

NEWS & EVENTS

SEPTEMBER 2022

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

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, care-giving, financial assistance, Medicare, assistance at home & more. No question is too small. Call (860)747-5728.

**“THE NOT-SO-EMPTY NEST” GRANDPARENTS
RAISING GRANDCHILDREN CONFERENCE**



14th Annual Conference for Grandparents Raising Grandchildren will be held on **Tuesday, Sept. 20, from 9:00 A.M. to 1:00 P.M.** at the Plainville Senior Center. “Moving Through Grief and Loss”. Presented by Heidi Levitz, Early

Childhood Specialist, Wheeler Clinic. Registration required by **Sept. 14**. Complimentary Box Lunch Included! Raffle Prizes! Call (860)747-5728 to register. 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 State Unit on Aging, the Plainville Senior Center and Plainville Youth Services.

**STAY SAFE-AND SAVE-WITH THE AARP SMART
DRIVER COURSE**

THURSDAY, OCTOBER 27, 12:30-4:30 P.M.

COST IS \$20 - AARP MEMBERS. \$25- NON-AARP MEMBERS. SIGN-UP BEGINS SEPTEMBER 7. NON-MEMBERS CAN SIGN UP, IF SPACE ALLOWS, BEGINNING SEPTEMBER 14.

The AARP Smart Driver course teaches valuable defensive driving strategies & provides a refresher for the rules of the road. Drivers learn research-based tips to adapt their driving to compensate for physical & cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

DEPARTMENT OF VETERANS AFFAIRS ANNUAL STAND DOWN EVENT

This event will be held on **Friday, Sept. 23, from 8:00 a.m. – 2:00 p.m.** at the **Bristol Sports Armory, 61 Center Street in Bristol**. Attendees will have access to a variety of benefits, services, personal need items, vaccinations, medical screenings, and meals to go provided by the DVA, Federal VA, Veteran Organizations, State & Federal agencies, and community-based providers. For more information, call (860)584-6258 or 860-616-3803. Transportation for Plainville residents 60 and over by appointment only (Call 860-747-5728). Flyers available at the Senior Center.

TAG SALE THANK YOU'S

A big shout out to Sally Miller, Sue DesRochers and Barbara Wallace for being the Tag & Jewelry Sale Chairpeople and also a big thank you to all of our wonderful volunteers who sorted, cleaned, set up and worked the tag sale. It was a great success!

\$3,653.66 was raised for Dial-A-Ride!



SEEKING VENDORS FOR HOLIDAY CRAFT FAIR

The Plainville Senior Center is seeking vendors who offer hand-made items including jewelry, crafts, dolls, clothing and artwork for our popular Holiday Craft Fair on Saturday, November 5, from 10 a.m.—2:30 p.m. \$40 per space/must have tax ID number. Call Ronda at 860-747-5728.



CLASSES & PROGRAMS

AN ACCIDENTAL WEDDING COMEDY & LUNCHEON

THURSDAY, SEPT. 1, 11:00 A.M.

COST \$4.00. INCLUDES SHOW AND YOUR CHOICE OF TUNA OR EGG SALAD SANDWICH WITH CHIPS, DRINK AND DESSERT OR PROGRAM IS FREE IF YOU DON'T WANT LUNCH.

Join us for a delightful day of live comedy and entertainment. "An Accidental Wedding" by Steve Henderson is a hilarious encounter with a wouldn't-be groom, an irate match maker and a tall tale like they write tall tales about. A highly interactive, roll in the aisle comedy you won't want to miss. Following the 2-person comedy, stay for lunch, if you wish (must pre-register in advance).

NEW QUILTING CLASSES!

ALL CLASSES TAUGHT BY DARLENE BACHAND, MAXIMUM 10 STUDENTS PER CLASS. SUPPLY LISTS PROVIDED UPON REGISTRATION. SAMPLES ON DISPLAY IN SENIOR CENTER SHOWCASE.

FABRIC-COVERED MOUSEPAD/COASTER

WEDNESDAY, SEPT. 7, 9:30-11:30 A.M. COST: \$2, ALL SKILL LEVELS. SIGN-UP HAS BEGUN.

A totally "no sew" project using your favorite fabric!

COURTYARD QUILT

WEDNESDAYS, SEPT. 28, OCT. 5, 12

9:30-11:30 A.M. COST: \$6. SKILL LEVEL-ALL

SIGN-UP HAS BEGUN. A fat quarter-friendly lap quilt using fabrics of a different color theme or scrappy fabric is fun too!

BOWL COZY CLASS

TUESDAY, OCT. 18, 10:00 A.M.

COST: \$2.00. SIGN UP BEGINS SEPT. 7
CLASS SIZE LIMITED TO 10.

INSTRUCTOR: EVELYN MORIN.

