

Shawn Cohen  
Director

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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.

**VACCINATION CLINIC**—OPEN TO THE PUBLIC  
MONDAY, APRIL 15, 9:30 AM—12:30 PM **COST: FREE**  
Sign up has begun at the Senior Center

We will be hosting another vaccination clinic in partnership with Stop & Shop for COVID, RSV, Pneumonia, Tetanus and Shingles (1st & 2nd dose). Appointments are required and you must bring your insurance card.

**KATHARINE HEPBURN: FROM HARTFORD TO HOLLYWOOD—HISTORICAL SOCIETY**

TUESDAY, APRIL 9, 1:30 PM, FREE

Registration begins March 28



Presented by the CT Historical Society  
With a stage and film career that spanned six decades, Katharine Hepburn is an American icon. Born and raised in Connecticut, Hepburn had a career in stage, film and television that reflected the changing role of women in broader society. The story of her lifelong ties to Connecticut offers a complete picture of how Hepburn became the woman and the star she was.

**EARTH DAY EVENT**

MONDAY, APRIL 22, 2:00 PM COST: \$12.00

April 22 is the international holiday to honor the need to protect the environment. Let's have some fun and celebrate making our world a happier, healthier place to live. Learn how to make your very own salad in a jar (all ingredients included), enjoy a delicious and nutritious green smoothie, and learn some environmentally friendly tips.



**Bella Italia Night** at the Riverfront Community Center, Glastonbury: Thursday, April 4, 6:00 PM—8:00 PM \$15.00 per person. Must pay by credit card. Call 860-652-7638 by cut off—April 1.

**MOVE YOUR MIND**

WEDNESDAY, APRIL 3, 2:00 PM **COST: FREE**  
Sign up has begun

Join presenters from Arbor Rose for an interactive, fun presentation by experts on the latest trends in Healthy Eating—MIND Diet, Free Balance Screening, Information & Recommendations for Staying Active, & MOVING! Participants will receive healthy recipes, samples of food made, & a Good Life Fitness Gift Certificate. Refreshments will be provided.

**PLAINVILLE SENIOR CENTER PER DIEM DIAL-A-RIDE DRIVER NEEDED!**

The Plainville Senior Center has an immediate opening for a Dial-a-Ride Driver. Must have a Public Passenger Endorsement, F-endorsement (no testing required) or other passenger license in order to drive the 14 passenger wheelchair lift equipped bus. Paid training and hourly wage (\$21/per hour). Hours based on demand. Contact Shawn or Victoria at the Senior Center, 860-747-5728 for an application or apply online: www.plainvillect.com



**SNAPPY SENIORS PHOTOGRAPHY EXHIBIT AND OPENING RECEPTION @ the SENIOR CENTER**  
OPEN TO THE PUBLIC

EXHIBIT: April 23—May 3

OPENING RECEPTION: Wed., April 24, 10:30 AM  
Come see the photographs of our extremely talented group. Light refreshments served.

**SHOPPING BUS**

AFTERNOON TRIP!  
See Page 7 for details.



# CLASSES & PROGRAMS

## QUILTING CLASSES

**INSTRUCTOR: DARLENE BACHAND**

**WEDNESDAYS, 9:00 AM — 11:30 AM**

**April 3, 17, 24—Mexican Tiles Wall Hanging 34"X34"**

**COST: \$6.00** A very unique process will create this amazing Wall Hanging.

**April 3, 10, 17, 24, —OPEN SEW—**Every Wednesday

**COST: \$2.00** per class

Work on your own. Limit: 8 participants

**May 1, 8, 15, 22, 29—It's Wine Time**

**COST: \$10.00** Using a large patterned print, this super simple quilt will inspire you to make it over & over!!

**May 1, 8, 15, 22, 29—OPEN SEW—**Every Wednesday

**COST: \$2.00** per class

Work on your own. Limit: 8 participants



## SNAPPY SENIORS PHOTOGRAPHY

**THURSDAY, APRIL 18, 10:00 AM**

Snappy Seniors Photography Topic Lessons will be how to take better spring pictures of flowers and landscapes. Also, the exhibit will take place at the Plainville Public Library from Monday, April 1 to Friday, April 19; with a public opening reception on Wednesday, April 3 at 4:00 pm. Reservations are not needed for the opening reception at the Library. New members are always welcome to join. To register & for more information, call the Senior Center at 860-747-5728.



## PRE-DIABETES & DIABETES SUPPORT GROUP & EDUCATION

**Monthly Monday Morning Meetings**

**\*April 29** May 20 June 24

**@ 10:00 AM—11:00 AM FREE—Sign up required**

Whether you are new to or have pre-diabetes or diabetes, if you would like updated information, tips, tricks, support, these sessions are for you!

By: Betsy Gaudian MSN, RN-BC, RDN, CDCES

Topics Include: Diabetes-the basics, or the advanced tough questions, Nutrition/Diet, Handling the Food Police, Monitoring/CGM, Medications, Coping, Emotions, Problem Solving, Exercise, Resources, Show and Tell.

