

S.E.N.I.O.R. APRIL 2017



Plainville Senior Center

Dynamic Past * Vibrant Future

Shawn Cohen, Director
Ronda Guberman, Assistant Director
200 East Street, Plainville CT 06062



Free Sign-Up Day is April 4. Mega Sign-Up Day is April 5, 9:15 a.m.—4:45 p.m. REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday 9:15 a.m.—5:45 p.m.; Tuesday through Thursday 9:15 a.m.—4:45 p.m.; Friday 9:15 a.m.—12:45 p.m. We accept cash and checks made out to Plainville Senior Center only.



New! Hooray! All Day Registration Available at the Senior Center

We are so excited to announce that we are extending our paid trip, class and program registration times! We will be able to take and process your payments for paid activities Mondays 9:15 a.m.-5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.-4:45 p.m. and Fridays 9:15 a.m.-12:45 p.m. We will continue to offer “Mega Sign-Up Day” as the first day of registration for newly announced trips, classes and paid events. See Ronda or Shawn if you have any questions.

VETERAN'S COFFEE HOUR AT THE SENIOR CENTER

TUESDAY, APRIL 4 at 10:30 A.M.

Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center to register.**

RUN YOUR WAY TO A 5K!

Have you ever wanted to run or run/walk a 5k (3.1 miles) race? Perhaps it's on your “bucket list”. All you need is a desire to challenge yourself, improve your fitness, dig deep and open your heart and mind to all the possibilities that running provides! Led by seasoned running coach, Rich Dillion (who by the way is 72 years young and is still running 3-4 times a week), you will be able to successfully complete a 10 week “couch to 5k” running program which will combine weekly group workouts of run/walk interval training sessions. The program will culminate with the Amica Iron Horse Boulevard 5k Race in Simsbury on Sunday, June 4th. An interval training session means that you will run/walk for a specific distance and each week you will increase your running time and decrease your walking time. For example, WEEK 1 will run 2 minutes/walk 2 minutes for a total of 1 mile; WEEK 2 run 2 minutes/walk 2 minutes for 1.5 miles. The training **program officially begins on Tuesday, April 4th at 9:00** and will continue on Tuesdays until May 30th. Training sessions will leave from the Senior Center and will run through the Senior Center neighborhoods. **COST: \$18.00** includes training and commemorative t-shirt. **Sign-up for the program has begun.**

NCAA FOCUS GROUP at the SENIOR CENTER

MONDAY, APRIL 24, 12:30 P.M. TO 4:00 P.M.

The North Central Area Agency on Aging (NCAA) will be holding a Focus Group here at the Senior Center. NCAA is a private non-profit agency that plans and funds programs and services for seniors, including some services and programs at the Plainville Senior Center, such as Circle Group, foot care scholarships, Brighter Focus, Grandparents Raising Grandchildren support group and annual conference and more. They're interested in hearing from you about what you see as gaps in services for those over age 60 either in Plainville or surrounding towns and/or ideas to make your life easier. We'd love to see you! Light lunch will be served. **Please call the Senior Center to register beginning April 4th.**

UPDATES IN LOW VISION

MONDAY, APRIL 24, 10:00 A.M.

Learn the differences between having low vision and being legally blind. Discussion will also include information about eye diseases such as glaucoma, diabetic retinopathy, macular degeneration and cataracts and the diagnoses, causes, medical treatment and functional treatment options for these diseases. Presented by Michele Tarantino, MPH, OTR, Certified Low Vision Therapist, Care Transition Manager Brookdale. Michele will also share information about community resources that can assist individuals living with low vision. Program is free. **Call the Senior Center beginning April 4 to register.**

VEGETARIAN COOKING

WEDNESDAY, APRIL 26, 2:30 P.M.—3:30 P.M.

Enjoy an afternoon of “vegetarian cooking”. Instructor Rajee Ramaswamy will be demonstrating how to cook Pulav Rice. Pulav Rice is a medley of vegetables with basmati rice and spices from India. There will be a taste testing, and the recipe will be shared. Rajee, a native of South India, will display her lifelong passion in promoting Indian cooking techniques through healthy food preparations. Through vegetarian cooking, incorporating selected mild Indian flavors and spices, she looks forward to share recipes which use vegetables, spices and legumes. Class is free. **Please call the Senior Center to register beginning April 4.**

Senior Center Special Events

Income Tax Assistance at the Senior Center: Currently, tax appointments at the Senior Center are filled. Please call 211 to locate other tax preparers.

PARLEZ-VOUS FRANCAIS? TUESDAYS, APRIL 11 TO JUNE 27, 3:00 P.M.

Rachel St. Onge, a member of our Senior Center, has volunteered to continue teaching a beginner French class at the Senior Center. You will learn conversational French, as well as have opportunities to attend French cultural events, field trips and more! Rachel is a native French speaker (Acadian French), took four years of French classes in high school and several classes in college. The class is free, but all class participants must purchase the text book online. The book is entitled "Living Languages: French Edition" and includes 4 CD's and a dictionary in addition to the book. Space is limited. Members only. **Sign up begins April 4.**

A "COGNITION & CREATIVITY" FREE CONFERENCE FOR SENIORS

TUESDAY, APRIL 18, 2017, 10:00 A.M. to 1:30 P.M., Plainville Senior Center

The West Central Connecticut TRIAD will hold its fifth annual free conference on Tuesday, April 18, 2017 at the Plainville Senior Center. Explore ways that creativity, the arts and lifelong learning strengthen our minds and lead to a more inspired, purposeful life. This conference is an event to promote healthy living and healthy aging and will feature key-note speakers Dr. Margarita Reyes, Geriatric Medicine at Bristol Hospital, and Thomas Hayden, Director of Humanities, the Alzheimer's Resource Center. There will be interactive demonstrations, activities and more! **Registration begins at 9:30 a.m.** The program will run from 10:00 – 1:30 and includes a complimentary lunch. TRIAD brings together law enforcement, older adults, and social, business and community organizations to address the health and safety needs of older adults. **Sign up has begun. Call the Senior Center to register.**

BOOKS & BAGELS BOOK CLUB-Free! Space Limited!

A copy of each book may be obtained at the Plainville Public Library

Wednesday, April 19, 9:30 a.m.

The Devil's Right Hand by M. Williams Phelps chronicles the legacy of death and destruction of Connecticut's Colt family during the nineteenth century. Known for their gun making business, their infamous family tragedy ..a long forgotten but lurid murder case which inspired Edgar Allan Poe's story "The Oblong Box". **Sign up has begun.**

Wednesday, May 17, 9:30 a.m.

Devil in the White City by Erik Larson combines two historical events which occurred simultaneously and had an impact on the world. Larson introduces the reader to the incredible events which surrounded the building of the 1893 Chicago World's Fair and the astounding murders which stunned a Nation. **Sign up begins April 4.**



AARP SMART DRIVER COURSE

THURSDAY, APRIL 20, 9:30 A.M. - 1:30 P.M. at the Plainville Senior Center

This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance. **COST: \$15.00 for AARP members providing a membership number and \$20.00 for all other attendees.** Please bring a bag lunch if you wish. **Sign-up has begun.**

NATUROPATHIC MEDICINE AND AUTOIMMUNE DISEASE

FRIDAY, APRIL 21, 10:00 A.M.

Despite our advanced healthcare system, we are faced with an unprecedented rise in chronic disease, including a variety of autoimmune disorders. Our modern day society has contributed to this epidemic of immune system imbalance through the foods we eat, the stress of our daily lives, and the growing number of toxins we are exposed to on a routine basis. Join us for a discussion on the various theories behind autoimmune disease and how the unique approach of Naturopathic Medicine may offer help to those suffering with chronic disease. Presented by Ken Kirk, Naturopathic Physician, ND, PT of Southington Care Center. Open to the public. This is a free program. **Call or visit the Senior Center beginning April 4.**

WHAT'S YOUR STORY?