Have you ever taken a bowl of soup out of the microwave and burned your fingers as the bowl is so hot or sat down with a bowl of ice cream as you were holding it your hands are freezing....the bowl cozy is the answer. With a couple of pieces of fabric and a little bit of sewing, we can accomplish taking care of the burning/freezing hands. Use of a sewing machine is a must. Samples in showcase.



FALLING SAFELY

THURSDAY, SEPTEMBER 8, 10:30 A.M.

FREE PROGRAM. REGISTRATION HAS BEGUN.

PRESENTED BY: MAQUITA SELLERS

Sometimes, there's no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least prepare properly to fall. Learn how to fall down the correct way forward or backwards, all the details on how to do it safely to reduce the risk or lessen the severity of injury. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**

BOOK BUDS SEPT. BOOK: "BEACH MUSIC"

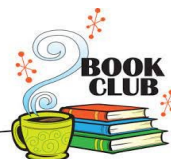
BY PAT CONROY, FRIDAY, SEPT. 23, 10:00 AM

COST: FREE!

SIGN-UP BEGINS SEPT. 7

INSTRUCTOR: KATHLEEN MARSAN.

FOR MEMBERS ONLY.



This acclaimed contemporary fiction is the perfect read for the end of summer. All bibliophiles are welcome! The book is available at the library. **Call the Senior Center to register.**

WII BOWLING IS BACK!

Join us on Wednesdays, beginning Sept. 7 at 1:30 for a friendly game of Wii Bowling! Call the Senior Center to let us know if you'll be joining the fun. Don't worry if you've never played before ... we will be happy to teach you!



CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, Sept. 13, at 10 a.m.** at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center to register.

MANY THANKS!

We'd like to send out a big thank you to Marlene Maglio's daughter-in-law, Paula for the donation of double knitted hand made winter hats which were brought to Brian's Angels and St. Vincent DePaul's Homeless Shelter. They are much appreciated!



OUTDOOR ADVENTURE

SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC

FRIDAY, SEPT. 9, LEAVES SENIOR CENTER AT 7:45 A.M.
RETURNS AT APPROXIMATELY 3:00 PM.

COST: \$42 INCLUDES SAIL & TRANSPORTATION.

Join us as we sail away with Outdoor Adventure enthusiasts from other Connecticut Senior Centers! The Schooner ARGIA is one of the fastest sailing ships in New England. Discover islands, lighthouses and the beauty of sailing. Trip sails even in cloudy and light drizzle weather conditions; wear an extra layer and bring a jacket. There is a bathroom on board but you need to climb a ladder to access it. After the cruise, enjoy about two hours for lunch (on your own) and/or shopping in downtown Mystic.

HYDROCYCLE TOUR, OLD SAYBROOK

SATURDAY, SEPT. 24, LEAVES SENIOR CENTER
AT 10 A.M. RETURNS APPROXIMATELY 3 P.M.

COST: \$53 INCLUDES 1.5 HOUR HYDROCYCLE

TOUR & TRANSPORTATION. SIGN-UP HAS BEGUN.

Hydrocycle you ask? Yes! Biking on water! These hydrocycles are basically wheel-less bikes on pontoon boats. They are fun, 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. Following the tour, we will stop for lunch (on your own) at Bill's Seafood.

CHESHIRE RAIL TRAIL WALK, BARKER CHARACTER & COMIC MUSEUM, LUNCH

FRIDAY, SEPTEMBER 30, LEAVES SENIOR CENTER AT 9:00 A.M. DRIVE ON YOUR OWN OR CARAVAN

FREE TO REGISTER. SIGN UP BEGINS SEPTEMBER 7. MUSEUM ADMISSION (\$5.00) AND COST OF LUNCH IS ON YOUR OWN. Enjoy a 45 minute to an hour walk on the Cheshire Rail Trail then after go back in time to the Barker Character and Comic Museum in Cheshire. Lunch at Viron Rondo in Cheshire.

RATTLESNAKE MT. HIKE, ROUTE 6, FARMINGTON

SATURDAY, SEPTEMBER 17, CARAVAN FROM SENIOR CENTER AT 8:45 A.M. RETURN AT 11:30 A.M.

COST: \$3.00. PAYMENT DUE AT REGISTRATION. LEADER: JARED SCOVILLE

Rattlesnake Mountain offers fantastic views of Hartford, Plainville, and Southington. The trail is heavily wooded with moderate to difficult inclines at times. **This hike is for intermediate to advanced hikers only:** people who walk regularly and maintain a consistent level of physical activity by working out in a fitness center, etc. There is one prolonged hill climb, then 2 smaller hill climbs on the way up, then only 1 main hill on the way back down. The total mileage for the hike is just over 2 miles, but we will take our time with rest breaks after the hills. Be prepared with water, a snack, and hiking shoes or very grippy sneakers for the trail.

PROGRAMS, ETC.

