

Shawn Cohen, *Director*

Ronda Guberman, *Assistant Director*

200 East Street, Plainville, CT 06062 🍌 860.747.5728 🍌 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.

Mega Sign-Up Day (for free and paid programs) is on Sept. 4 from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. Online registration begins at noon for programs accepting online sign-up. If the Center is closed on Mega Sign-Up Day due to weather or 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 a.m. during regular Senior Center hours. We accept cash and checks made out to the Plainville Senior Center only.

Optional Online Registration is Here!

Beginning with September sign-up, we are offering online registration for some free events. You will always be able to sign up in person. But if you want to try online registration, we have put step by step instructions on page 2.

Once online, you'll be able to register yourself for certain free events **and** check out what's happening day-by-day at the Senior Center from the comfort of your own home. This month, sign-up day is Wednesday, September 4. As always, sign-up by phone or in person begins at 9:15 a.m. Online registration for new programs will begin at 12 noon and then continue to be available 24 hours a day, 7 days a week!

In each newsletter, we will note several free programs that can be signed up for online. Look for this information at the bottom of each program write-up. Again, you can **still** sign up for any free program in person or by phone, as always. Programs with a cost still require you to come to the Center to pre-pay with cash or check. To learn how to register online, please see page 2!

VETERANS' BENEFITS WORKSHOP

THURSDAY, SEPT. 12, 10:00 A.M.

If you're a veteran, be sure to attend this program with Jason Coppola, Veterans Service Officer from the State Office of Advocacy and Assistance. Jason knows the ins and outs of veterans benefits, and will explain how he can help veterans who are trying to access federal and state benefits — including financial, medical, home care, disability, survivor benefits and more. Sign-up has begun; **online is available**.



Looking for Volunteers!

The Café needs volunteers who like to be around people and to work with food — prep workers, servers, cashiers and dishwashers. Hours vary, Tuesdays and Wednesdays. If interested, call Ronda or Evelyn at 860-747-5728. **Please turn to page 14 to see other volunteer opportunities at the Senior Center.**

Important Notices:

- The Veteran's Coffee Hour on Sept. 3 is cancelled.
- Jason Coppola appointments on Sept. 4 are cancelled.
- **Come to the Veterans' Benefits Workshop Sept. 12!**

UNDERSTANDING YOUR MEDICARE CHOICES & BENEFITS CHECK-UP

MONDAY, SEPT. 23, 5:00 P.M. AT SENIOR CENTER

If you're turning 65, new to Medicare, or deciding on retirement, you'll need to make important decisions about your health care coverage! Join our Social Worker Stephanie Soucy as she explains the Medicare options available to you. She will also discuss how Benefits Enrollment Centers help people determine their eligibility for state and local benefits, like the Medicare Savings Program, heat/utility assistance and other programs. Application forms will be available to take home, fill out and return. Refreshments will be served. Call or visit the Senior Center to register. Sign-up has begun; **online is available**.

RENTAL REBATE APPOINTMENTS

The Plainville Assessor's Office is making appointments to take applications for the Renters' Rebate Program for elderly and disabled renters. **Appointments will be at the Senior Center. Call 860-793-0221 ext. 244 for an appointment.**

- Income requirements for single people — \$36,000
- Income requirements for married couples — \$43,900

Qualifications for the Program: Applicants must:

- have been 65 years old before to Dec. 31, 2018 or have a 100% disability rating from the Social Security Administration.
- have been a resident of CT for any one year.
- provide a copy of their 2018 income tax return, or if not required to file a return, must supply copies of their source of income and the amounts.
- provide their 1099 from Social Security as proof of Social Security benefits collected in 2018.
- have canceled checks, receipts or a letter from their landlord showing how much rent was paid in 2018, along with proof showing how much in utilities was paid in 2018.

Special FREE Trip to Lyman Orchards, p. 6

Free Bus to LGBT Event, p. 6

Free Baseball tickets, p. 11

Free Skin Cancer Screen, p. 12

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. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

VETERANS' COFFEE HOUR

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

TUESDAY, OCTOBER 1, 10:30 A.M.

These monthly information and support meetings are conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Please call the Center at 860-747-5728 to register. Sign-up has begun; **online is available.**



CHRONIC BACK PAIN

THURSDAY, SEPTEMBER 5, 1:00 P.M.

New guidelines from the American College of Physicians say first-line therapy for chronic back pain should be non-drug treatments. Learn various approaches to minimize lower back pain. Presented by Lisa Murawski, Exercise Physiologist with GoodLife Fitness. Sponsored by Southington Care Center. Free and open to the public. Sign-up has begun; **online is available.**

BEGINNER BRIDGE

FRIDAYS, SEPT. 6 - OCT. 25, 10 A.M. - 12 NOON

CLASS IS FULL. YOU MAY SIGN UP FOR WAIT LIST. This class is free to Senior Center members. Space is limited to 8 people, and class will meet for 8 weeks.

AARP SMART DRIVER

TUESDAY, SEPTEMBER 10, 9:30 A.M. to 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. Sign-up has begun.

BOOKS AND BAGELS

WEDNESDAY, SEPT. 18, 9:30 A.M.

September's choice, **Victory Garden** by Ryhs Bowen is a beautiful and heart-rending novel of a woman's love and sacrifice during World War I. This is the story of a young woman who falls in love with a soldier in war-time. While he is fighting, she strives to contribute to the war effort and fend for herself in his absence. A story of bravery, determination, lies, heartbreak and healing, we are led through the tumultuous times of those left home during the war. This book, available at the Library, will bring interesting perspectives to our book club table. Join us for coffee, a bagel and great discussion. Please sign up at the Senior Center beginning September 4, as space is limited.

More special events, page 3

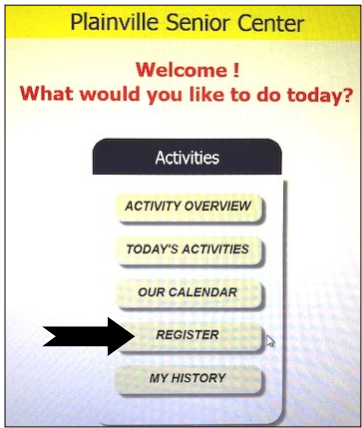
HOW TO REGISTER ONLINE!

The Senior Center is offering online registration for some free events starting in September. Training will be scheduled soon. Here are some steps to get you started, if you wish.

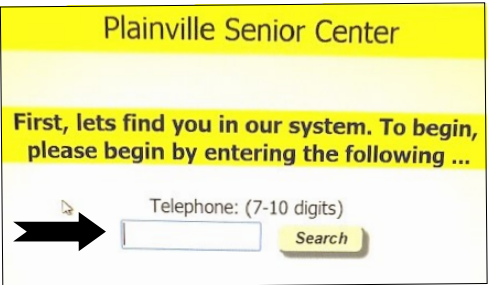
Type the following email address into your browser:

www.schedulesplus.com/plainville

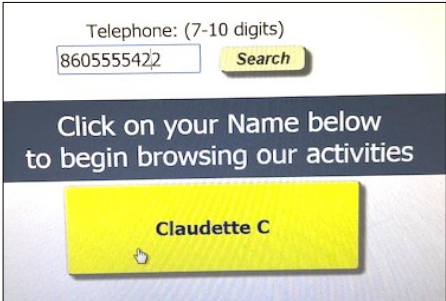
1. Once you get to the welcome page, you will see the following screen, which asks "What would you like to do today?" Select (click on) "Register." (image, right)



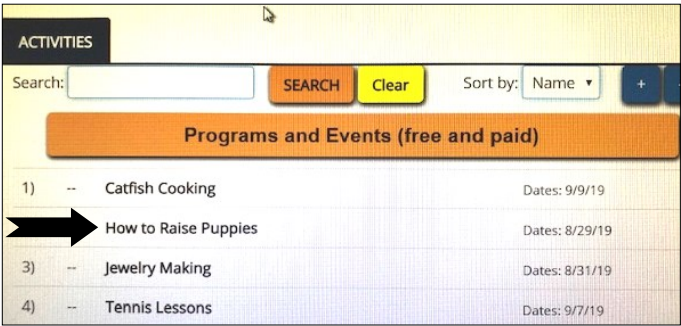
2. The next screen (below, right) will ask you to type your phone number into the box so it can search the database for your record. If you have a couple of phone numbers you may need to try them both. Type your number and click on "Search."



