

**NEWS & EVENTS**

**SEPTEMBER 2021**

**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)**

**Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm**

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, caregiving, financial assistance, Medicare, assistance at home and more. No question is too small. Call 860-747-5728.

**THE NOT-SO-EMPTY NEST—11TH ANNUAL  
CONFERENCE FOR GRANDPARENTS RAISING  
GRANDCHILDREN**

11th Annual Conference for Grandparents Raising Grandchildren will be held on **Thursday, Sept. 9, from 9:00 A.M. to 1:00 P.M.** at the Plainville Senior Center. “Setting Limits with Love” will be presented by Melissa Mendez, LCSW, Director of Early Childhood Programs, Wheeler Clinic. Registration required by **Sept. 7**. Complimentary Box Lunch Included! Raffle Prizes! Call (860)747-5728 to register, choose your lunch option and for more information. Grant funding requires that we collect grandparents’ and grandchildren’s dates of birth. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Dept. of Rehabilitation Services State Unit on Aging, the Plainville Senior Center and Plainville Youth Services.

**Have Questions? Our Social Worker Has Answers!**

Did you know the Plainville Senior Center has a social worker? Stephanie Soucy will give an overview of what she can do to help Plainville seniors or their caregivers at two sessions on **Monday, Sept. 27, at 3 p.m. and at 5 p.m.** at the Senior Center. Stephanie can help with long-term care, housing and transportation options, Medicare savings programs, SNAP (Supplemental Nutrition Assistance Program), and food pantries, and energy assistance. No question is too small. If you are unable to attend a session or would like her to research your questions in advance, please call her at (860) 747-5728 or e-mail her at [soucys@plainville-ct.gov](mailto:soucys@plainville-ct.gov). Call the Senior Center to register or register online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).



**REMEMBRANCE OF 20<sup>TH</sup> ANNIVERSARY OF 9-11**

A Remembrance of the 20<sup>th</sup> Anniversary of 9/11 will be held on **Saturday, Sept. 11, at 8:30 A.M.** at Veterans Memorial Park on the corner of Whiting and Maple Streets in Plainville. The park is adjacent to the Recreation Department (old fire-house building).



**SCENT-FREE ZONES!**

Please help us to 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 Senior Center or on our bus trips!

**NO SMOKING POLICY AT SENIOR CENTER**

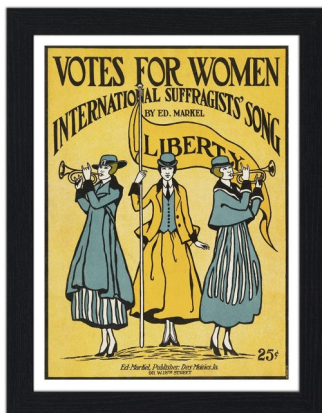
Please note that there is **NO SMOKING** within 25 feet of any Senior Center entrance/exit door. Thank you for your adherence to this policy. If you have any questions, please speak with Shawn or Ronda.

# PROGRAMS

## **CONNECTICUT WOMEN AND THE RIGHT TO VOTE: FEATURING PLAINVILLE CONNECTIONS TO THESE HISTORIC EVENTS**

TUESDAY, SEPTEMBER 14, 10:00 A.M.  
IN-PERSON. SIGN-UP HAS BEGUN. FREE!  
PLEASE CALL THE SENIOR CENTER TO REGISTER.

Presented by Senior Center member Rosemary Morante. Sponsored by the Plainville Historical Society. This program is based on the Plainville Historical Society's Summer 2020 virtual exhibit celebrating the centennial of the 19th Amendment. Learn about the long, courageous struggle of Connecticut women for the right to vote. Also discover the interesting role of Plainville women in this story. One special part of the program will be a look at some familiar names among our local women who registered to vote back in 1920.



## **HEART HEALTHY MAKE & TAKE SPICES**

THURSDAY, SEPTEMBER 16, 10:00 A.M.  
CALL THE SENIOR CENTER OR GO ONLINE TO REGISTER. SIGN-UP BEGINS SEPT. 8



Program is free and in-person. ShopRite Dietitian Jessica will present on Heart Health followed by a hands-on activity: make your own salt-free spice blends to take home! **Call the Senior Center to register or register online at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**

## **RITA'S AFRICAN SHOW**

TUESDAY, SEPTEMBER 21, 1:00 P.M. IN-PERSON, FREE!  
CALL OR REGISTER ONLINE BEGINNING SEPTEMBER 8.

Rita Wagener (Kabali) is a native of Uganda, a country located on the Eastern side of the African continent. Wanting to keep her culture alive, Rita developed this program to share with others. Rita's show takes you through fashions and dances of Africa. At the end of the program, you will feel like you have traveled to Africa, without even being on a plane! No passport required! Come join us for this entertaining and interactive program.



