



Happenings

Reported at the Town Council Meeting on January 16, 2024
Andy Cirioli, Assistant Town Manager

PLAINVILLE FAMILY RESOURCE NETWORK (PFRN)

The mission of PFRN is to deliver nurturing multi-dimensional programs and services for all children, all families. They offer **Play & Learn groups** designed for parents and caregivers that focus on literacy and social skills through a combination of free play, age-appropriate activities, and gently structured story times. **Groups are held at Linden St. School, Monday, Tuesday, Wednesday mornings from 9:30 to 11:00am and Monday evening from 6:00-7:15.**

PUBLIC LIBRARY

For information on Library programs, including registration, call the Plainville Public Library at 860-793-1446 or visit www.plainvillect.com/library.

Lightsaber Training

- Saturday, January 20, 2024 at 11:00 AM or 12:00 PM
- Ages 6-10 years old with a caregiver
- Young Jedis will learn the ways of the lightsaber.

The Ten Warning Signs of Alzheimer's

- Tuesday, January 23, 2024 at 2:00 PM
- The Alzheimer's Association of Connecticut will help patrons recognize the warning signs of the disease and what comes next.

Middle School Gaming and Pizza

- Wednesday, January 24, 2024 from 1:30 PM – 3:00 PM
- For grade 6-8
- Attendees are welcome to play board, card, and video games while snacking on pizza.

Showing of Documentary, *Mercury 13*

- Wednesday, January 24, 2024 at 6:00 PM
- This documentary takes place in 1961 and spotlights a group of skilled female pilots that were not permitted to participate in spaceflight despite completing laborious testing.
- No registration necessary.

SENIOR CENTER

For information on Senior Center programs, call the Plainville Senior Center at 860-747-5728. All programs are free and open to the public unless otherwise indicated.

Movie Matinee—'80 for Brady'

- Wednesday, January 17, 2024 at 2:00 PM
- A fun afternoon of a movie matinee and popcorn.

Income Tax Preparation Appointment Sign Ups Begin Wednesday, January 17, 2024

- The Plainville Senior Center will host AARP Tax-Aide, a free program that provides income tax preparation assistance by certified volunteer tax counselors for low to moderate income taxpayers.
- Appointments will be Tuesdays, February 6 through Tuesday, April 9. Appointments are required.
- Call the Senior Center beginning Wednesday, January 17 to schedule an appointment.

Snappy Seniors Photography Group

- Thursday, January 18, 2024 at 10:00 AM
- The group uses all kinds of cameras and members have various levels of experience.
- Plainville residents 60 and over are welcome to join.

Memory Café at the Senior Center

- Thursday, January 18, 2024 at 2:00 PM
- 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.

Vaccination Clinic at the Senior Center in partnership with Stop & Shop – OPEN TO THE PUBLIC

- Monday, January 22, 2024 from 9:30 AM—12:30 PM
- Clinic includes a COVID, high dose Flu, RSV, Shingles, Tetanus, and Pneumonia Vaccines.
- Appointments are required and you must bring your insurance card.

Veterans Social Hour

- Tuesday, January 23, 2024 at 10:00 AM
- Conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare Senior Services. FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.

Book Buds Books: "American Dirt" by Jeanine Cummins & "The Last Storyteller" by Frank Delaney

- Friday, January 26, 2024 at 10:00 AM, Members only.
- Coffee & tea provided. Book available at the library main desk.

Pre-Diabetes and Diabetes Support Group and Education

- Monday, January 29, 2024 from 10:00 AM – 11:00 AM Diabetes, What, Why, the Basics by Betsy Gaudian MSN, RN-BC, RDN, CDCES
- Monthly Monday Morning Meetings through June 24
- 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!

Sleep Tips by Dr. Wendy Hurwitz – OPEN TO THE PUBLIC

- Tuesday, January 30, 2024 from 2:30 PM—3:30 PM
- Come learn about tips to improve sleep and restorative rest. Please call to reserve your spot.

For All Ages Par-Tea: Health Benefits of Tea

- Monday, February 5, 2024 from 10:30 AM—11:30 AM
- Join For All Ages Co-Founder Deb Bibbins and Gary Sekorski to explore the many health benefits of tea.
- Complimentary cup of tea & a snack.
- Plus, learn about For All Ages' free, 12-week Tea @ 3 Intergenerational Friendship Community.