

Shawn Cohen, *Director*

Ronda Guberman, *Assistant Director*

200 East Street, Plainville, CT 06062    860.747.5728    [www.plainvillect.com/senior-center](http://www.plainvillect.com/senior-center)

Monday: 9:00 a.m. – 6:00 p.m.    Tuesday-Thursday: 9:00 a.m. – 5:00 p.m.    Friday: 9:00 a.m. – 1:00 p.m.

**Free Sign-Up Day AND Mega Sign-Up Day are on Wednesday, September 5** from 9:15 a.m. to 4:45 p.m. Sign-up by phone starts at 9:15 a.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center only.

### Tag Sale Proceeds Reach New High

The Senior Center's valiant team of Tag Sale volunteers, led by Sally Miller with assistance from co-chair Susan DesRochers, took on and completed another successful Annual Tag Sale last month, netting profits of more than \$1,971 for the Center's Dial-a-Ride Program — easily \$200 more than last year. Barbara Wallace provided expert oversight of the jewelry sale, which in itself raised about \$900. The event benefitted from hundreds of donations of items from generous community supporters, and from the hard work of 20+ volunteers who worked before, during and after the sale. All told, volunteers gave about 150 hours of hands-on help over August 6–10 to make this year's sale a reality. We surely could not do it without each of them! Thanks everyone, for your generosity and commitment to the continued success of the Plainville Senior Center's Dial-a Ride program!



### HOMEMADE PASTA PRESENTATION

MONDAY, SEPTEMBER 24, 3:00 P.M.

Dan DiFiore of DiFiore Ravioli Shop (voted CT's Favorite Small Business) will demonstrate how to make a basic tomato sauce and homemade pasta. He will prepare a basic dough and show how to make a variety of fun shaped pastas! Samples will be served! Cost is \$2.00. Sign up begins on September 5. Limited to 15 participants.



### STAY INFORMED ABOUT YOUR BENEFITS — DROP IN TO THE BENEFITS CHECK-UP PROGRAM

WEDNESDAY, SEPTEMBER 26, 11:00 A.M. — 1:00 P.M. Benefits Enrollment Centers (BECs) around the country help people determine their eligibility for state and local benefits like the Medicare Savings Program, SNAP, heat/utility assistance, food and other programs. At this drop-in event, a representative from the North Central Area Agency on Aging's BEC will use a web-based tool to determine your benefits eligibility. Forms will also be available if you prefer to take one home to fill out and send back to the North Central Area Agency on Aging (NCAAA). Sponsored by the NCAAA and presented by Saray Figueroa and Stephanie Soucy. Just stop by; no sign-up needed.

### Save the Date: Saturday, November 3

#### PLAINVILLE ANNUAL SENIOR CENTER CRAFT FAIR!

Starting September 4th, help will be needed to sell raffle tickets at Gnazzos and at the Senior Center for our beautiful quilt raffle! If you can help for two hours or more, please call Evelyn at the Senior Center — 860-747-5728.

If you can take one or more books of raffle tickets (10 tickets per book) to sell to friends and relatives, please let us know. There is no obligation to sell all the tickets in a book.

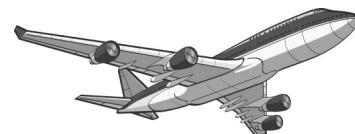
Can you help publicize the fair? Are you willing to bring flyers or posters to area businesses? If you live on a well-travelled street, can you put a Craft Fair sign on your lawn? We're looking for volunteers to help us get the word out by hanging posters around town.



We appreciate your help!

### 2018 SENIOR FARMER'S MARKET PROGRAM

We still have Farmer Market Coupon Books for anyone who hasn't gotten one this year! See page 14 for details.



### NEW BIG TRIP TO SPAIN & MORE BIG TRIP MEETINGS!

Alaska, Utah, Spain!! Don't miss our new Big Trips for 2019 — pages 7 and 8.

# Special Events

## CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news as well as current events. We do not discuss politics; rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! Feel free to come and just listen. There is no pressure to participate and new folks are always welcome!

## VETERANS' COFFEE HOUR

TUESDAY, SEPTEMBER 4, 10:30 A.M.

This monthly informational and support meeting is conducted by Wayne Rioux, a Veteran's Liaison for Hartford Health-Care at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Call the Center at 860-747-5728 to register. Sign-up has begun.



## KEEPING YOUR MEMORY STRONG AT ALL AGES

TUESDAYS, SEPT. 11 to OCT. 9, 1:00 TO 2:00 P.M.

Please join Michelle Wyman and Patty O'Brian, Alzheimer's and Dementia Specialists from the Center for Healthy Aging as they present a five-part series on Healthy Minds. Michelle and Patty have been in the memory field for many years and bring a tremendous amount of experience and knowledge to this series, which will focus on how to protect, preserve and improve your memory. **Attendees are encouraged to attend all sessions.** Sign-up has begun. Each session will cover the following topics over a 45-minute time span, followed by 15 minutes for a brain exercise and a Question and Answer session:

1. Intro— Eat Brain Foods and Stay Hydrated
2. Be Physically Active— Challenge your Mind Daily
3. Coping with Changes, Managing Stress—Be Social
4. Count Sheep— Be Creative and Have Fun
5. Be Positive— Find a Purpose

## "FIVE WISHES" COFFEE AND CONVERSATION

THURSDAY, SEPTEMBER 6, 10:00 A.M.

Five Wishes is a unique living will written in everyday language that helps you express your medical wishes and your personal, emotional and spiritual concerns. These choices, prepared in advance of difficult medical situations, is a gift you can give to both yourself and your families. This program offers insight from years of professional nursing experience with patients and families. Refreshments will be served. Sign-up has begun. Presented by Connie Cole-Ingber, RN, CCRN; Lisa Ortiz, RN; and Candace Ramirez, RN from the University of Hartford's Nursing Masters Program.

## COOKING FOR ONE CLUB

TUESDAY, SEPTEMBER 11, 2:00 P.M.

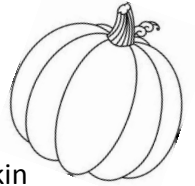
This group meets on the 2<sup>nd</sup> Tuesday of each month at 2:00 P.M. at the Senior Center. Join us to share tips, ideas, short cuts and recipes that make cooking for one "easy-peasy." The program is free and open to members only. Sign-up begins September 5.



## PUMPKIN SPICE DIET

MONDAY, SEPTEMBER 17, 9:30 A.M.

Pumpkin spice muffins, pumpkin spice cheerios, pumpkin spice...toothpaste!? At this time of year EVERYTHING is pumpkin spice! So what really is "pumpkin spice," and is it healthy for us? Join Marisa McCoy, Registered Dietitian, for a fun presentation on the "pumpkin spice diet" and the good and bad about pumpkin spice! Samples will be provided. Bring your fall season spirit! Sign-up has begun.



## SNAPPY SENIORS

THURSDAY, SEPTEMBER 20, 10:00 A.M.

The Snappy Seniors Camera Club meets the third Thursday of each month at the Plainville Library. (Please see page 4 for news of their latest exhibit.)

## LAUGHTER YOGA

THURSDAY, SEPTEMBER 20, 11:00 A.M.

Laughter Yoga is a fun way to gain the many health benefits of laughter through a series of "laughter exercises" and yogic breathing. Developed in 1995 in India, Laughter Yoga lowers stress, strengthens the immune system, boosts energy and releases endorphins through hearty aerobic laughter. Presented by Judith Stonger, Certified Laughter Professional. Complimentary light lunch will be served. **Program is free.** This program is being funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the CT State Unit on Aging. Sign-up has begun.

## FRIENDS HELPING FRIENDS

FRIDAY, SEPTEMBER 21, 11:30 A.M.

This gathering, typically on the third Friday of each month, is for single, widowed or divorced members. Come out and socialize! We will meet at 11:30 a.m. at the "Back Nine Tavern," the Stanley Golf Course restaurant at 245 Hartford Road, New Britain.