## **MEMORY CAFÉ AT THE SENIOR CENTER**

THURSDAY, SEPT. 16, 2:30 P.M. SIGN UP HAS BEGUN. CALL THE SENIOR CENTER TO REGISTER.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners.

Join us on **Thursday, Sept. 16 at 2:30 p.m.**

**with a visit from the Hungerford Nature Center.** Relax and socialize with other people experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Connecticut State Unit on Aging. **Call to register or register online at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**



## **RULES OF SLEEP**

THURSDAY, SEPT. 30, 1:00 P.M. IN-PERSON, FREE!  
PRESENTED BY MILES EVERETT, RN  
CALL OR REGISTER ONLINE BEGINNING SEPTEMBER 8  
Join Miles Everett, RN, to explore the latest ideas about how to get enough and beneficial sleep/rest including relaxation techniques, avoiding things that interfere with sleep, using things that aid sleep, etc. Pajamas optional.

## **CHINESE TAKEOUT LUNCHEON**

TUESDAY, SEPT. 21, 12:00 P.M. SIGN-UP BEGINS SEPT. 8. **MUST REGISTER BY SEPT. 17. COST \$8.**

Enjoy a delicious Chinese lunch packed in a "to go" container...you can either eat it at the Senior Center or bring it home with you. Choose between: Beef with Broccoli, Chicken with Chinese Vegetables or General Tso's Chicken. All meals come with an egg roll and pork fried rice.



# CLASS DESCRIPTIONS/PROGRAMS

*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 missed classes due to vacations, trips, doctor's appointments, etc.*

## ACRYLIC PAINTING

MONDAYS, 10:00 A.M. — 12:00 P.M.,

INSTRUCTOR: ABBE WADE

Instructor Abbe Wade teaches four unique techniques using acrylic paints. Students must provide their own supplies. Sign up has begun.

## CERAMICS

THURSDAYS, 9:30 — 11:30 A.M.

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.



## KNITTING/CROCHET

THURSDAYS, 1:00 — 3:00 P.M.

INSTRUCTOR: EVELYN MORIN

Here's your opportunity to enjoy the company of others while getting some help if you need it! Finish an old project that's been hanging around in your closet or start something new.



## UKULELE

DEMO CLASS: FRIDAY, SEPT. 17, AT 10 A.M.

FRIDAYS, BEGINNERS: 9:30-10:30 A.M.

INTERMEDIATE: 10:45-11:45 A.M.

INSTRUCTOR: SUE HILL

Beginners—no musical experience needed. 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.



## SEPTEMBER BIRTHDAY BASH

THURSDAY, SEPTEMBER 23

2:00 — 3:00 P.M.

PICK UP AT THE SENIOR CENTER.

If you have a birthday in September, please join us for a birthday treat! **Call the Senior Center by Sept. 21 to register or register online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) so that we know how many birthday surprises to prepare.**



## BOOK BUDS

AUGUST BOOK: CIRCE BY MADELINE MILLER

FRIDAY, SEPTEMBER 3, 10 A.M.

RESCHEDULED FROM AUG. 27

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SEPTEMBER BOOK: THE PIANO TUNER

BY DANIEL MASON

FRIDAY, SEPT. 24, 10:00 A.M. COST: FREE!

INSTRUCTOR: KATHLEEN MARSAN

SIGN-UP BEGINS SEPT. 8

The book is available at the front desk of the Plainville Library. **Call the Senior Center or register online at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**

## PIZZA WEDNESDAYS!

Come enjoy cheese pizza with us here at the Senior Center every Wednesday at noon. COST: \$2.50 includes bottled water. Advance sign-up is required. We cannot accommodate walk-ins. Call (860)747-5728 and join us for lunch.

## GUITAR JAM!

A new acoustic guitar group, led by (Edgar) Allan Haver, is meeting on **Thursday, Sept. 30, at 3 P.M.** at the Senior Center to play music together from the 60s and 70s. Bring your guitar and don't forget to bring your voice too! Call the Senior Center to register.

# FITNESS PROGRAMS

## **POWER BURST**

*MONDAYS, 1:00-2:00 P.M.*

*INSTRUCTOR: CAROLINE DUBE*

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.

## **BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS**

*MONDAYS, 2:15-3:00 P.M.*

*INSTRUCTOR: CAROLINE DUBE*

Gentle Chair Pilates releases tensions, stress and calms the mind and also builds core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Bring a water bottle.

## **CARDIO CHAIR FITNESS WITH NANCY**

*TUESDAYS, 1:00 — 1:45 P.M.*

*INSTRUCTOR: NANCY PANDOLFO*

Everything you can do standing, you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching.

