

# The Senior Connections

SENIOR CITIZENS



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



VOL. 26

ISSUE 3

March 2018

Dear Members & Friends,

**Spring is coming!!!** The date on the calendar notes that the first day of spring is on March 20<sup>th</sup>, and as I look at the outside thermometer, it can't come soon enough. I'm sure that we are all looking forward to the arrival of an early spring with the first hint of warmer weather and that first crocus peeking out from the ground. With daylight savings time arriving on March 11<sup>th</sup>, the longer daylight will certainly be a welcome change from those seemingly long dark days of winter.

The center continues to be very busy with our many activities. In addition to our many exercise classes, our art class, chorus rehearsals, bingo on Tuesday afternoon and our twice a month Thursday afternoon movie, Linda's craft classes and our card games, we will be resuming our last Monday Night Suppers on March 26<sup>th</sup>. Books are always available to be borrowed from our great library, when you're at the center, why not stop by and check out some of our great titles.....

We wish to welcome our newest members: John and Sue Hall, Douglas Clark, Nancy Roark, Joyce Bigelow and Fred Seidel. Be sure to check out our calendar of upcoming events.....and consider joining us. I must apologize to Evelyn Thornton for mistakenly listing her name incorrectly in last month's newsletter....I guess my fingers weren't paying attention to the list when typing. Let's blame it on another "senior moment" of mine!!

We would ask if you know of any member of our club experiences any life changes such as illness or someone's passing that you please notify the office. Our sunshine committee would like to acknowledge with an appropriate card.

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

***"MAY THE DREAMS YOU HOLD DEAREST, BE THOSE WHICH COME TRUE  
AND THE KINDNESS YOU SPREAD, KEEP RETURNING TO YOU"  
HAPPY ST. PATRICK'S DAY***



Thank you for being my friend,  
Terry Cwynar, President

\*\*\*\*\*

**The nominees for officers for 2018-2020 term for the Plainfield Senior Club**

**are:**

President	Terry Cwynar (incumbent)
Vice President	Rosalie Laskarzewski
Treasurer	Betty Hollows (incumbent)
Secretary	Judy Beausoleil (incumbent)

\*\*\*\*\*



## **FOR YOUR INFORMATION:** From Joyce social Service Coordinator

- **ENERGY ASSISTANCE 2017-2018 SEASON** Call ACCESS Agency in Danielson, to apply at 860-412-1600

March 15, 2018 – Deadline for fuel authorizations or deliveries.

May 1, 2018 – Last day that a household to apply to establish its eligibility for benefits unless the household is utility heated and has a shut off notice for its primary source of heat.

May 15, 2018 – Last day that a utility heated household with a shut off notice for its primary source of heat can apply to establish its eligibility for benefits.

May 31, 2018 – Last day to submit deliverable fuel bills.

- **GRIEFSHARE** A 13 week GRIEF SUPPORT PROGRAM – Experiencing loss from the death of a loved one.

LIGHT HOUSE CHURCH – 33 Plainfield Pike (Rte. 14A) Plainfield, CT 06374

February 20<sup>th</sup> – May 15<sup>th</sup>....Meeting every Tuesday from 6:30 – 8:30pm....Workbooks - \$15.00 Contact: 860-564-0445

- **PUTNAM HOUSING AUTHORITY IS NOW ACCEPTING APPLICATIONS FOR**

**AFFORDABLE ELDERLY/DISABLED HOUSING: SUNNY ACRES** (Off Daggett Street, Moosup) 3 apartments available, 320 square feet. HEAT NOT INCLUDED. Rent starting at: \$275 a month.....Minimum Monthly Income Requirement: \$1090 – Applicants must be 62 years of age or legally disabled. To receive an application, contact 860-963-6829, # 261, 123 Laconia Avenue, Putnam, CT 06260 or putnamhouseing@gmail.com

- **FREE TAX ASSISTANCE** @ Killingly Public Library Volunteers (tax assistance representative from AARP)

Will assist Low to moderate income tax payers, with special attention to those 60 and older, during the following days/times

