

The Senior Connections

SENIOR CITIZENS



Plainfield Senior Citizen Center
482 Norwich Road, Plainfield, CT 06374
Telephone: 564-1455



VOL. 25

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February 2017

Dear Members and Friends,

Once again some of our members and especially our exercise class participants have suffered another loss at our center. We are all saddened with the sudden passing of our exercise instructor, Lisa Caruso. It seems that in the last few years, we have lost several of our dearest members. It does bring to mind, that life is a precious gift and should never be taken for granted. Love, laugh, and enjoy each day!

Our center has been busy with programs after the holidays. Come in from the cold and enjoy meeting with your friends, remember, the coffee pot is always on! Each Tuesday afternoon, we have bingo, why not stop in for an afternoon of fun and friendship. We also have card games, craft and art classes, and the library is always open! We will be resuming our Last Monday Night Suppers in March, and be sure to check on the sign-up date at the end of this month. Also included in our monthly calendar are the dates and times of our other activities.

Our annual Valentine Social will be held on Friday, February 10th at 1PM. Be sure to call soon to have your name placed on our reservation list.

In your quiet times, please remember our members who are homebound and in nursing homes and those who are no longer with us.

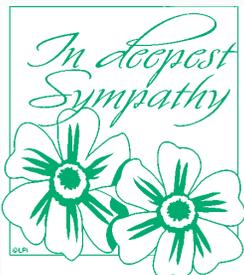
“May this Valentine’s Day be filled with love, understanding, and contentment as
You journey through life with those you hold dear”

HAPPY VALENTINE’S DAY

To love without condition, to talk without intention, to give without reason, and to care
without Expectation....this is the heart of a true friend.



Thank you for being my friend,
Terry Cwynar, President



In Memory

It is with a sad heart that we share the news that our beloved fitness instructor Lisa Caruso passed away due to a tragic car accident on New Years Day.

Lisa has been a part of our recreation and senior center family for twelve years. Her passion for fitness and helping people get fit and be healthy was passed on to all that took her classes. Her enthusiasm was contagious. Her bubbly personality and beautiful smile will be missed by all.

Please keep her husband and son in your prayers.

NEW EXERCISE CLASSES start at the Senior Center beginning the week of February 6th

February is Heart Health Month all Exercise Classes are Free
February 6th through 10th!



MONDAY 9:00AM Line Dancing We welcome Jean from the Thompson Senior Center who will be offering line dancing and more. She is well liked in Thompson and we look forward to welcoming her here in Plainfield

WEDNESDAY 8:45AM Chair Yoga We welcome Michelle who has been teaching Yoga for our Mom's group. She will inspire you all from a chair to build strength and flexibility

THURSDAY 8:00AM Balance Marie continues with her weekly class helping you building balance and keep you from falling!

FRIDAY 9:00am Dance Movement We welcome Lisa Marie who will have you exercising to dance music similar to Zumba, but with a greater variety of music. You will still feel the beat!

Let's get everyone moving! Exercise is the key to good health

Classes are open to both men and women. Regular fee \$2 per class

Each participant must complete a registration form in the Recreation Office and sign in daily



Welcome Joyce , Senior Center Social Service Outreach Coordinator

Joyce will have regular office hours beginning Monday February 6th 9am-2pm

Walk-ins welcome appointment recommended.

Questions about benefits, state and local programs, food assistance, housing?

Come and meet Joyce she may have the answers or can get them for you.

There are so many programs, benefits and services that are available to Seniors in Connecticut. Many of our Seniors and their families are unaware of all that is out there for them. The Social Services Outreach Coordinator at the Plainfield Senior Center is available to help Seniors and their families learn about these programs and how to access these services and benefits.

LIBRARY NEWS Book Review By Linda Mannix

THE REVENANT by: Michael Punke

“Suddenly he knew. Hollowness seized his stomach half an instant before the first rumbling growl crossed the clearing. The cubs skidded to an immediate stop, not ten feet in front of Glass. Ignoring the cubs now, Glass peered toward the brush line across the clearing. He had heard her size before he saw it. Not just the crack of the thick underbrush, but the growl itself, a sound like deep thunder, a bass that could emanate only through connection with some great mass.” The year is 1823, and the trappers of the Rocky Mountain Fur Company lived a brutal frontier life. Hugh Glass is among the company's finest men, an experienced frontiersman and expert tracker. But when a scouting mission puts him face to face with a grizzly bear, he is viciously mauled and not expected to survive. Two company men are dispatched to stay behind and tend to Glass before he dies, but instead the men rob and abandon him. He is driven to survive by one desire: revenge. With grit and determination, he sets out, crawling at first, across hundreds of miles of uncharted American frontier. Based on a true story—a remarkable tale of obsession. **It was riveting, I'll say that. I wish I'd seen the movie.**



Do You No LONGER DRIVE? ARE YOU HOMEBOUND? DO YOU NEED A RIDE ?