## **BALANCE CLASS**

*TUESDAYS, 2:00—2:45 P.M.*

*INSTRUCTOR: NANCY PANDOLFO*

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

## **ZUMBA GOLD**

*WEDNESDAYS, 9:30 –10:30 A.M.*

*INSTRUCTOR: AMY GRAY*

Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels.



## **SILVER SNEAKERS & PLAINVILLE SENIOR CENTER**

### **YOGA/PILATES(YOGA-LATES)**

*FRIDAYS, 11:00—11:45 A.M.*

*INSTRUCTOR: NANCY PANDOLFO*

**Class is free if you have Silver Sneakers through your health insurance. IN PERSON OR ON ZOOM.**

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



## **THE PEAK FITNESS CENTER IS OPEN** **NO APPOINTMENTS NEEDED!**

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open and appointments are no longer needed! Work out when you want. New PEAK Center hours are: **Monday—Friday, 9:00 A.M.-1:00 P.M.**



# CLASS SCHEDULE Class descriptions on pages 3,4

**Please Note:** You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign up for new classes beginning on **Mega Sign-Up Day, Sept. 8, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **Sept. 15**, if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session Sign-Up begins Sept. 8 Payment Due Upon Registration
<b>MONDAY</b>			
Acrylic Painting	10:00-12:00	Sept. 13-Nov. 22. 10 weeks, \$20.	
Power Burst	1:00-2:00	July 19- Oct. 4. No class Aug. 2 & 30, Sept. 6. Cost is pro-rated based on when you register.	Oct. 18-Nov. 22. 6 weeks. \$12.00.
Chair Pilates & Balance	2:15-3:15	July 19-Oct. 4. No class Aug. 2 & 30, Sept. 6. Cost is pro-rated based on when you register.	Oct. 18-Nov. 22. 6 weeks. \$12.00.
<b>TUESDAY</b>			
Cardio Chair Fitness w/Nancy	1:00—1:45	July 27-Sept. 28. Cost is pro-rated based on when you register. No class Aug. 31 & Sept. 7.	Oct. 5-Dec. 7. No class Oct. 26 & Nov. 2. 8 weeks, \$16. Sign-up has begun.
Balance Class	2:00-2:45	July 27-Sept. 28. Cost is pro-rated based on when you register. No class Aug. 31 & Sept. 7.	Oct. 5-Dec. 7. No class Oct. 26 & Nov. 2. 8 weeks, \$16. Sign-up has begun.
<b>WEDNESDAY</b>			
Zumba Gold	9:30 – 10:30	July 14-Sept. 8. Cost is pro-rated based on when you register.	Sept. 15-Nov. 3. 8 weeks, \$24. Sign-up has begun.
<b>THURSDAY</b>			
Ceramics	9:30 – 11:30	Aug. 19-Sept. 30. No class Sept. 9. Cost is pro-rated based on when you register.	Oct. 7-Dec. 9. 8 weeks. No class Nov. 11 & 25. 8 weeks, \$24.
Knitting/Crochet	1:00-3:00	July 8-Sept. 16. Cost is pro-rated based on when you register.	Sept. 23-Oct. 28. 6 weeks, \$12. Sign-up has begun.
<b>FRIDAY</b>			
Ukulele Beginners	9:30-10:30	Sept. 24-Oct. 22, 5 weeks, \$10	
Ukulele Intermediate	10:45-11:45	Sept. 24-Dec. 3, 10 weeks, \$20	
Yoga-Lates	11:00—11:45	July 23- Sept. 24 Cost is pro-rated based on when you register. FREE if you have Silver Sneakers. No class Sept. 3 & 10.	Oct. 1-Nov. 19., 6 weeks, no class Oct. 29 & Nov. 5. \$12. FREE if you have Silver Sneakers. Sign-up has begun.

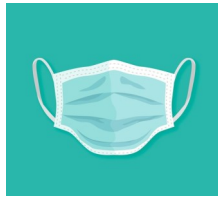


# Trips



## **\*PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE & MOTORCOACH 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 **September 8** 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 Angela at (860) 612-9892 that evening or before 9:00 a.m. the day of the trip.*** Angela 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. Once we pay, refunds are not guaranteed. 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. Some insurance policies cover most costs if the cancellation is due to illness, but others may cover a variety of additional reasons.

**PARKING:** Parking for most trips is at Our Lady of Mercy Church parking lot, directly across South Canal Street from the church. It's the first lot on your right entering South Canal from Broad Street. Park as close to the fence as possible, one car directly behind another. 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. Many overnight trips may provide parking at Our Lady of Mercy Church. Please contact the Senior Center, not OLM for information.

**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 latecomers.***

**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.

## **QUICK TRIPS 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. 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.*

**QUICK TRIP GUIDELINES:** 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 Angela at (860)612-9892. 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.