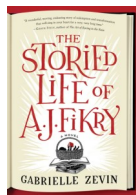


## BOOK BUDS APRIL BOOK: "THE STORIED LIFE OF A.J. FIKERY" by G. Zevin

**FRIDAY, APRIL 26. 10:00 AM COST: FREE!**

**INSTRUCTOR: KATHLEEN MARSAN**

When everything in his life seems to be going wrong, A.J. resorts to being the local curmudgeon, insulating himself from the world while using his book shop as a sanctuary. Suddenly, a series of mysterious events intrude on his self-isolation causing him to re-evaluate his life and the motto above his door "No Man Is an Island; Every Book Is a World" takes on a new meaning. A tale we can all relate to, this will definitely be an entertaining dialog over a cup of tea or coffee! The book is available at the library front desk. Please register as there is limited seating.



## HUMOROUS BOOK PRESENTATION WITH A MUSICAL COMPONENT

**TUESDAY, APRIL 23, 2:00 PM, COST: FREE**

Join Albert as he shares his Carol's words and a "humorous outlook on life." For 20 years, Carol Ann Ruggerio attended and wrote for a writing group known as "Writers Unlimited." "Pearls from Carol" is a compilation of her works, lovingly put together by her husband, Albert to honor his late wife. "These are her words, her thoughts...This book is meant to be enjoyed by anyone of any age or social background...Each story is a tiny world of its own. This presentation is sure to make you smile.

## LINE DANCING

**MARCH 28—MAY 30, 10 WEEKS,**



**COST: \$30.00, Members Only. Sign up has begun.** Dance shoes only, no sneakers or rubber soled shoes. Limber up and energize as you learn the basics of line dancing with our experienced instructor, Jim Gregory.

## MOVIE MATINEE: A MILLION MILES AWAY

**MONDAY, APRIL 29, 2:00 PM, FREE**

**Sign up begins April 3**

Inspired by the real-life story of NASA flight engineer Jose Hernandez, A Million Miles Away follows him on a decades-long journey, from a rural village in Michoacan, Mexico, to more than 200 miles above the Earth in the international Space Station. With the support of his family, Jose's drive & determination culminates in the opportunity to achieve his seemingly impossible goal. Rated PG.



## MORE CLASSES & PROGRAMS

### SKIN CANCER SCREENING

**TUESDAY, APRIL 30, 11:00 AM—12:00 PM, FREE**  
**CALL TO SCHEDULE AN APPOINTMENT beginning April 3**  
 Our skin is the largest organ in our bodies. It performs many valuable functions for us in the approximately 20 square feet it covers on us. It is something we should pay attention to keeping healthy! Georgia Sterpka, APRN will conduct a free skin cancer screening (by appointment).

### AARP SMART DRIVER COURSE

**WEDNESDAY, MAY 1, 12:30 PM—4:30 PM**  
**COST: \$20 for AARP Members**  
**COST: \$25 for Non-AARP Members - Sign up has begun**  
 The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher for the rules of the road. Drivers learn research-based tips to adapt their driving to compensate for physical and 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).

### 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!



### CINCO DE MAYO LUNCHEON



**MONDAY, MAY 6, 12:00 PM,**  
**COST: \$13.00**  
**Sign up begins April 3**  
 Join us as we celebrate the Mexican holiday Cinco De Mayo with a delicious Taco bar including all the fixings; soft flour tortillas, crispy corn shells with your choice of chicken or ground beef, pinto or black beans, shredded cheese, shredded lettuce, pico de gallo, sour cream, chips and salsa—Catered by Moe's. Margarita mocktails and dessert too!!

### INCOME TAX PREPARATION—BY AARP TAX AIDE & HRA VITA TAX COUNSELORS—FULL

Call the Senior Center to get on a Wait List. Free income tax preparation assistance by certified volunteer tax counselors for low to moderate income taxpayers.

### MAHJONG: FRIDAYS, 10:00 AM—12:00 PM

Learn to play Mahjong with or without cards. A fun tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. Please call the Senior Center to let us know you are coming.



### WATERCOLOR CLASS



**Thursdays, 9:30—11:30**  
 Color your world and have fun with friends.

## VETERANS' NEWS & ACTIVITIES

### HELP FOR VETERANS

**TUESDAY, APRIL 16, 10 AM**  
**BY APPOINTMENT**  
 Our 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.

**THANK YOU  
 VETERANS  
 FOR YOUR SERVICE**



### VETERANS' SOCIAL HOUR:

**TUESDAY, APRIL 23, 10:00 AM**  
 These monthly information & 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.**

### PLAINVILLE VETERANS

#### COMMISSION

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



# MORE CENTER NEWS & VOLUNTEER OPPORTUNITIES

## STAY HEALTHY AT THE SENIOR CENTER HEALTH DEPARTMENT RECOMMENDATIONS

1. Stay home when you are feeling sick.
2. Wash your hands.
3. Cover your cough and wear a mask.
4. Stay up-to-date on vaccinations.



**FIRE ALARM/EXIT PLAN**—As a result of our recent fire alarm, we would like to remind everyone when a fire alarm sounds, you are to exit the building IMMEDIATELY! Please gather at a spot away from the building. Once the Fire Department determines it is safe to return to the building, we will notify you. Thank you for your understanding in this matter.



