

Shawn Cohen, Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

Senior Center Hours: PENDING

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



SENIOR CENTER HOURS: As of the time of printing, the Senior Center hours are **PENDING**.



CAREGIVERS TOOLBOX:

A DINNER EDUCATION FOR CAREGIVERS OF ELDERS

The Plainville Senior Center will hold a 5 week evening caregiver series beginning Wednesday **September 20th** and run through **October 18th** from **5:30 PM - 7:00 PM**. The series will provide caregivers with the tools they need to allow their loved ones to remain safe and live at home for as long as possible while reducing caregiver burnout. There will be a light dinner served.

- *Sept. 20: The Many Faces of Caregiving: How to offer help without taking away hope
- *Sept. 27: Memory -What's normal, what's not? How to help your loved one balance their health challenges
- *Oct. 4 Caregiving Guilt & Duty– Real life solutions from a panel of caregivers
- *Oct. 11 Legal Resources
- *Oct. 18 Tools for Caregiving (homecare, respite, ADC, preventing caregiver burnout)

Please register by calling the Senior Center at 860-747-5728. Call Stephanie with any questions.

*Grant is given from the Plainville Community Fund at the Main Street Community Foundation.

THE “NOT-SO” EMPTY NEST GRANDPARENTS RAISING GRANDCHILDREN 15TH ANNUAL CONFERENCE

TUESDAY, SEPTEMBER 26, FROM 9:00 AM TO 1:30 PM at the PLAINVILLE SENIOR CENTER
Call 860-747-5728 to Register by **September 19**.

*“Big & Small Emotions of a Grandparent Raising a Grandchild”, presented by Chris Marino, Community Mental Health Affiliates.

*“When a Backpack isn’t Just a Backpack”, presented by the Plainville Police Dept.

*“Laughter Yoga”, presented by Judith Stonger, Wheeler Clinic/CT Clearinghouse.

Complimentary Breakfast, Luncheon & Ice Cream Dessert Bar Included. Raffle Prizes!

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, Plainville Senior Center and Plainville Youth Services. Breakfast provided by the Pines at Bristol.

IRELAND TRIP MEETING!!

See Page 7 for details



PLAINVILLE SENIOR CENTER PART-TIME DIAL-A-RIDE DRIVER NEEDED!

The Plainville Senior Center has an immediate opening for an afternoon Dial-a-Ride driver, Monday-Thursday. Drivers must have an F-endorsement (Taxi, Livery, Service Bus/Coach) or a CDL (A or B) in order to drive the 14 passenger, wheelchair lift equipped bus. Paid training and hourly wage (\$21.00 per hour) provided. Approx. 16-20 hours per week. Please indicate on your application what license endorsement you possess.

Contact Shawn at the Senior Center, 860-747-5728 for more information. Applications are also available at the Human Resource Dept., Room 300, Municipal Center, One Central Sq., Plainville, CT 06062. Applications accepted until position filled.

CLASSES & PROGRAMS

QUILTING CLASSES

INSTRUCTOR: DARLENE BACHAND
WEDNESDAYS, 9:00 AM — 11:00 AM



SEPTEMBER 6, 13 COST: \$4.00

Log Cabin Pumpkin Wall Hanging: Using a traditional log cabin block and some simple applique, this wall hanging will enhance your Autumn Season!

SEPTEMBER 27 COST: \$2.00

Stitch 'N Time: Work on your own projects OR start a new one.

OCTOBER 4, 11 COST: \$4.00

Crazy Nine Patch Quilt: Enjoy making this fun quilt using fat quarters.

OCTOBER 25 COST: \$2.00

Stitch 'N Time: Work on your own projects OR start a new one.

SKIN CANCER SCREENING

MONDAY, SEPTEMBER 11

By Appointment beginning 4:00 PM

Georgia Sterpka, APRN, will conduct a free skin cancer screening, by appointment only. Georgia can examine anything on your skin that you are concerned about and let you know if she thinks you should follow up with your own physician.

WAS MARY TODD LINCOLN REALLY INSANE?

THURSDAY, SEPTEMBER 14, 10:00 AM, FREE

Presented by Joe Ouellette "The History Guy"
Sign up has begun

In 1875, more than a decade after her husband was assassinated, Mary Todd Lincoln found two men



outside her room in Chicago. They had papers ordering her arrest. Taken immediately to a local courthouse, Lincoln found an all-male jury already waiting for her, set to determine if she should be institutionalized for insanity. The arrest—prompted by her only surviving son, Robert—was the culmination of decades of whispers about the former First Lady's behavior, and it has shaped her legacy to this day. Adapted from *Mary Todd Lincoln—A Biography* by Jean Baker.

SNAPPY SENIORS PHOTOGRAPHY

STARTS NEW SEASON

THURSDAY, SEPTEMBER 21, 10:00 AM

CALL TO REGISTER (860)747-5728



New members are welcome to join as Snappy Seniors Photography starts its 2023-24 season. Members with all kinds of cell and digital cameras, and various levels of photography experience, are welcome.

Members at the September meeting will show what they have learned from watching and reading online tutorials this summer, and will display examples from the group's recent outdoor workshop.