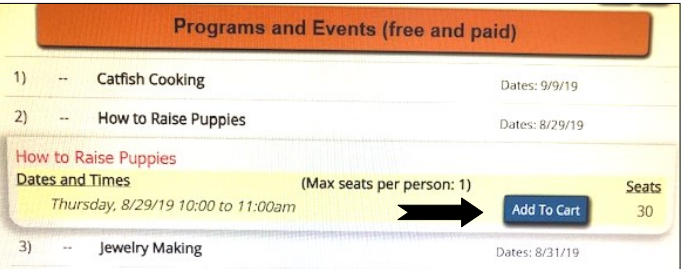
3. Once the database has found you, it will ask you to click on your name in the box to start browsing activities. Click on your name. (image, right)



4. The list that displays on the left side of your screen includes all events that you can register for online. (see below).



5. Click on the event you want. A brief description of the event will then display. (See below) If this is what you want, click on the blue "Add to Cart" button.



Continued, next page

More Special Events

SNAPPY SENIORS

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

The Club resumes its meetings at the Plainville Library this month. Snappy Seniors, a group that focuses its activities and discussions on photography, typically meets on the third Thursday of each month at the Plainville Library at 10:00 a.m.

LIVING IN THE MOMENT: INTRODUCTION TO THE PRACTICE OF MINDFULNESS — A 3-Part Series

THURS., SEPT. 19, 26 & OCT. 3, 9:30 — 10:30 A.M.

Mindfulness is a state of active, open attention to the present. Instead of allowing life to pass us by, we live in the moment and awaken to our experience.

Topics to be discussed in this free program:

- Understanding mindfulness and how it can be applied to everyday life
- Benefits of mindfulness practice
- The Art of Now: 10 Steps to living in the moment
- Establishing a daily mindfulness practice
- Enhanced focus and concentration

Presented by Jo Anne Harrison-Becker, MS Gerontology, CEO Therapeutic Recreation Services in Windsor, CT. Program funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. Participants are encouraged to attend all three sessions. Sign-up has begun. Call or in-person sign up only.

FRIENDS HELPING FRIENDS

FRIDAY, SEPTEMBER 20, 11:30 A.M.

The group will hold its September get-together at **Out-back Steakhouse** on Queen Street in Southington. Sign-up begins September 4.

BUS RIDES TO THE POMPERAUG WOODS “ART OF EXPERIENCE” SHOW

We will offer free bus rides to the Pomperaug Woods “Art of Experience Show.” Anyone wishing to ride the bus must sign up at the Plainville Senior Center. Space is limited; please sign up now.

- **Fri., Sept. 20**, Bus departs at 1 p.m. and returns at 5 p.m. to and from the **Reception / Opening**
- **Sun., Sept. 22**, Bus departs at 3 p.m. and returns at 5:30 p.m. Pick up artwork (Exhibitors only)

Neither the Senior Center nor the driver will handle artwork. Exhibitors must accompany their own artwork to and from the Art Show. Any questions, please see Shawn at the Senior Center.

PLAINVILLE LIBRARY SERIES CONTINUES AT THE SENIOR CENTER

TUESDAY, SEPT. 24, 1:00 P.M.

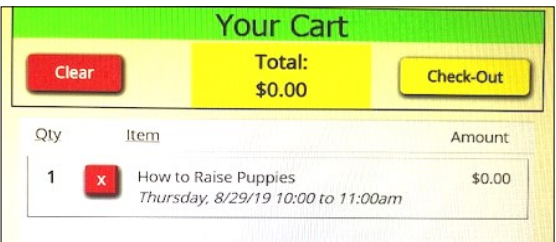
Plainville Public Library Director Trish Tomlinson visits the Senior Center to share how the Library has evolved into a gateway to information and resources available anytime, anywhere, for FREE. Learn how to access and navigate online library resources! The September program is an **Introduction to Job-Now**, a service that provides live, interactive online help and online resources to help users to get a job. Sign-up has begun.

More Special Events, page 4

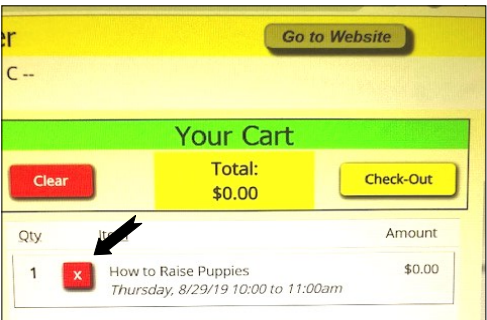


HOW TO REGISTER ONLINE! (cont.)

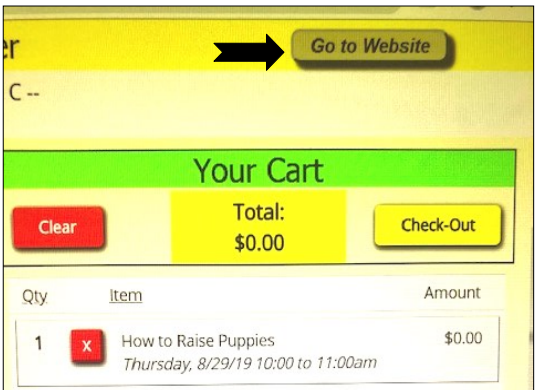
6. After you choose an event from the list on the left, it will appear in the box on the right side of your screen (“Your Cart”).



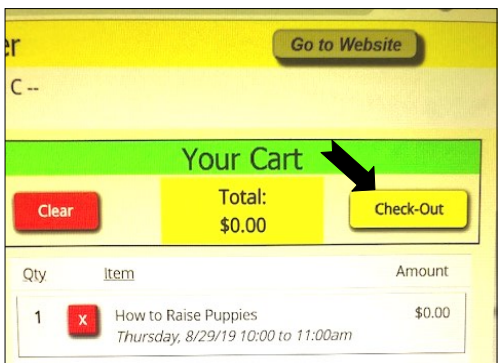
7. You can continue to add more events to your cart. Click on programs you want from the list on the left, and they will appear in your “cart” on the right. If you want to remove an event, click on the **red X button** in the cart next to the event you want to delete.



8. **Avoid selecting “Go to Website”** at the top right. You will be taken out of online registration and will land on the Senior Center page on the town’s website. You’ll then need to start all over.



9. When you have made all your selections, click on the yellow “Check-out” button in your cart. (Image right)



Continued, page 5

Ongoing Support for Veterans

VETERAN APPOINTMENTS WITH JASON COPPOLA WEDNESDAYS, SEPTEMBER 4 and OCTOBER 2

Jason Coppola, Veterans Service Officer from the State Office of Advocacy and Assistance, will host monthly appointments at the Plainville Senior Center on the first Wednesday of the month, September 4 and October 2, starting at 10:00 a.m. You may set up a personal appointment with Jason by calling him at 1-203-805-6340.

More Special Events

FALL BREAKFAST & COMEDY SHOW

FRIDAY, SEPTEMBER 27, 9:15 A.M.

Start your day right with a delicious breakfast provided by The Pines of Bristol, and an entertaining comedy show! Breakfast includes scrambled eggs, bacon, fruit salad, pastry and coffee. After breakfast sit back and enjoy “Mabel and Jerry” – two comical and lovable seniors on the most hilarious blind date ever. Delightfully honest and cautiously romantic, these two will have you laughing the entire show. Think Romeo and Juliet meet Burns and Allen and you’ll be on the right track! Written and directed by Steve Henderson, an award-winning professional actor and playwright who works with various fine actors and senior actors. Cost: \$2; sign-up has begun.

JOIN US FOR A GAME OF KAHOOT! AND KEEP YOUR BRAIN HEALTHY

WEDNESDAY, OCTOBER 2, 2:00 P.M.

Kahoot! is a series of trivia games that makes learning awesome for millions of people all over the world. The topic for this game is “Ways to Keep Your Brain Healthy.” If you have been to the 5-week Healthy Brain Series by Hartford Healthcare Center for Healthy Aging, you should get 100% in Kahoot! But don’t worry, if you weren’t able to join us, here is a game to learn ways to keep your brain healthy. Your game host will be Patty O’Brian, Dementia Specialist, Hartford Healthcare Center for Healthy Aging. Program is free. Sign up begins September 4 at 9:15 (in person or by calling) or **on-line at 12:00 noon**.

CARING FOR YOUR AGING PARENTS & RELATIVES

TUESDAY, OCT. 8, 6:00 P.M.