AMY ARCHER GILLIGAN—AMERICA'S DEADLIEST FEMALE SERIAL KILLER

THURSDAY, SEPT. 15, 10 A.M.

PROGRAM IS FREE!

INSTRUCTOR: JOE THE HISTORY GUY.

SIGN-UP HAS BEGUN!

Based upon the book, "The Devil's Rooming House," by M. William Phelps and takes place in nearby Windsor, CT. Gilligan may have been responsible for as many as 40 murders in the early 1900s. Many people say this was the inspiration for "Arsenic & Old Lace."



THE SENIOR CENTER LE PETIT CAFÉ OPENS SEPTEMBER 27TH!

Join us for lunch in the café on
Tuesdays and Wednesdays, 11:30 - 1:00 beginning September 27th.

No advance reservation needed.

Order what you wish! We have a limited, but delicious menu of freshly prepared items. Soup will be back on the menu!

CASH OR CHECK ONLY!



MEGA SIGN-UP DAY SEPT. 7, 9:15 A.M. - 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 or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.



FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 P.M.

INSTRUCTOR: CAROLINE DUBE

Class includes intervals of low-impact movement with 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.

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.

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:45–3:45 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.

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. PEAK Center hours are: **Monday-Friday, 9:00 A.M.-1:00 P.M.**

CLASS DESCRIPTIONS

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.

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, 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.

NEW WATERCOLOR CLASS

FRIDAYS, 9:30 A.M.-11:30 A.M.

INSTRUCTOR: PENNY KINDBLOM

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.

CLASS SCHEDULE Class descriptions on pages 2,4

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. 7, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **Sept. 14** 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. 7 Payment Due Upon Registration.
MONDAY			
Acrylic Painting	10:00-12:00		Sept. 26-Dec. 5, 10 weeks, \$20.00. No class Oct. 10.
Power Burst	1:30-2:30	June 13—Aug. 22, 8 weeks, \$16.00 No Class Aug. 1	Aug. 29-Oct. 17, 6 weeks, \$12.00. No class Sept. 5 & Oct. 10.
Chair Pilates & Balance	2:45-3:45	June 13—Aug. 22, 8 weeks, \$16.00	Aug. 29-Oct. 17, 6 weeks, \$12.00. No Class Sept. 5 & Oct 10
TUESDAY			
Cardio Chair Fitness w/ Nancy	1:00-1:45	July 26-Aug. 30, 6 weeks, \$12.	Sept. 20—Oct 18, 5 weeks, \$10.00.
Balance Class	2:00-2:45	July 26-Aug. 20, 6 weeks, \$12.	Sept. 20—Oct 18, 5 weeks, \$10.00
WEDNESDAY			
Zumba Gold	9:30 -10:30	Aug. 3-Sept. 21. 8 weeks, \$24.	Sept. 28—Nov. 16, 8 weeks, \$24.00
Quilting Classes! NEW!	9:30-11:30	SEE PAGE 2 FOR DESCRIPTIONS.	
THURSDAY			
Ceramics	9:30 – 11:30	July 14—Sept 8. No class Aug. 18, \$32.00	Sept. 15—Nov. 10, 8 weeks, \$32.00, No Class Nov. 3
Knitting/Crochet	1:00-3:00	July 28—Sept. 8, 6 weeks, \$12.00 No Class Aug. 18	Sept. 15—Nov. 10, 8 weeks, \$16.00 No Class Nov. 3
FRIDAY			
Watercolor	9:30-11:30		Sept. 9—Oct. 28, 8 weeks, \$16.00
Yoga-Lates	11:00-11:45	Aug. 19-Sept. 2, 3 weeks \$6. FREE if you have Silver Sneakers.	Sept. 23—Oct. 21, 5 weeks, \$10.00 Free if you have Silver Sneakers

HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, you can call us here at the Senior Center (860)747-5728 so we can register you.

PROGRAMS, ETC.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, SEPT. 15, 2:00 P.M.

SIGN-UP BEGINS SEPT. 7. CALL THE SENIOR CENTER TO REGISTER. OPEN TO THE PUBLIC.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Relax and socialize with others 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. & the CT State Unit on Aging.

MyHomeCT Helps Eligible Homeowners

With Mortgage Difficulties Due to COVID-19

Connecticut has been awarded approximately \$123 million to establish MyHomeCT, a program funded by the Homeowner Assistance Fund. The goal of the program is to cure mortgage delinquencies and defaults, and prevent foreclosures among eligible homeowners that occurred as a result of the pandemic. The program also includes assistance for qualified non-mortgage expenses including, but not limited to, non-escrowed real estate taxes and insurance as well as condo or HOA fees. The CT Dept. of Housing has designated the Connecticut Housing Finance Authority (CHFA) to administer this. The program offers reinstatement, up to 12 months of forward payments or a combination of both, to eligible CT homeowners. For more information, call the MyHomeCT Call Center: **(877)894-4111 Mon.-Fri. 10 a.m. – 8 p.m.**

BECOME A HOSPICE VOLUNTEER!

