Alzheimer’s & Dementia Support Group

Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, and stages of the disease, family dynamics and safety issues.

First Tuesday of every month, Tuesdays: April 5, May 3 & June 7, 10-11am.

Are you a caregiver and feeling overburdened? Are you responsible for making financial decisions, managing changes in behavior or even helping a loved one get dressed in the morning? This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Facilitated by Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Second Wednesday of every month, Wednesdays: April 13, May 11 & June 8, 6:30-8pm.

This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Facilitated by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging. Registration required for the first time you join.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Third Monday of every month, Mondays: April 18, May 16 & June 20, 1-2:30pm. This group is an affiliated support group.

Alzheimer’s Association Connecticut Chapter. Facilitated by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

We welcome you and your loved ones to join us for some of our special programs and events listed below. If you have any questions regarding your membership, please contact us at Sebastian.Trabucco@hhchealth.org or call 860.378.1268.
Call-in Dementia Caregivers Support Group Every Friday, 2-3pm.

This call-in support group includes topics such as communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics and safety issues. Facilitated by Hartford HealthCare Center for Healthy Aging’s certified dementia specialists.

Registration is not required.

Virtual Memory Café
First Monday of every month, Mondays: April 4, May 2 & June 6, 10:30-11:30am.

The Virtual Memory Café is a welcoming place for people with memory loss, mild cognitive impairment and early dementia and for their families and friends. Memory Café offers an easy and fun way to socialize with others who have a shared experience. Facilitated by a dementia specialist, Hartford HealthCare Center for Healthy Aging.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Memory Screenings
Free virtual memory screenings are now available at your convenience through Hartford HealthCare Center for Healthy Aging. These confidential screenings average 20 minutes and consist of five questions to assess memory. They do not diagnose any illness but can indicate if someone should follow up with a full medical exam.

To learn more or to schedule an appointment, call Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

Virtual Bereavement Support Groups
First and third Mondays, 1-2:30pm
Facilitated by Nichol Burris
To RSVP, email nichol.burris@hhchealth.org

Second and fourth Wednesdays, 1-2:30pm
Facilitated by Bill Pilkington
To RSVP, email bill.pilkington@hhchealth.org

Call-in Bereavement Support Thursdays, 1-2:30pm
Call 860.972.6338; code: 22528#.
Sponsored by Hartford HealthCare at Home Hospice Program. For more information and to register, please email the facilitator. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Diabetes Prevention
YMCA Diabetes Prevention Program Upcoming sessions:
• April 4-Aug. 29
• Sept. 12-March 13
This series, which incorporates exercise with education, is for individuals who have not already been diagnosed with Type 2 diabetes. Participants receive a free three month YMCA membership and guidance in the gym. For Southington residents only, 18 years old and older.
For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Cancer Support Group
LIVESTRONG at the YMCA
Upcoming sessions: April 4-June 25
This 12 week program meets twice a week for 60-90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. You’ll focus on: Building muscle mass and strength; increasing flexibility and endurance and improving confidence and self-esteem. Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended. Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community-a safe comfortable
Special Programs & Events

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers

First and Third Tuesdays: April 5, 19, May 3, 17, June 7 and 21.

Our in-person support group continues to be virtual at this time and we would like you to join us! Participants can share and contribute thoughts and experiences related to being a care partner. Sessions will take place bi-weekly through Zoom and we encourage everyone to connect via audio and video if possible. Please contact a group leader if you have not attended before, as there may be some changes in the meeting schedule. Facilitated by Jennifer McCaughey, MS, CDP; Amanda Brill, LCSW and Jennifer Lambert, LCSW. Sponsored by Hartford HealthCare Center for Healthy Aging and Chase Family Movement Disorders Center.

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers

First and Third Tuesdays: April 5, 19, May 3, 17, June 7 and 21.