Snappy Seniors Photography meets monthly except summers and December, on the third Thursday of the month at 10:00 AM. Instructional topics include how to take better pictures with available lighting and scenery, and how to overcome low lighting and scenic distractions.

***ALSO: Mark Your Calendars for a Fun Day at NORTON PARK—Thursday, September 7.**

We will start at 10:00 a.m., meet just left of the skating park near the restrooms. We'll spend about an hour and a half. There are picnic tables so you can bring a snack/lunch. No alcoholic beverages are allowed in the park.



COLON CANCER PREVENTION, TREATMENT & BINGO

MONDAY, SEPTEMBER 25, 10:00 AM

Presented by Linda Ivey, Outreach Educator, Hartford HealthCare. FREE. Sign up has begun

Colon Cancer is the 3rd most common cancer for men and women in the United States. Screening for this cancer can actually prevent cancer cells from forming and has led to reduced rates of this disease in older adults. There are some health lifestyle choices that can help reduce your risk. Please join us for a short talk on this topic followed by a bingo game based on the talk with prizes. Come learn about some important information to pass on to the younger adults in your life also.

MORE CLASSES & PROGRAMS

BOOK BUDS SEPTEMBER BOOK: "THE TWO FAMILY HOUSE" by Lynda Cohen Loigman

WEDNESDAY, SEPTEMBER 27, 1:00 PM

* NEW Day and Time

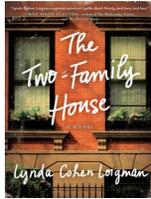
COST: FREE! FOR MEMBERS ONLY.

INSTRUCTOR: KATHLEEN MARSAN

The author delves into the lives of two brothers and their families.

Unbeknown to the brothers, the wives share a secret which when revealed will shake the foundation of the house! Join us for a truly captivating discussion!

Coffee and tea provided. Please be sure to register as there is limited space. The book is available at the main desk at the library.



A FUNNY PROGRAM ABOUT FUNNY PROGRAMS: THE GREATEST SITCOMS OF ALL TIME

TUESDAY, NOVEMBER 7, 2023, 1:30 PM TO 3:00 PM

Registration begins Sept. 6

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book, The Greatest Sitcoms of All Time. He is the only author to actually rank the best of the best, including I Love Lucy, The Honeymooners, The Andy Griffith Show, Get Smart, All in the Family, The Mary Tyler Moore Show, Cheers, The Golden Girls, Seinfeld, Fraser and The Big Bang Theory. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in on the fun!



FRAUD ALERT BINGO

TUESDAY, SEPTEMBER 19, 1:30 PM at the Plainville Senior Center

REGISTRATION BEGINS SEPT. 6, CALL TO REGISTER

Join us for a fun, interactive way to learn about protecting our personal information and finances...by playing BINGO!

This program is offered by the CT Department of Banking.

CHORAL GROUP RETURNS!! *New Day and Time*

WEDNESDAY, September 6, 1:00 PM

SEEKING NEW SINGERS: especially Altos and Lower Ranges.

The Choral Group is seeking additional singers as it begins a new season of rehearsals and concerts. The group is free and there are no auditions or pressure. Rehearsals are the 1st Wednesday of each month at 1:00 PM and performances are on Mondays. Call 860-747-5728 to register.

CURRENT EVENTS DISCUSSION GROUP

TUESDAYS, 1:00 PM

Stay current by joining our lively discussion of local, state and national news as well as current events. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register—just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!



GOAT PARTY

WEDNESDAY, OCTOBER 4, 2:00 PM—3:00 PM

Norton Park Pavilion—FREE

Sign up has begun

Bring the grandkids, nieces, nephews, neighbors! For the kids and the "kids at Heart"! Everyone can enjoy petting, feeding and snuggling with the goats! Don't miss out on this fun experience with Got Your Goat from Washington Depot! Call the Senior Center to reserve your spot or register on-line at www.schedulesplus.com/plainville.



UKULELE—THE JAM GOES ON!!

THURSDAYS 2:15—3:15 PM—Restarting Sept. 7

Join our group of ukulele enthusiasts to play and sing. Drop in for a great time.

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.

VETERANS' NEWS & ACTIVITIES

HELP FOR VETERANS

TUESDAY, SEPT. 19, 10:00 AM—BY APPOINTMENT
Our new Veterans Service Officer, CT Department of Veteran's Affairs, Jason Coppola, will be at the Senior Center at 10:00 AM BY APPOINTMENT ONLY. To schedule an appointment, call Jason at 203-805-6340.

VETERANS' SOCIAL HOUR

TUESDAY, SEPT. 26, 10:00 AM
These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare Senior Services. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register.**

VETERANS BENEFITS TALK

TUESDAY, OCTOBER 17 AT 1:00 PM, FREE
CALL THE SENIOR CENTER TO REGISTER



Join Jason Coppola, Veterans Service Office, CT Department of Veterans Affairs will talk about Federal Benefits available for Veterans and their spouses. Jason is very knowledgeable about the benefits that Veterans can take advantage of including: Disability Compensation, Pension, Dependency & Indemnity Compensation (DIC), Burial Benefits, Survivor Benefits, Aid & Attendance, Health Benefits and more. This program is open to the public and all Veterans are invited to attend.