Become someone's hero. When you give **HARTFORD HEALTHCARE at HOME** the valuable gift of your time & compassion, they will give you a chance to make a real difference in someone's life. Attend their upcoming 6-session **Hospice Virtual Volunteer Training Series on Tuesdays beginning Oct. 4, from 6-8:30 p.m.** Contact Holly Beck, MA, LPC, Volunteer Coordinator at holly.beck@hhchealth.org or call (203)321-3008.

THE BEST THERAPISTS HAVE FUR & FOUR LEGS! **CERTIFIED PET COMFORT TEAMS NEEDED**

Is your best friend pet therapy certified? Are you looking to bring smiles to those you visit? Hartford HealthCare at Home would love to have you as a Hospice Volunteer. Free training provided to all humans visiting hospice patients. Contact Holly Beck, MA, LPC, Volunteer Coordinator at holly.beck@hhchealth.org or call (203)321-3008.



SIGN UP TO DISPLAY YOUR COLLECTION, HOBBY!

If you have a collection or hobby that you'd like to display in our showcase, please call us at the Senior Center to let us know. Displays are typically in the locked showcase for a month at a time.

For September's showcase, Sandy Robinson will be displaying her collection of elephants!



VETERANS' NEWS & ACTIVITIES

INDIVIDUAL APPOINTMENTS FOR VETERANS WILL NO LONGER BE AVAILABLE **WITH JASON COPPOLA AT THE SENIOR CENTER**

Jason Coppola, from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance, has accepted a new job with the VA and will no longer be available at the Senior Center to help with Veteran benefits. Check upcoming newsletters to see who his replacement will be.

VETERANS' SOCIAL HOUR

TUESDAY, SEPTEMBER 27, 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.



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. The wall is located at Town Hall outside the Town Clerk's office. Brass plates engraved with the Veteran's rank, name & branch of service can be purchased for \$14. Contact the Senior Center for an order form.

TRIP GUIDELINES

PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE & MOTORCOACH TRIPS ON THE BUS. DESTINATIONS—BOATS, RESTAURANTS, MUSEUMS, ETC. ARE BY VENDOR'S POLICY OR LOCAL RULES

SIGN-UP: Trip sign-ups take place during regular business hours (Mon.—Fri.). Cash or check 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 we have one). *If you must cancel the night before or the morning of the trip, please call Angela at (860) 839-7346 before 9:00 p.m. the night before the trip or before 9:00 a.m. the day of the trip.* 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 rarely given.** We will always attempt to get a refund, and whatever we are refunded will be passed on to you.

PARKING: Parking for most trips is at Our Lady of Mercy Parish Center (the former parish school) Parking Lot (19 South Canal St.). Enter Parish Center parking lot on the right as close to the dividing fence with the Rectory and park on your right. Please park one after the other in the lined areas.

For many overnight trips, parking is provided at Our Lady of Mercy Parish Center, at your own risk. But we suggest, if possible, that someone drop you off and pick you up or have someone pick up your car after the multi-day trip has left and bring it back to OLM for the day you are due back. Do not contact OLM for trip parking questions, call the Senior Center. There is no overnight parking at the Senior Center.

MEDICAL ID CARDS: For your protection in the event of a medical emergency, your Medical ID Card must be shown to the bus captain when you board the bus. Please stop by the Senior Center to get one.

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.

SEAT ASSIGNMENTS: Your seat assignment will be given to you before boarding the bus. ***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. 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.

*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)839-7346**. 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.

QUICK TRIPS



SUNSET MEADOWS VINEYARD—GOSHEN, CT
FRIDAY, SEPT. 16, DEPARTS 10:30 A.M.
FROM OUR LADY OF MERCY PARISH CENTER
APPROXIMATE RETURN 4:45 P.M.
** FULL CALL TO BE PUT ON WAIT LIST.

WE NEED YOUR HELP!

DO YOU SPEAK SPANISH, POLISH, FRENCH OR RUSSIAN?

Once in a while, someone comes to us for help or calls and we cannot communicate because of language. Would you help us understand and translate? Call Shawn or Ronda at the Senior Center.





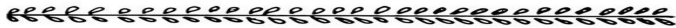
TRIPS

CURRENT TRIPS

AQUATURF -JIMMY MAZZ
TRIBUTE TO BOBBY DARIN &
CONNIE FRANCIS
OPEN TO THE PUBLIC!
BRING YOUR FRIENDS!