Our in-person support group continues to be virtual at this time and we would like you to join us! Participants can share and contribute thoughts and experiences related to being a care partner. Sessions will take place bi-weekly through Zoom and we encourage everyone to connect via audio and video if possible. Please contact a group leader if you have not attended before, as there may be some changes in the meeting schedule. Facilitated by Jennifer McCaughey, MS, CDP; Amanda Brill, LCSW and Jennifer Lambert, LCSW. Sponsored by Hartford HealthCare Center for Healthy Aging and Chase Family Movement Disorders Center.

For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Heart Health

YMCA Heart Healthy Program

Upcoming sessions: June 29-Dec. 7

This series, which incorporates exercise with education, is for individuals who want to decrease their heart disease risk. Participants receive a free three-month YMCA membership and guidance in the gym. For Southington residents only, 18 years old and older.

For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Women’s Heart Disease Support Group

Third Wednesday of every month, 4:45-6pm.

First Wednesday of the month, 6-7pm.

The Women’s Heart of Central Connecticut and Fairfield County Support Network is a peer-to-peer patient support and education group for women living with heart disease. This support is critical to a woman’s recovery and well-being and can help women make informed decisions about their health and care. The

National Coalition for Women with Heart Disease is the nation’s only patient-centered organization serving the 48 million American women living with or at risk for heart disease and is dedicated to women’s heart health through patient support, education and advocacy.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Stroke Support Group

Virtual Stroke Support Group

This group provides support and education for stroke survivors and their caregivers/families. Facilitated by Christina Collin, stroke coordinator.

For dates and times, contact Christina Collin, 860.224.5900, ext. 6468.

place for you to build companionship with others affected by cancer and share stories and inspiration. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. There’s no competition here—physical activities are tailored to match your abilities.

For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.
Surgical Weight Loss
Surgical Weight Loss Info Session Call for dates & times.
In this virtual class, learn about the process to get surgical weight loss, risks and complication and lifestyle changes necessary to succeed. A LIVE Q&A with the experts will follow the presentation.
REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to whatwillyougain.org.
After you register, you’ll receive an email with easy instructions on joining the virtual class.

Virtual Programs
April
Understanding Lymphedema
Friday, April 1, 2-3pm.
The World Health Organization estimates that over 250 million people worldwide live with Lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. A Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation Network, to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help. Plus, a Q&A will follow the presentation.
REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Virtual Youth Mental Health First Aid
Saturdays: April 2, May 14 & Saturday, June 4, 8:30am.
Under national guidelines, participants must be 18 years or older. In this virtual class, learn more about: the learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. After attending all 6 hours, you will be a certified Youth Mental Health First Aider.
REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.
prepare properly to fall. Learn how to fall down the correct way forwards or backwards, all the details on how to do it safely to reduce the risk or lessen the severity of injury. Presented by Mitchell Nyser, exercise physiologist, Hartford HealthCare GoodLife Fitness.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Understanding Deep Brain Stimulation Wednesdays: April 6 and May 4, 12pm.
In this virtual info session, join Sarah Zurek, RN, BSN, Deep Brain Stimulation Program Coordinator to learn about DBS as a treatment option for Parkinson’s disease, essential tremor and dystonia. Q&A will follow the presentation.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Exercise and Healthy Aging
Tuesday, April 19, 11am-12pm.
Join this virtual class right from the comfort of your phone, computer or tablet and learn more about: benefits of daily activities to shape physiology, exercise can be used as a tool to fight disease and age-related decline, types of exercise. Plus, a Q&A will follow the presentation. Presented by Michele Boisvert, exercise physiologist, Hartford HealthCare GoodLife Fitness.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

How to Fall Safely
Wednesday, April 6, 10-11am.
Sometimes, there’s no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least


**VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Focused Awareness Meditation**
Wednesday, April 20, 10-11am.
Join this virtual class to learn more about: scientifically based practice of meditation, how to feel more relaxed, focused and calm and simple five-step technique. Presented by Mitchell Nyser, exercise physiologist, Hartford HealthCare GoodLife Fitness. **Plus, Q&A will follow the presentation.**

**REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you'll receive an email with easy instructions on joining the virtual class.