THURSDAY, APRIL 27, 9:30 A.M.

Join Plainville Senior Center member, James Ransom Reed and host of "What's Your Story", a new television show on Nutmeg Public Access TV, for a morning of sharing YOUR story! You won't be sharing your stories on TV, but you'll be sharing them here at the Senior Center! Jim believes that everyone has a story. How did you meet the love of your life? Are you an inventor? Did you drive a race car, fly a plane or command a submarine? Were you a member of the military? Do you write poetry, books or music? Are you a dancer or a singer? Were you a police officer, an investigator or a judge? Were you the first female or male in your profession? So often, we never get to hear about the interesting lives of our friends and acquaintances. Join Jim and other members of the Senior Center to share or even just to listen to others share something special about their life. Program is free. **Please call the Senior Center beginning April 4 to register.**

Craft, Fitness & Technology Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes.

Members may sign-up for new classes beginning on Mega Sign-up Day, April 5 between 9:15 a.m. - 4:45 p.m. REMINDER: After Mega Sign-Up Day, sign-ups for new classes take place Monday 9:15 a.m.—5:45 p.m.; Tuesday through Thursday 9:15 a.m.—4:45 p.m.; Friday 9:15 a.m.—12:45 p.m. If there is room in a class, non-members may sign-up for classes that allow non-members one-week after member sign-up begins. The Drop-in rate for any of the classes (that allow 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 for details.

Class	Time	Current Session	Next Session Sign up begins April 5
MONDAY			
Zumba Tone	9:30 – 10:30	March 27—May 22 (8 Weeks) \$24.00 Members, \$48.00 Non-Members. No class April 17	June 5-July 24 (8 weeks) \$24.00 Members, \$48.00 Non-Members
Power Burst	1:00—2:00	April 3—May 22 (8 Weeks) \$16.00 Members Only.	June 5—July 24 (8 Weeks) \$16.00 Members Only
Acrylic Painting Class	10:00-12:00	February 27—April 17 (8-Weeks) \$24.00 Members, \$48.00 Non-Members	April 24—June 19 (8 weeks) \$24.00 Members, \$48.00 Non-Members (no class May 29)
TUESDAY			
Run Your Way to a 5K	9:00	April 4—May 30 (9 weeks) \$18.00	
Arthritis Foundation Exercise Program	2:00—3:00		April 25—June 13 (8 weeks) \$24.00, Members Only
Building Better Bones	3:15—4:15		April 25—June 13 (8 weeks) \$24.00, Members Only
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt	
Zumba Gold	10:30 – 11:30	March 22—May 17 (8 Weeks) \$24.00 Members, \$48.00 Non-Members. No class April 19.	May 24—July 19 (8 weeks) \$24.00 Members, \$48.00 Non-Members. No class May 31
THURSDAY			
Ceramics	9:30 – 11:30	March 9—May 4 (8 weeks) \$32.00 Members Only	May 11—June 29 (8 weeks) \$32.00 Members Only
Beginners Yoga-Class meets at Plainville Library. Arrive at 8:45, doors lock at 9:00	9:00 – 9:45	March 16—April 13 (5 weeks) \$15.00 Members Only.	April 20—May 25 (6 weeks) \$18.00 Members Only
Functional Fitness	1:00—2:00	April 6—May 25 (8 Weeks) \$16.00 Members Only.	June 1—July 20 (8 Weeks) \$16.00 Members Only
Functional Fitness	2:00 –3:00	April 6—May 25 (8 Weeks) \$16.00 Members Only.	June 1—July 20 (8 Weeks) \$16.00 Members Only
Knitting & Crochet	1:00 – 3:00	March 16—May 11 (8 Weeks-No Class April 27) \$16.00 Members Only.	May 18—July 6 (8 weeks) \$16.00 Members Only
FRIDAY			
Intermediate Yoga--Class meets at Plainville Library. Arrive at 8:30, doors lock at 8:45	8:45 – 9:30	March 24—April 21 (5 weeks-no class April14) \$15.00 Members Only.	April 28—May 26 (5 weeks)\$15.00 Members Only
Cardio Step & Abs	10:30 – 11:30	March 31—May 26 (8 weeks) (no class April 14) \$24.00 Members, \$48.00 Non-Members.	

CRAFT AND FITNESS CLASS DESCRIPTONS

ACRYLIC PAINTING: Each week students will complete a 5X7 painting using a variety of acrylic techniques. A new technique will be demonstrated every week. A supply list will be available at registration. **Instructor: Abbe Wade.**

ARTHRITIS FOUNDATION EXERCISE PROGRAM (AFEP): Scientific studies have shown that physical activity can reduce pain, improve function, mood, and quality of life for adults with arthritis. The class covers a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participants needs. **Instructor: Amy Gray.**

BEGINNER'S YOGA FOR EVERY BODY: Designed for individuals who are new to yoga. Improve health and cultivate inner peace. **Instructor: Tim Molnar. Class is held at Plainville Public Library.**

BUILDING BETTER BONES: In osteoporosis, more bone gets broken down than built up. Osteoporosis is a major health concern. Half of all women and one-quarter of all men over age 50 will have a fracture caused by osteoporosis in their lifetime. Fortunately, exercise done properly can help to rebuild bone and reduce the likelihood of fracture. The class is safe for those who have osteoporosis and those that want to build strength, balance and flexibility. We will be using hand weights, leg weights, bands, step and a mat. **Instructor: Amy Gray.**

CARDIO STEP & ABS: Step up your work-out with a 45-minute step/low impact aerobic interval workout to the oldies. Intervals of 3 minutes of low impact aerobics and 2 minutes of step (total of 5 intervals). You can do the step portion without a step if you prefer. Includes 15 minutes of abdominal exercise at the end of each class (standing, sitting or on a mat). **Instructor: Eileen Cyr.**

CERAMICS: Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty supplies. Class fee includes instruction, glazes and firing. **Instructor: Gloria Cerniglia.**

FRENCH CLASS: You will learn conversational French as well as have opportunities to attend French cultural events, field trips and more! **Instructor: Rachel St. Onge.**

FUNCTIONAL FITNESS: 1:00 O'CLOCK: This popular exercise class is designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor: Kristin Champagne.**

FUNCTIONAL FITNESS: 2:00 O'CLOCK: This popular exercise class is designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor: Kristin Champagne.**

INTERMEDIATE YOGA FOR EVERY BODY: Designed for those who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. **Instructor: Tim Molnar. Class held at the Plainville Public Library.**

KNITTING & CROCHET: Finish an old project that's been hanging around in your closet or start something new! **Instructor: Evelyn Morin.**

PHOTO EDITING ON IPAD: You will learn how to crop, rotate and straighten photos, adjust exposure and contrast, add effects, text and other objects and how to share the photos. **Instructor: Evelyn Morin.**

POWER BURST: This class combines intervals of movement including; walking, marching and other forms of low impact movement to benefit the heart, combined with strength training using light weights and bands to help maintain strength and bone density and tone the body. It is a great over all workout. **Instructor: Kristin**

QUILTING: Beginners are always welcome to this class. Beginners will learn proper rotary cutting and sewing techniques. Class participants may also work on the annual Senior Center quilt that is raffled during the Holiday Fair or they may work on their own projects. **Instructor: Karen Kebinger.**

ZUMBA GOLD: This is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA and adjust it to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray.**

ZUMBA TONE: The Zumba Toning Program offers the best of both worlds; the exhilarating experience of Zumba with the benefits of safe and effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, improve mobility, posture and coordination. **Instructor: Amy Gray.**

PHOTO EDITING ON iPad

WEDNESDAYS, MAY 10—JUNE 14, 1:00 P.M. TO 3:00 P.M.