## SHOWCASE YOUR COLLECTION OR HOBBY!

If you have a collection or hobby that you'd like to display in our showcase, please call the Senior Center to let us know. Displays are typically in the locked showcase for a month.  
**APRIL Displays: Dennis Perrella's Timeless Clock Collection and the Watercolor Class display.**

**GET THE LATEST NEWS BY EMAIL!!!** After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs, "give a-ways", last minute trip shares, lectures or important information on community news & fun stuff to do!! **If you are receiving your newsletter by email, you are already 'on the list' to receive these notifications.** You may add the option of getting your newsletter emailed, as well as having a copy mailed or picking up a copy. If you want to add "Email Newsletter" to your member information, send an email to [beamc@plainville-ct.gov](mailto:beamc@plainville-ct.gov). PLEASE NOTE: We do NOT share your email with anyone. Let us know if you change your email address.

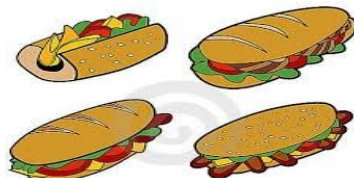
**LANGUAGE INTERPRETERS—WE NEED YOUR HELP!** Once in a while, someone comes to us for help or calls & we cannot communicate because of language. Would you help us understand & translate? Call Shawn or Victoria at the Senior Center.



**THANK YOU FABULOUS VOLUNTEERS**—Please be sure to record your hours. These hours are very important and we appreciate all you do for our Center! Thank You!!! Record hours on the board or online (<https://schedulesplus.com/plainville/kiosk>).

## **NEW** DAILY LUNCHES AT THE SENIOR CENTER—Menu available at the Senior Center

As of April 1<sup>st</sup>, the daily lunch program will change due to grant funding cuts that pay for the meals program and subsidize the cost of meals at the senior center and home delivery. As of April 1st, the grant is paying for only 30 meals per day Wednesday, Thursday, and Friday. Suggested donation of \$3.00. That means we can no longer serve as many meals as we had in the past. The Senior Center and CW Resources who prepare the meals have been worried about cutting 2 days off our schedule. Although we do not have grant funding to subsidize the meals, we have been able to find a solution to be able to serve full meals on Mondays and Tuesdays. There will be no limit on the number of meals we can offer on Mondays and Tuesdays. The cost of the meal will be \$5.50 per person paid in advance by Thursday at 10:00am. You will be paying the Senior Center directly and payment is available anytime we are open. The meal cost is non-refundable as we must pay for every meal that we order. If you are unable to come for your meal, please call the Senior Center if you are cancelling Monday or Tuesday or call Bonnie if you are cancelling Wednesday, Thursday or Friday, so that we are not wasting food.



# 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.

## **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**

*FRIDAYS, 10:00 AM–10:45 AM*

*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)**

*FRIDAYS, 10:50 AM –11:35 AM*

*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.

**PEAK hours: Monday—Thursday 9:00 AM—3:00 PM Friday: 9:00 AM—1:00 PM**

# 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, April 3 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting April 10 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 Victoria.

CLASS	TIME	CURRENT SESSION	Next Session Registration Begins
<b>MONDAY</b>			
Acrylic Painting	10:00-12:00	Feb. 12—Apr. 8, 8 weeks \$16.00 <b>No Class Feb. 19</b>	Apr. 22—June 17, 8 weeks, \$16.00 <b>No Class May 27</b>
Power Burst	1:30—2:30	Jan. 8—Mar. 18, 8 Weeks, \$16.00 <b>No Class Jan. 15, Feb. 12, Feb. 19</b>	March 25—June 3, 8 weeks, \$16.00 <b>No Class, Apr. 1, Apr. 29, May 27</b>
Chair Pilates & Balance	2:45—3:45	Jan. 8—Mar. 18, 8 Weeks, \$16.00 <b>No Class Jan. 15, Feb. 12, Feb. 19</b>	March 25—June 3, 8 weeks, \$16.00 <b>No Class, Apr. 1, Apr. 29, May 27</b>
<b>TUESDAY</b>			
Balance Class	11:45-12:30	March 12—April 23, 6 weeks, \$12.00 No Class March 26 <b>*Time Change 2/6—4/9 *1:30—2:15</b>	Apr. 30—June 4, 6 weeks, \$12.00
Cardio Chair Fitness w/ Nancy	1:00—1:45	Feb. 27—April 9, 6 weeks, \$12.00 No Class March 26 <b>*Time Change 2/6—4/9 *2:20—3:05</b>	Apr. 16—May 21, 6 weeks, \$12.00
<b>WEDNESDAY</b>			
Zumba Gold	9:30 -10:30	Jan. 31—Mar. 20, 8 weeks, \$24.00	Mar. 27—May 15, 8 weeks, \$24.00
Quilting	9:00-11:30	<b>See page 2</b>	
<b>THURSDAY</b>			
Ceramics	9:30 – 11:30	Feb. 29—Apr. 18, 8 weeks, \$32.00	Apr. 25—June 13, 8 weeks, \$32.00
Watercolor	9:30—11:30	Jan. 25—Mar. 28, 10 weeks, \$30.00	Apr. 25—June 27, 10 weeks, \$30.00
Knitting/Crochet	1:00—3:00	Mar. 7—May 2, 8 weeks, \$16.00 <b>No Class Mar. 14</b>	May 9—June 27, 8 weeks, \$16.00
<b>FRIDAY</b>			
Silver Sneakers Classic	10:00-10:45	FOR: Silver Sneakers and Yoga—lates <b>Feb. 23—Apr. 5</b> <b>NO CLASS Mar. 29</b>	FOR: Silver Sneakers and Yoga—lates <b>Apr. 12—May 17</b>
Yoga-Lates	10:50-11:35	Free if you have Silver Sneakers <u>OR</u> \$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	Free if you have Silver Sneakers <u>OR</u> \$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](http://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