**Hospitalizations Happen:**
Supporting People with Dementia
Friday, April 22, 10-11am.
A trip to the hospital can be stressful for people with dementia and their caregivers. Being prepared for emergency and planned hospital visits can relieve some of that stress. Join Patty O’Brien as she will share ways to help you prepare for making your visit to the emergency room or hospital easier. Presented by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging.

**REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you'll receive an email with easy instructions on joining the virtual class.

**May**

**Virtual Mental Health First Aid**
Saturday, May 7, 8:30am.
Under national guidelines, participants must be 18 years or older. In this virtual class, learn more about: the risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. After attending all 7.5 hours, you will be a certified Mental Health First Aider.

**REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you'll receive an email with easy instructions on joining the virtual class.

**Introduction to Bipolar Disorders**
Tuesday, May 10, 6pm.
In this virtual class, join the Hartford HealthCare Institute of Living Family Resource Center to gain helpful information about the diagnosis of bipolar disorder and how family and friends can be supportive to individuals living with the disorder.

**REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you'll receive an email with easy instructions on joining the virtual class.

**Building Better Bones & Joints**
Tuesday, May 10, 11am-12pm.
Join this virtual class right from the comfort of your phone, computer or tablet and learn more about: bone and joint health, benefits of moving to maintain bone health and best exercises for your bones and joints. **Plus, a Q&A will follow the presentation.** Presented by Julie Sopchak, exercise physiologist, Hartford HealthCare GoodLife Fitness.

**REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you'll receive an email with easy instructions on joining the virtual class.
Understanding Lymphedema
Tuesday, May 10, 2-3pm.
The World Health Organization estimates that over 250 million people worldwide live with Lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. A Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation Network, to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Importance of Proper Posture
Thursday, May 19, 11am-12pm.
Join this virtual class right from the comfort of your phone, computer or tablet and learn more about: how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain, and joint issues as well as what you can do to improve it. Presented by Michele Boisvert, exercise physiologist, Hartford HealthCare GoodLife Fitness.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

The Heart of Caregiving
Tuesday, May 24, 11am-12pm.
Join this virtual class to learn more about the benefits and challenges of caregiving a loved one with a dementia, caregiver strain and simple tips to manage this and ways to help the caregiver. Presented by Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging.
**June**

**Introduction to Anxiety Disorders**
**Tuesday, June 7, 6pm.**

In this virtual class, join the Hartford HealthCare Institute of Living Family Resource Center to gain helpful information about various Anxiety Disorders and how family and friends can be supportive to individuals living with anxiety.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE
(1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

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**How to Fall Safely**
**Thursday, June 9, 10-11am.**

Sometimes, there’s no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least prepare properly to fall. Learn how to fall down the correct way forwards or backwards, all the details on how to do it safely to reduce the risk or lessen the severity of injury. **Plus, a Q&A will follow the presentation.**

Presented by Mitchell Nyser, exercise physiologist, Hartford HealthCare GoodLife Fitness.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE
(1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

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**Managing Chronic Back Pain**
**Wednesday, June 8, 2-3pm.**

Join this interactive presentation, learn more about defining pain, risk factors and causes, and ways to manage back pain. **Plus, a Q&A will follow the presentation.**

Presented by Lisa Murawski, exercise physiologist, Hartford HealthCare GoodLife Fitness.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE
(1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

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**Building Better Bones & Joints**
**Friday, June 10, 11am-12pm.**

Join this virtual class right from the comfort of your phone, computer or tablet and learn more about: bone and joint health, benefits of moving to maintain bone health and best exercises for your bones and joints. **Plus, a Q&A will follow the presentation.**

Presented by Julie Sopchak, exercise physiologist, Hartford HealthCare GoodLife Fitness.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE
(1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

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**What to Expect in Middle Stage Dementia**
**Monday, June 13, 6-7pm.**

Essentials to prepare you for dementia. In this session Kristine Johnson, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging, will discuss changes in the brain and how this effects function during middle stage disease, safety considerations, enhancing communication and meeting social and engagement needs.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE
(1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

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**How to Be Aware of Your Surroundings**
**Wednesday, June 29, 2-3pm.**

Join this virtual class to learn more about how to avoid slips, trips and falls. Plus, a Q&A will follow the presentation. Presented by Lisa Murawski, exercise physiologist, Hartford HealthCare GoodLife Fitness.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE
(1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.
Virtual Series

Dementia Caregiver Series
The Dementia Caregiver Series is offered at various dates and times. Participants should select one series and are encouraged to attend all five sessions.

