees, Breakfast and Lunch Items, Pastries and Beverage. Departs from Plainville Senior Center 7:15 a.m. Returns approximately 7:00 p.m. **Cost \$99.00 per person. Sign up begins September 7.**



Quick Trips

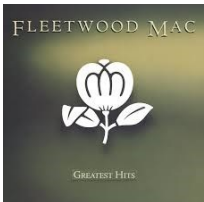
These trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with 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: 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 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 departure. We leave on time. Non-members may sign up one week after the trip opens).

Quick Trips Cont...

BRADLEY MOUNTAIN GOAT FARM, SOUTHTON
SATURDAY, SEPTEMBER 9, 11:30 a.m.—4:00 p.m.
Join us for 'Open Farm' Day at the Bradley Mountain Goat Farm. Meet the herd of Nigerian Dwarf and LaMancha dairy goats that provide the milk for the farm's goat milk soaps and lotions and spend some time on a working dairy farm. You can participate in farm activities or design your own beauty product. You will tour the farm, learn about the milking breeds and take a walk in the pasture next to the trail at Crescent Lake. There will be plenty of time for goat snuggles, pictures and memory making. The tour is about two hours. If you would like to take part in a Goat Walk or Behind the Fence activity, there is \$10 charge payable at the farm. You can also purchase a 'handful' of goat food for 50¢. The group will go to Panera's in Southington for a late lunch/early dinner (on your own). A transportation fee of \$2 is payable at registration. Bus will pick up first at the Senior Center at 11:30 a.m., followed by home pick-ups **for those who do not drive. Sign-up begins September 7.**



FLEETWOOD MAC TRIBUTE SHOW, THE KATHERINE HEPBURN CULTURAL ARTS CENTER, OLD SAYBROOK, DINNER AT LENNY & JOE'S, MADISON
SATURDAY, SEPTEMBER 23, 5:00—11:00 p.m.
This is a unique opportunity to see the Tribute to Fleetwood Mac performed by TUSK, which pays homage to a group that dominated the music charts in the '60's and 70's. We will go to dinner at 6:00 at Lenny & Joe's in Madison. The performance is at 8:00 p.m. The bus will return to Plainville by approximately 11:00 p.m. There are a limited number of tickets reserved for us, so sign up as soon as possible for this incredible performance! \$63, which covers the cost of concert and transportation, is due at registration. Bus will pick up first at the Senior Center at 5:00 p.m., followed by home pick-ups **for those who do not drive. Sign-up has begun.**



WHITE SILO FARM & WINERY, E. SHERMAN, CT
SATURDAY, OCTOBER 7, 9:30 a.m.—4:30 p.m.
White Silo Farm is a small specialty winery, which produces and bottles wine on the premises from farm-grown fruit. Tour the original dairy barn where the winery is located. Visit the fermentation, bottling and cork rooms. Walk the fields or relax in one of the outdoor gardens. Wine tastings \$8 per person includes a choice of four wines, plus a taste of Sangria. Take home the logo wine glass used for tasting! Bottles of wine may be purchased to take home. You may bring your own picnic lunch or purchase food at the Winery. Cheese platters are available for purchase to enjoy with your wine. An assortment of cookies, scones and pastries prepared by the chef are available. \$8 transportation fee is payable at registration. Bus will pick up first at the Senior Center at 9:30 a.m., followed by home pick-ups **for those who do not drive. Sign-up begins September 7.**



Weekly Tournament Winners

PEAK FITNESS CENTER

SETBACK

July 24:	1ST: Ron Roper/Joe Fortuna 2ND: Grace Lapila/Rose Dunlap 3RD: Linda Dominique/Shirley Platt
July 31:	1ST: Ida Pedrolini/Lorraine Stachelek 2ND: John Daversa/Bernard Grabeck 3RD: Wendell Copeland/Lynne Krakauske
August 7:	1ST: Bernie Grabeck/John Daversa 2ND: Joe Fortuna/Roger Willequer 3RD: Verna Pekrul/John Sisson
August 14:	1ST: Joan Caron/Elaine Chartier 2ND: Bob Albrecht/Ron Roper 3RD: Don DelCegno/Tom Martello
August 21:	1ST: Lee Mills & Sandy Tyminski 2ND: Roger Willequer & Joe Fortuna 3RD: John Sisson & Verna Pekrul