# Trips

## QUICK TRIPS

### **CHRISTMAS TREE SHOP, MANCHESTER**

*FRIDAY, OCT. 1, 9:30 A.M.*

Great time to shop for your holiday bargains at the Christmas Tree Shop. \$8 for transportation is payable at registration. Lunch is on your own at Panera Bread or McDonald's. Home pick-up **for those who do not drive** begins at 9:15 a.m., then Senior Center pick-up at 9:30 a.m. Return to Plainville by 3:00 p.m. Sign-up has begun.

### **NAUGATUCK RAILROAD**

#### **AUTUMN COLORS TRAIN RIDE**

**FRIDAY, OCT. 15, 11:00 A.M. \$26 PER PERSON INCLUDES TRAIN RIDE & TRANSPORTATION ON OUR MINI BUS. SIGN-UP BEGINS SEPT. 2.**

Join us for a leisurely one-hour-and -20 minute train ride following the Naugatuck River for breathtaking views and autumn scenery. A brief venture is made north of the Thomaston station over the Thomaston Dam, providing a vista-like view of the Naugatuck River Valley. We will begin with lunch on your own at JDT's Brickhouse Restaurant (Menu at Front Desk). Enjoy a quick stop at the Railroad Museum of New England adjacent to the Naugatuck Railroad and board the 2:00 train for a delightful fall ride. Ice cream (on your own) at Cleveland Country Store and the Sweet Tooth in Plymouth will be the main event for our ride home returning approximately 4:30 pm. Sign-up begins September 2.

### **LYMAN ORCHARDS FARM STORE**

#### **at THE APPLE BARREL**

**FRIDAY, OCTOBER 29, 10:30 A.M.**

**SIGN-UP BEGINS SEPT. 8**

**\$8.00 PER PERSON INCLUDES TRANSPORTATION.**

Lyman Orchards has been a farm for over 275 years starting in 1741 when John & Hope Lyman bought two parcels of land (which is now the site of Homestead and Apple Barrel). Today you can pick your own fruit, buy delicious pies, pastries, fruit and yummys, have lunch at the deli (menu at front desk) and enjoy the scenery of Middlefield. \$8 per person includes transportation. Lunch and shopping on your own! Home pick-ups are available for those who don't drive. Trip returns at approximately 1:45 p.m. Sign-up begins on Sept. 8.

## OVERNIGHT TRIPS

### **AMERICAN QUEEN PADDLEBOAT**

*MARCH 20-28, 2022.*

Cruise from New Orleans to Memphis and let the American Queen introduce you to the American South. From \$3,198 includes air & travel. Flyers available at the Senior Center. One night in New Orleans with



sightseeing tour, Nottoway Plantation, St. Francisville, LA, Natchez, MS, Vicksburg, MS, Greenville, TN, Memphis. Transportation to Bradley Airport. Unlimited beverage package. Cappuccino, Espresso, bottled water & soft drinks, entertainment, daily lectures by the Riverlorian, award-winning cuisine, gracious service, Friendship Tours escort throughout the trip. **SIGN-UP HAS BEGUN. Call Friendship Tours at (860)243-1630 to sign up.**

### **COLUMBIA & SNAKE RIVERS**

#### **ABOARD THE AMERICAN EMPRESS:**

**\*PLEASE NOTE DATE HAS CHANGED from Oct. 23-31, 2022, to NEW DATE: July 10-18, 2022.\***

Cruise from Spokane to Vancouver, WA. Follow in the footsteps of Lewis & Clark. Cost: Outside cabin with veranda is \$5,398 per person twin including air and taxes. One night Spokane, WA, one night in Vancouver, WA, both with sightseeing tour, Clarkston, WA, Richland, WA, The Dalles, OR, Stevenson, WA, Astoria, OR, Vancouver, WA. Transportation to Bradley Airport. Unlimited beverage package -beer, wine, spirits, cappuccino, bottled water, etc., hop on, hop off tours in each port, entertainment and more. **SIGN-UP HAS BEGUN. Call Friendship Tours at (860)243-1630 to sign up.**

# DAY TRIPS & OUTDOOR ADVENTURES

## DAY TRIPS

### **HUDSON RIVER CRUISE & LUNCH AT SHADOWS ON THE HUDSON**

*THURSDAY, SEPTEMBER 23, 2021.*

**THIS TRIP IS FULL.** You may sign up for the wait list. Senior Center Members will be called first. Call the Senior Center to be added to the wait list.

### **A BOB HOPE USO STYLE TRIBUTE THE GRAND OAK VILLA, OAKVILLE**

*WEDNESDAY, NOV. 10, 2021*

\$115 per person. Departs 10:30 a.m. from Our Lady of Mercy Church, 19 Canal St., with an approximate return of 4:30 p.m. Family Style Meal including salad, pasta with homemade sauce, roast turkey with gravy and sliced roast beef with gravy, roasted potato, vegetable, dessert and beverage. Carafes of red and

white wine on every table. Join us for a tribute to America's Veterans featuring Bill Johnson and Holly Farris. Flyers available at the Senior Center. Sign up has begun.