PLAINVILLE VETERANS COMMISSION

For All Veterans in Financial Need
MONDAYS 6:00 PM—7:00 PM
Municipal Center, Room 306 Call Dave Dudek at 860-559-1860 before arrival. For Veterans and spouses of any age.

"CENTER" NEWS

GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs in the area or "give a-ways" or last minute trip shares or lectures or important information on community news and fun stuff to do!! On occasion, we send out emails during the month with details. Join our email list! Call, send an email or stop by and give us your email address. If you want to email us, send an email to beamc@plainville-ct.gov. PLEASE NOTE: we do not share our email address list with anyone.

SHOWCASE YOUR COLLECTION OR 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.

SEPTEMBER:

Abbe's Art Class
Acrylic Paintings



VOLUNTEERS

PEAK CENTER & GREETER VOLUNTEERS NEEDED

We need volunteers (including Floaters) to cover a variety of shift times. We need to add names to our call list of volunteers to cover two-hour shifts. PEAK floaters & regularly scheduled volunteers receive a reduced subscription to the PEAK center. Please stop by the front office to express interest in either volunteer opportunity!!

LANGUAGE INTERPRETERS—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 Bonnie at the Senior Center.



Attention Fabulous Volunteers! The Volunteer Board is Back!!

Please be sure to record your hours. You can use the board or online if you prefer (<https://schedulesplus.com/plainville/kiosk>). Every volunteer hour counts and we appreciate all that you do to keep our Center so active!

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30 PM –2:30 PM

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 & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

BEGINNERS GENTLE CHAIR PILATES/BALANCE

MONDAYS, 2:45 PM–3:45 PM

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

CARDIO CHAIR FITNESS *TUESDAYS, 1:00 PM–1:45 PM*

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 & stretching.

BALANCE CLASS *TUESDAYS, 11:45 AM –12:30 PM*

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30 AM –10:30 AM

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

SILVER SNEAKERS CLASSIC

THURSDAYS, 1:30 PM–2:10 PM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

Join in the fun in this certified Silver Sneakers class. Exercises are done in a chair and combine cardio and strength training. Beginners welcome.



SILVER SNEAKERS & PLAINVILLE SENIOR CENTER YOGA/PILATES(YOGA-LATES)

THURSDAYS, 2:15 PM –3:00 PM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

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

THE PEAK FITNESS CENTER

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.

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 AM–12:00 PM

INSTRUCTOR: ABBE WADE

Abbe teaches four unique techniques using acrylic paints. Students must provide their own supplies.

CERAMICS

THURSDAYS, 9:30 AM –11:30 AM

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 PM – 3:00 PM

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.

WATERCOLOR CLASS

THURSDAYS, 9:30 AM–11:30 AM

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 and 5

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, SEPTEMBER 6 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting SEPTEMBER 13 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 Registration Begins SEPTEMBER 6
MONDAY			
Acrylic Painting	10:00-12:00		Sept. 18—Nov. 27, 10 weeks, \$20.00 No Class Oct. 9
Power Burst	1:30-2:30	July 31—Sept. 18, 6 weeks, \$12.00 No Class Aug. 21 & Sept. 4	Oct. 2—Dec. 11, 8 weeks, \$16.00 No Class Oct. 9, Nov. 20, Dec. 4
Chair Pilates & Balance	2:45-3:45	July 31—Sept. 18, 6 weeks, \$12.00 No Class Aug. 21 & Sept. 4	Oct. 2—Dec. 11, 8 weeks, \$16.00 No Class Oct. 9, Nov. 20, Dec. 4
TUESDAY			
Balance Class	11:45-12:30	Sept. 12—Oct 24, 6 weeks, \$12.00 No class Sept. 26	
Cardio Chair Fitness w/ Nancy	1:00-1:45	Sept. 12—Oct 24, 6 weeks, \$12.00 No class Sept. 26	
WEDNESDAY			
Zumba Gold	9:30 -10:30	Aug. 9—Sept. 20, 7 weeks, \$21.00	Sept. 27—Nov. 15, 8 Weeks, \$24.00
Quilting	9:00-11:00	See page 2	
THURSDAY			
Ceramics	9:30 – 11:30	OPEN Ceramics until further notice	Sept. 21—Nov 16, 8 Weeks, \$32.00
Watercolor	9:30 – 11:30		Sept. 28—Dec. 7, 10 weeks, \$30.00 No Class Nov. 23
Knitting/Crochet	1:00-3:00	Aug. 17—Oct. 12, 8 weeks, \$16.00 No class Aug. 24	
Silver Sneakers Classic	1:30-2:10	FOR: Silver Sneakers and Yoga—lates Aug. 31—Oct. 26 (No Class Sept. 7) Free if you have Silver Sneakers <u>OR</u>	
Yoga-Lates	2:15-3:00	\$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	

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, call us here at the Senior Center (860)747-5728 and we can register you.

OUTDOOR ADVENTURES

RICHES OF HARTFORD SCAVENGER HUNT AND LUNCH AT BLACK EYED SALLY'S

WEDNESDAY, SEPTEMBER 13, Meet at Plainville Public Library at 9:15 AM Returns approx. 3:30 PM.

Sign up has begun.