AM WII BOWLING

July 11:	1ST: Jim Calderone 2ND: Georgia Jewell 3RD: Rosemarie Machowski
July 18:	1ST: Rosemarie Machowski 2ND: Georgia Jewell 3RD: Lynne Krakauske
July 25:	1ST: Lynne Krakauske 2ND: Rosemarie Machowski 3RD: Georgia Jewell
BILLIARDS	
July 27:	1ST: Jim Loghry/Tony Lusitani 2ND: John Clancy/Vinny Mazzarella
August 3:	1ST: Jim Loghry/Rich Nordgren 2ND: Tony Lusitani/Bob Ryer 3RD: Jeanne Shugrue/Mike Hermanowski
August 10:	1ST: Jim Loghry/Rich Nordgren 2ND: Mike Hermanowski/Ed Zareck
August 17:	1ST: John Clancy/Joe Babin 2ND: Ellen Couture/Jeanne Shugrue

Shopping Bus

PLEASE NOTE: SHOPPING BUS DAY HAS CHANGED FROM FRIDAYS TO TUESDAYS. The time has also changed. Home pick-ups will begin at 11:30 a.m. and pick-up from the store will be at 3:00 p.m.

In order to ride the Tuesday 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.

Sign-up begins September 6th. Call the Senior Center before 11:00 a.m. on the Thursday before the Shopping Bus date to add your name to the pick-up list.

Tuesday Shopping Bus Dates & Destinations

September 12, Price Chopper/Job Lot, Southington
11:30 a.m.—3:00 p.m.
September 26, ShopRite, Southington
11:30 a.m.—3:00 p.m.



Did you know that benefits of exercise can help you:

- Boost your energy
- Reduce heart disease/blood pressure
- Maintain better control of diabetes and cholesterol
- Live longer
- Sleep better
- Improve your memory
- Increase your mobility & flexibility
- Control your weight
- Gain self-confidence
- Socialize with others

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.

Cardiovascular Equipment:

- **Treadmills:** *Walk at your own pace.*
- **NuStep:** *Seated “stair stepper” which offers a low-impact cardiovascular workout using both upper and lower body.*
- **Bicycle:** *Recumbent bicycle allows you to ride in comfort. There is a back to the seat for full support.*
- **Elliptical Cross Trainer:** *Provides a total body workout with minimal impact.*



Weight Training Equipment: Seven piece circuit of upper and lower body strength training equipment:

Stop by the front desk for a membership packet that includes a medical approval form.

Membership rates: \$9.00/1 month, \$40.00/6 months and \$60.00/ year. A registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), or \$17.00 (weights only), is charged at the time of initial training.



Bowling League

The Plainville Senior Center Bowling league is looking for new bowlers and meets Mondays beginning at 12:45 at Lessard Lanes, 136 New Britain Avenue, Plainville. The cost is \$9.50 per person, per week and includes three games of bowling, automatic scoring and free beverage. Adult bowlers over age 55, of all abilities, including beginners, are welcome to join. **For more information, or to join the league, contact Frank Robinson, Bowling League President, at 860.747.2918.**

Le Petit Cafe

At the Plainville Senior Center
Open TUESDAYS and WEDNESDAYS
11:00 a.m.—1:00 p.m.
No reservations needed!

Le Petit Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. Le Petit 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!

Volunteers Needed! See Evelyn or Ronda if you like working in the kitchen or if you're interested in being a cashier or server.

Le Petit Café Specials for September

September 12 & 13	Indian Vegetarian Pulav Rice
September 19 & 20	Macaroni & Cheese
September 26 & 27	Chicken, Avocado, BLT Wrap

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 1 could possibly make \$34,366.28 (gross) and a family of 2 could possibly make \$44,940.52 (gross) and be eligible for the program. For more information or to see if you are eligible, call the HRA Energy Department at 860-582-7490. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR.

AARP Trips

September 12	Mohegan Sun
September 22:	Scallop Festival Cape Cod
Feb. 13-Feb.24, 2018:	Eastern Caribbean Cruise

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

Plainville Library

LEARN A NEW LANGUAGE

Mango Languages' conversation and film-based resources help you learn over 70 languages (including English!) from just about anywhere. Free through the library. Use your Library Card to register at www.plainvillelibrary.org. Create an account, pick a language, start learning! Fun, Fun, Fun! You can download from the App Store for free.