## BUS TO "THE ART OF EXPERIENCE" SENIOR JURIED ART SHOW OPENING

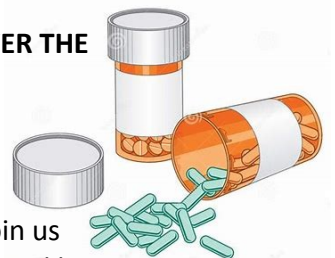
FRIDAY, SEPT. 21, 12:45 P.M.

We will provide transportation for participating artists and up to four of their guests to the Reception/Opening of the Connecticut Senior Juried Art Show being held at Pomperaug Woods. Bus will leave from the Plainville Senior Center lot at 12:45 p.m. and return about 5:00 p.m. Space is limited. Sign-up has begun.

## TO TAKE OR NOT TO TAKE: OVER THE COUNTER MEDICATIONS

FRIDAY, SEPT. 21, 10:00 A.M.

Are you among the 81% of seniors who take over-the-counter (OTC) medications? Join us for a conversation about when and how to choose OTC products. Learn about possible risks, side effects and drug interaction for common cough, cold, reflux, sleep and pain medications. You will also receive tips from the pharmacist on how to appropriately use, store and dispose of OTC's. Presented by Addolorata Ciccone, PharmD, BCGP, Geriatric Pharmacist at Jefferson House. Sign-up has begun.





## More Special Events

## BOOKS AND BAGELS

WEDNESDAY, SEPT. 26, 9:30 A.M.

Books and Bagels returns this month with a story of obsession, history's losses and the power of art to preserve human hope. ***The Swan Thief***



by Elizabeth Kostova tells a haunting story of a famous artist who attacks a painting displayed in the National Gallery of Art. He becomes a patient of Andrew Marlowe, a devoted psychiatrist and fellow artist. Desperate to understand the secret that plagues his patient, Marlowe embarks on a journey that leads him into his patient's world of impressionism and mystique. Join us for what will be a stirring discussion along with a good cup of coffee or tea and bagels. Copies of this book are available at the Plainville Library. For your greater enjoyment, please read the book before the meeting! Sign-up begins September 5.

**Here's a sneak peak of upcoming book discussions!**

- Oct. 24: ***The 13th Tale*** by Diane Setterfield
- Nov. 28: ***The Orchardist*** by Amanda Copeland

## WOUNDS AND WOUND CARE

THURSDAY, SEPT. 27, 1:00 P.M.



Your skin is the largest system in your body! Learn about common types of wounds, ways to treat wounds, signs of infection and when to see a doctor or specialist. Presented by Kathleen McGuire, RN. Please call the Senior

Center beginning September 5 to sign up.

## LOVING YOUR LIVER: A GATEWAY TO GOOD HEALTH

FRIDAY, OCTOBER 12, 10:00 A.M.

Liver health can be affected by many factors. People often think that if they are not alcoholics, they cannot have liver problems, but nothing could be further from the truth. Misuse of medications or supplements, unhealthy dietary habits, diabetes, and viruses can all lead to serious liver disease. Join us to learn more about how to keep your liver healthy and questions to ask your doctor about your liver health. Donna Sciacca, Community Outreach and Education Manager with the American Liver Foundation's Connecticut Division, will share important information about this topic. All attendees will get a free American Liver Foundation goodie bag. Program is free; call the Senior Center beginning September 5 to register.

## DISCOVER THE MEDITERRANEAN DIET

*TUESDAY, OCTOBER 16, 10:00 A.M.*

The Mediterranean diet is proven to reduce your risk of heart disease, cancer, Parkinson's, Alzheimer's and many more diseases. The diet includes delicious foods including fruit, veggies, nuts, seeds, fish and even some wine! So why not follow it!? Come join Marisa, ShopRite dietitian, to learn all about the Mediterranean diet, why it's the healthiest diet to follow and of course, taste some yummy samples!! Program is free; call the Senior Center beginning September 5 to register.

**HOLIDAY HARVEST PROGRAM**

MONDAY, OCTOBER 22, 3:00 P.M.

Get a head start in planning how to celebrate the holidays and plan for a beautiful holiday table. This program will focus on healthful, delicious recipes, cheese board ideas and easy entertaining ideas. Dark chocolate-dipped dried apricots, dark bark, fun virgin beverages and more highlight this enjoyable, informative and delicious program. Cost: \$2.00. Sign up begins September 5. Space is limited!

## AARP SMART DRIVER

**TUESDAY, OCTOBER 23, 9:30 A.M.—1:30 P.M.**

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15.00 for AARP members providing a membership number and \$20.00 for all others. Limited to 25.



Bring a bag lunch if you wish. Sign-up starts Wednesday, September 5.

## Share Your Musical Talent!



The Choral Group is looking for singers and musicians such as guitar players, flautists, pianists and violinists. We rehearse and perform at three area nursing homes each month. If interested, please call Henrietta Zooleck, 860-747-3063. The next Choral Group rehearsal is Friday, September 7 at 9:30 a.m.

# 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, hand-crafted foods that are sure to wow your taste buds!

### *Le Petit Café Specials for September*

- Sept. 11 & 12 **Chicken and Rice Soup**  
**Egg Salad** on a bed of greens or as a sandwich
- Sept. 18 & 19 **New England Clam Chowder**  
**Late Summer Salad** featuring fresh baby spinach and mixed greens, grilled chicken, juicy nectarines and crumbled goat cheese
- Sept. 25 & 26 **Wonton Soup**  
**Chinese Chicken Salad** with mandarin oranges, snow peas, fresh greens and slivered almonds

# Craft, Technology & Fitness Classes

**Please Note:** You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor’s appointments, etc. Members may sign-up for new classes beginning on Mega Sign-up Day, Wednesday, September 5, 9:15 a.m. - 4:45 p.m. Non-members may sign up for classes that allow non-members starting September 12, if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

**CLASS DESCRIPTIONS ARE ON PAGE 5.**

Class	Time	Current Session	Next Session Sign-up begins September 5
MONDAY			
Zumba Tone	9:30 – 10:30	July 23 to Sept. 24. 8 weeks. No class August 6. \$24, members only.	October 1 – December 17, No class October 8 or November 12. 10 weeks, \$30.00 members only
Acrylic Painting	10:00-12:00		September 24 – December 10. No class Oct. 8 or Nov. 12. 10 weeks. \$30.00; non members \$60.00
Power Burst	1:30-2:30	Aug. 20 to Oct. 22. 8 weeks. No class Sept. 3 or Oct. 8. \$16, members only.	October 29 – December 17. No class November 12. 7 weeks, \$14.00. Members only
Beginner Yoga*	10:15 to 11:15 a.m.	Aug. 6 to Oct. 1. Class held at Library. \$24, 8 weeks. *Please see class description, page 5	October 15 – December 17. No class October 8 or November 12. Class held at Library. 9 weeks \$27.00
TUESDAY			
Intermediate Yoga*	10:15-11:15	August 7 to Sept. 25. Class is held at Library. 8 weeks, \$24. *See description, page 5	October 2 – November 20. Class held at Library. 8 weeks \$24.00. Members only
Aqua-Arthritis Water Fitness	10:45—11:30	September 18 to November 6. CLASS IS FULL. See page 5 for description and special instructions. \$24 for 8 weeks. Free to YMCA members	
French Class	3:00—4:00	Continues until December. No class Sept. 4, Sept. 11, Sept. 18. Members only.	
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.
Zumba Gold	10:00-11:00	August 29 to October 17. \$24 for 8 weeks. Members only.	October 24 – December 19. 9 weeks \$27.00 Members only
THURSDAY			
Ceramics	9:30 – 11:30	August 2 to Oct. 4. No class Aug. 9 or 23. 8 weeks, \$32. Members only.	October 11 – December 13 No class November 1 & November 22 8 weeks \$32.00. Members only
Aqua-Arthritis Water Fitness 2	10:45—11:30	September 20 to Nov. 8. See page 5 for description. Class held at YMCA. \$24 for 8 weeks. Free to YMCA members.	
Knit & Crochet	1:00 – 3:00	July 26 to Sept. 27. No class Aug. 9 or Aug. 23. 8 wks, \$16. Members only	October 4 – December 20 No class November 1 & November 22 10 weeks \$20.00. Members only
FRIDAY			
Chair Yoga 1	9:30-10:30	August 24 to Oct. 12. \$16 for 8 weeks. Members only.	October 19 – December 21. No class November 2 & November 23. 8 weeks \$16.00. Members only
Chair Yoga 2	10:40-11:40	August 24 to Oct. 12. \$16 for 8 weeks. Members only.	October 19 – December 21. No class November 2 & November 23. 8 weeks \$16.00. Members only