### **A.W. STANLEY PARK LOOP & LUNCH AT TOWN & COUNTRY PIZZA**

FRIDAY, APRIL 12, 10:30 AM COST: FREE

Leader: Eileen Cyr

ADDRESS: 2159 Stanley St., New Britain-meet there at 10:30 AM

Enjoy this 1.5 mile loop trail in New Britain. Generally considered an easy, scenic route taking about 1 hour to walk. Following the walk, we will have lunch at Town & Country Pizza, New Britain (pay on your own).

### **WALNUT HILL PARK WALK AND BREAKFAST/ LUNCH AT NEW BRITAIN DINER**

WEDNESDAY, APRIL 17, 9:30 AM COST: FREE

Leader: Eileen Cyr

Meet at Walnut Hill Park—184 W. Main Street, New Britain at 9:30 AM

Join us for an hour walk around Walnut Hill Park. Following the walk, we will enjoy breakfast or lunch at the New Britain Diner (pay on your own).

### **SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC**

FRIDAY, SEPT. 13, LEAVES SENIOR CENTER AT 7:00 AM, RETURNS AT APPROX. 3:00 PM

**COST: \$42.00 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 our own) and/or shopping in downtown Mystic.



## FREE MONTHLY SHOPPING TRIPS

**MONDAY APRIL 8, 11:30 AM** Free Shopping Trip with Dial-a-Ride bus. You choose: Walmart or Bristol Plaza (with You Choose TJ Maxx, Ocean State Job Lot, Burlington, Stop & Shop and much, much more).

Leaves Senior Center at 11:30 AM. Home pick ups for those that cannot drive before 11:30 AM.

**Return pick up: 2:30 PM Walmart**

**2:45 PM Bristol Plaza**



**QUICK TRIP  
RESCHEDULED**

## QUICK TRIPS—NEW

### **MAGIC WINGS, BUTTERFLY CONSERVATORY & YANKEE CANDLE**

SATURDAY, April 6

Leaves Senior Center at 8:30 AM & returns approx. 4:30 PM

**COST: \$26.00 pp.**

Includes Butterfly Admission & transportation by Dial-a-Ride bus. (Coffee stop on way to Butterfly Conservatory). **TRIP IS NEARLY FULL—2 SEATS REMAINING!!**

### **MARGARITAS ART AND DÉCOR COLLECTION TOUR PLUS LUNCH, CABELA'S—SHOPPING AND DONUTS**

SAT., MAY 20 COST: \$8.00 PER PERSON LUNCH AND DONUTS ON YOUR OWN LEAVES SENIOR CENTER AT 12:00 PM (have lunch/brunch at home)

Pick up at home (if you do not drive) before 12:00. Returns approx. 4:45 PM

We begin the day at Cabela's Sporting goods where you can buy anything from fudge to a boat and everything in between. See the fish aquarium and the taxidermy animals plus lots of great sports wear, camping equipment, gifts and more—don't forget to try their Fresh daily donuts and kettle corn. On to Margaritas to tour their extraordinary art and décor made by craft families in small workshops and factories in Mexico. We will stroll through the restaurant on a private tour before it opens to view tiles, Blown Glass, Furniture, Papier



Mache, Talavera Ceramics and decorative ceramics that capture the Mexican spirit. After the tour, about 3:00 PM order off the menu (separate checks) for yummy tex-mex foods and their famous margarita's. View the menu at the Senior Center front desk— Everything from Tio's Super Burrito (my favorite) to burgers or fish tacos, shrimp and more.



**SAVE THE DATE: AQUA TURF TRIPS \$54.00 pp**  
**AMERICAN BANDSTAND TRIBUTE. TUESDAY OCTOBER 8TH**  
**HOLIDAY CLASSICS. TUESDAY DECEMBER 10TH**



## NEW TRIPS



**AQUA TURF—CELEBRATE ITALIA!!** TUESDAY, JULY 9, 2024 11:00 AM—3:30 PM

**COST: \$54.00 PER PERSON**

Aaron Caruso & Sam Vinci Band Back by Popular Demand. Come join us for some great food and music as Arron and Sam bring your favorite Italian hits to Life!!

Menu: Meatballs & Sausage/Chicken Parmigiana: All Entrees Served Family Style.