How would you like to spruce up a photo you took with your iPad? Now is your chance! In this class, "Photo Editing on the iPad" you will learn how to crop, rotate and straighten photos, adjust exposure and contrast, add effects, text and other objects and how to share the photos. You will need to purchase the book from the instructor. Participants must have basic iPad skills in order to take this class. **COST: \$25.00 due at registration.** The cost of the book is \$25.00 and is payable to the instructor during class. Class size limited to 8, members only. **Instructor: Evelyn Morin. Sign up begins on April 5.**

2017 LEGISLATIVE UPDATE With State Representative Dr. William A. Petit and State Senator Henri Martin

TUESDAY, APRIL 4, 10:00 A.M. to 11:30 A.M. at the Plainville Senior Center

Please join us in discussing the issues that are shaping the 2017 legislative session, the state budget deficit and any state issues that are important to you. **Call the Senior Center to register. Sign up has begun.**

**EASTER AND MOTHER'S DAY CARD-MAKING CLASS, THURSDAY, APRIL 6, 10:00 A.M.**

Senior Center member and volunteer Diane Sperry will teach you how to create beautiful and decorative handmade Easter and Mother's Day cards. This is a free program. **Sign up begins April 4.**

FREE MEMORY SCREENINGS at the PLAINVILLE SENIOR CENTER—THURSDAY, APRIL 6, 1:00 P.M.—3:00 P.M.

Memory screenings are simple: they average ten minutes, and consist of questions and tasks to assess memory. They do not diagnose any illness. Screens will be completed by Jennifer Doty, BSW. **Call the Senior Center to schedule an appointment.**

SPRING CHOCOLATE-MAKING CLASS—Two Sessions: MONDAY, APRIL 10, 3:00 p.m. OR 4:30 p.m.

Enjoy this hands-on chocolate-making class where you will learn how to make rabbits and other chocolates for Spring and Easter! You will also learn how to make butter pats in fun, tasty shapes! Class size is limited to 8 per session. INSTRUCTOR: Evelyn Morin. **COST: \$2.00 material fee to be collected during class. Sign up has begun.**



Outdoor Adventure Club

WEDNESDAY WALK IN THE WOODS

Walks start at 9:00 a.m.

**Every walk in the woods is along forest trails that include rocks, roots and some gentle hills. Good walking shoes, snowshoes if applicable, walking sticks and outdoor clothing is required. If you do not have walking sticks we do have some at the Senior Center. Each walk is 45 minutes to an hour in duration. Bring water for hydration and a snack to enjoy. Cost: \$3.00 paid to the leader the day of the event.*

- **Crescent Lake**, April 12: Moderate walk, 2 miles on the Red Trail around the Lake. There are many roots, can be muddy. Plan on an hour to an hour and a half. Meet at the parking lot or at the Senior Center if you plan on car pooling. **Leader: Eileen Cyr. Sign up begins on April 4.**
- **People's State Forest**, April 19: Join Natalie for a peaceful 90 minute-long (1.3 mile) hike through People's State Forest in Barkhamsted. We will be hiking the Jessie Gerard Trail (yellow blazes), which starts near the old Indian Settlement known as Barkhamsted Lighthouse. The trail goes through the lighthouse site and continues northerly to the Chaugham Lookouts. The views from this area are some of the best in the State. Meet at Peoples Forest Parking Lot at 10:00 a.m. Difficulty Level: easy to moderate. Directions to People's State Forest can be obtained at the Plainville Senior Center. **Leader: Natalie Carpenter. Sign up begins on April 4.**

THE CHANGING BRAIN, A CAREGIVING AFFAIR**WEDNESDAYS, 3 SESSIONS: MAY 24, MAY 31 and JUNE 7**

Dementia Specialists Michelle Wyman and Patty O'Brian of the Hartford Health Care Center for Healthy Aging will discuss brain health and brain illness, provide information on professional intervention, suggest practical caregiving and self-care strategies and tips; remove the mystery of the aging brain. These three sessions run from 6:00 p.m. to 8:30 p.m. and includes a light dinner. **The program will be held at the Plainville Public Library located at 56 East Street, Plainville.** You do not need to attend each session; when you call to register, let us know which session or sessions you wish to attend. Free program. Call the Plainville Senior Center to register, 860-747-5728.

SESSION 1: MAY 24: LET'S TALK ABOUT THE BRAIN: Normal brain changes. Four tasks of the brain. Keeping your brain healthy. Staying engaged for brain health: exercise, purpose, socialization, activity. Signs and symptoms of dementia.

SESSION 2: MAY 31: 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.

SESSION 3: JUNE 7: THE HEALTHY CAREGIVER: ACCEPTING HELP: Accessing resources and paying for care. Daily challenges. Long distance caregiving. Avoiding/managing depression, isolation, frustration. Preparing for good, meaningful visits with your loved one. Community resources. *This program is sponsored by the Center for Healthy Aging, Plainville Senior Center and Plainville Public Library. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging.*

**Wii BOWLING TOURNAMENT**

TUESDAY, APRIL 25, 9:30 A.M. AT THE PLAINVILLE SENIOR CENTER

Come and cheer our Wii Bowling Team "Young at Heart" as they play a tournament against Avon!

Friday Shopping Bus

April 7:

Shop-Rite, Southington

8:15 a.m.—11:00/11:45 a.m.

April 21:

Walmart, Bristol

8:15 a.m.—11:00/11:45 a.m.

Sign-up begins on April 4. Call the Senior Center **before 11:00 a.m.** on the Wednesday before the Shopping Bus date to add your name to the pick-up list.

In order to ride the Friday Shopping Bus you must be a member of the Plainville Senior Center or a Plainville resident over 60, or a Plainville resident of any age who is disabled.

Quick Trips & Saturday Shopping Bus

These trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts; but passengers must be able to get to and from the bus on their own. **If a wheelchair lift is needed, let us know at sign-up.**

TRIP GUIDELINES:

- **All Quick Trips/Saturday Shopping Bus will charge \$8.00 for transportation. This is payable when registering at the Senior Center. No phone reservations will be accepted.**
- **Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given.**
- If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
- You should be at the departure point at least 15 minutes prior to departure. We leave on time.
- **If not enough people sign up, we will have to cancel the trip so please encourage your friends to join you! (non-members may sign up one week after the trip opens).**

Saturday, April 1, 2017

Christmas Tree Shop (Manchester)

9:30 a.m.—3:00 p.m.

Start your spring shopping at the Christmas Tree Shop, then enjoy lunch at HomeTown Buffet (on your own). \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. **Sign-ups have begun.**

Saturday, April 15, 2017

Tanger Outlets (Westbrook)

9:00 a.m.—3:30 p.m.

Join us for a trip to the Tanger Outlets in Westbrook with over 50 retailers! Then enjoy lunch at Lenny & Joe's in Madison (on your own). \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up. Return to Plainville about 3:30 p.m. **Sign-ups begin April 5.**

Saturday, April 29, 2017

World War I Exhibit -Knights of Columbus Museum

9:30 a.m.—2:00 p.m.

The Knights of Columbus Museum commemorates the 100th anniversary of the United States' participation in the war with an exhibition, **World War I: Beyond the Front Lines** (Apr. 6, 2017 – Dec. 30, 2018). The exhibition provides an historical retrospective of the war and includes interactives, images and artifacts from the Knights of Columbus Museum collection, Supreme Council archives and borrowed materials from private lenders and organizations. Visitors can also view a traveling display celebrating the Sisters of Charity of New York (founded by the first-born American saint, Sister Elizabeth Seton). The display entitled **How the Nuns of New York Tamed the Gangs of New York**. There is no charge for admission to the Museum. Following the visit, the group will go for lunch at the Colony Diner in Wallingford (lunch is on your own). \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 2:00 p.m. **Sign-ups begin April 5.**



We had such a blast last year, so we decided to bring back this exciting program! Grab a partner and join Plainville Senior Center vs. West Hartford Senior Center! Thursday, June 15th, 8:30 A.M. Sign-up begins April 5th.

Ready, Set, GO!