## SNAPPY SENIORS’ LATEST PHOTO EXHIBIT COMING TO SENIOR CENTER IN OCTOBER

**“Oh, the Places We’ve Been,”** a new photo exhibit featuring the work of our Snappy Seniors photography group, will be on display at the Senior Center in October. The photos were on exhibit for the month of August at Apple Rehabilitation Center and were celebrated at a public reception. **“Oh, the Places We’ve Been”** is a travelogue of photos our Snappy Seniors have taken in locations such as Ireland, Cuba, Italy, Iceland, Greece, India, as well as many U.S. tourist destinations, including Hawaii, South Dakota, and National Parks. Everyone is welcome to visit the Senior Center to enjoy these 50 beautifully enlarged, framed photographs from across the globe, taken by our talented Snappy Seniors!



# Class Descriptions

**ACRYLIC PAINTING:** Class is resuming this month! 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 unsure whether 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 info.

**Instructor: Abbe Wade**

## **AQUA ARTHRITIS WATER FITNESS AT THE Y:**

This course is being held at the Plainville YMCA pool and offers a gentle range-of-motion work-out to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of an aquatic environment. Bring a bathing suit and towel. You will be able to use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. These sessions are being made possible thanks to the Main Street Community Foundation Grant for 2018. This grant provides for the partnership between the YMCA and the Plainville Senior Center to ensure that we can continue providing quality programs to local seniors.



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



**Instructor: Gloria Cerniglia**

**CHAIR YOGA:** In this mindful chair yoga class, we will practice gentle postures, breath work and meditation to discover the grace and wisdom of mind-body-spirit in movement and in stillness.

**Instructor: Rosalie Tanguay**

**FRENCH:** You will learn conversational French and have opportunities to attend French cultural events, field trips and more! **Instructor: Rachel St. Onge**

## **GENTLE YOGA FOR BEGINNERS—LEVEL 1**

This class is an introduction to the building blocks of yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release and is especially good for newcomers to yoga or those who would like a refresher on the basics.

**IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details. **Instructor: Jayapraba Mare DiBenigno.** Class is held at Plainville Library.

## **GENTLE YOGA FOR EXPERIENCED — LEVEL 2**

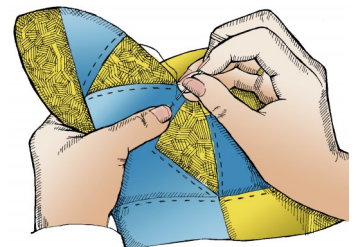
This class is for experienced students who are ready for the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details. **Instructor: Jayapraba Mare DiBenigno.** Class is held at Plainville Public Library.

**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 includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout.

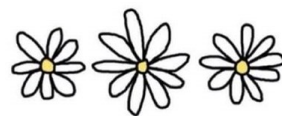
**Instructor: Caroline Dube**

**QUILTING:** Class is resuming this month! Beginners are always welcome to this class. You will learn proper rotary cutting and sewing techniques. Participants may also work on the Annual Senior Center quilt that is raffled during the Holiday fair, or 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:** Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**



## Ongoing Support for Veterans

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments on the first Wednesday of each month at the Senior Center.

He will be at the Center on Wednesday, September 5 and Wednesday, October 3. Please call Jason directly to make an appointment in advance — 1-203-805-6340.





# Trips

## Sign-Up Info

## Current Trips

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

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

**Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call 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 insurance policies cover most 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 that you 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 trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your seat assignment from the bus captain. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We cannot wait for late comers.***

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



**GEORGIA O'KEEFFE: VISIONS OF HAWAII, THE NY BOTANICAL GARDEN**

*SUNDAY, SEPT. 9, 7:30 A.M.*

Enjoy a lush flower show evoking the gardens and landscapes that inspired artist Georgia O'Keeffe. The Mertz Library Art Gallery is displaying more than 12 of O'Keeffe's Hawaii paintings, not seen together in New York since 1940. Highlights also include perennial and rock gardens in bloom, the Home Gardening Center, NYBG Museum Shop, the Garden Café and the new Pine Tree Café. Last stop is Arthur Avenue in the Bronx, to eat lunch (on your own) or to pick up some fresh pasta, superb cheeses, and pastries to take home. Cost is \$76 per person. Bus leaves from the Senior Center at 7:30 a.m. and returns to Plainville around 6:45 p.m. Sign-up has begun.



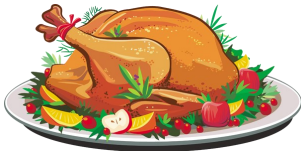
**JESUS! SIGHT & SOUND THEATER, LANCASTER, PA**  
*MONDAY, SEPT. 24– WEDNESDAY, SEPT. 26*

*Trip departs Our Lady of Mercy Church parking lot at 8:30 a.m. on Sept. 24 and returns to OLM lot at 7:15 p.m. on Sept. 26. **This trip is full. You may sign up on the waiting list.***

**THE TURKEY TRAIN — WINNIPESAUKEE RAILROAD**  
*THURSDAY, SEPT. 27*

*6:30 A.M. TO 8:30 P.M.*

Trip cost is \$103, to be paid at sign-up.  
**This trip is full. You may sign up on the waiting list.**



**OKTOBERFEST AT KRUCKER'S**

*TUESDAY, OCTOBER 23, 2018 8:00 A.M.*

Enjoy a full day at Krucker's Resort in Pomona, New York. This resort features its popular Oktoberfest with great food and music! Upon arrival, enjoy the Welcome Reception with coffee, tea, buttermilk scones, pancakes with maple syrup and apple cider. Lunch will include Barley Soup, Apple-sauce, a choice of Sauerbraten with Red Cabbage or Sliced Pork Loin with Sauerkraut, mashed potatoes, brussels sprouts, glazed carrots, Apple Strudel and vanilla ice cream. Beer, wine and soft drinks available, 12:00 noon to 4:30 p.m. Enjoy music, dancing and games all day, and finish up with a Bratwurst sandwich and cucumber salad at 4:00 p.m. Cost is \$93 per person, due at registration. Leave from OLM at 8:00 a.m. and return to Plainville approximately 7:15 p.m. Sign-up has begun.



*More Trips, next page*

# More Current Trips



**BOB HOPE USO-STYLE SHOW  
AT THE AQUA TURF**  
MON., NOVEMBER 12  
11:00 A.M. —3:30 P.M.

This delightful show is a special tribute to America's Viet Nam veterans. Join entertainer Bill Johnson as Bob Hope along with his special guests: Holly Faris as Marilyn Monroe and Phyllis Diller, PLUS Michelle Dellefave (an original "Golddigger!") See Bob Hope's comedy live once again with this look-alike and sound-alike tribute to the legendary comedian and his entertainment. This veterans' tribute has been performed across the United States and the South Pacific to rave reviews! Drive on your own to the Aqua-Turf in Southington for the show and family-style luncheon that will include salad, pasta, Chicken Florentine, Baked Scrod, Rice Pilaf, vegetable and dessert. Cost for this wonderful afternoon is just \$43 per person. Sign-up has begun.

## New Trip

**LA SALETTE FESTIVAL OF LIGHTS & FATHER PAT'S HOLIDAY CONCERT**

SATURDAY, DECEMBER 8, 9:15 A.M.

