

The Senior Connections

SENIOR CITIZENS



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



VOL. 26

ISSUE 2

February 2018

Dear Members and Friends,

Once again some of our members and especially our Senior Chorus have suffered another loss at our center. We are all saddened with the passing of our Chorus Director, Elizabeth (Betty) Bissionnette on January 9th. Betty was one of the original directors of the Chorus and continued to be the force behind each yearly presentation and many visits to local nursing homes. Rest in peace, Betty, you are truly loved and missed by everyone. It seems that in the last few years, we have lost several of our dearest friends and members. It does bring to mind that life is a precious gift tomorrow should never be taken for granted. Love, laugh, and enjoy each day.

Our center has been busy with many programs after the holidays. We have exercise classes, art and craft classes, bingo on Tuesday afternoon, and card games on Wednesday mornings and on Friday afternoon we now have Mexican Train Dominos beginning at 1PM. Why not check on our schedule of our activities and spend time enjoying fun and friendships. Remember, the coffee pot is always on!



Our annual Valentine Social will be held on Thursday, February 15th at 1PM. We are limited to 64 guests, so be sure to call in soon to have your name placed on our reservation list. The cost is to bring in a Valentine Day card!

We would like to welcome our newest members: Bonnie Morin, Doris Jacques, Margaret LeClair, James and Elizabeth Thornton, Marilyn Poer and Irene Yonta. Hopefully you will join us on some of our many activities and perhaps meet some new friends!

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 your journey through life with those you hold dear."*

HAPPY VALENTINE'S DAY

To love without condition, to talk with 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

Cancellation Notice: Winter is here and the weather may have an impact activities at the senior center. Closing or delays are posted on WFSB channel 3. It is listed as Plainfield SR Center. Watch carefully because there are three or four Plainfield listings. Do not assume that if schools are closed the center is closed. Many times the weather clears nicely by mid day. You can also call the office at 564-1819 and when the answering machine comes on push 8 for the cancellations. The TV is posted for morning activities by 7:00am, early afternoon activities by 10:00am.



Sorry We're
CLOSED

TO YOUR HEALTH: Loneliness

Loneliness seems to damage health in some patients...by Erin Blakemore...'The Washington Post'

Loneliness can tank your mood, but can it affect your health, too? All signs point to yes. It turns out that feeling lonely can do more than make you sad: it can predict the way your body will respond to and bounce back from various health challenges. Lonely people are more likely to get sick, and researchers want to know why.

Three of them recently spoke about the current state of loneliness research and how scientists are responding. The 40-minute conversation covers such topics as what loneliness seems to do in the body—including increased inflammation and neurological genetic changes – and how health-care providers are reacting. For years, researchers have linked loneliness to poor health. People who say that they're lonely are more likely to have dementia and inflammation, and to die prematurely. And in research presented to the American Psychological Association this summer, Julianne Holt-Lunstad, a professor at Brigham Young University who participated on the Aspen panel, posited that loneliness is a bigger public health risk than obesity. Feeling lonely isn't the only risk to your health; so is living alone and being socially isolated. The panelists discuss such things as how the design of public spaces might affect the number of people we encounter and whether there are gender differences in social support. They also explore whether social media makes us more or less connected - a question that may drive future research into loneliness. The bottom line is that there is hope for people who feel lonely, but there's a long way to go before scientists understand exactly how loneliness affects health and what to do about it. It's a conversation worth having.

Join a social, craft, library book group or exercise class or volunteer.

Seniors 60 + Women and Men Come Join Our

Weekly Fitness Classes

Fee: Each Participants (60 +) pays \$2.00 per class

MONDAY 9:00AM Line Dancing

Join Jean for an hour of line dancing and more. Each week you work on old and new dance routines fun for everyone.

TUESDAY 9:00am Self guided exercise with lead by center volunteers
Exercise programs uses DVDs on the TV. Simple workout—FREE

WEDNESDAY 8:30AM Chair Yoga Join Michelle for yoga poses, stretches and medication. She will inspire you all from a chair to build strength, flexibility and mental relaxation

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

FRIDAY 9:00am Dance Movement Join Lisa Marie who will have you exercising to a variety of dance music. You will still feel the beat!