Complimentary Coffee & Donuts/Complimentary Glass of Beer or Wine/Complimentary Door Prizes. **SEE FLYER FOR DETAILS.**



## CURRENT TRIPS

**LOBSTER & A GREAT SHOW—FEATURING: JIMMY RUSSO:** *The LOG CABIN: Holyoke, MA*  
Wednesday, July 17, 2024 **COST: 124.00 per person** Departure: 9:45 AM, Our Lady of Mercy Church, 19 South Canal Street, Plainville Estimated Return: 5:30 PM Plainville, \*Departure Time Subject to Change.

Excellent Menu: Welcome Tray with Cheese & Vegetable Platter, Shrimp Cocktail, House Garden Salad served with Signature Breads, Lobster OR Prime Rib, BBQ Chicken, Yummy Dessert with Coffee Advance Choice Required. **SEE FLYER FOR DETAILS.**

**SIGHT & SOUND THEATRE PRESENTS DANIEL:** Wed.—Fri. JULY 10—12, 2024 **COST: \$645 pp double/triple, \$779 pp single, Departs: Plainville (details TBA).** Included motorcoach, 2 nights hotels, 2 breakfasts, 2 dinners, sightseeing/admission, Escort, Driver and Tour Director Gratuity, Motorcoach tour to Lancaster, PA, Comfort Suites, Authentic Amish Dinner, Old Windmill Farm visit, explore Kitchen Kettle Village, reserved seats for Daniel, Dinner at Shady Maple Smorgasbord. On the way home, stop in Philadelphia for Independence National Historical Park, National Constitution Center, Historic District and the Liberty Bell. **SEE FLYER FOR DETAILS.**



**TROPICANA ATLANTIC CITY, CASINO & SHOW:** Wed—Fri. AUGUST 21—23, 2024

**COST: \$499 pp double/triple, \$679 PP SINGLE. Departs: Plainville (details TBA)**

Deluxe motorcoach, Tour escort, gratuity, 2 nights hotel, Casino Bonus: \$30 slot play, \$50 food Voucher & Matinee show—'Bachelors of Broadway'. **SEE FLYER FOR DETAILS.**



**IRELAND SAMPLER:** OCTOBER 26—NOVEMBER 2, 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. **9 SEATS ARE STILL AVAILABLE.**

**SEE FLYER FOR DETAILS.**



**TULIPS & WINDMILLS 2025—ESCORTED VIKING RIVER CRUISE: DISCOVER HOLLAND AND BELGIUM**

March 28—April 7, 2025 Book by April 17, 2024 or until sells out. (Historically sells out a year in advance) Roundtrip Motorcoach to airport. 9 Nights onboard the Viking Edgir, Viking Longship. All onboard meals created by Swiss-trained chefs. Complimentary wine, beer and soft drinks, bottled water, coffee, tea, cappuccino with onboard dinner and lunch service. 8 Guided Shore Excursions utilizing an audio headset system. Attentive Service from award winning, English-speaking staff plus Viking Concierge. All Taxes and Port Fees. Complimentary WiFi. (Roundtrip Air Not Included). **SEE FLYER FOR DETAILS.**





# SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

## GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, APRIL 16, 10:30 AM

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at 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 register online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville)



## CAREGIVING CONNECTIONS

TUESDAY, APRIL 23, 10:00 AM

Join your caring friends at the Senior Center as we support one another on our journeys & recognize the challenges & frustrations of 24/7 caregiving. Register to attend by calling the Senior Center.

## MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, APRIL 18, 2:00-OPEN TO THE PUBLIC  
CALL THE SENIOR CENTER TO REGISTER

Memory Café is a warm and 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 & interact with others. Enjoy appropriate activities such as crafts, games, music and 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, Stephanie Soucy or Victoria Nadolski 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.

## EVERSOURCE ELECTRIC DISCOUNT RATE

A bill discount will be available for residential electric customers starting in December 2023. You must have financial hardship status on your electric account. If you do, there are two tiers of discounts depending on your annual household income or receipt of a public assistance benefit. You may be eligible for a 10% or 50% discount.

**To qualify for a 10% discount, your annual income for**

Single = up to \$41,553 **OR** Couple= up to \$54,338

Or be eligible for certain public assistance benefits.

**To qualify for a 50% discount, your annual income for**

Single = Up to \$23,328 **OR** Couple= Up to \$31,552

Or be eligible for certain public assistance benefits.

Call Eversource at 800-286-2828.

They will review and verify your information within 10 business days. If you are eligible, you could start to see a discount on your bill in December 2023.

Please call Stephanie at the Senior Center with any questions 860-747-5728.

## ENERGY ASSISTANCE

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$41,553 (gross) and a family of two could possibly make \$54,338 (gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. HRA is located at 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** Please call 860-356-2000 or online at:

<https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

## HOMEOWNERS TAX RELIEF BENEFITS FOR ELDERLY AND DISABLED

The Town of Plainville Assessment & Collections Department is accepting Homeowners Tax Relief applications for qualified elderly and disabled homeowners. Applications must be filed by **May 15, 2024**. Income limits must not exceed \$43,800 for a single person and \$53,400 for a married couple. The Town of Plainville also sponsors a local option elderly program. Income limits must not exceed \$50,300 for a single person and \$57,300 for a married couple.