You and your partner will receive a sheet of 20 clues. An example of a clue is "A penny for your thoughts". The answer, JCPenney! You and your partner must report to JCPenney. Once teams reach the store or location of the clue they will be asked to do a fitness challenge. Examples of some of the challenges include: answering a health question or doing 5 bicep curls with a light-weight dumbbell. One member of the team must complete the challenge and the other must take a photograph with a handheld camera or using the camera on their smartphone! Once your team has completed a minimum of 15 clues, return back to Center Court. Prizes will be awarded for teams with the most correct answers and fastest time. We have then been invited by the mall to have breakfast in the Center Court to celebrate all teams' accomplishments. **PRICE:** \$18.00 Members Only. **PLACE:** Meet at Center Court at West Farms Mall. **SPONSORED BY:** West Farms Mall, Hartford Healthcare, Plainville Senior Center, West Hartford Senior Center. Includes a commemorative T-Shirt, breakfast and the most fun you'll have all month! We will need to know your T-Shirt size when you register. Must register by June 1st to receive T-Shirt. Limited to 30 participants. Form teams of 2, or we will match you with a partner. **Need a Ride?** Dial-a-ride will be available for transportation. If you will need transportation please let us know at sign-up.

Important Trip Information:

- **Sign-up:** Trip sign-ups take place Monday 9:15 a.m. - 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.- 4:45 p.m., and Fridays 9:15 a.m.-12:45 p.m. One day a month we also offer **Mega Sign-up Day**. **This month it is April 5** between 9:15 a.m.—4:45 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (**Not** on the Stillwell Drive side.)
 - **Open to the public:** Trips are open to the public 7 days after member sign-up unless otherwise stated.
 - **Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can **try** to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded, it will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons. **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
 - **Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
 - **Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk.
 - **Before boarding the bus,** get your seat assignment from the bus captain.
- *****Remember, be at your departure location 15 minutes prior to our departure time in order to board the bus.

MEGA SIGN-UP DAY

Mega Sign-up Day is April 5. Sign up for paid trips, classes and activities from 9:15 a.m.- 4:45 p.m. On all other days, paid sign-ups take place Monday 9:15 a.m.-5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.-4:45 p.m. and Fridays 9:15 a.m.-12:45 p.m. If you have any questions about our policy, please feel free to ask.

CURRENT TRIPS!**MYRTLE BEACH, APRIL 30—MAY 6: TRIP IS FULL****LA TRAVIATA-METROPOLITAN OPERA, Featuring Placido Domingo* SATURDAY, APRIL 8, 2017**

In Verdi's classic work, Parisian courtesan Violetta surrenders her last hope of personal happiness for the sake of her lover Alfredo. La Traviata will be performed in modern day costumes and backgrounds. ***Placido Domingo is scheduled to perform April 8-his performance is subject to change.** Time after the performance for dinner on your own in Lincoln Center area. **COST: \$170 per person. Orchestra Rear Seating. 1:00 p.m. performance. Trip leaves the Plainville Senior Center at 8:45 a.m. and estimated return is 7:30 p.m. Sign-ups have begun.**

HAIRSPRAY-Thomaston Opera/Lunch at Black Rock Tavern: SUNDAY, MAY 7, 2017

Tracy Turnblad is a quirky, plus-sized, teenager in 1962 Baltimore, and she has one dream: dance on The Corny Collins Show. Tracy advocates for racial integration and promotes a message of acceptance. There will be a pre-show lunch at Black Rock Tavern, Thomaston, CT. MENU: Chicken Francais OR Baked Scrod, Vegetable, Potato, Dessert & Beverage. Meal Choice in advance. **Depart: 10:45 a.m. Plainville Senior Center. Return approximately 5:00 p.m. COST: \$84:00 per person. Sign-up has begun.**

THE TREASURES OF NYC-METROPOLITAN MUSEUM OF ART & CENTRAL PARK TOUR: THURSDAY, MAY 18, 2017

The **Metropolitan Museum of Art** in New York City is one of the world's largest and most important art museums. Self-guided visit and time in Museum cafes for lunch on your own. A professional **NYC Step On Guide** boards your motor coach and takes you along **5th Avenue** to some of the highlights of **Central Park**. You'll walk through the formal English, French and Italian gardens. You'll also stop at the Conservatory Water to see the model boat pond and whimsical statues of Alice in Wonderland and Hans Christian Andersen. **Depart: Our Lady of Mercy Church at 7:00 a.m. Estimated return: 8:00 p.m. COST: \$73.00 per person. Sign-up has begun.**

MAMMA MIA at the WESTCHESTER BROADWAY THEATRE, ELMSFORD, NY: THURSDAY, JUNE 8, 2017

Enjoy a matinee performance of "Mamma Mia". A great, fun show with lots of energy!. Westchester Dinner Theatre is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, you will select from an excellent menu and enjoy a pre-show lunch. **Depart: Our Lady of Mercy Church at 8:30 a.m. Estimated return: 6:00 p.m. COST: \$101.00 per person. Sign up has begun.**

FYI: Reserve Lists for all trips including Quick Trips.

When you sign a Reserve List for a trip that is filled, we will ask whether or not you are a member. If there is a cancellation, we will always **sign-up members from the reserve list first!** Members who sign the reserve list and want to bring a non-member friend should be aware that since we will always sign-up members first, we will skip over the non-members until all members have been contacted.

CURRENT TRIPS CONTINUED...

CAPTAIN J.P. II—LOCKS & LUNCH CRUISE ALONG THE HUDSON RIVER, TROY, NY: SATURDAY, JUNE 24, 2017

The Captain J.P. II is by far the largest and most lavish cruise vessel in the Capital Region of upstate New York with 3 enclosed decks, buffet lunch, and entertainment. Enjoy a 3-hour cruise aboard the Captain JP to the locks north of Troy and watch as the Captain skillfully maneuvers the boat into the locks, where it is then raised approximately 17 feet, and then lowered back down on the return trip. Enjoy a complete hot and cold buffet with onboard entertainment as we sail along. Sample Buffet Menu: Three hot entrees, rice pilaf, vegetable medley, tossed salad, rolls & butter, ice tea, dessert. Stop at Goold Orchards/Brookview Winery en route home. Bring home some goodies! **DEPART: Plainville Senior Center 7:45 a.m.. Estimated return: 6:30 p.m. COST: \$93.00 per person. Sign-up has begun.**

ALL-YOU-CAN-EAT-LOBSTER & COMEDY SHOW, THE DELANEY HOUSE, HOLYOKE, MA

WEDNESDAY, JULY 12, 2017

SERVED AT THE TABLE: Cheese and Vegetable Platter, Shrimp Cocktail, Salad and Bread Basket. BUFFET MENU: LOBSTER! LOBSTER! Plus a variety of Salads, Fresh Fruit, Pork Marengo, Grilled Focaccia Haddock, Chicken Marsala, Baked Ziti, Vegetable, Delicious Ice Cream Dessert & Beverage. PLUS! Lot of laughs with two of our favorites: Bobby Darling & Dr. Devine, a hilarious combination of accomplished musicians and perfect comedic timing. 9 seats remaining as of printing. **COST: \$96.00 per person. Depart 10:30 a.m. from Our Lady of Mercy. Estimated Return 4:30 p.m. Sign up has begun.**

NEW TRIPS!

