

The Senior Connections

SENIOR CITIZENS



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



VOL. 26

ISSUE 4

April 2018

Dear Members and Friends,

Happy Spring!! I'm sure I'm not alone in hoping that after all these 'Nor'easter' storms of the last few months, we can look forward to the arrival of sunny days, warmer temperatures and some early spring flowers, budding trees and new "life" all around us!

We have many activities planned for this month. We will be having our bi-annual membership meeting on **THURSDAY, APRIL 5TH AT 1PM**. In addition to the voting of our slate of officers, we are pleased to announce that our new Selectman, Cathy Tendrich will be our guest speaker. It will be a great time to learn about what is being planned for our town, and also an opportunity to say hello to Cathy. We hope that many of you will plan on attending.

Myra Ambrogi, the Recreation Director has accepted a new position and we all wish her the very best in her new endeavor. Myra has always been a great help to us here at the center and we will truly miss her!

We have many new activities scheduled for the month of April...be sure to check our calendar for dates and times!

We would like to welcome our newest members: Rachel Lefevre, Louise Houser, Domenic Zaccchio, Dennis and Barbara Burke, Claire LaBelle, Charlene Durrence, Elearnora Toth, Irene Bellavance, and Florence Aucoin.

We hope you will join in many of our programs, exercise classes and perhaps sign up for a trip or two.

In your quiet times, please remember those members who are homebound and in nursing homes....any time you find you have a few spare moments, why not consider paying them a visit ...it would mean so much! Let us not forget our members who are no longer with us.

The smile on my face doesn't mean my life is perfect. It means I appreciate what I have and what I have been blessed with....especially my friends!

Thank you for being my friend,

Terry Cwynar, President

★ **ATTENTION VETERANS** ★

★ Our VFW Service Office, William Holmes, will be here at the center on Wednesday, April 4th at 1PM
★ for Veterans in need of any veteran-related concerns. No appointment necessary.
★

★ **UPDATE ON SOCIALS** ★

There are still a few reservations left for our "Swing Into Spring" Social on Friday, April 20th. Our entertainer will be Airborne Jazz, and the Imperial Room will provide our delicious luncheon. The cost is \$5.00 payable at sign-up. Why not plan on joining us for a very lively afternoon!

FOR YOUR INFORMATION: From Joyce social Service Coordinator

***RENTERS' REBATE FOR ELDERLY/DISABLED**

Program Description:

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the year prior to the calendar year in which the renter applies.

Cost: No fee to apply.

Who is Eligible?

Recipient or spouse must be 65 years of age or older, OR be 50 years of age or older and the surviving spouse of a renter who at the time of his/her death had qualified and was entitled to tax relief, provided such spouse was living with such renter at the time of his/her death.

- . Or 18 years of age or older and permanently and totally disabled.
 - . Must meet a one year state residency requirement.
 - . Grants are based upon income. If applying in year 2018, single person's total income must be less than \$35,300; married person's total income must be less than \$43,000 per couple for 2018.
- There is no asset restriction.

How to Obtain Service:

Apply from April 1, 2018 to October 1, 2018 at your Town's Assessor's Office. Plainfield residents should call 860-230-3008 to schedule an appointment.

Timetable: *APPLICATION PERIOD IS APRIL 1 THROUGH OCTOBER 1*

***MAINLY CLOTHES.....**

Moosup United Methodist Church, 11 South Main Street, Moosup, CT.

Donations are accepted of gently used or new clothing for Adults and Children. Hours of operation are: Wednesdays from 10am-12pm and 4:00pm-6:00pm, Fridays from 10am-1pm, and Saturdays from 10am-12pm. They reserve the right to limited clothing donations.