We have 25 seats on the annual **La Salette Festival of Lights & Father Pat's Holiday Concert Trip**. This motorcoach tour will travel to LaSalette Shrine in Attleboro, MA for their fabulous Festival of Lights, featuring more than 100,000 lights illuminating a beautiful landscape. The Holiday Concert evokes the true spirit of the holidays with everyone singing along. Attend mass, stroll the grounds, view the Nativity scenes, and visit the book and gift shop. Before the shrine visit, dig into a delicious family-style lunch at Morin's Restaurant of Attleboro, including salad and rolls, ziti with meatballs, boneless breast of chicken with cranberry glaze, broiled scrod with lemon crumb topping, au gratin potatoes, and assorted pastries and coffee. The cost of \$78 per person includes your motorcoach trip, visit to the Festival of Lights and Holiday Concert, and lunch. Depart at 9:15 a.m. from the Senior Center and return at about 8:30 p.m. Sign-up begins September 5.



**The Plainville Senior Center AND Trips are Scent-Free Zones!** Please help us keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, aftershave or other fragrances at the Center or on our bus trips!



# Big Trips 2019

Brochures for each of these trips are available on the trip rack at the Senior Center!

**NEW! 11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS**

OCTOBER 6—16, 2019



Journey to Spain on this fully-guided tour, where you'll enjoy four-star accommodations and explore historic cities including Cordoba, Toledo, Barcelona, Seville, Madrid and others! Over this eleven-day excursion, savor the highlights of this beautiful and historical country. Your experience will start in the dynamic coastal city of Barcelona on the Mediterranean sea.

You'll spend two days exploring wonderful plazas, modern squares, works by Gaudi (a designated UNESCO World Heritage Site), the Gothic Quarter and Spanish Village, and much more. You'll ride a cable-car up to Montjuic Castle and Olympic Stadium. In Seville, you'll visit the burial spot of Christopher Columbus and ride by rail to Madrid, where you'll enjoy an evening Flamenco show. An additional half-day is set aside for visiting important sites in Madrid, including the Prado Museum, the Royal Palace, the Las Ventas Bullring and the Bernabeu Football Stadium. Your visit to Toledo, another UNESCO World Heritage Site, includes a tour of a magnificent Gothic cathedral and a 13th century synagogue, a testament to the city's Jewish heritage. Trip costs include international airfare, 16 meals with wine at dinner, all sites listed above, plus a visit to a Spanish olive orchard, canal cruise, tour of Alhambra Palace and still much more! Pick up a trip flyer at the Senior Center, and come to the Big Trip Meeting planned for September 18th at 10:00 a.m. (See "Big Trip Meetings" page 8.)

**UTAH'S NATIONAL PARKS FROM LAS VEGAS**  
MAY 14—22, 2019 — 9 DAYS, 8 NIGHTS

See the "Mighty 5" National Parks — Canyonlands, Arches, Capitol Reef, Bryce (Shawn's favorite) and Zion National Parks. Add to that the Grand Canyon, Monument Valley, Route 66 and even a brief stop in Las Vegas for the trip of a lifetime! Added tours and adventures include: Tour of Antelope Canyon, 4-Wheel Drive Tour of Monument Valley with a Navajo Guide, Dead Horse State Park, Jet Boat Ride on the Colorado River, Red Cliffs Adventure Lodge, 4x4 Jeep Tour of Canyonlands National Park, Moab, Utah Movie Museum and Castle Creek Winery. The trip will be fully escorted from Plainville, includes local guides, a professional tour guide throughout and so much more! The trip is open to the public, so invite your friends (airfares are available across the U.S.).



**ALASKA & THE YUKON**  
JUNE 10-22, 2019 13 DAYS, 12 NIGHTS

Fully escorted from Plainville, this trip includes 8 days of land touring and 4 days of cruising on Holland America. Enjoy a ride on the McKinley Explorer Domed Train to Denali National Park, a Tundra Wilderness Tour plus Mt. Denali, stops in Fairbanks and a visit to the Trans-Alaska Pipeline.

*Continued, next page*



# Big Trips, cont. Quick Trips

## ALASKA & THE YUKON, CONTINUED

In Dawson, you'll view old-time wooden boardwalks, frontier-era buildings and the Jack London Museum. On your four-day cruise Skagway to Vancouver, watch for whales, eagles and otters, see Glacier Bay National Park, sheltered fjords, rainforests and wildlife, take in the Saxman Native Village and the Lumberjack Show in Ketchikan and still more. The trip is open to the public, so invite your friends (separate airfares are available from around the country). Pick up a brochure at the Senior Center.

## FREE TRANSPORTATION TO "ONSTAGE ALASKA" AT CABELA'S ON SEPTEMBER 7— A Special Presentation About Alaska & the Alaska Trip!

Holland America Cruise Line and Friendship Tours are offering this special free presentation about Alaska and the 2019 Alaska Trips. This exhilarating live performance and film presentation will show you all that the Great Land has to offer — towering mountains, ice age glaciers, abundant wildlife, gold panning and more! In addition, this show will feature Holland America's 2019 sailings. The program begins at 1:00 p.m. You must RSVP to attend. **The Plainville Senior Center is offering a free bus** for up to 12 persons. Leaves Senior Center at 12:00 noon; returns 3:30 p.m. Sign up has begun.

## Big Trip Meetings -- 2019 Trips

### Tuesday, September 18 at 10:00 a.m.

Here's a second chance to learn more about the big **Utah National Parks Trip** planned for May 14 through 22, 2019! (Described on page 7.) Come hear more and ask your questions. **ALSO**, this meeting will cover the exciting details of **the new Spain tour, planned for October 2019** (Described on page 7.) Sign up has begun.

### Wednesday, September 19, 11:30 a.m.

In addition to "Onstage Alaska" (see above), we will host a **second** Alaska Trip Meeting at the Senior Center. Drop by and bring your questions! Sign up has begun.

## Ending Soon: 2018 Big Trips

We still have trip brochures at the Senior Center.

- **Italy, October 1 –11** We will travel with a senior group from Berlin, CT on a "small group" trip to Italy. Eleven-days, Tuscany to Amalfi including Florence, Pisa, Rome, Vatican City, Isle of Capri, more!
- **Iceland 2, November 2—9** The escorted group tour teems with wildlife, spectacular landscapes and landmarks including Skogafoss Waterfall, Blue Lagoon, Glacial Lagoon, Northern Lights excursions, a tour of Reykjavik City and more.

Senior Center Quick Trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or Our Lady of Mercy Church (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.

**Passengers must be able to get to and from the bus on their own.** If you need a wheelchair lift, tell us at sign-up.

**TRIP GUIDELINES:** All Quick Trips charge \$8.00 for transportation, payable at registration. No phone reservations are accepted. Refunds are given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. If you are ill and cannot attend, please call the Senior Center when it is open or call Ceal DiFrancesco after hours (860-747-1927).

Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens. Please help us by signing up for trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!

## SIMSBURY ART TRAIL

SATURDAY, SEPTEMBER 8, 10:30 a.m. —3:15 p.m.

There is still space for the trip to Simsbury to enjoy a



scenic ride with short walks to view the 32 life-sized bronze sculptures "**Celebrating the Familiar**" by Seward Johnson. The sculptures reflect everyday people performing a variety of tasks and activities. The sculptures

have been placed in Simsbury until September 15<sup>th</sup>. Our bus will drive the route of the Art Trail and make stops for passengers to get out and view some of the sculptures up close. The group will then go to Harvest Café Bakery for lunch. \$8 for transportation is due at sign-up. Lunch is on your own. Home pick-ups, for those who do not drive, begin at 10:15 a.m. Bus leaves Senior Center at 10:30 a.m. Returns to Plainville about 3:15 p.m. Sign-ups have begun.