HOOPLA

Instantly borrow movies, music, audiobooks, eBooks, comics and more, 24/7 with your library card. Contact the Library, 860-793-1446, for more information.

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

SEPTEMBER 11 & 25, 10 A.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!



GRANDPARENTS/RELATIVES RAISING GRANDCHILDREN

TUESDAY, SEPTEMBER 19, 10:30 A.M.

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.

CAREGIVING CONNECTIONS

TUESDAY, SEPTEMBER 26, 10:00 A.M.

Join your friends after our summer recess to share our hot weather survival stories! It is a good time to strengthen our resolve and exchange tips and caregiving successes. Caregivers from neighboring towns are welcome. Call Bette at the Senior Center with any questions or concerns.

BRIGHTER FOCUS

THURSDAY, OCTOBER 19, 10:00 A.M.

Brighter Focus will reconvene on October 19th! Plan to join your friends in discussing timely topics as we continue on our journey of life enrichment. Bring any books, articles or ideas for us to ponder, agree upon or argue about!? Brighter Focus is open to all Senior Center Members. Call Bette at the Senior Center with any questions or concerns.

VA CAREGIVER SUPPORT

Did you know that Veterans who require a caregiver may be eligible for up to 30 days of respite care each year? Care can be offered in a variety of settings: in your home, at a VA community living center, at a VA-contracted community residential care facility, or at an adult day health care center. To see if you are eligible for respite care services, call the Caregiver Support Line at 1.855.260.3274.



DONATIONS

Cheer Report

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.

GENERAL DONATIONS: July 18—August 18

Gemma Croteau, Christine Arena, Corinne Lagace, Barbara Martello, Barbara Schultz, Eleonore Gervais, Jo D'Addese, Eleanor Davey, Carol Skultety, Sue Desrochers, Pauline Caron, Tom Blackler, Dale Nightingale, Circle Group, Anonymous, Marguerite Clancy, Judy Humphrey, Lois Schmidt, Sandy Therrien, Margaret Lemrise, Carmine Lalama, Brenda Tella, Linda Rinaldi, Sally Miller, Dorothy Hamel, Candace Hall, Jackie Pratt, Michelle Gnazzo, Toni Penta, Angela Civitillo, Lynn Teeda, Lorraine Demico, Diana Raymond, Lorraine Corsini, Fran Martin, Lynn Gagnon, Rita Guerriero, Judy Humphrey, Judi Ronewicz, Donna Albrecht, Bev Heslin, Diane & Bruce Mackinnon, Greg Davidson, Doris Olson, Eva Klinger, Marlene Arini, Elizabeth Aloj, Joan Keough, Sandra Michalik, Leosina Celli, Celestia Simmons, Bonnie Carilli, Terry Smiarowski, Donna Delo, Leona Bisson, Eunice Carden, Elie Miranda, Peggy Grant, Joan Caron, Maria Wynkoop, John Rosinski, Donna Wolicki, Angela Visone, Maureen Saverick, Wendall Copeland, Tammy Roth, Madeline Drake, Bob Labarre, Ann Krupinski, Joe & Jeanine Martino, Kathi DeSanty, Judy Chatfield

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: Bob Ehrlich from Mary Ellen Lyons & Anne Johnson

In Memory Of: Peter Pestillo from Lucy Pestillo

In Memory Of: Emile Vandersteen from Allyn & Marti Kall

In Memory Of: Dave Kart from Fran Martin

In Memory Of: Lillie Kart from Fran Martin

In Memory Of: John Martin from Fran Martin

DIAL-A-RIDE DONATIONS

Pat Landry, Anonymous, Joan Hamel, Matthew Schultz



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 18—August 16, 2017

CHEER CARDS: Eileen Weber, Arnold Levesque, Lucy Cannarella, Linda Kogut, Richard Nordgren, Lucy Pavano, Betty Kirch, Regina Albee, Joan Osak, Joan St. Pierre, Stanley Ogonowski, Barbara Martello, Rosemarie Babin, Bill Fabian, Mark Swanson, Colleen Shover.

SYMPATHY CARDS: Family of Kathy Allen, Family of Faith Ondrick, Family of Eleanor Wishinski, Family of Neil Gagnon, Family of Jadwiga Sadowski.

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. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need.



WELCOME NEW MEMBERS FOR JULY!