As adult children take on caregiving responsibilities for their parents, they begin to manage their loved one’s finances, living situations, health issues, medical decisions and other daily activities. This free presentation will explore the impact on the physical and emotional health of caregivers and offer community resources to prepare for the caregiving journey. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging, and sponsored by the Center for Healthy Aging. Program is at Senior Center. A light dinner will be served. Sign up has begun. **Online registration is available.**

FREE MEMORY SCREENINGS

WEDNESDAY, OCTOBER 9, 12:30 P.M.

THIS EVENT IS FULL. YOU MAY SIGN FOR WAIT LIST.

YOGA FOR MEN

FREE DEMO: THURSDAY, SEPT. 19, 10:00 A.M.

CLASS: OCTOBER 10 - NOV. 21, 10:00

You don’t need to be flexible! Come to a free demo class just for men, taught by a middle-aged guy. This fun and approachable class will help you improve your life at any age. The class is designed for beginners, where we will work on strength, balance, flexibility, and relaxation. Yoga is great for the nervous system and organs. It is also helpful for our mental, emotional and energetic well-being. Jamie Wright is a 58 year old yoga teacher who has been teaching for 8 years. Jamie’s classes are kind, calm and laid back, just like him. Full class runs for 6 weeks (see page 7). Sign-up begins September 4.

HOW TO PREVENT THE COMPLICATIONS OF DIABETES

THURSDAY, OCTOBER 10, 1:00 P.M.

Learn to control your blood sugar with positive lifestyle changes. Find out what foods you can eat that are low in sugar, without giving up taste! Refreshments will be served. Presented by the Berlin Visiting Nurse Association. Sign-up begins September 4 at the Senior Center starting at 9:15 a.m. or **online beginning at 12:00 p.m.**

DENTAL CLINIC APPOINTMENTS

TUESDAY, OCTOBER 29 — BY APPOINTMENT

A registered dental hygienist from Community Health Center, Inc. will provide a dental hygiene exam, dental cleaning and x-rays when appropriate. The cost is \$30 for individuals without insurance. Help in paying for the dental clinic (scholarships) may be available for Plainville residents over age 60, with a monthly income below \$1,429 (single) or \$1,928 (married) Contact Stephanie or Ronda at the Senior Center for scholarship information. To make an appointment or ask questions related to an appointment, please call Melissa at Community Health Center, 860-983-2990.



STRESS MANAGEMENT

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

Learn how to recognize the signs and symptoms of stress, and how to cope with it! Presented by Laurel Reagan, APRN, Director of Behavioral Health and Social Work Services. Sponsored by Hartford Healthcare at Home. Sign-up begins September 4. Sign up at the Senior Center or call beginning at 9:15 a.m. or **online beginning at 12:00 p.m.**

DEMENTIA & CAREGIVING: FOCUSING ON THE PERSON WHILE UNDERSTANDING THE DISEASE

TUESDAYS, NOV. 5—DEC. 3, 2:30-4 P.M.

Do you care for someone with dementia? Do you want to learn more about its progression and good communication? Join us for this 5-week program. Hartford Healthcare Independence at Home will offer complimentary respite care at the Senior Center to provide activities and supervision for loved ones while family members attend the program.



Session 1 - Overview of Dementia

Session 2 - Basics of Good Communication and Understanding Behaviors

Session 3 - Safety in the Environment and How to Structure a Day with Activities

Session 4 - Taking Care of the Caregiver & Care Options

Session 5 - Legal and Financial

Presented by Patty O’Brian and Michelle Wyman, dementia specialists, Hartford HealthCare Center for Healthy Aging, and funded by the North Central Area Agency on Aging. Co-sponsored by Hartford HealthCare Center for Healthy Aging and the North Central Area Agency on Aging (NCAAA). Respite care funded by NCAAA. Sign up begins September 4. In person or phone call registration only.

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 religious cards or mass 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 receptionist needs to know your name and what you are donating so that we may list your name in this Newsletter. (If you wish your donation to 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

Circle Group (2), Anonymous (3), No Boundaries Youth Theater, Laurie Corsini, Lynn Gagnon, Wilma Michaud, Tina Wishart, Lois Schmidt, Eunice Carden, Scott Wilson, Elaine Steinbruck, Joanne Clark, Carol Diana (2), Maria Wynkoop, Wendell Copeland, Doris Olson, Donna Albrecht, Soni Sperduti, Marilyn Petit, Amy Gray, Patricia Pagani, Sally Miller, Judy and Bobby Anderson (2), Madeline Drake (2), Family of Sandra Devine, Sharon Leone, Judy Humphrey, Bob Anderson, Herman Bell, Barbara Wallace, Robin Brown (2), Pat Josephs, Carol Loiselle, Judy Ronewicz, Joe Battista, Aurora Pedrolini, Janice Scott, Diane Sperry, Helen Bergenty, Manli Luo, Olga Callender, Rosemarie Babin, Vella Panella, Nancy Burns, Karen Madej, Marlene Maglio, Sue DesRochers

MEMORIAL DONATIONS, JULY 16—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: Michael Heslin

by LeeAnn Korus (2)

In Memory of: Ernest Kreder

by Betty Kreder

DIAL-A-RIDE DONATIONS, JULY 16—AUGUST 15

Masako McDonald, Jean Kelly, Anonymous

Plainville Library

To sign up for or ask questions about any events at the Plainville Public Library, please call the Library at 860-793-1446 or stop by the Reference Desk.

- **Saturday, September 14th** at 2:00p.m., musician David Eberly will perform a medley of jazz, pop, and contemporary classics on the piano.
- The semi-annual Library Book Sale will be held **Friday, September 20** from 6:00 to 8:00 p.m. and **Saturday, September 21** from 10:00 to 3:00 p.m.



HOW TO REGISTER ONLINE!

(Continued from page 3)

10. On the next screen, simply verify the dates, names and times of the programs you signed up for. (There are no cost or comments you need to add.) To make changes, click on "Cancel and Return to Cart" (upper left) or, if you're done, select the "Save and Proceed to Final Review" button at the bottom.

11. At the next screen, select "Complete Checkout," the yellow button at the bottom. (See image, below)

12. The final screen will say "Completed" and "Thank You" at the top. If your printer is connected, you will be able to print a receipt. (See image, below) Click on the Print button in the upper left side of your screen.

13. You are registered! If you have questions, call the Senior Center. Watch for training sessions coming soon!

IMPORTANT NOTE: Once you have registered, if you need to cancel out of an event, you cannot do it online. Please call the Senior Center at 860-747-5728 to let us know. We can then make your space available to someone else. Thank you!

Results from Our 2019 Tag Sale

- Early Bird Fees: \$48.00
- Jewelry: \$627.50
- General Tag Sale Items: \$1,050.00

Total Tag Sale Results: \$1,725.50

We sincerely thank Sally Miller, Sue Desrochers and Barbara Wallace for their excellent work in organizing and coordinating the sale, and we greatly appreciate the involvement of the many volunteers who helped sort and clean items, set up, sell and dismantle! Also, a great big "thank you" to everyone who donated items. **All proceeds benefit Dial-a-Ride.**

Weekly Tournament Winners PEAK Fitness Center

SETBACK

- AUGUST 5:** **1ST:** Bernard Grabeck & Stan Funk
2ND: Maryann Cunningham & Joe Fortuna
3RD: Grace Lapila & Rose Dunlap
- JULY 29:** **1ST:** Bob Albrecht & Richard Nordgren
2ND: John Gasparini & Mike Chapman
3RD: Elaine Chartier & Charlie Stepney
- JULY 22:** **1ST:** John Sisson & Verna Pekrul
2ND: Sally Miller & Gail Kreneck
3RD: (TIE) Bob Albrecht & Carol Diana
Bob Wallace & Jean Rodrigue

BILLIARDS

- AUG. 8:** **1ST:** John Gasparini & Bob Michalic
2ND: Bob Ryer & Val Dumais
3RD: Stan Funk & Patti Cancelli
- AUG. 1:** **1ST:** Ellen Couture & Jim Loghry
2ND: Joe Beaudin & Mike Hermanowski
- JULY 25:** **1ST:** Jim Loghry & Tony Lusitani
2ND: John Gasparini & Rich Nordgren

Bowling League

Please call Frank Robinson at 860-747-2918 or e-mail him at fgrahamR@aol.com with questions.

