

## **Happenings for The Town of Plainville 5-15-2017**

The 4th Annual Plainville Family Fest event is Saturday May 20th 2017 from 10:30 - 3:30pm at our NEW location behind Linden Street School. This free event provides businesses, organizations, and clubs the opportunity to highlight what they offer, while celebrating children and families! Each participating agency or business attending will offer a free activity for children. In addition, through generous donations from the community, we were able to book an inflatable slide, petting zoo, photo booth, and hula hula hoop entertainment. Other highlights include "Touch a Truck", a race car, a D.J. and many special guests including Elsa and Anna from the movie Frozen! We hope to see you there for "priceless family fun"!

For further information or if you would like to volunteer, please contact the Plainville Family Resource Network at 860-793-6304.

### **PLAINVILLE COALITION FOR POSITIVE YOUTH DEVELOPMENT**

- The Plainville Coalition for Positive Youth Development is launching its annual underage drinking prevention campaign. Members of the public are invited to display brightly colored lawn signs stating "we don't serve anyone under 21" which highlights the "social host law"
- It is illegal to allow anyone under 21 to consume alcohol, even in private homes. Anyone who wishes to display the sign can contact Roberta Brown at Plainville Youth Services, 860 793-0221x261.

### **PLAINVILLE TAX OFFICE**

- The second installment of sewer bills are due this month. Taxpayers have until June 1, 2017 to pay them.

### **PLAINVILLE TOWN CLERK**

- The Plainville Town Clerk would like to remind dog owners that notices will be mailed on May 31. New licenses must be obtained before June 30, 2017. If your dog's rabies certificate has expired or will expire before June 2017, please make an appointment to have your dog vaccinated and bring the updated certificate with you at the time of licensing or mail a copy of it with your renewal.

### **PLAINVILLE SENIOR CENTER**

- **"MENTAL HEALTH 101", THURSDAY, JUNE 1, 6:30 P.M.—8:30 P.M.** at the Plainville Public Library, 56 E. Main St. (6:30 p.m. light dinner served, 7:00 p.m.—8:30 p.m. Program Presentation) This program, presented by Laurel Regan, APRN, Director of Behavioral Health Hartford HealthCare at Home, will provide information on relevant mental health issues including: opioid/heroin epidemic, depression/anxiety, bi-polar disorders, schizophrenia, dementia and hoarding. The evening will also include information on local resources available to assist residents of New Britain, Southington and Plainville. **Open to the public. Call the Plainville Senior Center to register.**

## Happenings for The Town of Plainville 5-15-2017

- **CELEBRATE NATIONAL TRAIL DAY AT SUNSET ROCK PARK & METACOMET TRAIL, PLAINVILLE: SATURDAY, JUNE 3, 9:00 A.M.** Take a local hike with the Plainville Conservation Commission to Sunset Rock. The 4 mile round-trip hike starts on the Metacomet Trail. The hike continues through Sunset Rock State Park to Ledge Road in Plainville. This is a moderate hike with some steep grades. Directions for parking will be provided at sign up. The event is free. **Call the Senior Center to register**
- **THE CHANGING BRAIN, WEDNESDAY, MAY 24, MAY 31, JUNE 7, 6:00 P.M.:**  
Held at the Plainville Public Library
  - **May 24, 6:00 P.M -LET'S TALK ABOUT THE BRAIN:** What's normal what's not? Keeping your brain healthy, signs and symptoms of dementia.
  - **May 31, 6:00 P.M – SOMETHING IS JUST NOT RIGHT: 1+1 DOES NOT = 2:** Understanding memory loss, how and who to see for a diagnosis, different types of dementia and hallmark symptoms of each.
  - **June 7, 6:00 P.M — THE HEALTHY CAREGIVER, ACCEPTING HELP:** Discussion on finding and paying for resources, daily challenges, long distance caregiving, coping strategies. Free program/light dinner included. **Call the Senior Center to register for any or all sessions.**