Applicants must be 65 years or older prior to December 31, 2023 or have a 100% disability rating from the Social Security Administration or be the widow/widower age 55 or over of a previously approved applicant and must own and reside in the property for which tax relief is being sought. Additional benefits for Veterans are also available. Call the Town of Plainville Assessment & Collections office for information and to schedule an appointment, 860-793-0221 ext. 8733.



## MORE SUPPORT AND ASSISTANCE

**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, 2023. There is no asset limit. **Single \$2,430; Couple \$3,287**. Call Stephanie with any questions or to assist with an application.

**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 & so much more. Please call Stephanie at the Senior Center for more information.



## COMMUNITY NOTES

### **BRING ME BACK HOME—FLYERS AVAILABLE AT THE SENIOR CENTER GREETER DESK**

**What is the Bring Me Back Home Program?** (BMBH) is a new registry for Connecticut residents accessible by law enforcement to assist in the recovery of missing or wandering persons. The photo and information helps first responders and families reunite with individuals living with cognitive challenges, such as Dementia or Autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

**How does Bring Me Back Home work?** - A family member or guardian registers their person with cognitive challenges through the link, or in person, at your nearest police department. This information is now part of the statewide Bring Me Back Home registry. **When the person wanders or is missing, individuals should call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program.**

**Who is Eligible?** - All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost. Register online at [www.ct.gov/BMBH](http://www.ct.gov/BMBH). \*Please call Stephanie at the Senior Center with any questions: 860-747-5728

### **BREATH—BODY—MIND WORKSHOP**

*Every 3rd Wednesday of the month \*FREE*

*(6:00 PM—7:00 PM)*

**Next Class Date: April 17**

*At the CT Clearinghouse (334 Farmington Ave., Plainville)*



**Description:** In this workshop you will learn gentle movement and breathing practices. BBM techniques are easy to learn and allow any individual the ability to heal from within. You are welcome to sit in chairs or bring a blanket or yoga mat. The potential benefits include improved mood/stress management, emotion regulation, energy, sleep, & mental focus.

Facilitated by Linda Lentini, an experienced Level 4 BBM Teacher.

Register at [www.ctclearinghouse.org](http://www.ctclearinghouse.org), 959-465-9151 or [mltaylor@wheelerclinic.org](mailto:mltaylor@wheelerclinic.org)

### **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/info Register at [www.redcross.org/ct/schedule-a-visit](http://www.redcross.org/ct/schedule-a-visit) or call 1-877-287-3327 & choose option 1 to schedule.

### **THE CONGREGATIONAL CHURCH OF PLAINVILLE:**

THE C.C.P. Presents...concert series offered at UCC, 130 West Main St., strives to offer the Plainville community concerts at least once a month. The performers for each concert vary to keep the series fresh & innovative. For more info regarding the concert series, please contact the Church Office at 860-747-1901, email [churchoffice@uccplainville.org](mailto:churchoffice@uccplainville.org) or view the church website at [uccplainville.org](http://uccplainville.org)



## MORE COMMUNITY NOTES

**PLAINVILLE FOOD PANTRY** - 54 South Canal Street\* 860-747-1919 \* [www.plainvillefoodpantry.org](http://www.plainvillefoodpantry.org)

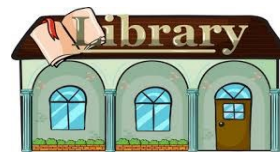
The Plainville Community Food Pantry is a non-profit organization that's dedicated to helping those in need. With a wide range of critical services — including food assistance, energy assistance, clothing, crisis intervention, & referral services — we don't just stop at meeting the basic needs of our clients.

The Plainville Community Food Pantry has been providing for our community with the help of generous donors and volunteers. In fact, 75% of our support comes from public contributions, which have allowed us to meet the growing needs of families and individuals in the Plainville community. We are in need of the following items:

Canned Fruit	Rice, Pasta, Sides	Mac & Cheese	Shampoo/Soap
Cake/Brownie Mix	Paper Towels	Pancake Mix/Syrup	Toilet Paper
Instant Potato	Sugar/Flour	Grape/Strawberry Jelly	Deodorant
Hamburger Helper	Cereal/Oatmeal	Children's Snacks/Juice Box	Toothbrushes/Paste

**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!



**MEMORY CARE KITS**—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.

**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. RSVP to Hollis Hartman 860-543-1010 or [Hollis.Hartman@promedica.org](mailto:Hollis.Hartman@promedica.org)

**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](mailto:alzhelp@gmail.com)

**AARP PLAINVILLE**—WEDNESDAY, **APRIL 17**, 1:00 PM  
Faith Bible Church, 168 Unionville Ave., Plainville.

Refreshments served!

Reservations/Info: Sharon 860-712-2795



UPCOMING TRIPS:

**JUNE 26—Coastal Queen Cruise:** Newport Harbor, RI includes lunch at Johnny's Restaurant and time to shop on Bowen's Wharf. (Bus departs from Our Lady of Mercy Church, Plainville, CT)  
Please contact Sharon for more information.