### **EDWARDS TWINS AQUA TURF**

*WEDNESDAY, DEC. 8, 2021.*

\$87 per person. Drive on your own. Arrive at 11:30 a.m. Coffee & donuts on arrival. Family Style Menu: salad, pasta, Chicken ala Kathryn, broiled scrod with cracker crumb topping, vegetable, potato, rolls, dessert, beverage. The World-Famous Edwards Twins are two brothers impersonating 100 stars! They are the number one impersonation act in the world! Their vocals and looks will amaze you! Flyers available now! Sign up has begun.

## Outdoor Adventure Club

### **BEACH AND BOOKS! ROCKY NECK WALK & BOOK BARN, NIAHTIC**

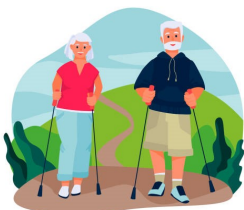
*FRIDAY, SEPTEMBER 10*

*LEAVES SENIOR CENTER 9:00 A.M. RETURNS APPROXIMATELY 3:00 P.M.*

*COST: \$10.00. SIGN-UP BEGINS SEPTEMBER 2.*

Bring a picnic lunch and join Outdoor Adventure Leader Eileen Cyr for a day at the beach! We'll have a 2.5 moderate walk around a loop trail that features beautiful flowers. The path is mostly paved, but there is some gravel. Must be able to walk continuously for one hour. Wear closed toe shoes/sneakers, hat and sunscreen. Bring a water bottle and medications. Enjoy a picnic lunch (bring your own lunch and drink in a cooler) on the beach. After lunch, there will be time to explore the

infamous "Book Barn" home of over 500,000 used books! Anything from mystery to romance to history to cookbooks. Rare finds to \$1.00 paperbacks! There's something for everyone. Bring extra money for an ice cream stop following lunch.



### **CRESCENT LAKE HIKE**

**MONDAY, SEPTEMBER 13, 10:00 A.M. HIKE IS APPROXIMATELY 1 HOUR.**

**LEADER: NATALIE CARPENTER**

**SIGN UP BEGINS SEPTEMBER 2. COST IS \$3.00. PAY WHEN REGISTERING.**

Join Natalie for a moderate walk around Crescent Lake. There are many tree roots, and it can be muddy. Sturdy hiking shoes, walking sticks, tick spray, sunscreen and a water bottle are recommended. Can meet at the Senior Center parking lot at 10:00 a.m. to caravan or meet in the parking lot at Crescent Lake at about 10:10am. Address for Crescent Lake is 403 Shuttle Meadow Rd., Southington.

**DID YOU KNOW?** According to data compiled by the Social Security Administration, a man reaching age 65 today can expect to live, on average, until age 84. A woman turning age 65 today can expect to live 86.



# HEALTH MATTERS

## ELDER JUSTICE HOTLINE LAUNCHED

Attorney General William Tong, Aging and Disabilities Commissioner Amy Porter, Consumer Protection Commissioner Michelle H. Seagull and the Coalition for Elder Justice in Connecticut have launched the Elder Justice Hotline-- a "one stop shop" for older adults in Connecticut in need of information, aid, and justice. The hotline can be reached at **1-860-808-5555** or online at: **<https://portal.ct.gov/ag/elderhotline>**.



## WHEELER OUTREACH & ENGAGEMENT PROGRAM

Wheeler Clinic's Senior Outreach and Engagement Program (SOEP) provides outreach, education, assessment, case management, and referral services for older adults (age 55+) living in the North Central Connecticut cities and towns within DMHAS Region 4. This includes Plainville. The program serves older adults who are isolated and have mental health and/or substance use concerns. For more information, call (860)793.3500 or go to [wheelerclinic.org](http://wheelerclinic.org).



## BEREAVEMENT WORKSHOP BEGINS SEPT. 8

The Wolfson Palliative Care Department at the Hospital of Central Connecticut will be offering free bereavement support groups beginning **Wednesday, Sept. 8**, for anyone who is struggling with the death of a loved one. The eight-week program will be held in person at the Hospital of Central CT, New Britain Campus, from 3:00-4:00 P.M. Virtual class via Zoom from 5:00-6:00 P.M. No fee to participate. Space is limited.

**Hartford  
HealthCare**



To register, go to: [Hartfordhealthcare.org/virtualclasses](http://Hartfordhealthcare.org/virtualclasses) or 1-855-HHC-HERE (1-855-442-4373). For more information, call (860)224-5463.