## CHRISTMAS TREE SHOP AND HOMETOWN BUFFET, MANCHESTER

SATURDAY, SEPTEMBER 22, 9:15 a.m. —3:00 p.m.

It's a perfect time to look for fall bargains at the Christmas Tree Shop and then enjoy lunch at Hometown Buffet. \$8 for transportation is payable at registration. Home pick-ups for those who do not drive begin at 9:15 a.m., then Senior Center pick-up is at 9:30 a.m. Return to Plainville by 3:00 p.m. Sign-ups begin Sept. 5.

*More Quick Trips, next page*



**Please help us by signing up for Trips, Outdoor Adventures and Quick Trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects those who have already signed up. Thank you!**



# Quick Trips, cont. Outdoor Adventure cont.

## STATE-WIDE HAPPY HOUR CELEBRATING NATIONAL SENIOR CENTER MONTH, STONY CREEK BREWERY, BRANFORD

TUESDAY, SEPTEMBER 25, 3:00—7:00 p.m.

Meet others from Senior Centers across the state! Join the fun at the State's #4 tourist attraction, Stony Creek Brewery. Enjoy a spectacular view of the Branford River, play some of the outdoor games (bocce, corn hole) or simply visit with other seniors from around the state. Beer, wine and soda will be available to purchase from the indoor and outdoor tap-rooms, plus a food truck.

Hors d'oeuvres will be provided free of charge by the Branford Senior Center. \$8.00 transportation fee is due at sign-up.

**You must register by Monday, Sept. 17, as we need "a count" in advance.** Home pick-ups, for those who do not drive, begin at 2:45 p.m. The bus will leave the Senior Center at 3:00 p.m. and return to Plainville by 7:00 p.m. Sign-ups begin September 5.



## BEARDSLEY ZOO

SATURDAY, SEPTEMBER 29, 9:00 a.m.—4:00 p.m.

Spend a day at Connecticut's Beardsley Zoo and see more than 300 animals representing primarily North and South American species. Learn about their many endangered and threatened species. Watch the river otters feeding at 12:00 p.m. and the alligator feeding at 2:00 p.m. \$8.00 transportation fee is due at registration. Zoo entrance fee of \$11.00 and lunch at the Peacock Café are on your own. Home pick-ups, **for those who do not drive**, begin at 9:00 a.m. The bus will leave the Senior Center at 9:30 a.m. and return to Plainville by 4:00 p.m. **Sign-ups begin September 5.**

# Outdoor Adventure Club

## WHITE WATER RAFTING, DEERFIELD RIVER

FRIDAY, SEPTEMBER 7, 8:15 A.M.

The rafting trip is 10 miles and includes fun opportunities to get out of the boat and float or engage in team water fights! Bring your bathing suit or shorts, sandals with straps or water shoes, sunscreen, towel, change of clothes and shoes for after the trip. **This trip goes rain or shine and is non-refundable.** \$94.00 per person includes lifejacket, helmet, safety lecture, paddle instruction, hearty picnic lunch, raft guide gratuity and transportation. We leave at 8:15 a.m. from the Senior Center and return at approximately 7:30 p.m. We will stop at McDonalds on the way home to eat. Sign-up has begun.

## WALKING HISTORY TOUR, DOWNTOWN NEW BRITAIN

WEDNESDAY, SEPTEMBER 12, 9:15 A.M.

We will take CT Fastrak and have a 2-hour walking tour of downtown New Britain led by New Britain Historian Andrea Kulak.

## Walking History, Continued....

Following our tour, we will stop for lunch (on your own) at The Kitchen Eatery (if you wish, you may view their menu online at [thekitcheneateryct.com](http://thekitcheneateryct.com)). Meet at the bus stop in front of the Plainville Library at 9:15 a.m. You must have exact change to ride the bus. Please bring \$1.70 with you for round-trip bus fare. Cost of \$5.00 includes leader and tour guide. (Rain date: Sept. 19) Sign-up has begun.

## WHITE MEMORIAL CONSERVATION CENTER HIKE

FRIDAY, SEPTEMBER 14 2:30 P.M.

A nostalgic, 4,000-acre wildlife sanctuary in Litchfield is our destination for this serene and easy-level hike over dirt roads and part of the blue-blazed Mattatuck trail. Just over six miles of the Mattatuck trail is within the



White Memorial Conservation Center. The hike will be approximately 4.5 miles, taking about 2.5 hours. We will depart from the Senior Center at 2:30 p.m. and return at approximately 6:30 p.m. Bring a water bottle, snack and a fleece or lightly-insulated jacket in case of cooler weather.

Fee of \$8.00 includes leader (Jared Scoville) and transportation. Sign-up has begun.

## HAPPIEST PADDLER KAYAKING, EAST HAMPTON

SATURDAY, SEPTEMBER 22, 9:30 A.M.

Do you love kayaking? Or maybe you need a little help getting started and want to paddle over calm water. This is the kayak adventure for you! We will take the Senior Center bus to The Happiest Paddler, enjoy two hours of paddling on the lake, enjoy a picnic lunch (bring your own) and then head back to Plainville. The Happiest Paddler has a unique system that provides easy entry into and out of the kayak — you enter directly from dock. Cost includes transportation, leader, kayaking, life jacket and equipment. Leave the Senior Center at 9:30 a.m. and return about 2 p.m. Please wear clothing that can get wet. Sunscreen and hat recommended. Bring water bottles, a bag lunch and snacks to enjoy in the adjacent picnic area. Total payment of \$38 is due at registration. Leader: Jared Scoville. Sign up begins September 5.

## RAILS TO TRAILS: 20-MILE BIKE RIDE — NORTHAMPTON, MA

WEDNESDAY, SEPTEMBER 26, 8:45 A.M.

We will bike along the scenic Northampton Bike Way. After biking, enjoy a leisurely lunch (on your own) at Fitzwilly's. Participants must be able to bike for 2 hours (about 20 miles roundtrip). Participants must wear a bike helmet. Bring a bike lock if you have it, along with water and a snack. Meet at OLM at 8:45 a.m. to caravan/carpool to Northampton, MA. We will return to Plainville at approximately 3:30 p.m. Pay Eileen Cyr \$3.00 day of trip. Rain date is October 3. Please sign up at the Senior Center starting Sept. 5.

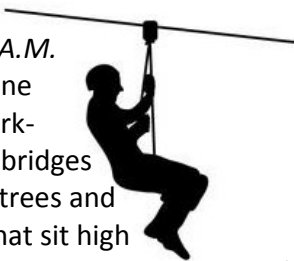


Continued....

More Adventures, page 10

# Outdoor Adventure cont.

**ZIPLINE ADVENTURE AT ZOAR OUTDOORS, CHARLEMONT, MA**  
**SATURDAY, OCTOBER 6, 7:00 A.M.**  
This unique 3-hour guided Zip Line Canopy Tour in the Northern Berkshires follows 11 zip lines, 2 sky bridges and 3 rappels suspended in the trees and connected through platforms that sit high above the forest floor! We will travel with members of the South Windsor Senior Center in their bus to Charlemont, MA. You'll experience progressively faster zips, feel the exhilarating wind whip past your face, and enjoy tremendous views of the Deerfield River Valley and Northern Berkshires! Weight limit is 250 pounds per person. Wear hiking boots or sturdy sneakers and long pants. No open-toed shoes. Do not wear loose clothing and dress appropriately for the weather. Cost of \$100 includes transportation and the guided zip line adventure. Trip is non-refundable, unless you buy trip cancellation insurance for \$14.00. Trip goes rain or shine. (If you cancel but have trip insurance, a refund of \$94.00 would be available). We will stop for lunch (on your own) on the way home. Bus leaves Senior Center Lot at 7:00 a.m. and returns about 3:00 p.m. Sign up begins September 5.