TUESDAY, SEPT. 13, 11 A.M.-3:30 P.M.
 \$47 PER PERSON (DRIVE ON YOUR OWN) OR \$51
 (TAKE OUR BUS). SIGN-UP HAS BEGUN. SALAD,
 PASTA, FAMILY STYLE ROAST BEEF & CHICKEN
 FRANCAISE, VEGETABLE & POTATO, DESSERT.
 Jimmy Mazz pays tribute to Bobby Darin & Connie
 Francis as only he can.



NEW TRIPS

**LEXINGTON & CONCORD: LOUISA MAY ALCOTT'S
 ORCHARD HOUSE**

TUESDAY, OCTOBER 4, DEPARTS OLM AT PARISH
 CENTER at 6:45 A.M. RETURNS APPROXIMATELY
 6:45 P.M. \$126 PER PERSON.
 SIGN UP BEGINS SEPTEMBER 7.

We will visit the Orchard House. The
 house is most noted for being where
 Lousia May Alcott wrote and set her
 beloved classic, *Little Women* in 1868.
 The furnishings on display were
 owned by the Alcotts. Enjoy lunch at
 the elegant 1716 Colonial Inn set on the Concord, MA,
 Village Green. Menu: Salad, Choice of Chicken Piccata
 with Lemon Caper Butter Sauce with Diced Tomato **OR**
 Ritz Cracker Crusted Cod Citrus Beurre Blanc, Potato,
 Seasonal Vegetable, Dessert and Coffee. Must choose
 entrée in advance. We will greet our costumed guide
 and begin a memorable visit to the birthplace of
 American Liberty, Lexington, MA, famous for "the shot
 heard 'round the world" that began the American
 Revolution on the Battle Green. Ride along historic
 Battle Road while our guide recounts the exciting
 events of April 19, 1775, and the literary legacy that
 defined American identity and culture. Visit historic
 sights: Old North Bridge and Minute Man National
 Park.



MORE NEW TRIPS

**MADE IN VERMONT-COUNTRY SHOPPING IN
 SOUTHERN VERMONT**

WEDNESDAY, OCTOBER 19. DEPART OLM: 8:00 A.M.
 ESTIMATED RETURN: 6:45 P.M.

COST: \$112.00. (PROOF OF VACCINE REQUIRED BY
 THE MARINA RESTAURANT)

SIGN UP BEGINS SEPTEMBER 7.

We begin at Grafton Village Cheese, makers of arti-
 san cheddar cheeses, in Brattleboro. This retail store
 has a large selection of artisan Vermont cheeses,
 specialty foods, breads and Vermont products. Lunch
 is at The Marina. MENU: Baked Rolls, House Salad,
 Choice of New England Baked Haddock **OR** Tender
 9oz. Marinated Steak with sautéed onions & blue
 cheese topping **OR** VT Cheddar Half Pound Burger
OR Marina Mac 'n Cheese, Side Dishes, Chocolate
 Brownies with Strawberries & Whipped Cream, Soda,
 Tea or Coffee. Entrée choice in advance.

NOTEWORTHY

SNAPPY SENIORS PHOTOGRAPHY

GROUP MEETS THURSDAY, SEPTEMBER 15
 10:30 A.M. CALL TO REGISTER (860)747-5728.

Share photos from anytime or place. Show us
 something you learned **OR** a special photo & why
OR one of your all time favorites! Bring ideas for
 future classes, trips and lectures. For more infor-
 mation about joining the Snappy Seniors Photog-
 raphy Group, please call the Senior Center.

LUNCHEES ARE BACK! Lunches are available
Monday-Friday by advance reservation only. Call
Bonnie at the Senior Center (860)747-5728 be-
tween 10:00-10:30 a.m. to reserve your meals. If
you do not reserve your meal in advance, you can
try calling the day that you want a meal to see if
there is a cancellation. Menu is available at the
Senior Center.

RAINBOW LUNCH – SEPT. 22

LGBT adults & allies can join the CT LGBT Moveable
 Senior Center via Zoom for Rainbow Lunch Hour
 Thursday, Sept. 22, at noon. Pre-registration re-
 quired. Bringing your own lunch is optional. For
 more information, call Karen Green (860)589-6226,
 ext. 2226. **Register at: www.cthealthyliving.org. To**
view the program here, call the Senior Center .

NOTEWORTHY

MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER WORKSHOP

Three, two-hour workshops on bladder and bowel control will be held virtually via TEAMS on **Sept. 16, 30 and Oct. 14 from 1-3 p.m.** The program gives women the tools they need to take control of their bladder and bowel symptoms. For more information or to register, contact Carley Taft, Regional Coordinator, at carley.taft@ncaaact.org (860)724-6443, ext. 224. Sponsored by the North Central Area Agency on Aging.

LIVE WELL WITH CHRONIC CONDITIONS TELEPHONIC WORKSHOP -SEPT. 8 AT 2 P.M. LIVE WELL WITH CHRONIC PAIN TELEPHONIC WORKSHOP - SEPT. 19, 3 P.M., OCT. 13, 11 A.M.