***MEMORY LANE CAFÉ PRESENTATION MONDAY, APRIL 16TH FROM 10:00 – 11:00AM**

The Memory Lane Café is designed to provide respite for caregivers and provide a safe environment for loved ones to socialize and do activities. Join us to find out all about the program, located in Putnam, CT, including available transportation, hours of operation, and rates. *CALL JOYCE AT 860-564-1819, #28 TO SIGN UP.*

***AARP SMART DRIVER COURSE WEDNESDAY APRIL 18TH AT 12:30 PM**

Come and join us for an AARP Smart Driver Course, where you can receive a multi-year discount on your car insurance. Refresh your driving skills and learn the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel, plus, there are no tests to pass. Sign up today! To reserve a seat, call 860-564-1819. The cost is \$15 for AARP Members - \$20 for non-members.

Senior Resources a place for elderly resources
seniorresourcesec.org



SPOTLIGHT: Senior Club

TRAVEL UPDATE:

Due to Mother Nature's last Nor'easter, our scheduled trip to the Irish Cabaret on March 13th had to be re-scheduled to Tuesday, March 27th. With the amount of snow that we received, it was a very wise decision!

On April 7th through the 13th, we will be traveling to Myrtle Beach, South Carolina for some nice warm weather and great shows! On April 17th, we have almost two full buses going to the Country Jamboree at the Log Cabin Banquet Facility in Holyoke, MA where we will enjoy a trip back in time and spend a magical afternoon revisiting the glory days of country music.

The following was recently given to me.....I think it will bring a smile to you!



A PERSONAL REFLECTION OF SOME OF THE PLACES I HAVE HAD THE OPPORTUNITY TO TRAVEL TO AND SOME I WOULD LIKE TO GO TO:

As you know I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be In Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family, and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenaline flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I have not been in Continent yet, and I don't remember what country it is in; it's an age thing. They tell me it is very damp there most of the time.

MONDAY NIGHT SUPPER NEWS

The sign up for the May 21st supper will begin at 8:30 in the kitchen area on April 30th. The supper for May is on the 3rd week as the center will be closed for Memorial Day on the 28th. The menu for the May dinner will be: Salad, rolls, Sheppard's Pie, pickled beets and dessert. The price is \$5.00 payable at sign up and is non-refundable. Please remember we only take 64 reservations so be sure to come in early.

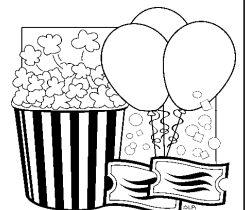


JOIN US FOR "MOVIES ON THE BIG SCREEN" 1:00pm Thursday Matinee

April 05: There will be no movie due to the semi-annual meeting to be held on that day.

April 19: *Daddy's Home 2*. PG13 – Comedy. Starring Will Ferrell, Mel Gibson, Mark Wahlberg and John Lithgow. When it comes to raising their kids, these Dads finally have the co-parenting down. That is until the Grandfathers come to town, throwing the whole family into-complete chaos. As old rivalries create new problems, the Dads partnership is put to the ultimate test in this hilarious comedy.

May 03: *Wonder*. PG - Drama. The inspiring and uplifting story about a baby boy born with facial differences. When he enters mainstream elementary school for the first time, his extraordinary journey unites his family the school and community. It proves you can't blend in when you were born to stand out.



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



LILAC GIRLS by: Martha Hall Kelly

This is based on the real life story of a New York socialite who championed a group of concentration camp survivors known as the Rabbits. Caroline Ferriday is a former Broadway actress and liaison to the French consulate whose life is forever changed when Hitler's army invades Poland in September 1939 – and then sets its sights on France. An ocean away from Caroline, Kasia Kuzmenick, a Polish teenager, sinks deeper into her role as a courier for the underground resistance movement. In Germany, Herta Oberheuser, a young doctor, answers an ad for a government medical position- only to find herself trapped in a male dominated realm of Nazi secrets and power.

The lives of these three women are set on a collision course when the unthinkable happens and Kasia is sent to Ravensbrück, the notorious Nazi concentration camp for women. Their stories cross continents, as Caroline and Kasia strive to bring justice to those whom history has forgotten.