**URBAN ADVENTURE SOUTH END WALKING TOUR**  
**WEDNESDAY, OCTOBER 10, 9:15 A.M.**  
Join Eileen Cyr as we travel via CT FastTrak for a walking history tour of the South End of Hartford. Wendy Pawlak, Hartford historian, writer, lecturer, researcher, teacher and friendly tour guide will lead us through the South End of Hartford, where she will provide lots of information about this part of the city: Campfield Library, Major Thomas McManus Memorial Park, St. Augustine Church, Barry Square, Old South Burial Ground, Institute of Living, and the history of Hartford Hospital. Participants must be able to walk and stand without breaks for 1 ½ hours. We will stop for lunch (on your own). Rain date is October 17. Meet at the bus stop in front of Plainville Public Library at 9:15 a.m. Cost of \$5.00 due at registration includes leader and tour guide. Bring \$1.70 and an additional .85 cents (for bus transfer) in exact change for the bus fare. Lunch is on your own. Returns approximately 2:30 p.m. Sign up begins September 5.

## We Welcome New Members to the Plainville Senior Center for July 2018!

Thomas Martin, Jr., Kathleen Martin, Deborah Leclerc, Dennis Robinson, William Cancelli, Paul Nocera, Arthur Schneider, Barbara Schinitis, Edward Schinitis, Juanita Ellard, J. Michael Lang, Marilou Lang, Laura Barre, Dorree Jones-Richards, Rose Mary Holland, Therese Albert and Pauline Dow



# Donations

## The Senior Center Always 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 wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **We do not use blank cards, holiday cards, religious cards, mass cards or birthday cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need!

**Please note:** 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 this Newsletter. (If you wish to have your donation remain anonymous, please tell 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 16 — August 15**  
Shirley Osle, Celeste Raboin, Plainville Food Pantry, Olga Callender, Marge Burgess, Lois Schmidt (4), Maria Soto, Debra Palazzolo, Maria Wynkoop, Mary Jane Dumais, Wilma Michaud, Kathie Lickwar, Gail Adams, Bob LaBarre, Lee Toner, Rita Dewyea, Tony Guerriero, Sandy T., Donna Wolicki (2), Scott Wilson, Kathie Marsan, Louise Barry, Vicki Chapman, Azelda Nadeau, Betty Turner, Gail Kreneck, Beverly Lebeau, Sue DesRochers, Eva Klinger, Beverly Toews, Purnina Moby, Anne Wrobelewski, Laurie Davies, Michelle Cormier, Judy Anderson, Lynn Gagnon, Circle Group, Tom Wells, Anonymous (2), John Kirsch, Christine Rodrique, Masako McDonald, Lakshmi Padmanabhan, Norma Weisenburger, Lori Corsini, Lenora Beck (2), Judy Duperry, Cara Wesolowski, Barbara Wallace, Madeline Drake, Doris Olson, Rita Rival, Jane Mack, Bev Heslin, Kathi DeSanty, Barbara Barton, Doris Rudnicki, Donald Liljedahl, Ellen Thomas, Pat Larosa, Diane Cizauskas, Judy Briggs, Shirley Heiskari, Anna Gagnon, Teresa Bliven, Carol Beam, Diane Plante, Catherine Humai, Ann-Marie Heering

**MEMORIAL DONATIONS through August 15**  
The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made out to the Plainville Senior Center. The deceased person's name will be listed in the Memorial Book displayed in our lounge, along with the donor's name. Memorial donations are used to enhance the operation of the Senior Center.

- In Memory of:**
- **George Carden** — Eunice Carden
  - **Carmine & Roberta LaLama** — Plainville Republican Town Committee, Mike Hermanowski
  - **Wilson Belanger** — Mike Hermanowski
  - **Michael Heslin** — Lee Ann Korus

**DIAL-A-RIDE DONATIONS through August 15**  
Carol Wright, Susan Denham, Helen Bonner, Anonymous, Lynne Fox, Walter Reckert, Marilyn Petit, Barbara Barton



# Weekly Tournament Winners PEAK Fitness Center

## SETBACK

**AUGUST 13:** 1ST: Bill Cancelli & Roy Kaine  
2ND: Linda Dominique & Gladys DuFour  
3RD: (TIE) Mary Lavanti & Carol Diana  
John Sisson & Verna Pekrul

**JULY 30:** 1ST: Nancy West & John Gasparini  
2ND: Donna Albrecht & Anne Theriault  
3RD: Linda Dominique & Gladys Dufour

**JULY 23:** 1ST: Tony Lusitani & Fran Bolduc  
2ND: Rose Dunlap & Grace Lapila  
3RD: Roy Kaine & Richard Nordgren

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## BILLIARDS

**AUGUST 9:** 1ST: Ellen Couture & Joe Babin  
2ND: Patty Cancelli & Mitch Ziolkowski



**AUGUST 2:** 1ST: Mike Hermanowski & Mitch Ziolkowski  
2ND: Stan Funk & Joe Babin

**JULY 26:** 1ST: Joe Beaudin & Mitch Ziolkowski  
2ND: Tony Lusitani & Joe Babin

## Bowling League



The Bowling League has a few openings! The new season starts at the end of August so there is still time if you want to join us. Please call Frank Robinson at 860-747-2918 or

e-mail at [FgrahamR@aol.com](mailto:FgrahamR@aol.com). You can also call Betty Kirch at 860-690-2354 or email her at [lizk54@comcast.net](mailto:lizk54@comcast.net).

## *Did you know that exercise can help you:*

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



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 cardio-vascular workout using both upper and lower body.*
- **Bicycle:** *Recumbent bicycle allows you to ride in comfort. There is a seat back 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.*

**Membership rates:** Costs are \$9/one month, \$40/six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training.

Ready to sign up? Just stop by our front desk for a membership packet that includes a medical approval form.



## Cheer Report

*July 16 to August 15, 2018*

### *Get Well & Thinking of You Cards were sent to:*

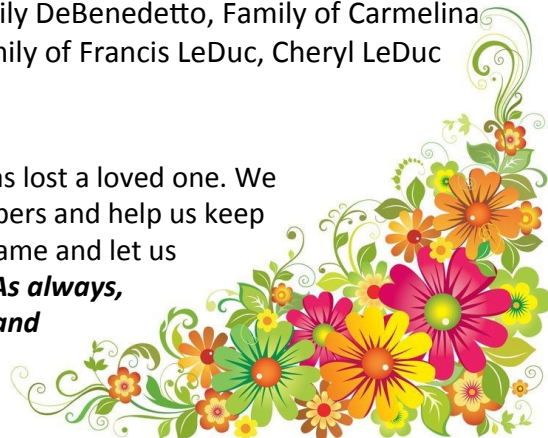
Wendell Copeland, Joe Fortuna,  
Bob Kapinsky, Marianna Ryszynski,  
Dianne Misko, Joan Hamel, Hazel  
Decker, Roland & Beatrice Dumont,  
Marie & Jack Cassidy, Barbara Werner,  
Grace Nelson

### *Sympathy Cards were sent to:*

Christine Simcik, Family of Leo Raboin, Dennis & Sandy Robinson, Family of Sal Palozzolo, Reno Daigle, Fatima Kassim, Tammy Roth & Family, Annette Burbank, Family of June Lemanski, Family of Shirley Cavaliere, Family of Wilson Belanger, Family of Emily DeBenedetto, Family of Carmelina Bordaro, Family of Francis LeDuc, Cheryl LeDuc

### *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. Cheer cards mean SO much to members and help us keep our files updated. Call the Senior Center at 860-747-5728 to give a name and let us know if the person should receive a cheer card or a sympathy card. ***As always, thank you, Carol Perry for sending out cheer cards to our members and their families!***



# Tuesday Shopping Bus

In order to ride the Senior Center’s Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over age 60 or a Plainville resident of any age who is disabled. Please be ready at least 15 minutes before departure. We leave on time. Call the Senior Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up. We can only accommodate eight (8) people on the Tuesday Shopping Bus. Sign up early!