Each participant must complete a registration form in the Recreation Office

SPOTLIGHT: Senior Club



TRAVEL UPDATE: The 2018 Travel Brochure are now available in the office and as we begin another great year of travel to some exciting and interesting destinations, I would like to personally thank all who have traveled with us and due to your enthusiasm and support for our trips, we have welcomed many new folks and we are quickly filling our sign-up book for upcoming travel. As in previous years, 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 54. 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 the handicap spaces available as well as spaces around the center for folks coming to our many 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 to facilitate with the boarding of the coach.

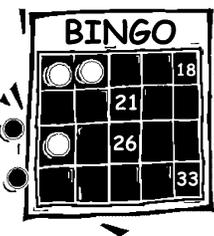
Our first trip this year is our annual trip to Atlantic City Resorts Casino on the Boardwalk. This has always been a popular destination to "try your luck" and have a great time with your friends. As in previous years, we will be departing from the PLAINFIELD TOWN HALL on Community Avenue. Please be 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!

On March 13th we will be hosting our St. Patrick's trip to an "Irish Country Cabaret Show" at the lovely Castle of Knights, in Chicopee, MA. With a choice of a traditional corned beef dinner or baked scrod. Our entertainer will be Deidre Reilly and her talented band with comedian Dave Kane's tribute to Hal Roach and also Irish Step Dancers. It should be a day filled with a musical journey through songs, stories and the lilt of Irish laughter.

Our first overnight trip will be to the Ocean Reef Resort in Myrtle Beach in April. Due to the delay in the printing of our travel brochure, the deposit for this trip will be due by the 9th of February with the final payment by March 9th. Hopefully we will again have the required amount of travelers in order to enjoy a week at Myrtle Beach.

MONDAY NIGHT SUPPER NEWS

It's hard to believe it's time to start our Monday Night Suppers again. The menu for March 26th will be: Salad, rolls, meatloaf, mashed potatoes & gravy, veggies and apple spice cake. The price will remain at \$5.00 payable at sign up. Sign up will be February 26th in the senior office from 8:30 to 12:30. Please remember we only take 64 reservations so be sure to come in early.



BINGO NEWS: Bingo now starts at 12:00.

If you haven't joined us yet, please put it on your list of fun things to do this year. In case of bad weather, a cancellation notice for Plainfield Senior Bingo will be on Channel 3 after 9:00 A.M.

JOIN US FOR "MOVIES ON THE BIG SCREEN" 1:00pm Thursday Matinee



Feb. 01: Dunkirk *PG-13. Thriller. Starring: Henry Styles, Tom Hardy and Cillian Murphy In 1940 Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Using every serviceable naval and civilian vessel, over 330,000 soldiers were safely evacuated.

Feb. 15: THERE WILL BE NO MOVIE THIS WEEK....THE VALENTINE SOCIAL WILL BE FROM 1-3PM

LIBRARY NEWS BOOK

REVIEW ---by Linda



Mannix,

THE INHERITANCE OF BEAUTY

by Nicole Seitz

Maggie Black came of age in the lush, fragrant low country of South Carolina – spending her days with her beloved brother and the boy she would grow up to marry. But when a stranger arrived one summer, Maggie couldn't imagine the evil he would bring with him. And though she escaped with her life, the results of the fateful summer would alter all of their lives forever.

“I move over to Miss Maggie who's got her eyes open now. She sure is a sweet little thing when she's lying there so helpless. I can't help but think about a child. I can't help but think the good Lord done give me all the children I need right here in Harmony House, even if I won't have none of my own. Then I say, “Good morning, sweet Magnolia. How's my favorite girl today?”

Now, some eighty years later, Maggie and her husband George are spending their remaining days in nursing home, helpless as age slowly robs Maggie of her ability to communicate. Then a mysterious package arrives, fallowed closely by a stranger whose identity haunts them. A great story.