Topics include:
- Session 1: Overview of Dementia
- Session 2: Basics of Good Communication and Understanding Behaviors
- Session 3: Safety in the Environment and How to Structure a Day with Activities
- Session 4: Taking Care of the Caregiver and Care Options
- Session 5: Overview of Community Resources that May Be Helpful

Presented by a Certified Dementia Specialist from Hartford HealthCare Center for Healthy Aging.

Tuesdays: April 5, 12, 19, 26 & May 3, 1:30-3pm.
Or
Mondays: April 25, May 2, 9, 16 & 23, 6-7:30pm.
Or
Thursday: June 2, 9, 16, 23 & 30, 10:30am-12pm.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Medicare

Medicare 101: Understanding Your Options
April 4, 13, 21, 25, May 4, 12, 16, 25, June 2, 6, 15, 23 & 27.

Call for times.
Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Medicare Educator, Sara Mitchell. Sponsored by Hartford HealthCare and Integrated Care Partners.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Understanding the Medicare Savings Programs
April 20, 12-1pm, May 19, 5-6pm & June 20, 12-1pm.

This virtual class focuses on the Medicare Savings Programs (MSP). Learn more about the 4 programs available under the MSP, the Medicaid program, Medicare Special Needs Plans, Extra Help (Part D), and more! Presented by Medicare Educator, Sara Mitchell. Sponsored by Hartford HealthCare and Integrated Care Partners.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

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REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.
Virtual Series

Healthy Brain Series

The Healthy Brain Series is offered at various dates and times. Participants should select one series and are encouraged to attend all five sessions. Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging.

Topics include:

- **Session 1**: Challenge Your Mind Daily: Activities to Keep Your Mind Sharp
- **Session 2**: Feeding the Brain: The Importance of Diet and Hydration
- **Session 3**: Benefits of a Purposeful Life: Finding Meaningful Engagement as You Age
- **Session 4**: Good Sleep and Brain Power: The Importance of Sleep and Your Brain
- **Session 5**: The Blue Zones: Lessons for Living Longer from the People Who’ve Lived the Longest

Presented by a Certified Dementia Specialist from Hartford HealthCare Center for Healthy Aging.

**Thursdays: March 31, April 7, 14, 21 & 28, 2-3pm.**

**Or**

**Tuesdays: May 3, 10, 17, 24 & 31, 6-7pm**

**Or**

**Tuesdays: May 31, June 7, 14, 21 & 28, 10:30-11:30am.**

**REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

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**Open Houses**

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**Cedar Mountain Commons**
3 John H. Stewart Drive
Newington

- **Saturday, April 2 | 9am-1pm**
- **Thursday, May 12 | 3-7pm**
- **Thursday, June 9 | 3-7pm**

Call Marie Pugliese to schedule a tour, 860.665.7901

**The Orchards at Southington**
34 Hobart Street
Southington

- **Wednesday, April 20 | 4-7pm**
- **Saturday, May 7 | 9am-1pm**
- **Wednesday, June 8 | 4-7pm**

Call Antoinette Ouellette to schedule a tour, 860.628.5656.

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**Arbor Rose at Jerome Home**
975 Corbin Avenue
New Britain

- **Sunday, April 24 | 10am-2pm**
- **Monday, May 23 | 4-7pm**
- **Tuesday, June 28 | 4-7pm**

Call Karen Alix to schedule a tour, 860.229.3707

**Mulberry Gardens of Southington**
58 Mulberry Street
Plantsville

- **Saturday, April 30 | 9am-1pm**
- **Wednesday, May 25 | 3-6pm**
- **Wednesday, June 29 | 3-6pm**

Call Marie Terzak to schedule a tour, 860.276.1020.