Le Petit Cafe

Welcome back to the Café! Come in and try one of our newest salads!

- Sept. 10** **NEW! Power House Salad:** Fresh organic and field greens, baby kale, sliced pears,
Sept. 11 topped with roasted sunflower seeds, dried cranberries, cherry tomatoes and carrots.
NEW! Harvest Cobb Salad: Crisp greens topped with grilled chicken breast, bacon, hard boiled eggs, granny smith and red delicious apples, roasted butternut squash and shredded cheddar cheese. Served with a honey apple cider vinaigrette
Soup: Tuscan Sausage
- Sept. 17** *Steak Fajita Quesadilla:* Marinated steak, and grilled peppers and onions, Monterey jack
Sept. 18 cheese.
Soup: Chicken Tortilla
- Sept. 24** *Wedge Salad:* Crispy iceberg lettuce wedge and topped with bacon, fresh tomatoes, red
Sept. 25 onion and creamy blue cheese dressing.
Soup: Minestrone

PEAK FITNESS SPECIAL!

Now through January 2020

Join for 13 months for the price of 12! \$60.00 for one year, good for new **and** renewing memberships. That's only \$4.61 per month... such a **GREAT** deal!

The Espresso Bike has Arrived!

Meet our revolutionary Espresso Bike! Featuring a fully-immersive 26.5 inch HD touchscreen, connecting you to your work-out like never before. Check it out!

Our PEAK Center also offers:

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 Costs: \$9/one month, \$40/six months and \$60/13 months till Jan. 2020. Registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is due at the time of initial training. Stop by our front desk for a packet that includes a medical approval form.

TALK TO THE TRAINER SESSIONS

THURSDAY, SEPTEMBER 5, 3:00 to 3:30 p.m. and
MONDAY, SEPTEMBER 9, 9:00 to 9:30 A.M.

"Talk to the Trainer" allows PEAK members to ask any question about their fitness plan, progress, new goals, wellness, our equipment, etc. Typically, you can drop by the PEAK Center on the first Monday and first Thursday of each month for expert advice from our Exercise Physiologist Eileen Cyr!

Remember What Exercise Can Do for You:

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

FREE BUS TO LYMAN ORCHARDS! Join us for this special free trip on **Friday, Oct. 4**. Shop at the Apple Barrel Store for fresh-baked pies, apple cider donuts, apples, peaches and pears in season, plus other goodies! Buy lunch at the Market Barrel Deli or bring your own. Home pick-ups **for those who do not drive** begin at 8:45 a.m. Open to Senior Center members and disabled Plainville residents under age 60. The bus will leave the Senior Center at 9:00 a.m. and will return to Plainville about 1:00 p.m. Sign-up begins September 4.



The South Windsor Senior Center invites you to **Movie Night** on **Thursday, September 26** at 4:00 p.m. A free bus will depart the Plainville Senior Center at 2:30 p.m. From 4:00 to 4:45 p.m., enjoy **Beginners**, a 2010 film with comedy, drama, and romance. Enjoy deli sandwiches and a discussion of the film afterward. Vegan options will be available if you request in advance. The program will end by 7:00 p.m. and the free bus will return to Plainville, arriving by about 8:00 p.m. Please RVSP to Victoria Hellberg at 860-648-6361, ext. 340 — deadline Sept. 24

Craft, Technology & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We 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 4 from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting September 11 if there is still room in the class. The drop-in rate for any class that allows drop-ins and/or has space available, 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 next page.

Class	Time	Current Session	Next Session—Sign up Sept. 4
MONDAY			
Zumba Tone	9:30 – 10:30	July 15—Sept. 30. No class July 22, 29, August 5, Sept. 2, 19. 6 wks. \$18. Members only.	Oct. 7—Nov. 25, 6 weeks, \$18
Acrylic Painting	10:00—12:00		Sept. 30 to Dec. 16, 10 weeks, \$20
Beginner’s Yoga	10:15-11:15	August 5 - October 7. No class September 2 or 16. \$24. 8 weeks, members only.	
Power Burst 1	1:15—2:05	August 19—September 30. No class September 2. 6 weeks, \$12. Members only.	Oct. 7 to Dec. 16. No class Oct. 14 or Nov 11. 9 weeks, \$18
Beginner Pilates	2:15-3:05	August 19 - September 30. No class September 2. 6 weeks \$12.00. Members only. Bring a yoga mat and water bottle. Space limited!	
TUESDAY			
Intermediate Yoga	10:15-11:15	July 23—September 10. 8 weeks, \$24. Members only.	Sept. 24 to Nov. 12, 8 weeks. \$24.
Aqua-Arthritis Water Fitness	10:45-11:30		Sept. 10 to Oct. 29. 8 weeks, \$24. Free for YMCA and Silver Sneaker members.
Beg. Tai Chi #1	1:30-2:30	Sept. 24 – November 12. 8 weeks. \$16.00.	
Beg. Tai Chi #2	2:45-3:45	Sept. 24 – November 12. 8 weeks \$16.00.	
French Class	3:00 - 4:00	Every Tuesday	Every Tuesday
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	July 31 — Sept. 11. No class August 7. 6 weeks, \$18.00	Sept. 18 to Nov. 13, No class Sept. 25. 8 weeks, \$18.
THURSDAY			
Ceramics	9:30 – 11:30		Sept. 5 to Oct. 24. 8 weeks, \$32.
Yoga for Men	10:00-11:00	Oct. 10—Nov. 21 (no class Oct.31) 6 wks., \$18	
Aqua-Arthritis Water Fitness 2	10:45-11:30		Sept. 12 to Oct. 31. 8 weeks, \$24. Free for YMCA and Silver Sneaker members.
Knitting & Crochet	1:00 – 3:00	August 15—September 19. 6 weeks, \$12. Members only.	Sept. 26 to Nov. 21. No class Oct. 31. 8 weeks, \$16.
Ukulele	1:30—2:30	Sept. 26—Nov. 21 No class Oct. 31 8 weeks, \$16.00	
FRIDAY			
Chair Yoga 1	9:30-10:30		September 6—Oct. 25, 8 weeks. \$16
Chair Yoga 2	10:40—11:40		September 6—Oct. 25, 8 weeks. \$16
Bridge	10:00—12:00	Sept. 6—Oct. 25. CLASS IS FULL. SIGN UP FOR WAIT LIST. Members only. Free. Limited to 8 people. Bring a pad and pencil for notes. Each class builds upon the one before it.	

Cheer Report

*The Plainville Senior Center makes every effort to send **cheer, get well** and **sympathy** cards to our members who could use a lift of their spirits. If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at 860-747-5728. Cheer cards mean so much to our members and help us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out “cheer” on behalf of the Plainville Senior Center.*

Get Well & Thinking of You Cards were sent to: Larry Morse, Marianne Zablocki, Gladys Pietrowicz, Kathleen Cambo, Anne Boulaine, Nancy Pilarski, Maria Soto, Barbara Werner, Pauline Rocco, Roger Willequer, Viola Fowler, Faith Sullivan, Diane Taplin, Maureen Briggs, Beatrice Dumont, Gloria Manter, Evelyn Case, Robert Kopinsky, Cathleen Macca, Ann Krupinski, Helene Fabian, Leonard Wishart, Dennis Martin

Sympathy Cards were sent to: Family of Francis Vasile, Family of Gayle Roby, Family of Laurie Davies, Cormier Family, Family of Emma Matthews, Sandra Carver

Class Descriptions

AQUA ARTHRITIS WATER FITNESS: This course is held at the Plainville YMCA pool and offers a gentle range-of-motion work-out to help people with arthritis improve joint flexibility and reduce pain or stiffness. Bring a bathing suit and towel. You may use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. Class is made possible thanks to the Main Street Community Foundation Grant, providing for a partnership between the YMCA and Plainville Senior Center to offer quality programs to local seniors.

BEGINNER BRIDGE: This class is free to Senior Center members and limited to just 8 people. **Instructor:** Barbara Wallace.