## **MEDICARE SAVINGS PROGRAM (MSP)**

### **INCOME LIMITS:**

**Singles Range From: \$2,265 to \$2,641**

**Couples Range From: \$3,064 to \$3,572**

### ***There is No Asset Limit nor Estate Recovery***

The State of CT offers financial assistance to eligible Medicare enrollees. Department of Social Services will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

## **THE NURSE IS IN!**

GEORGIA STERPKA, APRN, IS  
AVAILABLE BY APPOINTMENT FOR:

### **REGULAR AND DIABETIC FOOT CARE**

Cost is \$18.00 for Plainville resident members and \$28.00 for out-of-town members.

**EAR WAX REMOVAL: COST IS \$5.00.**

**CHOLESTEROL SCREENING** -This type of test does not require fasting. Cost is \$12.

### **FREE BLOOD PRESSURE SCREENINGS**

Senior Center Members only.



**facebook**

Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle and logo is "cover page."

# PROGRAMS, ETC.

## JOIN US FOR THE RAINBOW LUNCH HOUR!

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center and the CT Healthy Living Collective for a Rainbow Lunch Hour on **Thursday, Sept. 23, at noon via Zoom from home or from the Senior Center**. The event will be held every fourth Thursday of the month at noon. Pre-registration is required. Bringing your own lunch is optional. The September topic is "Resourcefulness and Healthy Living." If Zooming from home, **register at [www.cthealthyliving.org](http://www.cthealthyliving.org)**. If you are coming to view the program here, call the Senior Center or go online to register at **[www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville)**.



## NUTRITION TRIVIA BINGO

**THURSDAY, OCTOBER 14, 10:00 A.M.**  
**PROGRAM IS FREE AND IN-PERSON.**  
**CALL THE SENIOR CENTER TO REGISTER OR REGISTER ON-LINE BEGINNING SEPTEMBER 8.**  
 Test your nutrition knowledge and play Bingo with ShopRite Dietitian Jessica! Everything you need to play will be provided, and Jessica will have prizes for BINGO winners. **Call the Senior Center to register or register online at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville)**.



## HELP WANTED: PIANO PLAYER

Plainville Senior Center Choral Group is looking for a piano player to be part of this dedicated volunteer ensemble. The group practices once per month and entertains once a week for three weeks at three area nursing homes. Help to bring joy to many folks using your voice and piano talent. Transportation provided by the Senior Center to the nursing home gigs if needed. Call Shawn or Ronda for more information or if interested.

**THE PLAINVILLE SENIOR CENTER CHORAL GROUP** will be rehearsing on **Friday, Sept. 10, at 9:30 a.m.** here at the Senior Center.



## FRIENDS OF PLAINVILLE PUBLIC LIBRARY HOLDING ANNUAL BOOK & JEWELRY SALE

The Friends of the Plainville Public Library is holding an Annual Book & Jewelry Sale on **Wednesday, Sept. 15, from 10 A.M. to 7 P.M., Thursday, Sept. 16, from 10 A.M. to 7 P.M., Friday, Sept. 17, from 10 A.M. to 3 P.M. and Saturday, Sept. 18, from 10 A.M. to 2 P.M.** Fill-a-Bag of Books on Sat. from 12-2 P.M. Fill your first bag for \$3. Subsequent bags are \$1 each. Bring your own bags. Surcharge for bags larger than 14"X 16." Bags will be available for purchase. All proceeds benefit the Plainville Public Library. Donations of jewelry, books and music in good condition welcome, items can be dropped off during normal business hours.  
 \*They cannot accept textbooks, reference books, encyclopedias, computer books, video tapes, audio tapes or cassettes.\*

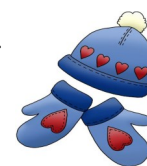
## MEGA SIGN-UP DAY—SEPTEMBER 8

**Mega Sign-Up Day is set for Wednesday, Sept. 8, from 9:15 A.M. to 4:45 P.M.** Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.



## DO YOU SEW, KNIT OR CROCHET?

Neighborhood Housing Services of New Britain, Inc. (NHSNB) needs your help to create hats, scarves and mittens for our 2021 Winter Drive! Items will be donated to children and families in need across New Britain. Make a difference! To participate, call Daria at (860)224-2433, ext. 112. The Plainville Senior Center has yarn and knitting needles available if anyone wants to use them for this project.



# FOODSHARE, SUPPORT GROUPS & PROGRAMS

## **MOBILE FOODSHARE SITE IN PLAINVILLE: NORTON PARK, 15 Norton Park Road**

**MONDAY, SEPT. 20: 11:00 —11:30 A.M.**

Perishable foods including fresh fruits, vegetables, dairy, meat and bread. This service is available to everyone 16 years and older. No identification needed. Please bring your own bags. For the entire Mobile Food Share schedule visit: [www.Foodshare.org/mobile](http://www.Foodshare.org/mobile). To check other locations and/or cancellations visit the website or call **(860)856-4321**. Text **FOODSHARE** to **85511** to receive the mobile schedule and cancellation alerts on your phone.