Call 564-1819 For Information on Rides This program is partially funded through the Town of Plainfield and a grant from Title III Older Americans Act and Senior Resources Agency on Aging



SPOTLIGHT: Senior Club



TRAVEL UPDATE: As we embark on another year of exciting and interesting destinations, I want to personally thank all of our many travelers. We have welcomed many new travelers due to YOUR enthusiasm and support for our trips. Because of the popularity of several trips we have already begun waiting lists. Our policy is "first come...first served". Prior to the date for payment due for each trip, a call is made to remind those who have signed up. If there are any cancellations, we begin taking names from our waiting list. Each bus has a capacity of 55....if possible, we will try to get a second bus, but that is not always a guarantee. Also, we are always presented with the parking that is available here at the center. As a result, I would like to remind everyone to please park your vehicle on the south side of the building and around the outside perimeter of the north side of the building. It is imperative that we keep handicap spaces available, as well as spaces around the center available for folks coming to the senior center for programs. One of the best solutions I can think of is to CAR POOL. Perhaps everyone could contact friends that have signed up for the same trip and share a ride to the center. Not only would it save on gas, but it would help with trying to find a place to park at the Center. Please try to arrive 30 minutes prior to departure times listed in the brochure. It helps facilitate with the boarding of the coach. Please be considerate of the activities taking place in the center.

UPCOMING TRIPS

On the 15th we will be traveling to Atlantic City for a 3 day stay at the Resorts Casino on the Boardwalk. This has always been a popular destination to "try out your luck" and have a great time with your friends. This year we will again be departing from the PLAINFIELD TOWN HALL at 8 Community Avenue. Please be sure to park your vehicle in the back parking lot. We wouldn't want your car to be towed should you be parked somewhere else!

We still have openings for our Pasta & Shamrocks trip at the Grand Oak Villa in Oakville, CT with the featured comedy of George Casey and the classical voice of Elio Scaccio, a former member of the well known Sicillian Tenors. With a family style menu of Corned Beef & Cabbage and Chicken Parmesan, it should be a great day to celebrate St. Patrick's Day with a little Italian twist! Be sure to check out all of our trips in our travel brochure. We hope you will be joining us on many of them.

SENIOR CENTER HAPPENINGS:

ICE CREAM SOCIAL and Hearing Health Presentation Keeping your ears healthy! Wednesday February 8th
12:30pm By Beltone

PITCH TOURNAMENT: The new tournament started on January 4th with 12 teams! If you are interested in being on the sub list, please contact Evelyn Thornton at 860-546-9021 for more information.

BINGO TUESDAYS: Every Tuesday at 1PM Come pick a seat, set of cards and WIN!

KNIT and CROCHET GROUP Friday mornings social gathering while knitting and crocheting at 10:00am

LINDA's CRAFT and ACTIVIES see the enclosed flyer

JOIN US FOR "MOVIES ON THE BIG SCREEN"

Feb. 2: Ground Hog Day *PG* Comedy.

Starring: Bill Murray, Andi MacDowell, and Chris Elliott. TV weatherman Phil Connors is sent to Punxsutawney, Pennsylvania to cover the annual Groundhog Day festivities. But on his way out of town, he is caught in a giant blizzard which he failed to predict and finds himself stuck in small-town hell.

Feb. 16: Plainfield Senior Movie Theater will be closed for vacation.

Mar. 02: Hairspray Live *G* Musical.

Starring Dove Cameron, Kristin Chenoweth and Derek Hough. Based on the Broadway musical an all- star cast brings this favorite to the big screen. Tracy Turnbland becomes an overnight sensation after appearing on a Baltimore TV dance show. With her newfound popularity, she twists and shakes her hometown, teaching them a thing or two about racial equality and of course the power of big hair.

**THURSDAY
MATINEE
1:00pm**



MONDAY NIGHT SUPPER NEWS

Sign up for the March Monday Night Supper will begin on February 27th in the Senior Office at 8:30. Menu for March will be salad, spaghetti and meat sauce and dessert along with coffee or tea. The price will remain at \$5.00 with absolutely no refunds, payable at time of sign up. We will again be taking only 64 reservations so please make sure you came in early to sign up. The entire supper crew is looking forward to seeing you again.



TO YOUR HEALTH: **WINTER BLUES**.....Don't let it happen to you

During these long, dark winter days, we certainly are at risk of getting seasonal affective disorder, a.k.a. the winter blues. If you or someone you know is suffering from seasonal depression, it is recommended to do the following:

- Get out as much as possible: out of the house, out of doors, (outdoors!)_, out of the northeast if possible! A change of scenery and fresh air can be very therapeutic.
- Get some exercise. Moving the muscles frees the mind. It really does work!
- Socialize, read, do crafts, watch movies go the community events and laugh.
- Read a self-help book. There are some wonderful books about dealing with depression and anxiety.
- See a counselor, it doesn't have to be a professional counselor, it can be a friend, a pastor, a primary care provider or a family member.