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

GENTLE YOGA —LEVEL 1: An introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release; especially good for yoga newcomers or those who would like a refresher. Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor:** Jayaprbaha Mare DiBenigno. *Class is held at Plainville Library.*

INTERMEDIATE GENTLE YOGA — LEVEL 2: For experienced students who are ready for the next level. We perform yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor:** Jayaprbaha Mare DiBenigno. *Class is held at Plainville Public Library.*

KNITTING & CROCHET: Here’s your opportunity to enjoy the company of others while getting some help if you need it! Finish an old project that’s been hanging around in your closet or start something new. **Instructor:** Evelyn Morin

PILATES (BEGINNER): If you’re new to exercise, this is your class. Basic Pilates puts emphasis on breath, core conditioning and body awareness. Exercises are safe and effective ways to stretch, strengthen and streamline your body without building bulk or stressing your joints. Bring a water bottle and a yoga mat, if you have one. **Instructor:** Caroline Dube

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: Beginners are always welcome! 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

TAI-CHI (BEGINNER) FOR HEALTH AND BALANCE
This program covers the most important Tai-Chi principles, safety, balance, health and growth. Tai-Chi can be a positive part of an overall approach to improving your health. You may benefit from reduced stress and anxiety, lower risk of falls, and increased aerobic capacity, energy, stamina, flexibility, balance, agility, muscle strength and definition. **Instructor:** Walter Bruce

UKULELE: Local musician Sue Hill will teach you how to hold the ukulele, play a few basic chords, and encourage you to strum along while you sing (if you wish)! You’ll need your own ukulele (\$29 to \$50 for a starter instrument) and a tuner. At the demo (see schedule for Thursdays on page 6) you’ll learn where and how to buy a ukulele. **Instructor:** Sue Hill

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

THE PLAINVILLE HOUSING AUTHORITY WAIT LIST IS CLOSED. LISTED BELOW ARE LOCAL HOUSING AUTHORITIES YOU MAY CONTACT TO SEE IF THEY HAVE OPENINGS.

<u>CT HOUSING AUTHORITIES</u>	
Bristol	(860) 582-6313
Southington	(860) 628-5200
New Britain	(860) 225-3534
Glastonbury	(860) 652-7568 * Accepting Apps.
Torrington	(860) 482-3581 * Accepting Apps.
West Hartford	(860) 953-0002
<u>Meriden Commons – Family Housing</u> * Accepting Apps.	
(203) 793-6433	
<u>Flanders West Southington – Elderly Housing</u>	
*Accepting Apps. (860) 621-3954	
<u>Whispering Pines in Avon – Family Housing</u>	
*Accepting Apps. (860) 677-2586	
<u>Franklin Square Manor – Elderly Housing</u>	
* Accepting Apps. (860) 224-1900	
Website: www.cthousingsearch.org	
Phone: (877) 428-8844 or call 211	

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. Early each month we offer Mega Sign-up for new trips. This month it is on September 4 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 to 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 our Quick Trips. When you sign up on the Reserve List for a trip that is filled, we will ask if you are a Senior Center member. If there is a cancellation, we always sign up any members from the Reserve List first! Therefore, a member who signs the Reserve List with a non-member friend should be aware that since we always sign up members first, we will skip over non-members on the Reserve List until all the members have been contacted.

**Flyers are available
on the Trip Rack
at the Senior Center!**

CIRCLE LINE CRUISE OF NEW YORK CITY

THURSDAY, SEPTEMBER 5, 7:15 A.M.

THIS TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

COME FLY WITH ME — MUSIC OF FRANK SINATRA AT THE AQUATURF

TUESDAY, SEPTEMBER 17, 11:00 A.M.

THIS TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

FRANKIE PIZZARO: MUSIC FROM THE SOUL AT THE GRAND OAK VILLA, OAKVILLE/WATERTOWN

THURSDAY, SEPTEMBER 19, 10:15 A.M.

Frankie Pizzaro, former lead singer from The Platters, served as a firefighter for the Fire Department of New York for 21 years. He and his colleagues were among the first responders on 9/11. He has also performed with greats such as Barbra Streisand and The Temptations. Now a solo artist, Frankie will delight you with his smooth vocals. He will perform with a live band and backup singers. Cheese, pepperoni and crackers will be served on your arrival, followed by a family-style meal of garden salad, pasta with homemade house sauce, Chicken Francaise and Roast Pork, roasted potato, vegetable, dessert, soda and coffee. Carafes of red and white wine on every table. Cost is \$91 per person. Trip departs from OLM at 10:15 a.m. and returns at 4:15 p.m. Sign-up has begun.

GILDED AGE OF THE BERKSHIRES — LENOX, MA

TUESDAY, SEPT. 24, 7:45 A.M.

Tour Ventfort Hall in Lenox, Massachusetts, one of the last Gilded Age Cottages. Savor lunch and tea in the Hall's elegant dining room, renovated to its original glory. Enjoy sandwiches, fruit, cake, cookies, cider and of course, hot tea! Enjoy the view on this tour through the Stockbridge-Lenox countryside. The tour will highlight how and why artists, writers, musicians and others have flocked to the Berkshires over the last 150 years to make this area "America's Premier Cultural Resort." We'll visit Stockbridge and Lenox with a special walking tour of the Tanglewood campus, summer home of the Boston Symphony Orchestra. Cost: \$92 per person. Trip leaves at 7:45 a.m. from Our Lady of Mercy Church lot, and returns about 6:15 p.m. Sign-up has begun.

OGUNQUIT MAINE/PORTLAND CITY TOUR/FOSTER'S CLAMBAKE/NUBBLE LIGHTHOUSE CRUISE

TUESDAY, OCTOBER 8 to THURSDAY, OCTOBER 10

A deluxe motorcoach trip to the coast of Maine! Two nights at **THE MEADOWMERE RESORT**; enjoy a delicious welcome dinner. DAY 2: Tour Portland, the historic district, Longfellow House, Victoria Mansion, sea captains' homes and Portland Head Light. Free time for lunch and exploring the Old Port. Dinner is Foster's Downeast Clambake: prize-winning chowder, mussels, lobster, corn, potatoes, and fresh Maine Blueberry crumb cake! DAY 3: Nubble Lighthouse and Perkins Cove. **COST DUE: \$471 per person double/triple, \$591 single.**

CONTINUED, next page

More Current Trips

OGUNQUIT, *continued*

Includes: transportation, 2 nights at hotel, 2 dinners, 2 breakfasts, sightseeing & admissions as per itinerary, and a Friendship Tours Escort. Trip cancellation insurance that includes pre-existing conditions, is available. Sign-up has begun.

DELAWARE & ULSTER RAILROAD — FALL FOLIAGE

WEDNESDAY, OCTOBER 16, 7:00 A.M.

THIS TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

THIS ONE'S FOR YOU — BARRY MANILOW TRIBUTE at THE LOG CABIN, HOLYOKE, MA

SUNDAY, OCTOBER 20, 9:15 A.M.

Jonathan Elgart presents a tribute to the one and only Barry Manilow, featuring all his hits and the stories behind the music. The show will catalog Barry's career from jingle writing, producing for Bette Midler, and his string of number one hits that made him a best-selling adult contemporary artist in the 70's and 80's.

You'll hear hits like *Mandy*, *Copacabana* and *I Write the Songs*. Savor a bountiful Sunday brunch with mimosas, bellinis and assorted juices on arrival. Your meal includes Belgian Waffle wedges, French Toast, home fries, bacon, sausage, scrambled eggs, made-to-order omelets and pasta, salads, Chef's Selections of beef, poultry, fish and pork entrees, desserts and assorted beverages. Cost is \$84 per person. Estimated departure is 9:15 a.m. from the Plainville Senior Center, and estimated return at 4:00 p.m. Sign-up has begun.

MIRACLE OF CHRISTMAS: SIGHT & SOUND THEATER

WEDNESDAY to FRIDAY, NOV. 13 - 15

This 3-day motorcoach trip to Lancaster, PA includes lodging at Comfort Suites Lancaster, with indoor pool. Your dinner will be an authentic PA Dutch family-style meal at the Stoltzfus family homestead, with entertaining stories of Amish life. See their miniature pony barn, wood-working shop and gift shop for baked goods and other handmade items. Day 2 features a guided Amish countryside tour, followed by a stop at Kitchen Kettle Village with 42 shops and restaurants. An early dinner at Miller's Smorgasbord will be followed by our reserved seating at Sight & Sound Theater for the "Miracle of Christmas" show. Go back in time to witness the sacred birth, experience the bustling village of Bethlehem as camels, horses, donkeys and villagers pass by, and witness legions of angels descending upon the shepherds. On Day 3, Elva Hurst, an extraordinarily talented chalk artist, will present her amazing chalk artistry along with music, storytelling and insights into Amish culture. Cost is \$471 per person double/triple or \$597 single. Includes transportation, two nights hotel, 2 breakfasts, 2 dinners, sightseeing and admissions to programs. \$150 deposit due at sign-up. Balance due September 11.