COST: \$5.00 Does not include bus fare or lunch. Must bring exact change for bus—\$0.85 cents each way. Minimum of 6 people, Maximum 10. Leader: Eileen Cyr



Join us for a fun urban adventure! We will travel to Hartford via the CT Transit FastTrack bus.

Once we arrive at Union Station, we'll be breaking into teams of 2 to "compete" in this fun scavenger hunt in Connecticut's capital! We'll walk a 2 mile loop around the city center in search of iconic buildings and great green spaces. The team that gets the most "points" will win a prize.

Following our super sleuthing skills, we'll have lunch at Black Eyed Sally's for barbecue and southern cooking! (Pay for lunch on your own). Following lunch, we'll grab the bus and head back to Plainville.

RESERVOIR 6 HIKE

FRIDAY, OCTOBER 20, Meet at 9:30 AM at the Senior Center to caravan or meet at 10:00 at MDC 1st Parking Lot, Route 44, West Hartford

LEADER: EILEEN CYR. FREE, Sign up begins September 6

This hike will be about 1 hour to 1 1/2 hour in duration so you should be able to walk 1.5 miles without stopping, about 4 miles around the reservoir. Go at your own pace. It is a mostly flat dirt road so wear sneakers or hiking boots, a sun hat and bring a water bottle. There will be an optional lunch at First and Last Restaurant in West Hartford at about 11:45 AM.

HEUBLEIN TOWER HIKE

FRIDAY, NOVEMBER 17, Meet at 9:30 AM at the Senior Center to caravan or meet at 10:00 at MDC 2ND Parking Lot in the back by the MDC building, Simsbury LEADER: EILEEN CYR. FREE, Sign up begins September 6

Sign up begins September 6

This is a moderate level hike with uphill grades. Wear hiking boots or sturdy footwear and bring a walking stick—go at your own pace. Bring a sun hat, a water bottle and bug spray. It takes about 1 hour to hike to the tower. There will be an optional lunch at J Timothy's about 1:00.

MONTHLY SHOPPING TRIPS

Shopping trips to be announced. Please call the Senior Center and put your name on the list and we will call you when we know the drivers schedules for the out of town shopping trips.



SOUTHINGTON SHOPPING TOUR: SATURDAY, SEPT. 16, 9:00 AM-3:00 PM,

COST: \$5.00 pp Join us for a shopping tour in Southington.

We will pick up at peoples' homes & then the Senior Center & Housing Authority at 9:45 AM. Travel first to Walmart or Ocean State Job Lot and Goodwill. The bus will pick up approx. 2 hours later and bring to the TJ Maxx Aldi's shopping plaza for another approx. 2 hours. Tired of shopping—we can also bring you home at this point!! Sign up is required in advance.

QUICK TRIP IDEAS

We are in the process of hiring another driver. When the schedules are finalized, we are hoping to start having Quick Trips again. We would love to have your ideas for trips in Connecticut on the Dial-a-Ride bus. Please stop by the Senior Center for a Quick Trip Survey. We need your ideas!!!



TRIP MEETING, WEDNESDAY, SEPT. 27 AT 2:30 PM—OPEN TO THE PUBLIC

IRELAND SAMPLER: April 13—20, 2024, 8 Days/6 Nights. Dublin* Galway* Killarney & More...

Includes Non-Stop Flights from Hartford! Includes a 2 night Castle Stay! \$3,449.00 Per Person Double.

- ◆ Local panoramic sightseeing tour of Galway City.
- ◆ Connemara Region—Photo stop at Kylemore Abbey.
- ◆ Cliffs of Moher, 700 feet above the Atlantic Ocean. Ferry ride across the River Shannon.
- ◆ A full day tour along the Kerry coast to the Dingle Peninsula, Beyond Sleah Head, see Blasket Islands.
- ◆ Blarney— enjoy option visit to Blarney Castle and perhaps kiss the famed Blarney Stone. Photo op at the historic Rock of Cashel. Overnight at our castle hotel in Killiney overlooking Dublin Bay.
- ◆ Dublin sightseeing. Visit Guinness Storehouse, views Gravity Bar followed by the EPIC Museum.

See Flyer for Details. Please note—optional tours and driver-guide gratuities not included.

UPCOMING TRIPS: A FEW OF THE TRIPS WE ARE PLANNING

***MORE INFO IN FUTURE NEWSLETTERS* Aqua Turf Parties**

Dec. 12: Holiday Classics w/ Downtown 6 Band! Sing-a-long: The Glamour Girls/Santa George & Mrs. Claus!

CURRENT TRIPS

AQUA TURF: BRASS ATTACK BAND & DONNA SUMMER TRIBUTE: TUESDAY, SEPTEMBER 12, 2023,



11:00 AM—3:30 PM, COST: \$52.00 Per Person. Drive on your own-(hopefully this may change). This group pumps out energetic, infectious grooves ranging from hits by current popular artists to the R&B/Soul classics of the 60s and 70s with Rainere Martin as Donna Summer! MENU: Roast Beef/Chicken Francaise—Family Style. Pasta & Salad Courses. Complimentary Coffee & Donuts, Glass of Beer or Wine, Door Prizes. **(See Flyer For Details)* Only 19 seats left!**

AQUA TURF: ELVIS IS IN THE BUILDING! WEDNESDAY, NOVEMBER 8, 2023,

11:00 AM—3:30 PM, COST: \$52.00 Per Person. Sign-up has begun. Drive on your own-(hopefully this may change). A little less conversation, a little more rock n' roll!! John Monforto's performance brings Elvis' groove and entertainment alive!