These workshops are offered telephonically. The toolkit can be sent directly to participants at no cost. Six weekly meetings with a trained Live Well leader. Participants must be willing to share their name, address and phone number so the toolkit can be mailed directly to them. Telephone calls are approximately one hour in length in a conference-call style to 4-6 participants. contact Carley Taft, Regional Coordinator, at carley.taft@ncaaact.org (860)724-6443, ext. 224. Sponsored by the Department of Rehabilitative Services—State Unit on Aging and North Central Area Agency on Aging.



PLAINVILLE PUBLIC LIBRARY EVENTS

- Paint Your Pet:** Tuesday, September 27th,
5:00 p.m.—7:00 p.m.
- Book & Jewelry Sale:** Friday, September 9,
12 p.m.—8 p.m.
Saturday, September 10,
9 a.m.—3 p.m.
- Tech Courses:** Introduction to Chromebooks &
the Internet
Email Basics
Microsoft Word Basics

Call the Library to register: 860-793-1446

RENTERS REBATE PROGRAM

The Town of Plainville's Assessor's Office has begun to make appointments to take applications for the Renters Rebate Program for elderly and disabled renters. Income requirements for the Renters Rebate are: for single people \$38,100, and married couples \$46,400.

Qualifications for the renter's benefit are:

- Applicants must have been 65 years old prior to Dec. 31, 2021, or have a 100 percent disability rating from the Social Security Administration.
- Applicants must have been a resident of CT for any one year.
- Persons filing must provide a copy of their 2021 SSA 1099 from Social Security & their 2021 income tax return. If not required to file a return, they must supply copies of their 1099s from all sources of income.
- Renters applicants must also have rent receipts for all 12 months of 2021 and all utility receipts for 2021.

Call the Assessor's Office for an appointment at (860) 793-0221, ext. 7134.



BEWARE OF DISTRACTION-STYLE THEFT

Area police have reported an increase in distraction-style thefts. Here are some tips to help protect you:

- * Distraction thieves are often well-dressed & target elderly victims and retail businesses.
- * Suspects often work in pairs & may wait for you to enter your vehicle and then the distracter will lure you out trying to report a problem they have or an issue with your vehicle.
- * Be aware of your surroundings & be wary of strangers.
- * If you exit your vehicle to speak to someone, lock & close your vehicle doors.
- * Place valuables in a hidden area in your vehicle. If your purse has a zipper, utilize it.
- * Park in a well-lit, visible area.
- * Immediately report any suspicious behavior to the police.

HEALTH MATTERS

MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS:

Singles Range From: \$2,390 to \$2,786

Couples Range From: \$3,220 to \$3,754

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share):

The State of CT offers financial assistance to eligible Medicare enrollees. They 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.

TRANSPORT WHEELCHAIRS NEEDED

The Senior Center is looking for another transport wheelchair or two to loan out. These are so popular, we can't keep up with the need for them. Compared to wheelchairs, transport chairs have smaller rear wheels that cannot be reached while sitting in the chair. Call us at (860)747-5728 to make arrangements to drop off the chair.

SCENT-FREE ZONES! Help us keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other medical conditions. Do not wear perfume, cologne, aftershave or other fragrances at the Senior Center or on our bus trips!

AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto o llame al Departamento de Servicios Sociales del Estado de CT al 1-800-626-6632.

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.

PLAINVILLE SENIOR CENTER JOB OPENING

Part Time Office Assistant/Newsetter Editor.

Duties include create, write, prepare, and edit monthly newsletter. Must have knowledge of Windows, Microsoft Word, Microsoft Publisher, and Microsoft Outlook. Application, cover letter and resume can be emailed to:

humanresources@plainville-ct.gov. Or mail to: Plainville Municipal Center, One Central Square, Plainville, CT 06062.

TAG SALE / JEWELRY SALE DONATIONS

Margaret Albrecht, Donna Albrecht, Julie Andersen, Judy Anderson, Carol Beam, Linda Boilard, Ronnie Bonura, Patricia Botelho, Judy and Bill Briggs, Jim Calderone, Olga Callender, Anne Campbell, Bonnie Carilli, Estate of Evelyn Case, Bernice Castonguay, Angela Civitillo, Cassandra Clark, Mary Ann Davis, Sue DesRochers, Bill Fabian, Lynne Fox, Lynn Gagnon, Josephine Galati, Ellie Gendron, Rita Guerriero, Judy Humphrey, Gail Kreneck, Janis Kunkiewicz, Robert LaBarre, Margaret Lemrise, Diane Lepore, Carol Loiselle, Manli Luo, Diane and Bruce MacKinnon, Marlene Maglio, Joanne Mahannah, Kathy Marsan, Dolores Martin, Dolores Martin, Carol Mazzalupo, Sandra Michalik, Sally Miller, Diane Misko, Carolyn Moore, Jeffrey Morneau, Bob and Grace Nelson, Doris Olson, Lisa Ossola, Nancy O'Toole, Raymond Phillips, Sue Piercy, Rita Rival, Sandra Robinson, Dena Rosenbloom, Doris Rudnicki, Virginia Salmon, Lois Schmidt, Diane Sperry, Brenda Tella, Anne Theriault, Beverly Toews, Mary Trombley, Carol Vojtilla, Anne Wroblewski, Jane Zehnder and Donna.