BISTRO LUNCH ABOARD THE ICE CREAM TRAIN, NEWPORT, RI: SATURDAY, AUGUST 12

All aboard with Conductor Kalbfus as we enjoy a nostalgic train ride along the Aquidneck Island with views of Narragansett Bay. Ride and dine in the grand tradition of the "Streamliner" era on the Grand Bellevue, for a fun lunch train experience. **Gourmet Sandwich Choices in Advance:** Baked Honey Ham with Swiss & Honey Dijon Aoli, Roast Beef with Cheddar & Horseradish Aoli, Shrimp & Crab Po-Boy with Cajun Aoli, Tuna Melt with Swiss Cheese, Cranberry Walnut Chicken Salad. All sandwiches served with lettuce & tomato on a roll and coffee or a soft drink. After lunch, savor a delicious treat on board the country's only 1950's moving ice cream parlor! Build your own ice cream sundae—3 flavor options with assorted toppings. YUM! Time to walk around Bowen and Bannister Wharf in scenic downtown Newport. **Depart: 8:15 a.m. Plainville Senior Center. Estimated return 6:00 p.m. COST: \$77.00 per person. Sign up begins April 5.**

"WHO LOVES YOU": FRANKIE VALLI, AQUA TURF IN PLANTSVILLE: THURSDAY, AUGUST 17

"What can be better than having the music of Frankie Valli and the Four Seasons Live?" Four guys from New Jersey recording the finest music of their generation. The show consists of four young, hot Broadway veterans recreating the music and stories of the era. Choreography, staging and melodious harmony, creating a memorable afternoon..."Sherry", "Big Girls Don't Cry", "Candy Girl", "Walk Like A Man", ...all the songs we love to hear. Enjoy a delicious family-style lunch at the elegant Aqua Turf Club in Plantsville. Menu: Garden Salad, Pasta, Chicken Parmigiana, Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert, Beverage.. Coffee and Donuts upon arrival. **Drive on your own. Arrive at 11:30 a.m. COST: \$74.00 per person. Sign up begins April 5.**

DAN CHIHULY EXHIBITION AT THE BOTANICAL GARDENS, NY: THURSDAY, SEPTEMBER 7

For the first time in more than ten years, the artwork of world-renowned sculptor Dale Chihuly will be featured in a major exhibition in New York. The dramatic vistas of the NYBG will be a showcase for Chihuly's dynamic world of art. New hand-blown glass sculptures, created especially for NYBG will complement the architecture of the Conservatory, itself a work of glass art. These one-of-a-kind installations will highlight the connection of artwork to the natural world. There will also be an exhibition of Chihuly drawings depicting the energy behind his artistic process. Spend time on Arthur Avenue, the "Little Italy of the Bronx", for lunch on your own and a chance to purchase wonderful Italian specialties. **Depart: 7:00 a.m. Our Lady of Mercy Church. Estimated return: 7:00 p.m. COST: \$68.00 per person. Sign up begins April 5.**

Can't wait to see the Terracotta Warriors? No problem! See them in Philly!

TERRACOTTA WARRIORS, PHILADELPHIA, PA: OCTOBER 16-17, 2017

DAY 1: Depart aboard our deluxe motor coach for the "City of Brotherly Love", Philadelphia, PA. Philadelphia hosts one of the greatest architectural finds of the 20th century...China's Terracotta Warriors! Come and see for yourself why these warrior statues are so amazing! See Philly's top points of interest like you've never seen them before...from 883 feet up. Overnight accommodations at the **HOLIDAY INN EXPRESS MIDTOWN**, located in the heart of downtown Philadelphia and within walking distance to a variety of shops and over 40 restaurants within 2 blocks. Featuring newly renovated spacious guestrooms & fitness center. Dinner at a local restaurant.

DAY 2: This morning we're off to see the **TERRACOTTA WARRIORS at the FRANKLIN INSTITUTE**. Silent, steadfast, and secret, an army of over 8,000 terracotta statues stood guard to the tomb of China's first emperor for over 2,000 years before being discovered in 1974. Now, these Warriors, symbols of the astounding achievements of mankind and the incredible history of the human race, come to The Franklin Institute in Philadelphia for the only east-coast engagement of this exhibit. **Terracotta Warriors: Guards for Eternity** takes a journey through the story, culture, craft, and science of the famous statues that is sure to awe and inspire. Forget everything you thought you knew about human capabilities and discover how even the most unfathomable feats can be achieved in this one-of-a-kind exhibition. Head for home this afternoon with memories of this great experience.

COST: \$307.00 per person double/triple, \$387.00 per person single. Cost includes Deluxe Motorcoach, 1 Night Hotel, 1 Breakfast, 1 Dinner, Admissions, gratuities for Driver and Tour Guide. **Deposit:** \$100 per person by July 24. **Final Payment:** August 28. **Sign up begins April 5.**

2017 BIG TRIPS

WONDERS OF ITALY, APRIL 25—MAY 5, 2017 Visit Rome, Vatican City, and more. Full itinerary at Senior Center.

MYRTLE BEACH, SC: APRIL 30—MAY 6, 2017 TRIP IS FULL

CANADIAN ROCKIES AND VANCOUVER, BRITISH COLUMBIA BY TRAIN, BUS & PLANE SEPTEMBER 2-8, 2017 : TRIP IS FULL. Please sign reserve list.

ICELAND, October 19 to October 25, 2017 and October 26 to November 1, 2017— BOTH TRIPS ARE FULL. If interested in these trips please sign reserve list.

UPCOMING TRIPS FOR 2017

Sept. 19:	Bennington Potters-Lunch, VT
October 18:	Jack O'Lantern Spectacular, RI
Oct. 19-25:	Iceland (Filled)
October 22:	House of the Seven Gables, Salem, MA
Oct. 26-Nov. 1:	Iceland (Filled)
November 20:	Friendship Tours Gala-Aqua Turf
November 29:	Christmas with the Stars, Northampton MA
December 9:	Christmas in Newport

THE SUGGESTION BOX

Drop your suggestions in our box either signed or unsigned. If you need an answer to a question, please leave a name or number. The box is located at the giveaway area, near the public computers.



The "Not So" Empty Nest

TUESDAY, MAY 9, 2017 9:00 A.M.

This annual conference provides a unique opportunity to provide information and resources for grandparents as well as to celebrate and recognize the struggles, joys and commitment that is made. **Please call the Senior Center to register by May 2.** *Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging.



Weekly Tournament Winners



BILLIARD WINNERS

February 2: 1ST: Lee Akins/Joe Babin; 2ND: Tony Lusitani/John Clancy; 3RD: Stan Funk/Rich Nordgren
February 16: 1ST: Lee Akins/Tony Lusitani; 2ND: Stan Funk/Jeanne Shugrue
February 23: 1ST: Stan Funk/Joe Babin; 2ND: Don Carlson/Rich Nordgren

SETBACK WINNERS

February 6: 1ST: Linda Dominique/Gladys Dufour; 2ND: Lee Mills/Sandy Tyminski; 3RD: Bob Albrecht/Stan Funk
February 13: 1ST: Jackie D'Addese/Joan Noyes; 2ND (Tied): Loretta Chandler/Rich Nordgren, Terry Pedrolini/Ida Pedrolini
February 27: 1ST: Bob Albrecht/Stan Funk; 2ND: Joan Oliveira/Elaine Chartier; 3RD: Harold Bissonette/Marla Ludwig

AM Wii BOWLING WINNERS

February 14: 1ST: Georgia Jewell; 2ND: Linda Dominique; 3RD: Lynne Krakauske
February 21: 1ST: Linda Dominique; 2ND: Lynne Krakauske; 3RD: Rosemarie Machowski

PM Wii BOWLING WINNERS

February 14: 1ST: Pat Burris; 2ND: Roseanna Garcia; 3RD: Nina Thone
February 21: 1ST: Sally Miller; 2ND: Pat Burris; 3RD: Carol Perry
February 28: "Young at Heart" Tournament" Plainville vs. Canton. Plainville: 4193/Canton: 4516.
 1ST: Sally Miller; 2ND: Linda Dominique; 3RD: Roseanna Garcia
March 7: 1ST: Sally Miller; 2ND: Roseanna Garcia; 3RD: Bev Heslin

PEAK FITNESS CENTER

HOURS: Monday - Thursday: 9:00 a.m. - 4:45 p.m.
 Fridays: 9:00 a.m. - 12:45 p.m.

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym!