MORE HEALTH SUGGESTIONS: WINTER EXERCISE TIPS

With the temperatures plummeting this time of year, many of us tend to hibernate inside our homes. But, hibernation is for bears. As humans it's important to stay active through all four seasons. If the thought of getting outside to exercise makes you dive under the covers, instead choose one of the many indoor workout options. Below are just a few of the many choices:

1. Walk at an indoor location, like a mall. If you need extra motivation to get yourself to the mall, join a walking group. This will help you stay accountable to someone other than yourself.
2. Join a health club. This will allow you a large variety of physical activities to choose from every week.
3. Create a home gym. This doesn't have to be expensive. You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope.
4. If you have stairs where you live or close by, spend as little as 20 minutes at a time climbing up and down the stairs for a very intense and efficient workout.
5. Get wet. Find a local indoor pool you can use. Try swimming, water aerobics, or even just walking or running laps in the water.
6. Visit a library. Usually local libraries offer exercise videos you can check-out for free. Pick up a new one to try out every time you return the previous video.

By staying fit during winter you'll be able to avoid gaining weight and avoid losing strength and stamina caused from inactivity.

By: Lynn Bode, Winter Exercise Tips

THE SENIOR CENTER HAS A TREADMILL, EXERCISE CLASSES EACH MORNING, A LIBRARY WITH CURRENT TITLES...

AND THE TOWN HAS AN INDOOR POOL

Located in the Town Hall

Adult Swim Monday-Wednesday –Friday 10am-Noon

Adult Swim Monday and Friday 7-8:30pm

See the Recreation Office for Details



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Visit the center Library MANY GREAT TITLES	Lunch Served Tue & Thu 11:30am With Advanced Reservations	Plainfield Senior Center Mon-Fri 8:30-4:30pm Senior Club Office Mon-Thur 8:30-12:30pm	Stay in shape! Walk around the yard, Try the treadmill or step machine	Do You Want To Play Wii? Remotes are located in the Recreation Office
9:00 Line Dancing 9:00 - 2 Social Services Office 9:30-11:30 Art Lessons 1:00-2:30 Chorus	9:00-10:00 Exercise with Jeanne 10-11:30am Rummikub 1:00-4:00 BINGO	8:30-9:30 Chair Yoga 10:00am CARDS	8:00-9:00 Balance Class with Marie 1:00pm MOVIES (See dates below)	9:00 Dance Fitness 10:00am Knitting for a Cause Historical Society OPEN 2-4pm

RECIPE CORNER: THIS WOULD BE A GREAT VALENTINE DESSERT

SOUR CREAM CHERRY NUT CAKE

- 2 c. butter or margarine ½ tsp. salt
- 2 c. sugar 2 tsp. almond extract
- 3 eggs 1 tsp. vanilla extract
- 1 pt. sour cream 1 c. chopped nuts
- 3 c. flour 1 c. chopped maraschino cherries
- 1 tsp. baking soda ½ tsp. baking powder

Soften butter (or margarine). Add sugar and beat. Beat in eggs. Add sour cream; mix until creamy. Add all dry ingredients; mix well. Add almond and vanilla extracts; mix. Fold in nuts and cherries. Bake for 70 minutes at 350 degrees in a greased and floured tube (or Bundt) pan. Cool in pan for 10 minutes. Turn cake out onto a cooling rack.

CALENDAR: February 2017

- February 2 Groundhog Day
- February 2 10AM - Executive Board Meeting
- February 2 1 PM - Movie - Ground Hog Day *PG*
- February 7 Pmt. Due: Pasta & Shamrocks
- February 10 1PM - Valentine Social
- February 14 Valentine Day
- February 15 Depart: 7:30AM - Atlantic City
- February 16 NO MOVIE
- February 20 President's Day - OFFICE CLOSED
- February 27 8:30AM - Sign-up - Last Monday Night Supper
- March 2 1PM - Movie - Hairspray Live *G*

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information and events for CT residents 50+



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Let us help you tell your story!



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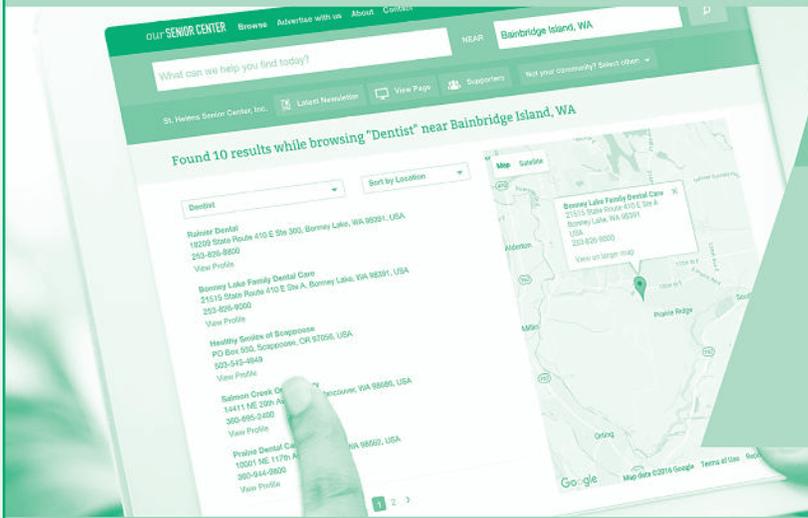
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