- **September 11, 2018—Bristol Shopping Plaza — 11:15 a.m.—3:00 p.m.** (home pickups start at 11:15 a.m. and we leave from the Center at 11:30)
- **September 25, 2018—ShopRite, Southington- PLEASE NOTE CHANGE IN TIME — 10:00 a.m.— 1:00 p.m.** (We start home pickups at 10:00 a.m. and leave from the Center at 10:15)

# Library News

**History of Climate Change Through Words & Music:** Join the Library Wednesday, September 5<sup>th</sup> at 7 p.m. for an evening of music and enlightenment as violinist Linda Beers, storyteller Deborah Roe, and singer Mark Malone present the history of climate change through words and music. No registration needed. Call 860-793-1446 with any questions.

**Writing Workshop:** Local author Steve Liskow will run a writing workshop for aspiring writers on Tuesday, September 18<sup>th</sup> at 6:30 p.m. at the Library. The workshop, “Says Who?” will focus on one of the most overlooked and crucial decisions when writing, the “point of view.” Space is limited. Register by calling 860-793-1446 or stop by the Plainville Public Library Reference Desk.

**September Movie Matinee:** The Library will show “The Leisure Seeker” on Thursday, September 13 at 1:00 p.m. and Saturday, September 22 at 1:30 p.m. in the Chase Auditorium. The film is rated R and runs 1 hour 53 minutes. Helen Mirren and Donald Sutherland star as a couple taking one last road trip from Boston to Florida before illness catches up with them.

**Friends of the Library:** The Friends of the Plainville Public Library will meet on Saturday, September 8 at 10:00 a.m. at the library. Anyone interested in joining the Friends or members who would like to become more involved are welcome to attend. The Friends are hosting their **semi-annual book sale** on Friday, September 28 from 6-8 p.m. and Saturday, September 29 from 10 a.m. to 3 p.m. at the Library.



**Moveable Senior Center Events**  
Lesbian, gay, bisexual and transgender (LGBT) adults and allies of the LGBT community are invited to join the LGBT **Moveable Senior Center (MSC)** — a partnership among senior centers in Greater Hartford to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging. Here are some events planned by MSC member centers and allies!

**Saturday, Sept. 8 — Hartford Pride Festival**  
**Pratt Street, Hartford**  
Go online to [www.hartfordpride.com](http://www.hartfordpride.com) or please call 860-841-2345

**Thursday, Sept. 27 — Arts in the Greater Hartford Area**  
**Bloomfield Senior Center – 2:30-7:30 p.m.**  
Hartford Stage, RealArtWays and Theaterworks are being invited to do presentations/talks about their Pride & Play and other events. A Mocktail/Karaoke party and light supper are included. Additionally, the Center will host an AARP Safe Driver class that day from 12:00-4:00 pm. Anyone who would like to come early to take advantage of that opportunity, and then stay for the program and supper is welcome. The Safe Driver program requires advance registration and a \$15.00 fee for AARP members (\$20.00 for non-members). Call the Senior Center — 860-243-8361

**Friday, Sept. 28 — Getting it Right: Creating an LGBT Inclusive Organization**  
**West Hartford Sr. Center – 1:00 p.m.**  
JFS Care at Home will talk about their recent accreditation. There will be a discussion about the challenges LGBT people face, particularly as they age. JFS Care at Home is a non-medical home care company affiliated with Jewish Family Services of Greater Hartford. Refreshments will be provided. Program is free. Please RSVP by calling 860-561-7582.

**October 2 – “Romance at Stonegate” Author Reading by Ellen Levy**  
**Elmwood Senior Center — 4:30-6:00 p.m.**  
This program will feature a reading by Ellen Levy, author of Romance at Stonegate, about two young Jewish women vacationing in Western Massachusetts during the summer of 1910. They are immediately attracted to one another, though neither understands. As they build a friendship, they find that their connection is more intimate and intriguing than either had imagined.

# AARP Trips

- **Sept. 6, MGM Casino, Springfield.** Leaves OLM lot at 8:30 a.m., Leave Casino at 3:30 p.m. \$25.
- **November 8, Phantom at Westchester Broadway Theater,** \$108 includes lunch
- **April 1-5, 2019, New Orleans, LA,** \$2299.00
- **November 9-24, 2019, Panama Canal,** \$1999

*For information on any of these trips or to sign up please call Sally at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Center. You cannot sign-up or pay for them at the Center.*



# Transportation

## DIAL-A-RIDE

**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, Southington, New Britain, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. Also, 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 \$1.00 donation for each way is suggested, but not required.*



## ADA Para-Transit

***Another option with more hours and destinations***

The Americans with Disability Act (ADA) Paratransit Service provides more hours and more destinations than the Senior Center's Dial-A-Ride service and even runs on Sunday! It is another option for seniors and persons with a disability who cannot drive.

The ADA Paratransit ride service travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you still may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 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 in a book of ten for \$28 (only \$2.80 each). **A driver can assist you door-to-door if you make arrangements ahead of time.** 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.

### **You Must be Pre-Approved — How to Apply:**

The application process is now part of the Greater Hartford Transit District. The on-line application can be found online at **www.ctada.com**.

***Continued...***

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 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 two to four 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.



Once you are approved, you can re-serve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m.—5:00 p.m. So give it a try — broaden your horizons, go shopping or visit a friend. Sunday service can take you to religious services. You can schedule an appointment at 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).

### **2018 ADA PARTICIPATION GROUP FORUM**

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting is on **September 12, 2018 at 5 p.m.** The Forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation about the ADA Paratransit Service. Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: **pwilliams@hartfordtransit.org** 48 hours in advance.

***Have questions about transportation services? Call Bette or Stephanie at 860-747-5728.***



***Your suggestions, ideas, concerns and comments are welcome! Feel free to talk directly to Shawn or Ronda or write them down and put in the Suggestion Box on the counter across from the rest rooms.***

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# This & That

## 2018 SENIOR FARMER'S MARKET NUTRITION PROGRAM



We still have Farmer Market Coupon Books for anyone who hasn’t received one this year! The monthly income limits for this year are \$1,860 for singles and \$2,504 for a couple. These coupons are valid until the Farmer's Markets close for the season. Call Bette or Stephanie — 860-747-5728.

## RENTER’S REBATE APPOINTMENTS

Until Friday, September 28, the Town of Plainville Assessor’s Office is offering help to persons wishing to apply for the Renters’ Rebate Program for elderly and disabled renters. Appointments are held at the Plainville Senior Center. Income limits for the Renters’ Rebate Program are:

- for single people \$35,300
- for married couples \$43,000

Call the Assessor's Office at 860-793-0221 ext. 244 for an appointment.

## CHAIRS FOR SALE

We are selling some well-made wooden chairs with upholstered seats. These have been used throughout the Center, including the Craft Room. They are in fair to good condition, and can make an attractive occasional chair or casual dining chair. Priced to sell at \$3.00 each or 2 for \$5.00.

## FREE TRANSPORTATION TO A “JOURNEY THROUGH PAINTINGS” ABBE WADE EXHIBIT IN EAST HARTFORD

Our own Acrylic Painting instructor P.R. Bailey (Abbe Wade) is having an exhibit of her artwork on Sunday, September 9 at Hartford Fine Art and Framing. The free reception, open to the public, will include refreshments and run from 1:00 to 4:00 p.m. Paintings will be available for purchase. Call the Center to sign up for free transportation. Home pick-ups for those who do not drive begin at 12:30 p.m. Pickup at the Center is at 1:00 p.m. Return to Plainville approximately 3:30 p.m.

## SENIOR CENTER DISPLAY CASE

September will feature a collection of hand-crafted greeting cards made by Margaret Lemrise. If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period.

## CONGREGATE MEAL PROGRAM

You may stop by the big 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.**

## MEALS ON WHEELS VOLUNTEERS NEEDED

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Mon-Fri., typically from 10 A.M. to 12 noon. Deliver one or more days per week, or be on call to cover for other volunteers during an illness or vacation. Mileage reimbursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior Center for more information: 860-747-5728.