Donations

JULY 16-AUGUST 22

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

Barbara Freeman, New Britain Senior Center, Eunice Carden, Pat Nelson, Bev Heslin, Anonymous, Carlene Brousseau, Barbara Petit, Carol Beam, Pat Rossingnol, Dennis Doughty (in Memory of Pat Doughty), Judy Humphrey, Barbara Barton

MEMORIAL DONATIONS

In Memory of: Helene Fabian

Bonnie Carilli

DIAL-A-RIDE DONATIONS

Rosaleen Peters, Mary Ann Cunningham, Anonymous.

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 16-AUGUST 8

*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:

Ellen Couture, Vella Panella, Jeanne Martino, Ida Pedrolini, Carol Webster, Sandy Carver, Fred Lesniewski, Sandy Robinson & Rosaleen Peters.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Jeanne Raducha, Vivian Pegolo, Helene Fabian, Joseph Baginski, Patricia Doughty, Jocelyne Ferrer, Diana Temple and John Oliver.

SYMPATHY CARDS WERE SENT TO:

Ida Pedrolini, Terry Pedrolini, Sue DesRochers, Betty Turner, Rachel DeAngelo, Jean Lombardo and Kathleen Knox.

*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!*

Monthly Shopping Trip

BRISTOL STOP & SHOP PLAZA

TUESDAY, SEPT. 20. PICKUP AT SENIOR CENTER AT 9:00 A.M. HOME PICKUPS BEFORE 9:00 A.M.

SHOP FROM 9:30 A.M.—1:00 P.M. PICKUP AT STOP & SHOP AT 1 P.M. Includes Ocean State Job Lot, TJ Maxx, Burlington Coat Factory, 5 Below, Dollar Store & more.

BRISTOL WALMART

TUESDAY, OCTOBER 11. PICKUP AT SENIOR CENTER AT 9:00 A.M. HOME PICKUPS BEFORE 9:00 A.M. SHOP FROM 9:30 A.M.—1:00 P.M.

JULY NEW MEMBERS

Donna Blanchard, Jonathan Hough, Susan McCabe, William McCabe, Michael Raducha, Carol Violette and Gayle Yimoyines.



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THIS AND THAT

FOOD SHARE PROGRAM - 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!

FARE-FREE BUS SERVICE STATEWIDE CONTINUES UNTIL DEC. 1

The Connecticut Department of Transportation (CTDOT) has announced that all public transit buses will be fare-free across Connecticut until Dec. 1. Free services include all CTtransit local buses statewide, CTtransit Express and CTfastrak services. ADA Paratransit is also fare free statewide until Dec. 1. For information on routes and schedules, check online or call (860)525-9181. Call Stephanie at the Senior Center for assistance.

SETBACK WEEKLY TOURNAMENT WINNERS

Aug. 1: 1st: Sally Miller/Gail Kreneck, **2nd:** Bob Albrecht/Sandy Colello, **3rd:** Linda Dominique/Mary Levanti.

Aug. 8: 1st: Olga Stepney/Barbara Martello, **2nd:** Sally Miller/Gail Kreneck, **3rd:** Ann Testa/Iva Dube.

Aug. 15: 1st: Mary Levanti/Linda Dominique, **2nd:** Al "Butch" Gudat/Sandy Robinson, **3rd:** Liz Aloï/May Ann Cunningham.

WEEKLY POOL TOURNAMENT WINNERS

July 28: 1st: Bob Korpita/Dan Burgess, **2nd:** Stan Funk/Joe Babin,

Aug. 4: 1st: Stan Funk/Joe Babin, **2nd:** Bob Korpita/Dan Burgess.

Aug. 11: 1st: Stan Funk/Joe Babin **2nd:** Ray Phillips/Bob Korpita

Aug. 18: 1st: John Gasparini/Dan Burgess, **2nd:** Joe Babin/Bob Korpita


DIAL-A-RIDE DRIVERS NEEDED!

The Plainville Senior Center is looking for on-call drivers for our Dial-a-Ride Program. Drivers must have a CDL or F-endorsement in order to drive our wheelchair lift-equipped bus. Training and hourly wage provided. Hourly wage between \$15.50—\$16.61. Hours are on-call to assist when regularly scheduled drivers are out or when the schedule is busy and more drivers are needed. F-endorsement is now easier to obtain and can be done without going to DMV and can be completed in two weeks. Contact Shawn or Ronda at the Senior Center for more information or visit www.plainvillect.com for an application.