MENU: Roast Beef/Pan Seared Salmon Family Style. Pasta & Salad Courses. Complimentary Coffee & Donuts, Glass of Beer or Wine, Door Prizes. **(See Flyer For Details) * Only 18 seats left!**



OCTOBER 4—6: 1000 ISLANDS— COST: \$685.00 pp Double. **OPEN TO THE PUBLIC.** Includes: Deluxe motor-coach, 2 nights accommodations, 2 breakfasts, 2 dinners, sightseeing & admissions, Friendship Tours Escort, Driver/Tour Director Gratuity. 1000 Islands Harbor Hotel, a AAA Four Diamond property on water, indoor pool, fire pit, fitness center, complimentary tea/coffee bar. Uncle Sam Boat for our Two Nation Tour through the heart of the 1000 Islands. Hear the history & folk lore as we cruise through the narrow channels, over historic sunken wrecks & magnificent summer homes. Visit Boldt Castle-owned by millionaire proprietor of the world famous Waldorf Astoria Hotel, NYC. Wine at the Thousand Islands Winery. Antique Boat Museum finest collection of nautical memorabilia in USA. **(See Flyer For Details) *8 seats left!**

NATIONAL PARKS: ARIZONA ADVENTURE & LAS VEGAS 10/06/2023—10/13/2023-OPEN TO THE PUBLIC
SEE FLYER FOR DETAILS.

ESCORTED VIKING RIVER CRUISE—DANUBE WALTZ: APRIL 27—MAY 5, 2024

COST: FROM \$2,999. PP + Airfare (INCLUDES TAXES & SHORE EXCURSIONS) Special airfare deals. Please call Friendship Tours for details.

Includes: Passau, Germany/Vienna & Linz & Krems, Austria/Bratislava, Slovakia/Budapest, Hungary, etc. Escorted from Plainville to Europe to Plainville. Shore excursions in every port. English speaking crew. Casual dining in elegant style. **(See Flyer For Details)**

SEPTEMBER 9—BOSTON DUCK TOUR & NEW ENGLAND AQUARIUM— COST: \$139.00 Senior Rate.

FULL-SIGN WAITLIST Morning at the NE Aquarium. Quincy Marketplace on your own for lunch. Afternoon, enjoy a narrated tour of Boston by your conDUCKtor who's sure to keep you laughing. **(See Flyer For Details)**

OCTOBER 10—COVERED BRIDGES OF NEW HAMPSHIRE:

COST: \$116 *FULL-SIGN WAITLIST*

Homemade luncheon at the Inn at East Hill Farm, All gratuities included. Covered Bridges (or "Kissing Bridges") are practically a trademark of New England life. Explore several on a Guided Driving Tour of Covered Bridges in Southern New Hampshire. **(See Flyer for Details)**

NOVEMBER 12—AMERICAN

MUSEUM OF NATURAL HISTORY, NYC:

COST: \$110.00 *FULL-SIGN WAITLIST*
Includes Hayden Planetarium Space Theater Space Show. **(See Flyer for Details)**

FOOD AND FRIENDS



THE SENIOR CENTER LE PETIT CAFÉ IS TEMPORARILY CLOSED
CHECK BACK FOR UPDATES



DAILY LUNCHES AT THE SENIOR CENTER

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 AM 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.

Reservation Procedure:

- Call on Mondays by 10:30 AM to reserve a lunch on Wednesday
- Call on Tuesdays by 10:30 AM to reserve a lunch on Thursday
- Call on Wednesdays by 10:30 AM to reserve a lunch on Friday
- Call on Thursdays by 10:30 AM to reserve a lunch on Monday and Tuesday

\$2.50 suggested donation

Menu available at the Senior Center.

SEPTEMBER 2023 MENU—CW COMMUNITY CAFÉ/BONNIE'S LUNCH (SERVED AT 12 NOON)

				1 Pier 17 Fish
4 CLOSED Labor Day	5 Sliced Ham	6 South. Grilled Chicken	7 Broiled Fish with Garlic	8 Homemade Meatloaf
11 Salisbury Steak	12 Chicken Picatta	13 LS Tomato Basil Soup	14 Baked Veal Parmesan	15 Turkey Divan
18 Lazy Stuffed Cabbage	19 Herbed Chicken Legs	20 Open Turkey Sandwich	21 Roast Pork	22 Minestrone Soup
25 Philly Cheesesteak	26 Corn Chowder	27 Spaghetti & Meatballs	28 Chicken/Sausage Gumbo	29 Roast Turkey

COMMUNITY NOTES

INTERGENERATIONAL PROGRAM-TEA @ 3 LOOKING FOR VOLUNTEERS

Our friends at For All Ages are once again offering their free 'Tea @ 3' Community to residents age 55+. This program pairs an older adult with a college students based on common interests for a weekly 20 minute phone call during the college semester and runs each spring and fall for 12 weeks.