## LOOKING FOR A FREE DIGITAL CAMERA

We have a gentleman who would like to take photos but cannot afford to buy a camera. Does anyone have a digital camera they are not using anymore? If so, please call Shawn at the Senior Center. Thank you!



# Nursing, Insurance Info, Etc. Care & Support

## We are here to help!

### REGULAR AND DIABETIC FOOT CARE

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 Senior Center members who live in Plainville and \$28.00 for out-of-town Senior Center members.** You must pay with exact change, or by check 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 appointment for ear wax removal. At least one week before your appointment, you must come into the Senior Center for an instruction sheet that explains the preparation procedure and paperwork that you must fill out and bring in to your appointment.

### FREE BLOOD PRESSURE SCREENINGS

- **Thursday, September 13, 1:00—2:00 p.m.**  
(provided by Hartford Health Care)
- **Wednesday, September 5 and Wednesday, September 19, 11:00 am-12 pm**  
(provided by Interim Health Care)
- **Monday, September 24, 12:00—12:30 p.m.**  
(with our Nurse)

### CHOLESTEROL SCREENING

A quick appointment and a drop of blood from your fingertip can tell you your numbers for total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose. This type of test does not require fasting. Knowing these numbers and taking appropriate health measures are great steps toward a healthier you! Call the Senior Center for an appointment with our nurse. Cost is \$12.00.

### Guard Against Scammers Seeking Your New Medicare Information!

You may have received your new Medicare card, or will soon find it in your mailbox. Please be on guard against emails or phone calls asking for your new Medicare number or other personal information! Your new card replaces the old one that included your Social Security number. It has a unique combination of letters and numbers and should help to prevent identity theft. Also, **there is no fee that you must pay in order to get your new Medicare card**, so hang up on anyone who wants you to send money for the card. Medicare does not call anyone, nor does it send email. Once you get your new card, destroy the old one (shred it or cut it to tiny pieces), and throw it away.

### QUESTIONS FOR THE SOCIAL WORKER

**MONDAYS, SEPTEMBER 10 and 17, 12:30 P.M.**

If you have questions, we have answers! We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find Alzheimer's help in the community or home care. 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 sign-up needed; no question is too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center to schedule a time that's convenient.

### GRANDPARENTS RAISING GRANDCHILDREN

**TUESDAY, SEPTEMBER 11, 10:30 A.M.**

Welcome back! It's September and for many, the start of a new school year. 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 households where grandparents and relatives are responsible for the needs of children and teens. Come and share resources, ideas, struggles, joys and more with others who are raising their grand-children. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. Sign-up begins September 5.

### CAREGIVING CONNECTIONS

**TUESDAY, SEPTEMBER 18, 10:00 A.M.**

The long hot summer of caregiving may have left you a bit depleted of energy and patience! Caregiving is always difficult but never more difficult than during the heat of summer. Come and be refreshed and strengthened by friends who both understand and share your challenges and appreciate your caring commitment. Patty O'Brian, CDP will join us to share caregiving tips and suggestions, along with answering any questions we might have. Patty is a Dementia Specialist with the Hartford Healthcare Center for Healthy Aging. She has had years of experience in dementia care and always has valuable information to share. Join us for what promises to be a lively reunion of caregivers! Call Bette at the Center with any questions or concerns.

### BRIGHTER FOCUS

**THURSDAY, SEPTEMBER 20, 10:00 a.m.**

Join us as we continue to slow down and delve deeper into the meaning of life in our wordy chaotic world! Come armed with your ideas and recent books and articles you have read to share or just come and be present! New members are welcome. Call Bette for further information.

### Free Low Vision Support Group

A free support group meets on the third Tuesday of each month at the Farmington Senior Center for anyone with vision loss due to macular degeneration, diabetic retinopathy, glaucoma or cataracts. Family members are also welcome! The Low Vision Support Group meets from 1:00 to 2:30 P.M. with guest speakers, field trips, social events and group discussions. The goal is to provide a comfortable place to share experiences, information and practical tips on how to deal with daily activities that are difficult due to vision loss. Next meeting is Tuesday, September 18 at the Farmington Senior Center, 321 New Britain Avenue, Unionville. You may call 860-675-2390 with questions.

# SEPTEMBER 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						SEPT. 1
SEPT. 2	3	4	5	6	7	8
<b>KEY:</b> <b>GR:</b> Green Room, <b>BR:</b> Blue Rm, <b>GA:</b> Game Room, <b>CR:</b> Craft Room <b>C:</b> Café, <b>CL:</b> Computer Lab, <b>OS:</b> Old Store, <b>K:</b> Kitchen <b>L:</b> Library <b>*By Appt.</b>	<b>Labor Day Senior Center Closed</b>	<b>*9:00 NURSE</b> 9:00 Walking GR 9:30 AM Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 10:15 Int. Yoga L 10:30 Vet. Coffee Hr. CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR	<b>MEGA and FREE SIGN-UP DAY</b>  9:00 Walking GR 9:30 Quilting CR *10:00 Vet Appts CL 10:00 Zumba Gold GR 11:00 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Five Wishes GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR	8:15 Wh. Water Rafting Trip 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 9:30 Choral Gp. BR 10:40 Chr Yoga 2 GR 12:00 Pinochle L 12:00 Bus to "Onstage Alaska"	10:30 Simsbury Art Trail
9	10	11	12	13	14	15
7:30 NYC Botanical Garden	<b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for the Social Worker 12:45 Bowling 1:30 Power Burst BR	<b>*9:00 NURSE</b> 9:00 Walking GR 9:15 NB Walking Tour 9:30 AM Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:30 Grandparents GR 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Keep Mem. Strong GR 1:00 Bridge OS 1:00 PM Wii Bowling BR 2:00 Cooking for One C	9:00 Walking GR 9:15 New Britain Walking Tour 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Tuscany Document Mtg. CR	<b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 12:00 COA Meeting CR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 BP Clinic 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR	9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:40 Chair Yoga 2 GR 12:00 Pinochle L 2:30 Litchfield Hike	
16	17	18	19	20	21	22
	<b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Pumpkin Spice Diet CR 9:30 Zumba Tone GR 10:00 Current Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 12:45 Bowling 1:30 Power Burst BR	<b>*9:00 NURSE</b> 9:00 Walking GR 9:30 AM Wii Bowling BR 10:00 Utah and Spain Big Trip Mtg. 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Caregiving Conn. GR 10:15 Int. Yoga L 10:45 Aqua Fitness YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Keep Memory Strong GR 1:00 PM Wii Bowling BR 1:00 Bridge OS	9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 11:00 BP Clinic 11:30 Alaska Big Trip Meeting 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train CL 10:00 Brighter Focus GA 10:00 Snappy Srs. Lib. 10:45 Aqua Fitness 2 at YMCA 11:00 Laughter Yoga GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR	9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:00 To Take or Not: OTC Meds CR 10:40 Chair Yoga 2 GR 11:30 Friends Helping Friends 12:00 Pinochle L 12:45 Bus to Art Show	Happiest Paddler Kayaking 9:30  Christmas Tree Shop 9:15 a.m.
23	24	25	26	27	28	29
	8:30 Jesus Trip <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. 10:15 Beg. Yoga L 12:00 BP Clinic 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:30 Power Burst BR 3:00 Homemade Pasta	<b>*9:00 NURSE</b> 9:00 Walking GR 9:30 AM Wii Bowling BR 10:00 Shopping Bus 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fitness YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Keep Memory Strong GR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA 3:00 Stony Crk. Brewery	8:45 Bike Ride, Northampton 9:00 Walking GR 9:30 Books & Bagels 9:30 Quilting CR 10:00 Zumba Gold GR 11:00 Benefits Checkup 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	<b>*9:00 NURSE</b> 6:30 Turkey Train 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:45 Aqua Fitness 2 at YMCA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Bridge OS 1:00 Wound Care CR 1:00 Knit & Crochet GR	9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:40 Chair Yoga 2 GR 12:00 Pinochle L	9:00 Beardsley Zoo
30						