Diane Guerriere, Matthew Schultz, Jean Dakin, Nancy Pilarski, Carol Hazlett, Dalva Quiterio, George Kroll, Mark Eckert, John Rosinski, Pamela Faiazza, Joseph Denison, Gail Savage, David Bates, Albert Muller, Marsha Coombs, William Furlong, Jr.

Congratulations to these additional photographers for having their work accepted into the Pomperaug Woods Juried Art Show in Southbury: Judy Chatifeld, Gene Kelsey, Irene Kelsey and Fred Kennedy.

For more details about the art show see page 2.



Transportation



DIAL-A-RIDE ADA PARA TRANSIT

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

Monday 9:00 a.m.-5:30 p.m.

Tuesday-Thursday 9:00 a.m.-4:30 p.m.

Friday 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, 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.*



2017 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. The forums are held on the second Wednesday of every other month from 5:00 p.m. to 6:00 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting will be held on September 3rd. The forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation related to the ADA Paratransit Service** ADA Transportation is available free of charge to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride to the Forum. Future 2017 Forum Dates: September 13 and November 8. Up to 48-Hours in advance of the forum, written participation related to the ADA Paratransit Service may be mailed to the GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or emailed to: pwilliams@hartfordtransit.org

AIR CONDITIONING & HEAT

We have many requests each day to change the temperature in our building. If you are not comfortable, please come to the front desk right away and we will have the group or class or event vote (3 choices: "too hot", "too cold", or "just right") majority wins. We will alter the temperature or not depending on the vote. Please remember that we are an older building so some parts of a room (under a vent, for instance) might be colder or in winter, warmer. Also, remember that you can bring a sweater or dress in layers to help you be more comfortable.

Need a Ride? Americans with Disability Act (ADA) Paratransit Service Provides More Hours, More Destinations 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, depending 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 \$3.50 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. The on-line application can be located at www.ctada.com. 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 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 860-724-5340 ext. 1 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. 3046. 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. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

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



Your suggestions, ideas, concerns, comments are welcome! Feel free to talk directly to Shawn or Ronda or write it down and put it in the suggestion box.

INDEX	
AARP Drivers Course	2
AARP Trips	9
ADA Transportation/Group Forum	11
America Park Pass	*BC
Air Conditioning	11
Android Cell Phone Class	4
At-Risk List	*BC
Art Show	2,10
Balance Assessments	2
Big Trips 2018	4
Big Trip Meeting	1
Blood Pressure Clinics	*BC
Books & Bagels	2
Bowling League	8
Brighter Focus	9
Café	9
Calendar House Computer Classes	5
Caregiving Connections	9
Cheer Report	10
Class Descriptions	4
Congregate Meal Program	12
Cooking for One	2
Choral Group	12
Craft Classes	3
Craft Fair	1
Current Events	2
Dial-A-Ride	11
Display Case	12
Donations	10
Ear Wax Removal	*BC
Energy Assistance	9
Fitness Classes	3
Foot Care	*BC
Free Sign Up Day	1
Friends Helping Friends	2
Grandparents/Relatives Raising Grandchildren	9
Greater Htfd Transit: Let's Go	5
Growing Older	1
How is Your Mood	12
Iceland Document Meeting	1
Identity Theft Program	1
LBGT	12
Laughter With LeaAnn	2
Medical Equipment Needed	*BC
Mega Sign-Up Day	1,6
Membership Breakfast	1
New Members	10
Nurse Information	*BC
Outdoor Adventure	5
PEAK Fitness Center	8
Plainville High School Alumni	*BC
Plainville Library	9
Plainville Senior Housing	*BC
Preventing Slips/Trips/Broken Hips	2
Pumpkinfest	12
Questions for the Social Worker	9
Quick Trips	7
Scams	*BC
Scrapbook	12
Senior Center Fair	1
Shopping Bus	8
Snappy Seniors	2
Suggestion Box	11
Tag & Jewelry Sale Results	3
Tournament Winners	8
Transportation	11
Trips	6,7
VA Caregiver Support	9
Veteran's Programs/Info	1,2,9, BC
Volunteers	10
*BC = Back of Calendar	

This & That

HOW IS YOUR MOOD?