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.

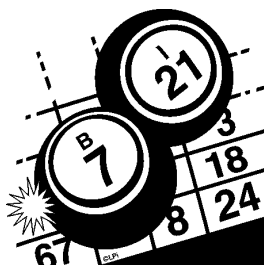
TUESDAY 9:00am Self guided exercise with lead by center volunteers Exercise programs uses DVDs on the TV. Simple workout—FREE

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.



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
<p>Visit the center Library MANY GREAT TITLES</p> <p>9:00 Line Dancing 9:00 – 2 Social Services Office 10:00 Art Lessons 1:00-2:30 Chorus</p>	<p>See Linda's Craft Corner <i>insert</i> For Crafts, Trivia and more!</p> <p>10-11:30am Rummikub 1:00-4:00 BINGO</p> <p>12</p>	<p>Plainfield Senior Center Mon-Fri 8:30-4:30pm Senior Club Office Mon-Thur 8:30-12:30pm</p> <p>8:30-9:30 Chair Yoga 10:00am CARDS</p>	<p>Stay in shape! Walk around the yard, Try the treadmill or step machine</p> <p>8:00-9:00 Balance Class with Marie 1:00pm MOVIES (See dates below)</p>	<p>Do You Want To Play Wii? Remotes are located in the Recreation Office</p> <p>9:00 Dance Fitness 10:00am Knitting for a Cause 1:00pm Games- Dominoes, Canasta Historical Society OPEN 2-4pm</p>

CALENDAR: April 2018

April 2.....Payment due: Newport Playhouse
 April 4.....1PM – VFW Service Officer – William Holmes
 April 5.....9:30AM – Executive Meeting
 April 5.....1PM – Semi-Annual General Membership Meeting
 April 6.....12:30PM – Healthy Brain Series
 April 7.....7AM – Depart: Myrtle Beach
 April 9-10.....Senior Office Closed
 April 11.....12:30PM – DKH -“What is Hospice & Palliative Care”?
 April 17.....9:45AM – Depart: The Country Jamboree
 April 18.....12:30PM – AARP Smart Driver Course
 April 19.....1 PM – Movie – Daddy’s Home – PG13 - Comedy
 April 20.....1PM – “Swing Into Spring Social”
 April 30.....4-6PM – Last Monday Night Supper
 May 3.....1PM – Movie – Wonder – PG - Drama

SMILE

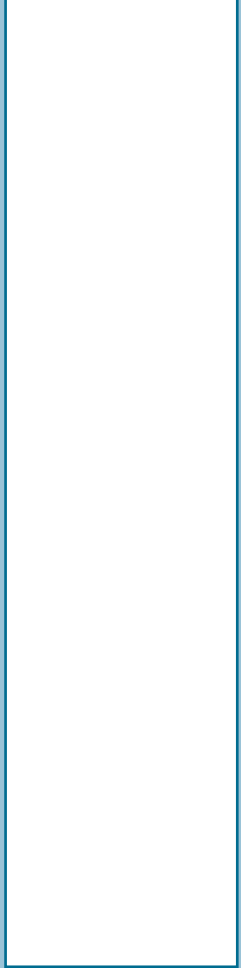
*Smiling is infectious, you catch it like the flu,
 When someone smiled at me today, I started smiling too.
 I walked around the corner and someone saw me grin,
 When he smiled I realized I had passed it on to him.
 I thought about the smile and then realize its worth,
 A single smile like mine could travel round the earth.
 So if you feel a smile begin don't leave it undetected,
 Start an epidemic and get the world infected.*

Written by Spike Milligan

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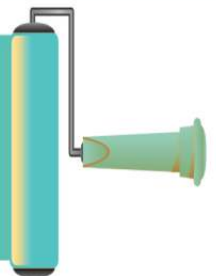
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