RADIO CITY CHRISTMAS SPECTACULAR!

WEDNESDAY, NOVEMBER 20, 7:45 A.M.

THIS TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

Total cost is \$165.

New Trip

"AN AMERICAN IN PARIS" AT WESTCHESTER BROADWAY THEATER

WEDNESDAY, NOVEMBER 6, 8:30 A.M.

Enjoy the romantic story of a young American soldier, a beautiful French girl and an indomitable city, each yearning for a new beginning following a brutal world war. This show is filled with beauty, artistry and the unmistakable beat of the human heart. Inspired by the Academy Award-winning film and featuring the Gershwin hits "I Got Rhythm," "Liza," and many more. Westchester Dinner Theatre located in Elmsford, New York is an elegant theater featuring fine dining and full scale musical productions. Once seated at your reserved table, you'll select from an excellent menu and enjoy a delicious pre-show luncheon. Cost is \$107 per person, due at sign-up. Includes deluxe motorcoach transportation, the show, lunch and driver gratuity. Leave from OLM lot at 8:30 a.m. and return around 6:15 p.m. Sign-up begins September 4.



Big Trip

11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS

OCTOBER 6 — 16, 2019

THIS TRIP IS FULL. If interested, see Shawn at the Senior Center.

Big Trips 2020 We Need Your Ideas!

Have you shared your travel ideas with us yet? Take a second to pick up a survey at the front desk or just email your ideas to:

carvethc@plainville-ct.gov

Here are some ideas:

- Costa Rica
- Iceland (we've gone before, should we go again?)
- Australia and New Zealand
- River Cruise in Budapest/Prague
- American Queen Steamboat Cruise on Rivers in Oregon/Washington State or the Mississippi
- Yellowstone / Mt. Rushmore
- Other National Parks (which?)
- Austin/Dallas Texas

We want your input! Please pick up a survey at the front desk or **email** your ideas.

Many thanks to everyone who has sent in ideas!

Meet Our New Driver, Paul D. Catanzaro!

A lifelong New Britain resident who retired in 2011 from the New Britain Park and Rec Department after 25 years, Paul Catanzaro has had a long and diverse career. A one-time security guard at Miss Porter's School and J.C. Penneys, Paul also worked as an EMT in Hartford, New Britain and Torrington, and as an auxiliary police officer. He also served 8 years as a City Alderman in New Britain and now on the city's Zoning board and is a Park Trustee. He and his wife Cindy (nee Hermanowski) are raising their 4 year old granddaughter. Paul, who started at the Senior Center in July, says, "I really enjoy the job, the staff, the riders and everyone at the Senior Center. It's very welcoming and a great fit. Thanks for making me feel at home! If you haven't met me, take a ride or come and say hello!" Paul joins Pierre Morin, who has been driving for the Senior Center for seven years.

Quick Trip Guidelines, continued

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. After hours, you may call Ceal DiFrancesco at 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.

NORWALK OYSTER FESTIVAL

SATURDAY, SEPTEMBER 7, 10 A.M.

THIS QUICK TRIP IS FULL. YOU MAY SIGN UP FOR THE WAIT LIST.

THIMBLE ISLANDS CRUISE & LUNCH AT LENNY & JOE'S, MADISON

SATURDAY, SEPTEMBER 21, 10:15 A.M.

The group will begin with a visit to Lenny & Joe's in Madison for lunch, which is on your own. Then we will go to the dock in Stony Creek to board the 44-passenger *Sea Mist* to enjoy a 45-minute narrated cruise through the beautiful and unique Thimble Islands. The boat has a slightly inclined down-ramp to board. The cost for the cruise is \$13 (cash only) for seniors, payable at the boat. The \$8.00 transportation fee is due at registration. Home pick-ups **for those who do not drive** begin at 10:15 a.m. The bus will leave the Senior Center at 10:30 a.m. and will return to Plainville by 4:30 p.m. Sign-up begins September 4.

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

THURSDAY, SEPTEMBER 26, 2:45 P.M.

Meet others from Senior Centers around the state! Join the fun while enjoying a spectacular view of the Branford waterfront at the state's #4 tourist attraction. Bring a snack to share or buy food from the food truck on the property. Beer, wine and soda will be available to purchase from the indoor and outdoor taprooms. Appetizers will be provided free of charge. There is no charge for admission. An \$8 transportation cost is due at sign-up. As we need to submit a count, **we ask that you sign up by Monday, September 23. Home pick-ups for those who do not drive** will begin at 2:45 p.m. Bus will leave the Senior Center at 3:00 p.m. and return to Plainville by 7:00 p.m. Sign-up begins September 4.

FALL FOLIAGE RIDE IN THE LITCHFIELD HILLS

SATURDAY, OCTOBER 12, 10:45 A.M.

Enjoy the breathtaking views of fall foliage in the Litchfield Hills. We will begin our trip by having lunch at Bantam Pizza (lunch is on your own), then drive around Lake Waramaug on scenic roads in the beautiful northwest corner of the state. As we return to Litchfield, we will make a special stop at the Arethusa Creamery for its fabulous homemade ice cream. Arethusa Creamery is owned by the executives of world-renowned Manolo Blahnik Shoes! The bus will then ride around Bantam Lake before returning to Plainville. Pick-ups **first for those who do not drive** begin at 10:45 a.m., then Senior Center pick ups at 11:00 a.m. We will return to Plainville by 4:00 p.m. The \$8.00 fee for transportation is due at sign-up, which begins September 4.



Special Outing for Seniors & Families

FREE TICKETS TO NEW BRITAIN BEES GAME

SUNDAY, SEPTEMBER 15, 12:30 P.M.

The New Britain Bees are offering us FREE tickets for their game against the Sugar Land Skeeters from Texas on Sunday, Sept. 15. We will run a bus from the Senior Center for \$3 a person. Parking at New Britain Stadium is \$5 if you drive on your own. Our seats will have backs and the concession stand sells beer, soda, burgers and more. Please review the "Quick Trip Guidelines," in the Quick Trips section below for details about riding our bus to and from the game. Home pick-ups start at 12:30 p.m. and Senior Center pick-up is at 12:45. **Passengers must be able to get to and from the bus on their own, including from their house, and to the seats at the stadium. Bring a companion to help you if needed. Our drivers are not trained to assist.** If you are riding our bus, sign up at the Senior Center and pay the bus fare at registration. If you are going to drive yourself, please visit the Senior Center and request your voucher for the number of tickets you need. Our bus will bring riders back to the Senior Center or to their home immediately after the game ends. Please let us know if you want to bring friends or family; we **may** be able to get additional tickets. Sign up begins September 4. Non-members (such as friends/family) may sign up for the bus starting September 11.



Quick Trips

QUICK TRIP GUIDELINES: 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. All Quick Trips charge \$8.00 for transportation, payable at registration.

Guidelines continue...

Tuesday Shopping Bus

We can only accommodate eight (8) people on the Tuesday Shopping Bus. Be sure to sign up early! **We are beginning a new procedure** for Shopping Bus. Home pick-ups for all participants still begin at 11:15 a.m. However, some people have indicated that they felt not getting picked up until 3:00 was too long for some locations, so we will now ask participants if they would prefer to be picked up at 1:30 p.m. or 3:00 p.m. Please be sure to tell us when you sign up! In order to ride the 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 Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up.

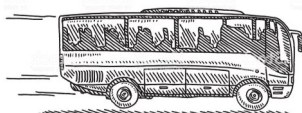
- **September 10, ShopRite, Southington**
- **September 24, Price Chopper, Southington**
- **October 8, Walmart, Bristol**

Outdoor Adventure

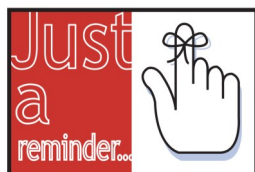
WEST HARTFORD FOOD SCHMOOZE
WEDNESDAY, SEPTEMBER 11, 9:15 A.M.
THIS ADVENTURE IS FULL. YOU MAY SIGN UP FOR THE WAIT LIST.

HYDROCYCLE TOUR
FRIDAY, SEPTEMBER 13, 11:00 A.M.