With summer ending and the days starting to get shorter, it is important to take an inventory of your mood. October 5, 2017 is National Depression Screening Day. Nurses from Hartford Healthcare at Home will be at the Plainville Senior Center and available to talk with you individually about your mood or any symptoms of depression or anxiety you may have. They will also offer you suggestions on how to improve your day to day mood. The nurses will be available on October 5, 2017 from 10 am to 12 noon. No appointments are necessary.



CHORAL GROUP REHERSALS RESUME FOR THE 2017-18 SEASON FRIDAY, SEPTEMBER 8, 9:30 A.M.

Everybody who loves to sing is invited to attend! The Choral Group also needs typists—Please see Roseanna Garcia or Evelyn Morin for more details.

Upcoming Choral Group Rehearsal Dates:
October 6, October 27, December 1, January 5

SENIOR CENTER DISPLAY CASE

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



SENIOR CENTER SCRAPBOOK

Senior Center member, Marge Burris, has volunteered to record our history in the Senior Center's Scrapbook. If you have any printed photos or newspaper clippings that you would like to be put in, please give them to Marge. Thank you Marge!



CONGREGATE MEAL PROGRAM: SEPTEMBER 2017

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 Bonnie in the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon.

A suggested donation is \$2.50.

IPAD AND IPHONE CLASS WINNERS

The senior Center received 6 accessories for iPhones & iPads. We put all the names of the iPad & iPhone class members in a hat and drew 6 winners. Congratulations to: Carol Loisselle, Joyce Raymond, Neema Michaud, Marge Burris, Masako McDonald, Rane Dayon. Accessories donated by: Aetna Black, Database Manager at Incipio Technologies. Thank You!

PLAINVILLE’S 3RD ANNUAL PUMPKINFEST 2017

SATURDAY, OCTOBER 21, 4:00 P.M.—8:00 P.M.

Come join us in downtown Plainville and bring your best carved pumpkins. Also enjoy lots of food trucks, live music, kid’s costume parade and games. Proceeds to benefit the Plainville Community Fund. For more Information visit: plainvillepumpkinfest.com



2017 LGBT EVENT SCHEDULE—SAVE THE DATES.

At the time of printing we did not have details about the events. Please call each Senior Center directly for more information.

Hebron: September 13, 1:00 pm—3:00 pm (860) 228-1700

South Windsor: October 13 from 1:00 pm—3:00 pm (860) 648-6361

Bloomfield: November 2, 1:00 pm—6:00 pm (860) 243-8361



Nursing and Other Services

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**

for 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. **Senior Center members only.**



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

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

Tuesday, September 12, 11:00 a.m. Apple Rehab

Thursday, September 14, 1:00 p.m. Hartford HealthCare

Monday, September 25, 12:00, Georgia, Senior Center Nurse

Wednesday, September 27, 11:00 a.m. The Pines of Bristol

Blood Pressure Clinics are for Senior Center members only.



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.

SCAMS

Just another reminder that telephone scams are abundant in our area!

The CT Insurance Commissioner warns of phone caller posing as department staff. Consumers are warned to be wary of a phone caller identifying herself as an Insurance Department employee and is asking people for their insurance information. The Department does NOT make unsolicited calls to individuals. Always be safe and NEVER give out personal or financial information without verifying who the caller is. Call the Insurance Department, 1-800-203-3447 or the police department.

Other scams include callers stating that they are from the IRS Investigation Unit and that you owe considerable dollars in back taxes. The caller goes on to request a partial payment immediately or you will be taken to court. If you have caller ID do not answer calls from numbers you do not recognize. If you do pick up, hang up! Remember: The IRS does **not** make calls to taxpayers!! The caller is a fraud attempting to scam you.

Do not give any of your personal information to any caller.



MEDICAL EQUIPMENT/SUPPLIES NEEDED

The Hospital of Special Care Equipment Exchange is looking for donations of durable medical equipment and supplies:

canes, walkers, tub and transfer seats, shower chairs, manual wheelchairs (regular and transfer) commodes and raised toilet seats. They cannot accept electric devices (scooters, electric wheelchairs and hospital beds). Equipment is accepted during weekday business hours. Please call 860-612-6302 to make sure the item is needed. They are located at Special Care Equipment Exchange (a tan house next door to Hospital for Special Care) 2120 Corbin Avenue, New Britain.