You'll receive a free welcome kit that includes your choice of tea, a handcrafted mug cozy, and conversation starters. For All Ages will share only your first name, phone number, and your common interests with your Tea-Mate. Together, you & your Tea-Mate will decide the day & time that works for your weekly call.

Each week you'll receive an email with ideas for that week's conversation. You'll share laughter, joy, and perhaps a recipe or 2! Together, you'll grow a new friendship.

BONUS: You are welcome to attend 2 optional, live Zoom events where you can meet other Community members. Sign up NOW to participate in this fall's session which begins mid-September.

For more information and to sign up online, visit www.forallages.org/tea-at-3.

MORE COMMUNITY NOTES

PLAINVILLE ADULT AND CONTINUING EDUCATION

NO COST MANDATED PROGRAMS PROMOTE COLLEGE/CAREER READINESS

Call 860-793-3209 to Register

- ◆ ADULT HIGH SCHOOL CREDIT DIPLOMA PROGRAM
 - Begins September 5, 2023, Rolling Enrollment, Plainville High School
- ◆ GED GENERAL EDUCATIONAL DEVELOPMENT PREPARATION
 - State of CT diploma
 - Begins September 11, 2023, Plainville High School
- ◆ NATIONAL EXTERNAL DIPLOMA PROGRAM (NEDP)
 - For adults who have gained skills through life experiences
 - Call 860-793-3209 for details
- ◆ ENGLISH AS A SECOND LANGUAGE (ESL)
 - Begins September 11, 2023, Plainville High School
- ◆ ADULT BASIC EDUCATION (ABE)
 - For those who need to develop fundamental English and Math skills
 - Begins September 11, 2023, Plainville High School
- ◆ CITIZENSHIP PREPARATION
 - Begins September 11, 2023, Plainville High School

PLAINVILLE PUBLIC

LIBRARY—56 EAST MAIN STREET, PLAINVILLE, CT 06062, 860-793-1446
 PLAINVILLECT.COM/LIBRARY

*Library cards are FREE to all CT residents
 *24/7 Access to Databases with your Library Card *Discounted/Free Museum Passes
 *WI-FI Anytime, Anywhere



INTERGENERATIONAL FRIENDSHIP WALKING PROGRAM—WE WALK TOGETHER

9:30 AM—10:30 AM. For All Ages!!

*September 23—Healthy Aging Month



Wear weather-appropriate clothes & proper walking shoes and bring water. Children ages 12 and under must be accompanied by an adult. (Sorry, no dogs allowed. Thank you for understanding.)

LOCATION: MDC Reservoir #4, (1420 Farmington Ave.)

West Hartford, CT 06107—meet in parking lot.

Every walker receives a custom logo bracelet!

For more info: forallages.org/we-walk-together

AARP PLAINVILLE

WEDNESDAY, SEPTEMBER 20, 1:00 PM

Faith Bible Church, 168 Unionville Avenue, Plainville. Refreshments served!

TRIPS:

*Oct. 17—Spooky Salem Witch Museum, \$128.00 per person

*Nov. 29—Norman Rockwell Museum, \$142.00 per person

Reservations/Info: Sharon 860-712-2795

Trip Flyers available at the Plainville Senior Center.

ALZHEIMER'S ASSOCIATION—CAREGIVER SUPPORT GROUP @ THE PLAINVILLE PUBLIC LIBRARY

Library—56 East Main St., Plainville, CT 06062,

2ND Monday of the month, 6:30 PM—7:30 PM

Build a support system with people who understand. Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia & their care partners to:

- ◆ Develop a support system.
- ◆ Exchange practical information on challenges & possible solutions.
- ◆ Talk through issues and ways of coping.
- ◆ Share feelings, needs and concerns.
- ◆ Learn about community resources.

Contact info: Deborah Stanczykiewicz, 860-729-1648, alzhelp@gmail.com



MEMORY CARE KITS

AVAILABLE NOW

The Plainville Public Library has themed activity kits to aid people with memory loss, Alzheimer's disease, cognitive impairment, and their caretakers. These kits aim to foster positive experiences, stimulate conversation and ignite memories.

*Two-week loan period
 Call or visit the Reference Desk for more information.

SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

GRANDPARENTS RAISING GRANDCHILDREN

RESUMES IN OCTOBER

Come to the support group 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 to register.

CAREGIVING CONNECTIONS

TUESDAY, SEPTEMBER 12, 10:00 AM

Join your caring friends 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.



BEREAVEMENT SUPPORT WORKSHOP

HARTFORD HEALTHCARE—FREE

BEGINS WEDNESDAY, SEPTEMBER 6

8 Week program 2 Options:

1. In-person at the Hospital of Central CT, New Britain
3:00 PM—4:30 PM
 2. Virtual Zoom Group 5:00—6:30 PM
- Space is limited. To Register:
Hartfordhealthcare.org/events **OR** Call 1-855-442-4373
For more info: Nadine Toce at 860-224-5463

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, SEPT. 21, 2:00 PM

OPEN TO THE PUBLIC

CALL THE SENIOR CENTER TO REGISTER

Memory Café is a warm & welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, & engaging environment that gives everyone a place to make new friends and interact with others. Enjoy appropriate activities such as crafts, games, music & conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro or Stephanie Soucy at the Senior Center. 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.