We're repeating this popular and fun trip, where you can actually bicycle on water!! Hydrocycles are wheel-less bikes on pontoon boats — they are fun, fast, safe and stable. Great for folks of any age! The guided expedition begins in an estuary along the Oyster River, Old Saybrook and leads into Long Island Sound. Along the way, visitors can admire wildlife, such as goslings and snowy egrets, and also try their luck at crabbing. Bring sunscreen, hat, clothes/shoes that can get wet (bathing suit, if you'd like), a change of dry clothes, and a camera. Following the hydrocycle tour, we will stop for lunch (on your own) at Bill's Seafood. Please note that Bill's Seafood does not accept credit cards; bring cash for lunch. We leave Plainville Senior Center at 11:00 a.m. and return approximately 4:00 p.m. Cost of \$48.00 includes 1.5 hour hydrocycle tour and transportation. Sign up begins September 4.



More Outdoor Adventures, next column



Please sign up for Trips, Outdoor Adventures and Quick Trips as **EARLY** as possible. This assures that we won't have to **cancel** a trip, which affects everyone who has already signed up. Thank you!

More Outdoor Adventure

WEST HARTFORD RESERVOIR & TALCOTT MOUNTAIN
INTERMEDIATE / ADVANCED HIKE
SATURDAY, SEPTEMBER 21, 9:30 A.M.

This hike will take us over wooded trails and rolling hills — a great hike for someone who is active and walks/exercises on a regular basis. Our time on the trail will be approximately 2 to 2.5 hours of hiking, with rest breaks built in to enjoy the woods and re-hydrate. We'll take in the start of the leaves changing in the forest, and the views along the reservoir and at the top of Talcott Mountain! Please come prepared with hiking shoes with good traction, and a jacket to throw on if the temperature feels like fall. Pack a lunch for the ride home or snacks for on the trail. Drive on your own and meet up at 9:30 a.m. at the first parking area for Reservoir #6, located at approximately 1420 Farmington Avenue along Route 4, past the UConn Medical Center. We will end about 1:00 p.m. Leader: Jared Scoville. Pay fee of \$3.00 at sign-up, which begins September 4.



CASE MOUNTAIN INTERMEDIATE / ADVANCED HIKE
FRIDAY, SEPTEMBER 27, 1:00 P.M.

This short but unique mountain hike involves an approximately 2.5 hour round-trip hike that offers really nice views over the city of Hartford. With extensive trails and a view that few local mountains offer, it is worth checking out. The trail is rated moderate over both dirt and gravel trails, and part of the hike crosses the blue-blazed Shenipsit Trail. This is a good hike for those who are remaining active and walking/exercising on a regular basis. Many different plants and a wide variety of trails make this hike one we keep going back to. Bring a snack, some water, and a desire for some nice views! Leader: Jared Scoville Cost: \$8.00, which includes transportation. Pay at sign-up, which starts September 4. The van will depart from the Senior Center at 1 p.m. and return at approximately 5:00 p.m.

FREE!

Skin Cancer Screenings

by Georgia Sterpka, APRN

September 20, 9:00 a.m. to 12:00 noon

Our APRN Georgia will conduct skin cancer screenings free of charge for Senior Center members on the morning of Friday, September 20 starting at 9:00 a.m. These screenings, which each take about 10 minutes, will be available by appointment only. Please call the Senior Center at 860-747-5728 for an appointment.

Sign-up has begun.

The Senior Center AND Buses are Scent-Free Zones! Help us to keep the air we share healthy and fragrance-free for persons with asthma, allergies and other respiratory conditions. Please don't wear perfume, cologne, aftershave or other fragrances!



Transportation

DIAL-A-RIDE

DIAL-A-RIDE PHONE: (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.

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 p.m.**

Hours may change depending on usage of the CT Transit buses. *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).

There is a wheelchair lift, if needed.

Continued, next column

ADA Para-Transit, *continued*

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 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 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 have copies of the application here at the Center as well. An application can be sent to you by calling **860-247-5329 x3100**. The same number can be called to get an updated ID number, if you are already an ADA Para-transit rider.

After you submit your application, call 860-724-5340, ext. 1 to set up a face-to-face interview. A medical form will be sent to your doctor if needed. The approval process generally takes two to four weeks. It is wise to get pre-approved, even if you don't need the service now. Please call Customer Service at 860-724-5340 ext. 3046 with any complaints or issues.

Once approved, you can reserve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m. to 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).

2019 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 date of the next meeting is September 11, 2019. Free ADA Transportation is available to attend the Forum. Please 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@ghtd.org** at least 48 hours before the meeting.



You may call Bette or Stephanie at 860-747-5728 with any questions you may have about transportation.

Senior Transportation Services — a New Option for Rides

Senior Transportation Services, Inc. (STS) is now available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. The mission of this organization is to provide community-supported, affordable out-of-town medical transportation to older adults. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. STS works to help families coordinate their loved one's transportation needs by working one-on-one with individuals to ensure that family needs are met. There is an annual membership fee and cost (based on mileage) to use STS. Financial assistance is available for individuals who cannot afford the fees. STS is funded in part by grants from the Bristol Main Street Community Foundation and the North Central Area Agency on Aging. To discuss riding or volunteering with Senior Transportation Services, please call **860-224-7117**.

This & That

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BC = Back of Calendar

AARP Trips ... Call Sally Miller

- **Mohegan Sun**, September 10, \$25 Leaves OLM 8:00 a.m. Leaves casino at 4:00 p.m. Promo pkg included
- **Wonders of Vermont**, October 10. Leaves OLM 7:45 a.m. Visit the Vermont Country Store, lunch at Castle Hill Resort and Cameron's Winery. \$100
- **Lunch in Springfield, brief visit to MGM and trip through Forest Park** for the Christmas light display. December 5, \$89.
- **Historic South Trip** — Savannah, GA, Beaufort, S.C., Charleston, S.C. April 18-25, 2020: 8 days, includes 14 meals, admission to all sites, round-trip transportation and more. \$1,745 pp dbl / \$2,185 single

Call Sally Miller at 860-747-1732 for info and reservations. *AARP Trips are not sponsored by the Plainville Senior Center.*

CHORAL GROUP The Choral Group will meet at the Senior Center on Friday, September 6 at 9:30 a.m.

SENIOR CENTER DISPLAY CASE

If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for 2019!

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. WE CANNOT TAKE ANY CALLS BETWEEN 11:45 A.M. AND 12:15 P.M. AS WE ARE SERVING LUNCH. **You may call between 10:15 a.m. and 11:45 a.m. OR between 12:15 and 12:45 p.m. only.** A suggested donation is \$2.50.

WELCOME TO NEW MEMBERS FOR JULY 2019!



Linda Baron, Karen Romegialli, Lee Kalwat, Marcia Houle, Jean-Yves Rodrigue, Linda Gancarz, Walter Gancarz, Felicia Kowynia, Catherine Power, Shawn Kenniston, Joan Sattler, Barbara Jarvis, Bruce Davis, Elizabeth Veloccia, Janice Sullivan and Kathleen Sirois

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of persons who depend on electricity to maintain optimum health. We update this list during the year to 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 health and safety. Please call the Center at 860-747-5728 to have your name added to the At-Risk List. Our social workers can help you plan for power outages and weather emergencies. Please call us at 860-747-5728.

Volunteers Needed!

A beautiful quilt, hand-crafted by our Quilting Class, will be raffled off at our Annual Craft Fair in November. We need volunteers to sell tickets at Gnazzo's in Plainville. Please call Evelyn or Jan — 860-747-5728. We are also always looking for volunteers for Meals on Wheels, and have some openings in our Cafe. Training is provided and you can volunteer as often or as seldom as your schedule allows. Please call Ronda at 860-747-5728.

OLD FAMILY PHOTOS FOUND! Among the items donated for our Tag Sale in August, we found two photos from days gone by. We want to reunite them with their family! One color photo, "Lucas Cassidy at 2 years old," came in a greeting card addressed to Uncle Jim. The other large sepia photo, in a photographer's folder, is of four women in the Raynor Family and was taken in February 1921. Call us if either of these photos belongs to you!

Nursing, Insurance Info, Etc.

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 members. You may pay with cash or check made out to the Plainville Senior Center. 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 to the Senior Center to pick up an instruction sheet that explains how to prepare, as well as paperwork to fill out and bring to your appointment. This service is provided by ProHealth Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any outstanding balance over \$5.00. In most cases, patients will not pay more than \$5.00 for the service.