A VEGETABLE VALENTINE

VERSE

Cabbage always has a heart;
String beans string along.
You're such a Tomato,
Will you Peas to me belong?
You've been the Apple of my eye,
You know how much I care,
So Lettuce get together,
We'd make a perfect Pear.
Now, something's sure to Turnip,
To prove you can't be Beet;
So, if you Carrot all for me
Let's let our tulips met.
Don't Squash my hopes and dreams now,
Bee my Honey, dear;
Or tears will fill Potato's eyes,
While Sweet Corn lends an ear.
I'll Cauliflower shop and say
Your dreams are Parsley mine,
I'll work and share my Celery,
So be my Valentine.

Author unknown....

Submitted by: Pauline Blais

NEW MEDICARE CARDS ARE COMING:

To protect your identity, new Medicare cards are being mailed between April 2018 and April 2019. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. Here's what you need to know about your new Medicare Card: 1. The new card won't change your Medicare coverage or benefits.

2. Medicare won't call you and ask for private information to get your new Medicare Number or card. 3. There's no charge for your new card. Visit Medicare.gov to find out more about your new Medicare card or come in and ask to talk with Joyce, Social Services Outreach Coordinator on Mondays.



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



AARP CONNECTICUT The latest news, information and events for CT residents

50+ Check the website for the latest information www.aarp.org

Senior Resources a place for elderly resources
seniorresourcesec.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Visit the center Library MANY GREAT TITLES	See Linda's Corner insert For Crafts, Trivia and more!	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 10:00 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 1:00pm Games- Dominoes, Canasta Historical Society OPEN 2-4pm

CALENDAR: February 2018

- Feb 1 1:00pm MOVIE Dunkirk PG13
- Feb 2 Happy Ground Hog Day!
- Feb 8 9:30am Executive Board meeting
- Feb 9 Nomination Deadline for Senior Club Officers
Deposit Due Myrtle Beach
- Feb 12 President Lincoln's Birthday
Payment due Irish Cabaret
- Feb 14 Happy Valentine's Day
- Feb 15 Valentine Social (No movie)
- Feb 19th President's Day CENTER CLOSED
- Feb 22 President Washington's Birthday
- Feb 26 8:30am-12:30pm March Monday Night Supper sign-up
- Feb 28 7:30am Bus departs for Atlantic City

RECIPE CORNER: In honor of President's Day, you might like to bake.....

MOM'S CHERRY CAKE

- 1 (20 oz.) can cherry pie filling
- 1 (20oz.) can crushed pineapple
- 1 cup. flaked coconut
- 1 pkg. yellow cake mix
- 2 sticks margarine, melted
- 1 c. chopped pecans

Pour pie filling and pineapple on bottom of greased 9 x 13 inch pan. Sprinkle cake mix on top. Pour on melted margarine. Sprinkle with coconut and pecans. Bake at 350 degrees for 50 minutes.



HELP PROTECT YOUR FAMILY
CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



Pre-Planning takes the burden off your family

860-564-2469

124 NORWICH ROAD (RTE 12) PLAINFIELD

Let us help you tell your story!



Plainfield Vision Care Center
 Hope Bernard Marandola, O.D.
 P.O. Box 545 | 10 Norwich Road | Central Village, CT 06332
 Tel: 860-564-2709 | Fax: 860-564-4347
 www.plainfieldvisioncarecenter.com




Thomas F. Leffler, Director
 30 North Main St., Jewett City
 (860) 376-4014
 lefflerfuneralhome@att.net
 www.lefflerfuneralhome.com

Holiday Sale

GET HELP AT THE TOUCH OF A BUTTON



\$29.⁹⁵ / Mo. BILLED QUARTERLY

- Providing Protection In the Home • **One Month Free**
- No Long-Term Contracts • Price Guarantee

CALL TODAY! 877.801.5055

MADE IN USA 24SEVEN

DOUGHERTY BROTHERS FUNERAL HOME

595 Norwich Road
 Plainfield, CT 06374

860-564-2296

Timothy R. Plante
 Funeral Director



our
SENIOR CENTER
 The Online Directory of Senior Centers



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Kathy Buck to place an ad today!
 kbuck@4LPi.com or (800) 477-4574 x6346

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at
 www.ourseniorcenter.com

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