Fridays February 2,9,16,23 - March 2,9,16,23 - April 6,13 First appt. 9:30am, Last appt. 2:00pm....Appointments are required 860-779-5383



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  
Please sign-in at each class.**

## SPOTLIGHT: Senior Club

### TRAVEL UPDATE:

We had a group of 64 trying their luck at the Resorts Casino in Atlantic City on February 28<sup>th</sup>. It's always a fun trip and everyone seemed to have a great time...win or lose!! On March 13<sup>th</sup>, we will be celebrating St. Patrick's Day with an "Irish Country Cabaret Show" at the lovely Castle of Knights in Chicopee, MA. We will be enjoying an elegant luncheon and entertainment by Deidre Reilly and her talented band and a tribute to Hal Roach with comedian Dave Kane, they will also feature Irish Step Dancers. Our trips are quickly filling up with many with waiting lists already started, but if you are interested in any of our trips, don't hesitate to have your name placed on our waiting list...we always try our best to accommodate as many as we can. Also, our trip on December 16<sup>th</sup> to the Bushnell to see "A Christmas Carol" has had to be cancelled because of a conflict of scheduling at the Bushnell. We apologize to all who had planned on going and we will keep you informed as soon as a decision is made on another trip.



### UPDATE ON SOCIALS:

Our Valentine Social on February 15<sup>th</sup> had 64 members of our club in attendance. Once again, our entertainment was provided by Wolf Productions with our favorite DJ – Joey, and our delicious buffet luncheon was prepared by the Imperial Room.

On April 20<sup>th</sup> at 1PM we will have our "Swing Into Spring" Social. A flyer is included giving the details and we will begin taking reservations on March 1<sup>st</sup>. We were fortunate to be able to book Airborne Jazz once again. Everyone really enjoyed their entertainment last year, so be sure to sign up early as we are once again limited to 64 guests.

### SAVE THE DATE: MEMBERSHIP MEETING

**The semi-annual MEMBERSHIP MEETING will take place on Thursday, April 5<sup>th</sup> at 1PM. Please note that the date is on the 1<sup>st</sup> Thursday of the month, rather than the 2<sup>nd</sup> Thursday. This is due to a previously scheduled trip to Myrtle Beach.**

### MONDAY NIGHT SUPPER NEWS

The sign up for the April 30<sup>th</sup> supper will begin at 8:30 in the kitchen area on March 26<sup>th</sup>. The menu for the April dinner will be: Salad, rolls, spaghetti with meat sauce and dessert. The price will remain at \$5.00 payable at sign up. Please remember we only take 64 reservations so be sure to come in early.



### JOIN US FOR "MOVIES ON THE BIG SCREEN"

#### 1:00pm Thursday Matinee

**Mar. 01: Miss Pettigrew \*PG13\*** Comedy. Starring: Frances McDormand and Amy Adams  
A charming comedy about finding a new life and new love all in one day. Miss Pettigrew stumbles upon the chance to become the new "social secretary" to a glamorous high society singer and actress and seizes the opportunity despite being totally out of her element.

**Mar. 15: Battle of the Sexes \*PG13\***. Drama. Starring: Emma Stone and Steve Carell.

Based on the true story of the 1973 tennis match between women's champion Billie Jean King and men's champion Bobby Riggs. As fierce rivals they served up a cultural spectacle that resonated far beyond the sporting world. The film is filled with heart, humor and biting wit.



## LIBRARY NEWS BOOK REVIEW ----by Linda Mannix,



### THE GLASS CASTLE by Jeannette Walls

“Mom stood fifteen feet away. She had rags tied around her shoulders to keep out the Spring chill and was picking thru the trash while her dog, a black and white terrier, played at her feet. Her long hair was streaked with gray, tangled and matted, and her eyes had sunk deep into their sockets, but still she reminded me of the Mom she’d been when I was a kid, swan diving off cliffs and painting in the desert and reading Shakespeare aloud. However, cheekbones were still high and strong, but the skin was parched and ruddy from all those winters and summers exposed to the elements. To people walking by, she looked like any of the thousands of homeless people in New York City.” The Walls children learned to take care of themselves. They fed, clothed and protected one another. They grew up and eventually found their way to New York. Their parents followed them, choosing to be homeless even as their children prospered.