### PLAINVILLE PUBLIC LIBRARY

- On **Tuesday May 16th at 6:30PM** come to the library for a **Beginner Guitar Class** with Plainville's Macri School Of Music. If you have always wanted to play guitar, this is a hands-on, introductory class covering basic chords, strumming, rhythm and chord progressions. We will also cover playing basic single note riffs of well-known songs. **Students need to bring their own guitars.**
- On **Thursday, May 18 at 7:00PM** come to the library for an **author talk featuring Matthew Dicks**, the internationally bestselling author of the novels *Memoirs of an Imaginary Friend*, *Something Missing* and the forthcoming *The Other Mother*. He is the humor columnist for *Seasons* magazine and has published work in *The Hartford Courant* and *Reader's Digest*. An elementary school teacher for 18 years, Dicks is a former West Hartford Teacher of the Year and a finalist for Connecticut Teacher of the Year.
- The library debuts a brand-new monthly series on May 31<sup>st</sup> called **Great Discussions** about America's Foreign Policy. Through balanced, nonpartisan discussion, this series will encourage citizens to understand and participate in the foreign policy process. Open to all.
- **On Tuesday June 13 from 2:00 to 4:30PM** come to the library for a free **Blood Pressure Check & Health Screening** where you can ask a Registered Nurse your health questions.

THE PLAINVILLE SENIOR CENTER, THE PLAINVILLE LIBRARY, AND  
HARTFORD HEALTH CARE AT HOME PRESENTS:

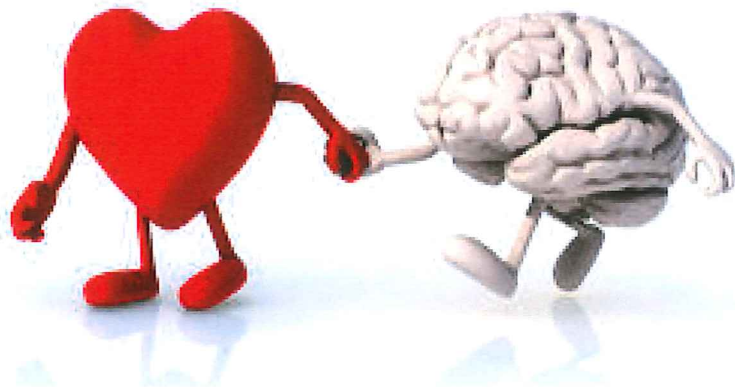
# Mental Health 101

**Thursday, June 1,  
6:30 p.m.-8:30 p.m.**

**Plainville Public Library,  
56 E. Main St.**

**6:30 p.m. light dinner  
7:00-8:30 p.m. Program  
Presentation**

***Please call the Plainville  
Senior Center,  
860-747-5728 to register  
for dinner and the  
program.***



This program, presented by Laurel Regan, APRN, Director of Behavioral Health Hartford Healthcare at Home, will provide information on relevant mental health issues including, but not limited to:

- Opioid/heroin epidemic
- Depression/anxiety
- Bi-polar disorders
- Schizophrenia
- Dementia
- Hoarding

The evening will also include information on local resources available to assist residents of New Britain, Southington, and Plainville.

Sponsored by: Hartford HealthCare at Home, Plainville Senior Center, Plainville Public Library

EMAIL BLAST CONTENT  
Plainville Public Information Meeting May 22, 2017  
Plainville Public Library Auditorium, 56 E Main St, Plainville, CT  
6:00pm – 8:00pm



*Walk, Bike, Drive, Shop in Plainville and New Britain?  
Join Us! Close the Gap!*

**What:** Public Information Meeting

Please join us for a Public Information Meeting to review the potential trail alignments in Plainville and New Britain that will be evaluated later this spring. These alignments will help to complete the Farmington Canal Heritage Trail through Plainville and connect to the CTfastrak station in New Britain. We want your feedback on the alignments as well as the criteria that will be used to evaluate them. Your feedback on the alignment and the evaluation criteria will help the study team select the preferred alignments for the FHCT and CT**fastrak** connection.

**When:** Monday, May 22, 2017, 6:00-8:00 PM

**Where:** Plainville Public Library Auditorium, 56 E Main St, Plainville, CT