FREE NCAA WORKSHOPS ON RELIGIOUS PERSPECTIVES & CULTURAL DIVERSITY IN AGING

Wed., Sept. 28, 1:00 - 2:00 p.m. "Death's Demands: multiple religious perspectives on dying, mourning, and remembrance." Virtual via Zoom.
Wed., Jan. 25, 2023, 1 - 2 p.m. "Toward an Ethic of Multifaith Collaboration" virtual via Zoom. Free registration link: <https://www.hartfordinternationalsl.edu/ncaa-series>. For more information, contact Eric Rodko at Eric.Rodko@ncaaact.org.

SEPTEMBER 2022

Su	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 M. Train (CL) 11:00 Acc.Weddg (GR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Teleph.Bingo 1:00 Knit/Crochet(GR)	2 9:15 Walk(GR) 11:00 Yoga-L(GR/Z)	3
4	5  THE SENIOR CENTER IS CLOSED	6 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Bridge (OS) 1:00 C. Events (GA) 1:30 Circle Grp (CR)	7 9:15 MEGA SIGN-UP DAY 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Mousepad(CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 WII Bowlg (BR) 3:00 Coloring (BR)	8 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 M. Train (CL) 10:30 Falling Safely (GR) 12:00 COA 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Teleph.Bingo 1:00 Knit/Crochet(GR)	9 7:45 Argia Schooner Trip 9:15 Walk (GR) 9:30 Watercolor (CR) 9:30 Choral Group	10
11	12 9:15 Walk (GR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	13 9:15 Walk (GR) 10:00 Caregiving(OS) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:00 Aquaturf 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:00 Current E.(GA)	14 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Open Quilt (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 WII Bowlg (BR) 3:00 Coloring (BR)	15 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 M. Train (CL) 10:00 History Guy (GR) 10:30 Snappy Seniors (CR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Teleph.Bingo 1:00 Knit/Crochet(GR) 2:00 Mem.Cafe (CR)	16 9:15 Walk (GR) 9:30 Watercolor (CR) 10:30 Sunset Meadows Vineyard	17 8:45 Rattlesnake Mountain
18	19 9:00 NURSE* 9:15 Walk (GR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	20 9:00 NURSE* 9:00 Empty Nest Conf 9:00 Shopping 9:15 Walk (GR) 10:00 Ladies Pool 10:00 Cribbage (GA) 1:00 Bridge (OS) 1:00 Current E.(GA) 1:00 Cardio Chr(GR) 2:00 Circle Grp (CR) 2:00 Balance (GR)	21 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Open Quilt (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 WII Bowlg (GR) 3:00 Coloring (BR)	22 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 M.Train(CL) 12:00 Rainbow Lunch (CA) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Teleph.Bingo 1:00 Knit/Crochet(GR)	23 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Book Buds (OS) 11:00 Yoga-L(GR/Z)	24 10:00 Hydro-cycle Tour/ Old Say.
25	26 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	27 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Veterans Social Hour (BR) 1:00 Bridge (OS) 1:00 Current E.(GA) 1:00 CardioChr(GR) 1:30 Circle Grp (CR) 2:00 Balance (GR)	28 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Courtyard Quilt (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 WII Bowlg (GR) 3:00 Coloring (BR)	29 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 M. Train (CL) 12:30 Pool Tourney 12:30 Pinoch.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Telep. Bingo 1:00 Knit/Crochet (GR)	30 9:00 Cheshire Rail to Trail Walk 9:15 Walk (GR) 9:30 Watercolor (CR) 9:30 Choral Group 11:00 Yoga-L(GR/Z)	KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM

Transportation

Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, **call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.**

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. **We ask that you be ready on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.

ADA Paratransit



ANOTHER OPTION WITH MORE HOURS & 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. to 8:00 p.m.

Each ride is just \$3.50 and discount ticket books can be purchased at Stop & Shop in a book of ten for \$28 (only \$2.80 each). There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

You Must be Pre-Approved — How to Apply:

The online application can be found at www.ctada.com. **You can also call the Senior Center at (860)747-5728 for an appointment with**

Stephanie who can assist with the online application process. Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Paratransit rider.

SENIOR TRANSPORTATION SERVICES

ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. 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. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. For help in paying for the service call Stephanie or Ronda at (860)747-5728. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



ADDITIONAL TRANSPORTATION OPTIONS

ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the

Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 without restrictions.

Eligibility: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.00 per additional mile after that.

Call Encompass at (860)444-4444 or visit online at Encompass.M7Ride.com.

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call **(860)247-5329, extension 3086.**