**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.

**PLAINVILLE PUBLIC LIBRARY**

56 EAST MAIN STREET, PLAINVILLE, CT 06062, 860-793-1446

[PLAINVILLECT.COM/LIBRARY](http://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

# HEALTH PROGRAMS AND INFORMATION

## **NEW** INCOME LIMITS: MARCH 1, 2024



### MEDICARE SAVINGS PROGRAM (MSP)

**Singles Range From: \$2,649 to \$3,088**

**Couples Range From: \$3,595 to \$4,191**

***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 & Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

## THE NURSE IS IN!

GEORGIA STERPKA, APRN

IS AVAILABLE BY APPOINTMENT FOR:

### REGULAR AND DIABETIC FOOT CARE

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

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

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

### FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.

**FREE COVID-19 TESTS:** Every U.S. home is eligible for 4 additional free at-home tests—total of 8. Order at <http://covidtests.gov> or come to the Senior Center front desk for assistance.

**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. Report these supposed “free” kits to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Detailed info can be picked up at the Senior Center.



## **MEDICARE DATA BREACH INFORMATION:**

The Dept. of Health & Human Services have informed us that some people may be receiving a letter with a new Medicare card. This is **NOT A SCAM**, but a precautionary measure taken by the Center for Medicare & Medicaid Services because of a data breach. If you receive a new card start using it as of Dec. 29, 2023. When in doubt, Medicare Recipients should call MEDICARE (1-800-633-4227) with questions or concerns.

**MEDICARE FRAUD:** The best way to stop Medicare fraud? Help prevent it in the first place. Follow these 3 tips to protect yourself from scammers:

- 1. If you get a call, text or email asking for your Medicare Number, don't respond.** Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it. Remember, **Medicare will never call you** unprompted and ask you for your personal information.
- 2. Check your Medicare Summary Notices (MSNs) or claims statements carefully.** If you see a charge for a service you didn't get or a product you didn't order (like a COVID-19 over-the-counter test), it may be fraud.
- 3. If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227).** Visit [Medicare.gov](https://www.Medicare.gov), the official source for Medicare information, to learn more about preventing Medicare fraud.

## **SCAM ALERT 'NEW MEDICARE**

**CARD' SCAM**—Fraudsters may be calling people claiming they need to verify information & obtain payment information over the phone to receive a new card. If anyone is contacted & 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 info.

## **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 call: 1.855.HHC.HERE (1-855-442-4373).





## Donations

FEBRUARY 15 — MARCH 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

Sally Cobrain, Gladys Berry, Anonymous, Marianne Grace, Catherine Humai, Grace Bonola

### DIAL-A-RIDE DONATIONS

Virginia Worrell, Anonymous

### MEMORIAL DONATIONS

IN MEMORY OF: William 'Skip' Kensel

Allen Gridley



### FEBRUARY NEW MEMBERS

Gisella Barbagallo, Vito Barbagallo, Steve Berman, Linda Blanchard, Joyce Chmura, Steven Chmura, Rachel Dionne, Cheryl Gentles, Thomas Hayes, Howard Hermanson, Keith LaCombe, Suzanne LaCombe, Terry Lockrow, Gail Mankowski, Peter Mankowski, Dominic Pedrolini, Dennis Perrella, Christine Yount

## Cheer Report

FEBRUARY 15 — MARCH 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:

Lois Schmidt, Bev Heslin, Bob/Grace Nelson, Anne Therrault, James Boudewyns, Scott Wilson, Peggy Palaia, Sue DesRochers, Leslie Mangan, Michelle Cormier, Rachel Dionne, Rita Rival, Joyce Cannon, Carol Beam, Daryl Alatsatianos, Rosaleen Peters, Beatrice Dumont, Jeanine Martino, Maryann Merzlyak, Helena Niziolek, Fran Martin

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

Skip Kensel, Karen Scott, Andrew Winters, Virginia Myszkowski, Carl Freeman, Richard Spano, William Langley, Roger Martin

### SYMPATHY CARDS WERE SENT TO:

Julie Morse, Barbara Balavender, Lenora Beck

*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.*

## THIS AND THAT

### LOST AND FOUND

A class ring was found at the Senior Center. If this is yours, please call and describe what it looks like.

FOOD AND BEVERAGE will NOT be allowed in the Living Room or the Computer Area (You may utilize the Café Area). Thank You!



Heart Health Challenge Winner: Leona Bisson

REFUND POLICY: If you are receiving a refund for a program of \$10.00 or less, we will add a credit to your account, instead of issuing a refund check. This will allow you to use the credit towards other programs.