- Cardiovascular equipment includes: Nusteps, treadmills, recumbent bicycles and elliptical cross trainers
- Weight Training includes: Seven pieces of upper and lower body strength training equipment
 - * Chest Press * Leg Press * Tricep Press * Row * Seated Leg Curl * Leg Extension * Abdominal

Stop by the front desk for a membership packet that includes a medical approval form

- ☆ Membership rates: \$9.00 for 1 month, \$40.00 for 6 months and \$60.00 for one year. A one-time registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), \$17.00 (weights only), is charged at the time of your initial training.

MAJESTY AND MYSTERY OF CROP CIRCLES with JOHN ROOT, NATURALIST

Thursday, May 18, 10:00 a.m.

A power point presentation featuring complex and exquisite designs that are found annually in farmers' fields and other locations all over the world. Participants will learned about the unexplained effects of these formations on soil, plants, animals and people; discover the messages that are encoded in the formations, and discuss the possible origins and motives of their creators. This is a free program. **Sign-up begins April 4.**

DONATIONS

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist). 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.

Thank you to all who made donations

GENERAL DONATIONS: February 15—March 20

Olga Callendar, Rosaleen Peters (2), Martie Florance, Judy Florance, Val Dumais, Marilyn Shorette, Rosalie Sastre, Circle Group(2), Neema Michaud, Betty Green, Lillian Ouelette, Carol Nicolucci, Peter Wijas, Richard Vieira, Joann Cephas, Anonymous (2), Pete Lincavicks, Joan McBain, Sandy Waiksnoris, Val Dumais, Sally Cobrain, Pat Cancelli, Lois Schmidt, Gail Adams, Masako McDonald.

MEMORIAL DONATIONS

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.

In Memory of : Arkaline Silverio by Frank and Mary Vasile

Dial-A-Ride Donations: Shirley Hotchkiss, Fran Martin, Lee Korus Trust, United Way

**Cheer Report****DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?**

Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. A special thank you to Carol Perry for handling our cheer report.

CHEER REPORT: February 22—March 22

CHEER CARDS: Georgia Jewell, Josephine Evangelista, William and Helene Fabian (2), Charles Moore, Cindy Fruchtenicht, Theresa Carey, Faith Sullivan, Henrietta Zooleck, Josemarie Mazzarella, Theresa Garey

SYMPATHY CARDS: Ida Pedrolini, Family of Betty Labarge, Family of Diane Brooks, Family of Rita McCue, Family of Marcel Gervais, Family of Audrey Posadas, Family of Nicholas Palmere, Family of Giovannina Marotta, Family of Robert Brousseau, Family of Sylvia Saltzman, Family of Patricia Caplicki, Family of Henry Levandowski, Family of James Ray Jr.

WELCOME NEW MEMBERS FOR FEBRUARY!

John Byrne, Louis Frangos, Alfred McGloin, Elvera Corcoran, Laverne Merolli, Claudette Lucente, Janice Rogers, Cynthia Rogers, Robin Chard, Linda Arnold, Dolores Cohen, Dean Steeves

**THE SENIOR CENTER NEEDS SYMPATHY, GET WELL AND THINKING OF YOU CARDS**

We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you are interested in donating these cards, please bring them to the Senior Center's front desk. We would really appreciate it. At this time, we **cannot** use blank cards, holiday cards, etc. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need!



CENTER CAFE

Open TUESDAYS and WEDNESDAYS from 11:00 A.M.-1:00 P.M.

The Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. The Center Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, handcrafted foods that are sure to **wow** your taste buds!

CHECK OUT OUR APRIL SPECIALS!

- April 4 & 5: Lemon Chicken Salad on a Croissant/Cream of Broccoli Soup
- April 11 & 12: Grilled Chicken, Pesto and Sundried Tomato Panini/Tuscan Soup
- April 18: Café Closed (Cognition & Creativity Conference)
- April 19: Goat Cheese Tart with Caramelized Onion
- April 25 & 26: Corned Beef Reuben/Mexican Corn Chowder



2017 AARP Trips

PLEASE NOTE: AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. Costs are per person. You must call Sally for more information and to sign up at 860-747-1732.

- May 7: Follies Broadway Musical at the Warner Theatre/Lunch COST: \$98.00
- June 15: Trip to Twin River Casino, COST: \$98.00
- June 20: Tall Ships, Boston, COST: \$133.00
- Feb. 13-Feb.24, 2018: Eastern Caribbean Escape on the Norwegian Gem, 11 Days/10 Nights. Rates Per Person/ Double Occupancy: Inside Stateroom: \$1,379, Oceanview Stateroom: \$1,599, Balcony Stateroom: \$1,849

MICHAELA'S 4 O'CLOCK PLANTS



This year, Michaela's 4 O'Clock Plants will be sold at the Plainville Senior Center on Wednesday, May 10 and Thursday, May 11. They will also be sold at Gnazzo's on Thursday, May 11, Friday, May 12 and Saturday, May 13, and at the Plainville Public Library, Friday evening, May 5 from 6:00 p.m. to 8:00 p.m. The cost is \$5.00 per plant. Please stop by and purchase a plant for Mother's Day!

Care & Support



We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, APRIL 3 and April 24
12:30-1:30 P.M.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer's help in the community, Caregiving, Homecare, etc. Just stop by Stephanie's office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. **No pre-registration necessary. No question is too small!**



FRIENDS HELPING FRIENDS



Pagliacci's Restaurant, Plainville
FRIDAY, APRIL, 21, 11:30 A.M.
Sign-up begins April 4

CAREGIVING CONNECTIONS

TUESDAY, APRIL 11, 10:00 A.M.

"Keep your face always toward the sunshine and shadows will fall behind you" ...**Walt Whitman**

As caregivers we know that we are defined by what we do even when there is great struggle in the "doing". Spring is a time of rebirth and dedication...come share your challenges and successes. We will recharge our spirits together! Caregivers from neighboring towns are welcome. Please call Bette with any questions or concerns.

BRIGHTER FOCUS

THURSDAY, APRIL 27, 10:00 A.M.

"The only thing worse than being blind is having sight but no vision" ...**Helen Keller**

We know our past was real as we are continuing to try to make sense of it! We are shaped by those who loved us, as well as those who did not love us at all. This year, our shared journey has deepened our awareness of our unique opportunity to compose our life going forward. Join us as we continue to embrace our gift of years! All are welcome. Call Bette with any questions.



Announcements

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)

Mental Health challenges are a growing concern for many families. 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, and 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 public. A light dinner will be served. Sponsored by Hartford HealthCare at Home, Plainville Senior Center, Plainville Public Library. **Please call the Plainville Senior Center, 860-747-5728 to register for dinner and the program.**

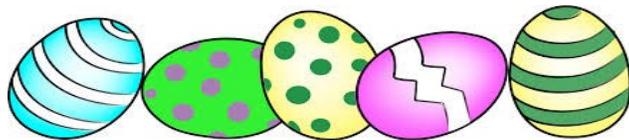


ENERGY ASSISTANCE

The State of Connecticut Energy Assistance Program is available to income eligible residents. The current income guidelines are \$33,880.70(gross) for single individuals and a family of 2 could possibly make \$44,305.40 (gross) and be eligible for this program. Call the HRA Energy Department for information or to make an appointment. **HRA, 55 South Street, Bristol, CT 06010, (860) 582-7490.** When you call, make sure you get a list of items you will need to bring to your appointment. If you don't have transportation, call Dial-A-Ride, (860)589-6968 for a ride to your appointment.

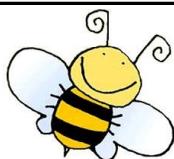
SCENT FREE ZONE AT THE PLAINVILLE SENIOR CENTER

Help us keep the air we share at the Senior Center healthy and fragrance free. The chemicals used in scented products make some people sick especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, aftershave or other fragrances while at the Senior Center.