FREE BLOOD PRESSURE SCREENING: DROP-IN CLINICS

- **Monday, September 9**, 11:30 a.m. to 12:30 p.m. — by Bristol Hospital
- **Wednesday, September 11**, 12:30 to 1:30 p.m.—by Hartford HealthCare
- **Monday, September 30**, 12:00 to 12:30 p.m. — by our Nurse



CHOLESTEROL SCREENING

A quick appointment and a prick of your fingertip can tell you your total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose numbers. This 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.



Farmington Valley Grief Group

Join us as we support each other and discuss some of the ways the loss of someone significant can affect our lives. Our grief support group provides an atmosphere of safety and acceptance, where members may:

- ♥ share their feelings and experiences with others
- ♥ gain a clearer understanding of the grieving process
- ♥ acquire coping strategies & skills for the emotional pain of loss.

Confidentiality is essential to the group process. This emphasis on honoring one another's confidences helps to create an atmosphere of openness and trust, so essential to the sharing experience.

FREE & OPEN TO THE PUBLIC

Every other Tuesday, 6:00-7:30PM
Boulder Ridge Community Room
400 Commerce Drive, Canton CT

Registration is required. Please call Laura Perednia at 860-817-5848 or Claire Cote at 860-335-1036.

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAY, SEPT. 16 AND SEPT. 23 , 12:30 P.M.

We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find help in the community or home-care. Stop by Stephanie's office to have a private chat. **This service is only for Plainville residents, age 60 and over.** No sign-up needed and no question 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 17, 10:30 A.M.

Welcome back! For many grandparents raising grandchildren, September marks the start of a new school year. If you are raising a grandchild or other young relative, you are not alone. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Funding is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. Sign-up starts Sept. 4.

CAREGIVING CONNECTIONS

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

Time to rejoin your friends after surviving a hot summer of caregiving! Hopefully, you have been able to enjoy the "lazy, crazy days of summer" refreshing both body and soul! Please note that in September we will meet on the second Tuesday of the month. I hope to see you then. If you have any questions or concerns please call Bette at the Senior Center.

BRIGHTER FOCUS

THURSDAY, SEPTEMBER 12, 10:00 A.M.

Join your friends as we share summer adventures and future plans. Come prepared with ideas for the future of Brighter Focus. I hope to see you in September. If you have any questions or concerns, please call Bette at the Senior Center.

MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS EFFECTIVE MARCH 1, 2019

QMB (Q01)	Single \$2,196.51/ mo	Couple \$2,972.99/mo
SLMB (Q03)	Single \$2,404.71/mo	Couple \$3,254.79/mo
ALMB (Q04)	Single \$2,560.86/mo	Couple \$3,466.14/mo

There is No Asset Limit AND There is No Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Co-pays for medications are a maximum of \$3.40 for generic medications and \$8.50 for brand name medications. Please see Stephanie or Bette to review your eligibility for MSP.

SEPTEMBER 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<div>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 Appt.</div>	2 Labor Day Senior Center Closed	3 *9:00 NURSE Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 3:00 French Class GA *No Vet. Coffee Hr.	4 Mega Sign-Up Walking 9:00 or 4:00 9:30 Open Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR *No J. Coppola Vet Appts.	5 7:15 NYC Cruise Walking 9:00 or 4:00 9:30 Mexican Train GA 9:30 Ceramics CR 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 Knit/Crochet GR 1:00 Chronic Back BR 1:00 Scrabble C 3:00 Talk to Trainer	6 8:15 Rafting Trip 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Gp. BR 9:30 Chair Yoga 1 GR 10:00 Beg. Bridge OS 10:40 Ch Yoga 2 GR 12:00 Pinochle L	7 Norwalk Oyster Festival, 10:00 a.m.
	9 *9:00 NURSE Walking 9:00 or 4:00 9:00 Talk to Trainer 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:15 Beginner Yoga L 11:30 BP Clinic 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Beg. Pilates BR	10 *9:00 NURSE Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Caregiving 10:00 Cribbage GA 10:00 AARP Driver GR 10:15 Inter. Yoga L 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 3:00 French Class GA	11 Walking 9:00 or 4:00 9:15 West Hartford Trip 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 12:30 BP Clinic 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR	12 *9:00 NURSE Walking 9:00 or 4:00 9:30 Mexican Train GA 9:30 Ceramics CR 10:00 Brighter Focus 10:00 Vet Benefits GR 10:45 Aqua Fit 2, Y 12:00 COA CR 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit/Crochet GR 1:30 Uke Demo BR	13 9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:00 Beg. Bridge OS 10:40 Ch Yoga 2 GR 11:00 Hydrocycle 12:00 Pinochle L	14
15 Bus and Free Tickets to New Britain Bees, 12:30 p.m.	16 *9:00 NURSE Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Curr. Events OS 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Beg. Pilates BR No Beg. Yoga	17 *9:00 NURSE Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Grandparents 10:45 Aqua Fit. YMCA 11:00 Sinatra / Aqua Turf 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 3:00 French Class GA No Int. Yoga	18 Walking 9:00 or 4:00 9:30 Quilting CR 9:30 Books & Bagels GA 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	19 Walking 9:00 or 4:00 9:30 Living in Moment GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Snappy Srs. L 10:00 Mens Yoga Demo, BR 10:15 Frankie Pizzaro 10:45 Aqua Fit 2, Y 12:30 Pool Tourn. 12:30 Pinochle CL 12:30 Bridge OS 1:00 Knit/Crochet GR 1:00 Scrabble C	20 9:00 Walking GR 9:00 Mahjong GA 9:00 Skin Cancer Screenings 9:30 Chair Yoga 1 GR 10:00 Beg. Bridge OS 10:40 Ch Yoga 2 GR 11:30 Friends Helping Friends 12:00 Pinochle L 1:00 Bus to Art Show	21 W. Hartford / Talcott Mtn. Hike, 9:30 a.m. Thimble Islands Quick Trip, 10:15 a.m.
22 Bus to Art Show (pick up art) 3:00 p.m.	23 *9:00 NURSE Walking 9:00 or 4:00 10:00 Curr. Events OS 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Beg. Pilates BR 5:00 Medicare Choices BR No Zumba Tone	24 7:45 Berkshires Trip *9:00 NURSE Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Library Series BR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Beg. Tai Chi 1 GR 2:45 Beg. Tai Chi 2 GR 3:00 French Class GA	25 Walking 9:00 or 4:00 9:30 Quilting CR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR No Zumba Gold	26 *9:00 NURSE Walking 9:00 or 4:00 9:30 Living in Moment GR 9:30 Mex. Train GA 9:30 Ceramics CR 10:45 Aqua Fit 2, Y 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit/Crochet GR 1:30 Ukulele BR 2:30 Bus to LGBT event 2:45 Stony Ck Brewery	27 9:00 Walking GR 9:00 Mahjong GA 9:15 Breakfast & Comedy BR 9:30 Chair Yoga 1 GR 10:00 Beg. Bridge OS 10:40 Ch Yoga 2 GR 12:00 Pinochle L 1:00 Case Mtn Hike	28
29	30 *9:00 NURSE Walking 9:00 or 4:00 9:30 Zumba Tone GR 10:00 Acrylic Paint CR 10:00 Curr. Events OS 10:15 Beginner Yoga L 12:00 Mahjong GA 12:00 BP Clinic 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Beg. Pilates BR	OCT. 1 *9:00 NURSE Walking 9:00 or 4:00 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:30 Vet. Coffee Hr. CR 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Beg. Tai Chi 1 2:45 Beg. Tai Chi 2 3:00 French Class GA	2 Walking 9:00 or 4:00 9:30 Quilting CR 10:00 Zumba Gold GR 10:00 Jason Coppola Vet Appts. CL 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 2:00 Kahoot! Brain Games BR 3:00 Coloring Club GR	3 Walking 9:00 or 4:00 9:30 Mex. Train GA 9:30 Living in Moment GR 9:30 Ceramics CR 10:45 Aqua Fit 2, Y 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Scrabble C 1:30 Ukulele BR 1:00 Knit/Crochet GR	4 8:45 Bus to Lyman Orchards 9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 9:30 Choral Gp. 10:00 Beg. Bridge OS 10:40 Ch Yoga 2 GR 12:00 Pinochle L	5

**The Veteran’s Coffee Hour on Tuesday, September 3 is cancelled. **Jason Coppola appointments on Sept. 4 are cancelled.*