DEMENTIA SUPPORT GROUP

Arden Courts of Farmington—45 South Road, Farmington, CT 06032

<https://www.arden-courts.org/farmington>
Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month, 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM.

To RSVP call Hollis Hartman 860-543-1010 or Hollis.Hartman@promedica.org.

FOOD SUPPORT, ASSISTANCE PROGRAMS, ETC.

FOOD SHARE PROGRAM

THE SEVENTH DAY ADVENTIST CHURCH

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



2023 SENIOR FARMERS' MARKET

NUTRITION PROGRAM

We have Farmers Market coupon cards. The monthly income limits for this year are \$2,248 for individuals and \$3,041 for a couple. These coupons are valid until the Farmers' Markets close. Call Stephanie at (860) 747-5728.

SNAP stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were **INCREASED** as of October 1, 2022. There is no asset limit. **Single \$2,265; Couple \$3,052.** Call Stephanie with any questions or to assist with an application.



HEALTH PROGRAMS AND INFORMATION

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**NEW INCOME LIMITS:
MEDICARE SAVINGS PROGRAM (MSP)**
Singles Range From: \$2,564 to \$2,989
Couples Range From: \$3,468 to \$4,043

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.



WOMEN WITH HEART DISEASE SUPPORT NETWORK

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference room A, 81 Meriden Ave., Southington.

To sign up for the support group call:
1.855.HHC.HERE (1-855-442-4373).

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 ceiling, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.

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.

HOME FIRE PREPAREDNESS CAMPAIGN—FREE

REDUCING FIRE INJURY/DEATHS
ONE HOME AT A TIME



Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services **IN YOUR HOME** (visits last about 20 minutes). You will receive: *FREE Installed smoke alarms if needed
*Family Disaster Plan Guidance
*Valuable emergency preparedness tips/information
Register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 & choose option 1 to schedule.

SCAM ALERT 'NEW MEDICARE CARD' SCAM

Fraudsters may be calling people claiming they need to verify information and obtain payment information over the phone to receive a new card. If anyone is contacted and shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed information.



COVID-19 TEST KIT FRAUD ALERT

The US Dept. of Health & Human Services is warning of a fraud scheme involving unsolicited COVID-19 testing kits. Seniors have been receiving unsolicited test kits then finding that their Medicare Summary Notices reveal that Medicare is being billed for reimbursement but Medicare will no longer pay for in-home COVID-19 tests after May 11. Anyone receiving these supposed "free" kits should report it to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Come to the Senior Center to pick up detailed information.

Donations

JULY 15 — AUGUST 15

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



GENERAL DONATIONS

Helen Swanson, Madeline Drake, Marianna Tabaka, Lillian Ouellette, Diane Misko, Charlotte Politis, Lois Schmidt, Laurie Fasciano, Gladys Berry, Barbara Wallace, Betty Kirsch, Brenda Tella, Sally Cobrain, Jennie Wane, Anonymous

DIAL-A-RIDE DONATIONS

Ruth Anderson, Rena Albert, Rainy Day Raffle, Douglas Kaller, Charlotte Politis, Barbara Barton, Barbara Pride, Verna Pekrul, Anonymous, Flo Nixon

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.

JULY NEW MEMBERS

Laura Anselmo, Paul Bialobrzscki, Kim Blake, Kelly Clarke, Reade Clemens, Lori DelVaglio, Kevin Dixon, Theresa Duprey, Kerolyn Gorneault, Darleen Kreft, Karen Kristopik, Therese Lennerton, Madeline Nielson, Debra Peterson, Ronald Roman, Mayda Santo-Ramos, Doreen Vontell, Kathy Wells and Ronald Wiczorek.



Cheer Report

JULY 15 — AUGUST 15

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:

Shirlie Killoran, Pat Josephs, Tom Loiselle, Bill Petit Sr., Christine Rodriguez, Masako McDonald, Gloria Cerniglia, Sandy Robinson, Corinne Trepanier, Lucille Martin, Bev Heslin, Henrietta Zooleck, Verna Pekrul, Elie Miranda, Richard Belden, Jeanine Martino, Helena Niziolek, Maryana Merzlyak, Beatrice Dumont, Skip Kensel

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Roberta Lemire, Wanda Janowski, Jennie Muzyk, Joan Oliveira, Sergio Sciucco, Patrick Durant, Maureen Payton

SYMPATHY CARDS WERE SENT TO:

Sue Cremasco, Anne Wroblewski, Josephine Galati, Sally Cobrain, Margaret Lemrise, Sue Holcomb, Gayle Black

DONATIONS NEEDED

ROLLATORS-ROLLING WALKERS WITH SEAT NEEDED

The Senior Center is looking for rolling walkers with seats to loan out. Call us at (860)747-5728 to make arrangements to drop off.



TRANSIT WHEELCHAIRS NEEDED

The Senior Center keeps a few wheelchairs on hand for members to borrow for short periods of time. Maybe you need to stay off your feet for a week or you want to bring grandma to your daughter's graduation. We need transit wheelchairs for our inventory. A transit wheelchair is light weight and does not have a big wheel that the wheelchair user moves to self-propel the wheelchair. Instead, the front wheels are small and someone needs to push the wheelchair user wherever they go. It is easily folded and put in a car. Please give us a call if you have a transit chair in good condition that you wish to donate.