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# FUN AND GAMES

## WEEKLY SETBACK TOURNAMENT WINNERS

**FEB. 26:** 1st: Linda Dominique/Mary Levanti 2nd: Janet Sanborn/Linda Arnold  
3rd: Madeleine Drake/Ann Testa

**MAR. 4:** 1st:: Jackie Lemelin/France Bulduc 2nd: Elaine Chartier/Alyce Lembo  
3rd: Bernard Grabeck/Verna Pekrul

**MAR. 11:** 1st: Robert Albrecht/Mark Dunn 2nd: Peggy Grant/Gail Kreneck  
3rd: Bill Prokop/Marcia Prokop

**MAR. 18 :** 1st: Peggy Grant/Gail Kreneck 2nd: Alyce Lembo/Elaine Chartier  
3rd: Bill Prokop/Marcia Prokop

## 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.

**LADIES BILLARD OPEN PLAY Tuesdays from 10AM—12PM**



## EMERGENCY PREPAREDNESS PLAN—Do you have an Emergency Plan if the power goes off?



It is time to review your plans in the event of an emergency. Weather related power outages are always a possibility, esp. during the winter season.

\*It's important to have a plan of action that includes an emergency food supply and bottled water for at least a week. Be sure to have medications filled timely so you don't run out. Have a portable radio, flash light and new batteries ready for use. If possible arrange to move in with family members during the emergency. Hospital Emergency departments are not shelters and should be used for medical emergencies only.

\*Community shelters may open in the event of an emergency. However, keep in mind that you have to be able to sleep on a cot and be independent with personal care. Shelters do not have hands on staff available to assist folks.

\*Know where your important documents are, including medical cards, so you can take them with you. Be sure to take your medications and any telephone numbers you may need.

\***File of Life**—Pick up a File of Life at the Senior Center to complete and have handy. If you have a File of Life review the info to be certain it is up to date.

\*Connect with your family, neighbors and friends and friends who are part of your emergency plan. Listen to WTIC AM 1080 for emergency information including the possible opening of shelters.

## MEGA SIGN-UP DAY APRIL 3, 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 & checks made out to Plainville Senior Center only.



# 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. **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 Victoria 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](http://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](http://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](http://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).


**\*Effective Jan. 8, 2024,** all passengers traveling on the Greater Hartford Transit District's ADA Paratransit vehicle must wear a seatbelt/lap belt. Documents must be provided for disability exemption to [pwilliams@ghtd.org](mailto:pwilliams@ghtd.org) or [m banker@ghtd.org](mailto:m banker@ghtd.org) or by mail.

### 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.

# APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>31</b> <b>EASTER</b> <b>SUNDAY</b> 	<b>1</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 9:15 Income Tax* 10:00 Acrylics (CR) 12:30 Setback (GR)	<b>2</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 9:30 Income Tax* 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Balance (BR) 2:20 Cardio Chr (BR)	<b>3</b> <b>9:15 MEGA</b> 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 2:00 Move Yr Mind (BR)	<b>4</b> 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 Line Dancing (BR)	<b>5</b> 9:00 Income Tax* 9:15 Walk (GR) 9:30 Choral Gr.(BR) 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	<b>6</b> <b>Butterfly Museum</b>
<b>7</b> <b>KEY:</b> GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	<b>8</b> 9:15 Walk (GR) 10:00 Acrylics (CR) 11:30 Shopping Bus 12:30 Setback (GR) <b>1:00 PM NURSE*</b> 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	<b>9</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 9:30 Income Tax* 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Balance (BR) 1:30 Hepburn-Hist. ( CR) 2:20 Cardio Chr (BR)	<b>10</b> 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	<b>11</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 11:45 COA (GA) 12:30 Pool Tourney 12:30 Pinoc.(CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:30 Line Dancing (BR)	<b>12</b> 9:00 IncomeTax* 9:15 Walk (GR) 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:30 OA– AW Stanley Park 10:50 Yoga-Lates (GR)	<b>13</b>
<b>14</b>	<b>15</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) <b>9:30 Vax Clinic *(CA)</b> 12:30 Setback GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	<b>16</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Vet Help* (CL) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:30 Grandparents (CR) 11:45 Balance (GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	<b>17</b> 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Walnut Hill Park 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	<b>18</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Snap.SnrPhoto(GR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 2:00 Memory Café (CR) 1:00 Knit/Crochet (GR) 1:30 Line Dancing (BR)	<b>19</b> 9:15 Walk (GR) 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	<b>20</b>
<b>21</b>	<b>22</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback GR) 1:30 PowerBurst(BR) 2:00 Earth Day (CA) 2:45 Chair Pil/Bal(BR)	<b>23</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Social (BR) 10:00 Caregiv. (OS) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:00 Humor. Book (BR)	<b>24</b> 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 10:30 Snappy Seniors-Reception (CA) 1:00 Bingo (GR) 1:15 Charlem. (CA)	<b>25</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Snap.SnrPhoto(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) 1:30 Line Dancing (BR)	<b>26</b> 9:15 Walk (GR) 9:30 Choral Gr.(BR) 10:00 Book Buds (OS) 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	<b>27</b> <b>Viking-Danube</b>
<b>28</b>	<b>29</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Diabetes (CL) 10:00 Acrylics (CR) 12:30 Setback (GR) 2:00 Movie (BR)	<b>30</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:00 Skin Cancer Scr* 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	<b>MAY 1</b> 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 12:30 AARP Driver (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	<b>MAY 2</b> 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 Line Dancing (BR)	<b>MAY 3</b> 9:15 Walk (GR) 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	<b>MAY 4</b>