HOMEOWNERS TAX RELIEF

Elderly and Disabled Homeowners can file for benefits for homeowners for the 2016 Grand List Year. Applications must be filed by May 15, 2017. Income limits for homeowners are; for a Single Person, not to exceed \$35,200 and for a Married Couple, not to exceed \$42,900. The Town of Plainville is currently sponsoring a local option elderly program. Income requirements of this program are \$42,500 for a single person and \$48,000 for a married couple. Applicants must meet all other requirements of the State program. Qualifications for the above benefits are: Applicants must have been 65 years old prior to December 31, 2016 or have a 100 percent disability rating from the Social Security Administration or be the widow/widower age 50 or over of a previously approved applicant. The Town of Plainville also has a local option tax freeze program. Applicants must be 70 years of age or older and must meet certain income and asset requirements. Applications for additional Veterans are also being taken. The Veteran must meet the above qualifications (with the exception of age) as well as have his/her DD214 on file with the Town Clerk by October 1st. Veteran must meet the ninety day qualifications for war-time as set fourth in Connecticut General Statute 27-103. Forms to apply for any benefit must be completed at the Assessor's Office at the Municipal Center. Call for an appointment at 793-0221 extension 244 between the hours of 9:00am and 4:00pm, Monday, Tuesday, Wednesday and 9:00am and 6:00pm Thursday.



PLAINVILLE VETERAN'S MEMORIAL WALL

A moveable memorial wall has been created in the Plainville Municipal Center near the Town Clerk's office to provide a place to honor the military service of deceased veteran's by their friends and family members. Brass Plates (1" X 3") engraved with the veteran's rank, name, and branch of service can be purchased. The fee for the plate is just to cover the cost of the engraved plate, no extra funds are being charged. To purchase a plate, please fill out a form available at the Municipal Center or at the Plainville Senior Center. The cost of the plate is \$8.00.



Transportation



DIAL-A-RIDE, (860) 589-6968

Monday

9:00 a.m.-5:30 p.m.

Tuesday-Thursday

9:00 a.m. - 4:30 p.m.

Friday

9:00 a.m.-12:30 p.m.

Dial-a-Ride can provide transportation to medical and social service appointments, and to visit loved ones in nursing homes in Plainville, Bristol, New Britain, Southington, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. In addition, the drivers cannot help with groceries, packages or help you walk. However, the bus is wheelchair equipped. Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A donation of \$1.00 for each way is suggested, but not required.*

2017 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. The forums are held on the second Wednesday of every other month from 5:00 p.m. to 6:00 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting will be held on Wednesday, May 10, 5:00 p.m. to 6:00 p.m. The forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation related to the ADA Paratransit Service** ADA Transportation is available free of charge to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride to the Forum. Future 2017 Forum Dates: July 12, September 13 and November 8.

***Up to 48-Hours in advance of the forum, written participation related to the ADA Paratransit Service may be mailed to the GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or eMailed to: pwilliams@hartfordtransit.org*

Need a Ride? Americans with Disability Act (ADA) Paratransit Service Adds More Hours and Service on Sunday!

The ADA Paratransit ride service travels anywhere for any reason to 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.

Plainville hours, except for major holidays, **Monday-Friday, 5:45 a.m.-midnight, Saturdays, 6:15 a.m.-midnight and Sundays, 7:40 a.m.-7:00 p.m.** Some of these hours may change, dependent on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3.50* and discount ticket books can be purchased at Stop and Shop. **A driver can assist you door-to-door.** There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

The application process is now part of the Greater Hartford Transit District. The on-line application can be located at www.ctada.com. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We also have copies of the application here at the Center. An application can be sent to you by calling **860-247-5329 x3100**. The same number can be called to get an updated ID number if you are already an ADA Paratransit rider.

After the online or paper application is submitted, the next step is to call 860-724-5340 ext 1 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 4 weeks. Even if you don't see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 3046.

Rides are reserved by calling **860-724-5340 x1**, 7 days a week, 8:00 a.m.—5:00 p.m. **So give it a try, broaden your horizons, go shopping, visit a friend. Sunday's service can take you to church or schedule a medical appointment to a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext 3043).**

Still have Questions about our transportation services? Call Bette or Stephanie at 860-747-5728.

PLAINVILLE HIGH SCHOOL PROJECT GRADUATION CLOTHING DRIVE

APRIL 29, 10:00 A.M. to Noon. Drop clothing donations at YMCA, 149 Farmington Avenue Plainville

Project Graduation is an All-Night Drug and Alcohol-Free Party held at the Wheeler YMCA for Plainville High School Seniors on Graduation Night. Proceeds from the clothing drive will help support this celebration. All types of used clothing accepted.

Volunteer, Volunteer, Volunteer!

INDEX	
AARP Drivers Course	2
AARP Trips	11
ADA Group Forums	13
ADA Transportation	13
All Day Registration	1
Alzheimer's Support Group	*BC
At-Risk List	*BC
Blood Pressure Clinics	*BC
Books & Bagels	2
Brighter Focus	11
Café	11
Caregiving Connections	11
Cheer Report	10
Choral Group	14
Clothing Drive	13
Coalition for Positive Youth	14
Cognition and Creativity	2
Congregate Meal Program	14
Craft Classes	3, 4
Dial-A-Ride	13
Display Case	14
Donations	10
Ear Wax Removal	*BC
Easter & Mother's Day Cards	5
Energy Assistance	12
Fitness Classes	3, 4
Foot Care	*BC
Free Sign Up Day	1
Friends Helping Friends	11
Homeowners Tax Relief	12
Income Tax Assistance	2
Legislative Update	5
Majesty & Mystery Crop Circles	10
Medical Equipment Needed	*BC
Medicare Savings Program	*BC
Mega Sign-Up Day	1,7
Memory Screening	5
Mental Health 101	12
Michaela's 4 O'Clock Plants	11
NCAA Focus Group	1
Naturopathic Medicine	2
New Members	10
Not So Empty Nest	9
Nurse Information	*BC
Outdoor Adventure	5
Parlez-vous Francais?	2
PEAK Fitness Center	9
Photo Editing on iPad	4
Questions for the Social Worker	11
Quick Trips	6
Recycle Cell Phones	14
Reserve Lists	7
Run Your Way 5K	1
Scavenger Hunt	6
Scent Free Zone	12
Shopping Bus (Fri/Sat)	6
Snappy Seniors	14
Spring Chocolate Making	5
Suggestion Box	9
The Changing Brain	5
Tournament Winners	9
Transportation	13
Trips	7,8,9
Updates on Low Vision	1
Vegetarian Cooking	1
Veterans Coffee Hour	1
Veterans Memorial Wall	12
Volunteers	14
Wii Bowling Tournament	5
What's Your Story	2

*BC = Back of Calendar



VOLUNTEER OPPORTUNITY

Our Senior Center is looking for a volunteer to capture some special moments that take place here at the Senior Center. We have several scrapbooks completed and need someone to keep up with our newspaper articles and some photographs. Nothing fancy is required such as decals/embellishments, stickers or special paper. We provide the scrapbooks, glue and tape. You help us record our history by cutting and mounting. If you are interested in this opportunity, please see Ronda or Evelyn.



CHORAL GROUP REHEARSAL DATES

FRIDAYS, APRIL 7, MAY 5, JUNE 2 at 9:45 A.M.

PLAINVILLE COALITION FOR POSITIVE YOUTH DEVELOPMENT PRESENTS: "A Discussion & Forum on Substance Abuse in Our Families & Our Community"

Thursday, April 6, 2017

Drug overdoses are the leading cause of unintentional deaths in the United States. The forum panel will present an overview of some of the current substance abuse related topics and a discussion featuring state and local community leaders, persons in recovery, family members and more.
Time: 6:15 p.m: Check-in and visit Community Resource Tables, 6:30 p.m. Forum Program. PLACE: Middle School Ventrelli Auditorium, 150 Northwest Drive Plainville.



CURRENT EVENTS MONDAYS at 10 A.M.