## **THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH**

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

**CAREGIVING CONNECTIONS** - Join your caring friends on **Tuesday, Sept. 14, at 10 a.m.** at the Senior Center as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. Come share & be nourished. You must register to attend. Call the Senior Center or go online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to register.

## **GRANDPARENTS RAISING GRANDCHILDREN**

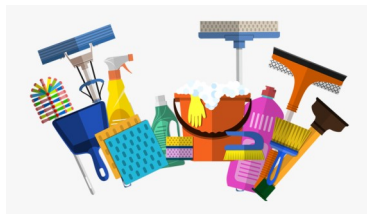
If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at **10:30 a.m. on Tuesday, Sept. 21**, at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center or go online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to register.

## **CARING AND CONNECTING**

Would you like someone to chat with? We have volunteers who are happy to connect with folks to say “hello” and to help brighten someone’s day, especially during these difficult times. Call the Senior Center if you’d like to volunteer.

## **HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS**

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist Plainville residents with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceilings, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.



## **WALK TO END ALZHEIMER'S**

Join Team Brainstormer's Fundraiser for the **WALK to END ALZHEIMER'S** on **Thursday,**

**Sept. 9, from 5-8 P.M.** at Rich's Ice Cream, 409 Hill St., Bristol. Proceeds from this fundraiser will go to the Walk to End Alzheimer's/Team Brainstormers.

## **BRISTOL MEMORY CAFÉ SET FOR SEPT. 28**

The Bristol Senior Center, 240 Stafford Ave., Bristol, holds a Memory Café on the last Tuesday of each month at 1 P.M. For more info., contact Lynn Litwinczyk at [llitwinc@bristolhospital.org](mailto:llitwinc@bristolhospital.org).

## Donations

JULY 22--AUGUST 16

*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.*

### GENERAL DONATIONS

*Rita Rival, Judi Ann Lausier of West Central CT United Way, Claire Riback, Charlotte Politis, Barbara Wallace, Jacqueline Harvey, Brad White, Verna Pekrul, Carol Wright, Denise Kaye, Virginia Salmon, Betty Kirch, Barbara Barton, Sally Cobrain, Susan Herman, Arthur Minor, Carol Perry, Marilyn Villanova, Jean Kelly, Priscilla Gundry, Debbie Nelson, Lola Wishart.*

### MEMORIAL DONATIONS

**In Memory Of: Patricia 'Pat' Cancelli** by Carol Perry.

**In Memory Of: Dumais & Wilk Families** by MaryJane Dumais.

### DIAL-A-RIDE DONATIONS

Don from United Way, Ellen Couture, Barbara Barton, Rosaleen Peters and Carol Perry.

*Please note: When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. If you wish your donation to remain anonymous, please let us know. We do our best not to leave any donor's name off the list, but if we do, please let us know so we can include it in the next Newsletter.*

## Cheer Report

JULY 22-AUGUST 16

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

### GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Dorothy Murray, Frances Lainey, Jeanine & Joseph Martino, Irene Mohr, Norma Weisenburger, Gerry Malicki, Susan Kensel, Joan Stebbins, Richard Case, Bill & Judy Briggs, Sandy Therrien, Arnold Levesque.

### SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Marilyn Sevigny, William Tighe, John Mangan, Margaret Verzulli, Stella Levesque, Kathy Gustavson, Juliet Catucci, Judy Silvia.

### SYMPATHY CARDS WERE SENT TO:

Diane Sperry, Rosemarie Babin, Patricia Pagani.

*The Senior Center **ALWAYS** Needs Sympathy, Get Well and Thinking of You Cards! We do not use religious cards or Mass cards. If you wish to donate cards, please drop them off at the Senior Center. We appreciate it!*



### JULY NEW MEMBERS

Susan Devine, Glen Halvorsen, Susan Halvorsen, Cheryl Kanapie, Richard Langley, James Lemieux, Carol Lemieux, Robert Paghense and Eileen Therieault.





# VETERANS' NEWS & ACTIVITIES

## INDIVIDUAL APPOINTMENTS FOR VETERANS WEDNESDAY, SEPTEMBER 1, AT THE SENIOR CENTER

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance. Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance, is available on **Wednesday, September 1**, at the Senior Center to help you with all of your veteran benefit needs. Call Jason at (203) 805-6340 to schedule an individual appointment (please leave a message). Jason is scheduled to be at the Senior Center the first Wednesday of each month.