VETERANS ONLINE SHOPPING BENEFIT

Beginning Veterans Day, November 11, 2017, honorably discharged Veterans will be eligible to shop all online exchanges. To check your eligibility go to VetVerify.org and submit your verification form and receive your determination. Qualified Veterans will be able to purchase military priced name brand products ranging from apparel, jewelry, appliances, toys, gifts, food and more! Items are tax free, shipping is free and military credit and financing are available. Do not delay, check your eligibility so you will be able to take advantage of this opportunity beginning November 11, 2017.

PLAINVILLE VETERAN'S MEMORIAL WALL

A moveable memorial wall has been created in the Plainville Municipal Center near the Town Clerk's office to provide a place to honor the military service of deceased veterans by their friends and family members. Brass Plates (1" X 3") engraved with the veteran's rank, name and branch of service can be purchased. The fee is just to cover the cost of the engraved plate, no extra funds are being charged. To purchase a plate, please fill out a form available at the Municipal Center or at the Plainville Senior Center. The cost of the plate is \$8.00.

PLAINVILLE HIGH SCHOOL ALUMNI GATHERING

FRIDAY, SEPTEMBER 8, 7:00 P.M. AT THE VFW

The event is casual and a nice way to connect with classmates. Music, pizza, coffee and tea provided. It is BYOB and it's OK to bring additional snacks. **\$10 per person at the door. No RSVP needed.**

AMERICA THE BEAUTIFUL-NATIONAL PARKS & FEDERAL RECREATIONAL LANDS

Beginning August 28, 2017 the lifetime Senior Pass increased to \$80. A new \$20 annual Senior Pass will also be available. You must be a U.S. citizen or permanent resident age 62 or over. Pass provides entrance or access to pass owner and accompanying passengers in a single, private, non-commercial vehicle at Federally operated recreations sites across the country. Photo identification may be required to verify ownership. Passes are non-refundable, non-transferable, and cannot be replaced if lost or stolen. To learn more visit the web site:

<http://yourpassnow.com/ParkPass/park/senior/SeniorPassInfoCollect>

SEPTEMBER 2017

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, K: Kitchen L: Library, *: By Appointment				1 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL	2 Canadian Rockies Trip 9:00 am Thimble Islands Trip
3	4 Closed Labor Day HAPPY LABOR DAY!	5 *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veterans Coffee CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 2:30 Chair Yoga BR	6 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR FREE SIGN UP	7 7:00 Botanical Garden Trip *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR 3:00 Growing Older Can Bring New Purpose CR MEGA SIGN UP	8 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Group 10:00 Pinochle CL	9 11:30 Bradley Mountain Goat Farm
10	11 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Questions for Social Worker 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	12 9:00 Walking BR NO Beg Wii Bowling 9:30 AARP Smart Driver GR 10:00 Ladies Billiards 10:00 Cribbage GA 11:30 Shopping Bus 11:00 Blood Pressure 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 2:00 Adv. Wii Bowling GR 2:30 Chair Yoga BR 3:00 French Class GA	13 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 iPad Class GA 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	14 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:00 COA CR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Blood Pressure 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR	15 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:30 Iceland Document Meeting CR 10:00 Big Trip Mtg CR 10:00 Pinochle CL 11:30 Friends Helping Friends	16
17	18 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	19 7:00 Bennington Potters Trip *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage OS 10:00 Android Phone GA 10:30 Grandparents Support Group CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 3:00 French Class GA	20 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 iPad Class GA 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	21 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Snappy Seniors L 10:00 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL *1:00 Balance Assessments GA 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR	22 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 10:30 Cardio Step GR 1:00 Bluff Point	23 8:15 Adventure Park, Mystic 5:00 Fleetwood Mac Show, at The Kate
24 1:30 Pomperaug Woods Art Show, Southbury	25 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Questions for Social Worker 12:00 Mahjong GA 12:00 Blood Pressure 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	26 *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage OS 10:00 Caregivers GA 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 3:00 French Class GA	27 9:00 Walking GR 9:30 Urban Adventure 9:30 Quilting CR 9:30 Books/Bagels GA 10:30 Zumba Gold GR 11:00 Blood Pressure 1:00 iPad Class GA 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	28 9:00 Members Breakfast BR 9:00 Walking GR 9:00 Beginners Yoga L 10:00 Mexican Train GA 11:00 Ceramics CR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Knitting & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR	29 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 9:30 Cardio Step GR 11:15 Rail Explorers	30