## MARCH-A MONTH’S WORTH OF GREAT DAYS

I was reviewing the calendar for the month of March to see what we had to look forward to. Daylight Savings begins on March 11<sup>th</sup> and gives us longer days. St. Patrick’s Day on March 17<sup>th</sup> celebrates all things Irish. I can’t wait for the first day of Spring on March 20<sup>th</sup>.

March is also filled with other special days to celebrate that I wasn’t aware of. I will share some of them with you as there is something for everyone. For the optimist, there is March Forth And Do Something Day on March 4<sup>th</sup> as well as The International Day of Awesomeness on March 10<sup>th</sup>. For the Foodies there is Oreo Cookie Day on March 6<sup>th</sup>, Potato Chip Day on March 14<sup>th</sup> and National Chocolate Covered Raisins Day on March 24<sup>th</sup>. The insecure and clumsy among us can celebrate Awkward Moments Day on March 18<sup>th</sup>. Those who are tired and weary can settle in to Napping Day o March 12<sup>th</sup> and World Sleep Day on March 16<sup>th</sup>.

For the daring and risk takers we have National Open An Umbrella Indoors Day on March 13<sup>th</sup>. Anyone a sci-fi fan? You can hope to take a trip on March 20<sup>th</sup> for Alien Abduction Day. The naturalists who care about all living things can celebrate Buzzards Day on March 15<sup>th</sup>, Save A Spider Day on March 14<sup>th</sup> and Manatee Appreciation Day on March 29<sup>th</sup>.

Finally, let’s all plan to celebrate these outstanding days: March 1<sup>st</sup> is World Compliment Day, March 3<sup>rd</sup> share the joy with I Want You To Be Happy Day, and then again on March 20<sup>th</sup> International Day Of Happiness. March 9<sup>th</sup> leave your grudges behind with Get Over It Day, National Common Courtesy Day on March 21<sup>st</sup> needs no explanation but perhaps more practice. March 22<sup>nd</sup> As Young As You Feel Day hopefully will add a skip to your step. Let’s show them that we seniors have it all together on March 30<sup>th</sup> with I Am In Control Day.

In case you think I made these special days up, au contraire – I did not. All are legitimate days created to recognize or celebrate something. So Happy March to you all and remember every day that we are alive is a day to celebrate.

Pauline Blais



## 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.

**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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Visit the center Library</b> <b>MANY GREAT TITLES</b>	See Linda's Corner insert For Crafts, Trivia and more!	<b>Plainfield Senior Center</b> <b>Mon-Fri 8:30-4:30pm</b> Senior Club Office Mon-Thur 8:30-12:30pm	<b>Stay in shape!</b> <b>Walk around the yard,</b> <b>Try the treadmill or</b> <b>step machine</b>	<b>Do You Want To Play Wii?</b> <b>Remotes are located</b> <b>in the</b> <b>Recreation Office</b>
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



Guest speaker Attorney  
 Andrea Truppa, Probate Court Judge  
 in Plainfield,CT

**Join Probate Judge Truppa to learn about  
 and answers your questions about...**

**Wills, Probate Court, and  
 Voluntary Conservatorships**

**Monday, March 12th, 2018 at 10:00am.**

She will speak for about 30 minutes and then have a  
 Question and Answer period.  
 Please plan to attend and bring your Questions!

Sign up with Joyce by calling 860-564-1819 ext. 28

**CALENDAR: March 2018**

- March 1 1PM - Movie - Miss Pettigrew
- March 8 9:30AM - Executive Board Meeting
- March 9 Final payment due - Myrtle Beach
- March 10 9AM - 2PM - Plainfield Market - Plainfield Town Hall
- March 12 Payment due - Country Jamboree
- March 12 10AM - Atty Truppa - "Wills, Probate Court & Voluntary Conservatorships"
- March 13 9:45AM - Depart - Irish Cabaret
- March 15 1PM - Movie - Battle of the Sexes
- March 26 4-6PM - Monday Night Supper
- March 30 Good Friday - Center Closed

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