Join us for a lively discussion of local, state, national news and current events.



CANASTA PLAYERS Thursdays, 1:00 p.m.

You don't need a partner for this game. We'd love to "deal" with you!



SENIOR CENTER DISPLAY CASE



Do you have a collection, hobby or artwork you would like to put on display? If so, stop by the front desk to make a reservation for our display case.

RECYCLE YOUR OLD CELL PHONES

Do you have old cell phones that you don't know how to properly dispose of? Donate them to the Senior Center to support Dial-A-Ride. Please no phone chargers or any other type of electronic devices. **Thank you to all who have donated. Every phone helps, tell your friends and family!**

SNAPPY SENIORS

THURSDAY, APRIL 20, 10:00 A.M. Plainville Library



Any Senior Center member with a camera and an interest in photography may join the Snappy Seniors by coming to a monthly meeting at the Plainville Library and signing up there. Snappy Seniors meets on the third Thursday of the month (except July and August).

CONGREGATE MEAL PROGRAM: APRIL 2017

Please stop by the kitchen to pick up the April calendar. **Reservations for a meal** must be made at least one day ahead by calling the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. A suggested donation is \$2.50.



Nursing and Other Services

Foot Care

Regular Foot Care and Diabetic Foot Care
Please note fee increase.

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. Cost is \$18.00 for Plainville resident members and \$28.00 for Out of Town Plainville Senior Center Members and must be paid with exact change or by check only (made out to the Plainville Senior Center). Neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Foot care is for Senior Center members only.**

Ear Wax Removal



Call the Senior Center to make your ear wax removal appointment. At least one week prior to your appointment, you must come into the Senior Center for an instruction sheet explaining the prep procedure and pick up the paperwork that must be filled out and brought in at the time of your appointment.



Blood Pressure Clinics at the Senior Center

Many thanks to The Pines of Bristol, Hartford Health Care Senior Services and The Summit for Offering their Services

Monday, April 3, 1:00 pm—2:00 pm (The Pines of Bristol)
Thursday, April 13, 1:00 pm—2:00 pm (Hartford Health Care)
Wednesday, April 19, 11:00 am—12:00 pm (The Summit in Plantsville)
Monday, April 24, 12:00 pm—12:30 pm (Georgia, Senior Center Nurse)



MEDICAL EQUIPMENT/SUPPLIES NEEDED

The Hospital of Special Care Equipment Exchange is looking for donations of durable medical equipment and supplies: canes, walkers, tub and transfer seats, shower chairs, manual wheelchairs (regular and transfer) commodes and raised toilet seats. They cannot accept electric devices (scooters, electric wheelchairs and hospital beds). Equipment is accepted during weekday business hours. Please call 860-612-6302 to make sure item is needed. They are located at Special Care Equipment Exchange (a tan house next door to Hospital for Special Care, 2120 Corbin Avenue, New Britain.

MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS EFFECTIVE MARCH 1, 2017

The new income limits for the Medicare Savings Program have been announced.

QMB (Q01) Single \$2,120.55/mo.	Couple \$2,854.83/mo.
SLMB (Q03) Single \$2,321.55/mo.	Couple \$3,125.43/mo.
ALMB (Q04) Single \$2,472.30/mo.	Couple \$3,328.38/mo.

There is No Asset Limit for MSP. There is No Estate Recovery.

The State of CT DSS offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and the Medicare part D premiums for qualifying folks. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying folks are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS) paying a maximum of \$3.30 for generic medications and \$8.25 for brand name medications. The financial benefits of this program are substantial! Please see Bette or Stephanie to review your eligibility for MSP.

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We refresh this list throughout the year so we can be certain that such folks will be safe during a power outage/ weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728, if you wish to have your name added to the At-Risk List. Bette and Stephanie are available to help you develop a plan for power outages/ weather emergencies.

Alzheimer's Support Group at Mulberry Gardens of Southington

Every Second Tuesday, 10:30a.m.—11:30 a.m.

Living with Alzheimer's disease or a related memory disorder is challenging. Mulberry Gardens proudly offers a support group for families and caregivers. Topics include Communication Techniques, Caregiver Support, Wandering and much more!



April 2017



Plainville Senior Center , 200 East Street, Plainville CT 06062 Phone 860-747-5728

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 Christmas Tree Shop
2	3 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:30 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:45 Bowling 1:00 Power Burst BR 1:00 Blood Pressure 2:30 Band/Dancing BR	4 *9:00 NURSE 9:00 Walking BR 9:00 Run 5K 9:30 Beg Wii Bowling BR *10:00 Income Tax GR 10:00 Legislative Update C 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veterans Coffee CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR	5 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 11:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	6 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Card Making GR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Canasta C 1:00 Knit & Crochet GR 1:00 Functional Fit BR 1:00 Scrabble C 1:00 Bridge OS 1:00 Memory Screening CL 2:00 Functional Fit BR	7 8:15 Shopping Bus 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group 10:30 Cardio Step GR 12:00 Pinochle L	8 LaTraviata Opera
9	10 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:30 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:00 Power Burst BR 2:30 Band/Dancing BR 3:00 Chocolate Making GR 4:30 Chocolate Making GR	11 9:00 Walking BR 9:00 Run 5K 9:30 Beg Wii Bowling BR *10:00 Income Tax GR 10:00 Caregivers ga 10:00 Ladies Billiards 10:00 Cribbage OS 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 3:00 French Class GA	12 9:00 Walking GR 9:00 Walk in Woods 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	13 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:00 Comm. on Aging CR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Blood Pressure 1:00 Canasta C 1:00 Functional Fit BR 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 2:00 Functional Fit BR	14 GOOD FRIDAY  CENTER IS CLOSED	15 Tanger Outlets, Westbrook
16	17 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:30 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:00 Power Burst BR 2:30 Band/Dancing BR	18 *9:00 NURSE 9:00 Walking GR 9:00 Run 5K 9:30 Cognition & Creativity 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 1:00 Bridge OS 2:00 Arthritis Exercise GR 2:30 Wii Bowling BR 3:00 French Class GA 3:15 Better Bones Exercise GR	19 9:00 Walking GR 9:00 Walk in Woods 9:30 Quilting CR 9:30 Books & Bagels OS 10:30 Zumba Gold GR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	20 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 9:30 Smart Driver GR 10:00 Snappy Seniors L 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Canasta C 1:00 Functional Fit BR 1:00 Scrabble C 1:00 Bridge OS 1:30 Knit & Crochet GR 2:00 Functional Fit BR	21 8:15 Shopping Bus 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Naturopathic Medicine CR 10:30 Cardio Step GR 11:30 Friends Helping Friends 12:00 Pinochle L	22
23	24 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Low Vision GA 10:00 Acrylic Painting CR 12:00 Blood Pressure 12:30 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 12:30 NCAA Focus Group CR 12:45 Bowling 1:00 Power Burst BR 2:30 Band/Dancing BR	25 *9:00 NURSE 9:00 Walking GR 9:00 Run 5K 9:30 PIV Wii Bowling Tournament vs. Avon GR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 1:00 Bridge OS 2:00 Arthritis Exercise GR 3:00 French Class GA 3:15 Better Bones Exercise GR	26 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 2:30 Vegetarian Cooking 3:00 Coloring Club GR	27 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 9:30 What's Your Story GR 10:00 Brighter Focus GA 10:00 Mexican Train OS 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Canasta C 1:00 Functional Fit BR 1:00 Scrabble C 1:00 Bridge OS 2:00 Functional Fit BR	28 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:30 Cardio Step GR 12:00 Pinochle L	29 WW I Exhibit- Knights of Columbus Museum, New Haven
30						

KEY:
GR: Green Room, **BR:** Blue Room, **GA:** Game Room, **CR:** Craft Room, **C:** Caf , **CL:** Computer Lab, **OS:** Old Store, **L:** Library, ***:** By Appointment