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FUN AND GAMES

WEEKLY SETBACK TOURNAMENT WINNERS

JULY 24: 1st: Elaine Chartier/Barbara Martello 2nd: Gail Kreneck/Peggy Grant 3rd: Donna Albrecht/Sandy Tyminski

JULY 31: 1st: Elaine Chartier/Judy Laprise 2nd: Gail Kreneck/Peggy Grant 3rd: Donna Albrecht/Sandy Tyminski

AUG. 7 : 1st: Bernard Grabeck/Verna Pekrul 2nd: Gail Kreneck/Peggy Grant 3rd: Linda Arnold/Janet Sanborn & Frances Bolduc/Jackie Lemelin

AUG. 14: 1st: Donna Albrecht/Sandy Tyminski 2nd: Elaine Chartier/Barbara Martello 3rd: Linda Dominique/Mary Levanti & Judy Laprise/Alyce Laprise

POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play –NO need to sign up, just show up.



EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.

Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.

BRIDGE: Anyone interested in learning how to play



Bridge, Please sign up at the Front Desk. If there is enough interest, we will contact you.

CONGRATULATIONS

RAINY DAY RAFFLE

Thank you to all who participated in the Rainy Day Raffle. We raised \$195.00 for Dial-a-Ride.



MEGA SIGN-UP DAY SEPTEMBER 6, 9:15 AM—4:45 PM

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.



WREATH SALE— Beautiful crafted wreaths will be on sale in August. You can purchase a Christmas, spring or summer themed wreath. The wreaths will be on display in the showcase. Priced to sell at just \$5.00!!

DIVERSE UNIVERSE

RAINBOW LUNCH

LGBT adults & allies can join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Pre-registration required. For more information please call Karen Green (860)589-6226, ext. 2226.

Register at: www.cthealthyliving.org. To view the program here, call Ronda at the Senior Center.

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 through Thursday—call for hours as our driver positions are still not filled. No Friday rides until further notice. 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.

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 days a year 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 \$2.90 per additional mile after that.

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

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 AM—Midnight

Weekends 6:00 AM—Midnight

FARES: Each ride is \$3.50 each way and discount ticket books can be purchased at *Shop & Stop* or on-line at hartfordtransit.org/ada-paratransit-services for \$28.00 for a book of 10 tickets (\$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 Para-Transit rider.

CANCELLATIONS: please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours call the dispatch department).

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.**

SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 9:00 NURSE* 9:15 Walk (GR) 12:30 Setback (GR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR)	29 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Amer Sign (GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	30 9:15 Walk (BR) 9:30 Quilting (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	31 9:15 Walk (GR) 9:30 OPEN Ceramics(CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc.(CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:30 Sil.Sneak.Clas. (BR) 2:15 Yoga-L(BR)	1 SENIOR CENTER HOURS PENDING	2
3	4 CLOSED 	5 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR)	6 MEGA SIGN UP 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:00 Choral Group (BR) 1:15 Charlem. (CA)	7 9:00 Snappy Seniors (Norton Park) 9:15 Walk (GR) 9:30 OPEN Ceramics(CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc.(CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:15 Uke	8 SENIOR CENTER HOURS PENDING	9 BOSTON DUCK TRIP 
10	11 9:00 NURSE* 9:15 Walk (GR) 12:30 Setback (GR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR) 4:00 Skin Cancer Screening*	12 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Caregiv. (CR) 11:00 Aquaturf-Brass 11:45 Balance (GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	13 9:00 Quilting (CR) 9:15 Walk (BR) 9:15 Scav. Hunt (P'ville Library) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	14 9:15 Walk (GR) 9:30 OPEN Ceramics CR) 10:00 Mex. Train (CL) 10:00 Mary Todd (GR) 11:30 Bridge (OS) 11:30 COA 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:30 Sil.Sneak.Clas.(BR) 2:15 Yoga-L (BR) 2:15 Uke	15 SENIOR CENTER HOURS PENDING	16 Shopping Bus
17	18 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)	19 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Help* 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 1:30 Fraud Bingo (BR)	20 9:00 Open Quilt (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 5:30 Caregiv.Tool (BR)	21 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Snappy Sen. (GR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:00 Memory Caf� (GA) 1:30 Sil.Sneak.Clas. (BR) 2:15 Yoga-L (BR) 2:15 Uke	22 SENIOR CENTER HOURS PENDING	23 HAPPY FIRST DAY OF AUTUMN 
24	25 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 10:00 Colon Cancer (GR) 12:30 Setback GR)	26 9:00 NURSE* 9:00 Grandparents Conf. 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Social (CR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (GR)	27 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:00 Book Buds (OS) 1:15 Charlem. (CA) 2:30 Trip Meeting 5:30 Caregiv. Tool (BR)	28 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:30 Sil.Sneak.Clas. (BR) 2:15 Yoga-L (BR) 2:15 Uke	29 SENIOR CENTER HOURS PENDING KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Caf� CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	30