## VETERANS' SOCIAL HOUR

**TUESDAY, SEPT. 28, 10:00 A.M.**

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register or register online at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville).**



## PLAINVILLE VETERANS' MEMORIAL WALL

A Memorial Wall has been created to provide a place to honor the military service of deceased veterans by their friends and family members. Brass plates engraved with the Veteran's rank, name and branch of service can be purchased for \$14. Contact the Senior Center for an order form.



## VA NOW PROCESSING DISABILITY CLAIMS FOR ASTHMA, RHINITIS, SINUSITIS

The VA has begun processing disability claims for asthma, rhinitis and sinusitis on a presumptive basis based on presumed particulate matter exposures during military service in Southwest Asia and certain other areas – if these conditions manifested within 10 years of a qualifying period of military service. Veterans and survivors who believe they may be eligible for the newly established presumptive conditions are encouraged to apply.

They should file a VA Form 21-526EZ if applying for the first time or a VA Form 20-0995 if they are reapplying for these conditions.

For more information on the new presumptive conditions, visit their website at **Airborne Hazards and Burn Pit Exposures – Public Health ([va.gov](http://va.gov))**.

To apply for benefits, Veterans and survivors may visit **VA.gov** or call toll-free at **800-827-1000**. You can view the interim final rule at **[www.regulations.gov](http://www.regulations.gov)**.

## VETERANS BENEFITS BANKING PROGRAM

Are you a Veteran who doesn't have a bank or credit union? You're not alone! Many Veterans were in the same situation, and that's why VA established the Veterans Benefits Banking Program (VBBP) in December 2019. Since then, more than 75,000 Veterans have signed up to receive their VA benefits through direct deposit instead of pre-paid debit cards or paper checks.

VBBP provides Veterans and their beneficiaries with banking options and resources to help manage their finances and reduce instances of fraud. Veterans can sign up for bank accounts and receive their VA benefits using direct deposit, which is proven to be easier, safer, and more reliable than pre-paid debit cards or paper checks. With direct deposit, payments are automatically placed into a secure bank account, ensuring that Veterans get the benefits they have earned on time, every time. For more information, visit **[benefits.va.gov/VeteransBanking](http://benefits.va.gov/VeteransBanking)** or **[veteransbenefitsbanking.org](http://veteransbenefitsbanking.org)**. Veterans who already have a bank account but want to use direct deposit for their federal benefits can call VA at **1-800-827-1000** or visit **[va.gov/change-direct-deposit/](http://va.gov/change-direct-deposit/)**.

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BC= Back of Calendar

## THIS AND THAT

### DROP-IN ACTIVITIES! COME JOIN US!

Below is a schedule of drop-in activities that you are welcome to join:

**Mahjong: Mondays 12:00 noon**

**Setback Tournament: Mondays, 12:30 p.m.**

**Cribbage: Tuesdays, 10:00 a.m.**

**Pinochle: Tuesdays, 12:00 noon**

**Current Events: Tuesdays, 1:00 p.m.**

**Bridge: Tuesdays, 1:00 p.m.**

**Open Quilting: Wednesdays, 9:30-11:30 a.m.**

**Open Painting: Wednesdays, 1:00 p.m.**

**Bingo: Wednesdays, 1:15 p.m.**

**Charlemagne: Wednesdays, 1:15 p.m.**

**Coloring Club: Wednesdays, 3-4 p.m.**

**Mexican Train: Thursdays, 10:00 a.m.**

**Pool Tournament: Thursdays, 12:30 p.m.**

**Pinochle: Thursdays, 12:30 p.m.**

**Telephone Bingo: Thursdays at 1 p.m.—call ahead to receive call-in or Zoom information and a Bingo card.**

**Bridge: Thursdays, 1:00 p.m.**

**Scrabble: Thursdays, 1:00 p.m.**

**Mahjong: Fridays, 9:00 a.m.**

**Walking—Daily at 9:00 a.m. (check calendar for changes).**

**Computers—Daily for members only. Must sanitize keyboard & mouse before & after.**



### SETBACK WEEKLY TOURNAMENT WINNERS

AUG. 2: 1ST: Sally Miller & Gail Kreneck, 2ND: Vicki Chapman & Joan Litteral, 3RD: Bob Albrecht & Sandy Colello, AUG. 9: 1ST: Bob Albrecht & Rich Nordgren, 2ND: Annie Theriault & Donna Albrecht 3RD: Gemma Croteau & Sandy Colello AUG. 16: 1ST: Bernard Grabeck & Stan Funk, 2ND & 3RD TIE: John Gasparini & Mike Chapman, Vickie Chapman & Grace Lapilia, Charlie Stepney & Elaine Chartier.



### BILLIARD WEEKLY TOURNAMENT WINNERS

AUG. 5: 1ST: John Gasparini, 2ND: Stan Funk.

### SIGN UP FOR THE AARP SMART DRIVER COURSE

The AARP Smart Driver course will be held in December. Check the Oct. newsletter for details.

