

The Senior Connections

SENIOR CITIZENS



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



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May 2018

Dear Members and Friends,

Welcome to the wonderful month of May! With the colorful spring flowers and our lawns finally coming to life with the warmer temperatures, we can't help but be thankful that the long winter months are behind us and we can now enjoy the longer sun-filled days.

We have many holidays to celebrate this month....May Day, Mother's Day, Armed Forces Day, and Memorial Day. I'm sure each of us has our own special way to commemorate each holiday, and some are certainly more difficult than others, but it's always important to remember special people who have been important to us throughout our lives, and those who have paid the ultimate sacrifice for our freedom.

We will be honoring our many volunteers on May 24th at our annual Volunteer's Luncheon. We are very fortunate to have so many who give of their time and talent either preparing for the Monday Night Suppers, bingo and card games, our very talented senior chorus, the entire office staff, and those folks who help put the monthly newsletter together. Their dedication in wanting to help and make a difference in someone's life is what volunteerism is all about. We certainly cannot put a value on people who do extraordinary things to make our club one of the best! Their value is priceless! A sincere thank you for all that you do.

Please note that membership renewals are due this month!...Please fill out the membership form that is included in this newsletter and return it to the office along with your dues. All members, including our Life Members, need to fill out this form. Just a reminder: *those memberships not renewed by July 15th will be taken off our membership roster and you will no longer get this newsletter in the mail.*

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

May you always have love to share, health to spare, and friends who care.

Thank you for being my friend,

Terry Cwynar, President

Senior Resources a place for elderly resources
seniorresourcesec.org

 Senior Resources
AGENCY ON AGING

FOR YOUR INFORMATION

From Joyce, Social Service Coordinator

Joyce is in her office here at the Center on Mondays from 9-2.
Call if you need her services!
860.564.1819, Ext. 28

ANTHEM BLUE CROSS

Will be coming to do an informational presentation for us on **NO COST** insurance plans for those on Medicare/Medicaid. There is no obligation to enroll. Bring your questions for Miriam and David who will be here on: **MONDAY, MAY 7TH, 2018 from 10:00 – 11:00am**
Refreshments will be served. *Call Joyce at 860-564-1819, Ext. 28 to register.*

En-Vision AMERICA

Medication "TALKING PRESCRIPTION LABELS" are available *free of charge* for persons with visual impairments. Medicine bottles will read instructions to the recipient with an electronic device! Available at pharmacies, the pharmacist will attach a small electronic tag to your prescription container. Place the container on the *ScripTalk Station Reader* and hear the label information spoken aloud! As part of En-Vision American's Pharmacy Freedom Program, the *ScripTalk Station Reader* is supplied on loan to patients at no cost. Talk to your pharmacist about using *ScripTalk* or call En-Vision America toll free at 1-800-890-1180.

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. They reserve the right to limited clothing donations. Hours of operation are:

Wednesdays from 10am-12pm and 4:00pm-6:00pm

Fridays from 10am-1pm

Saturdays from 10am-12pm.

MOTHER'S DAY

Consider this, without our mother, there would be no you or me. The celebration of Mother's Day dates back to the era of early Romans and Greeks. At that time, they would celebrate the annual spring festival which was dedicated to adoring their Maternal Goddesses. In the United States after the death of her own mother in 1907, Anna Jarvis began a campaign to set aside a day to honor all mothers because she believed they were "the person who has done more for you than anyone in the world". Her efforts led to President Woodrow Wilson in 1914 declaring the second Sunday in May as Mothers' Day.

So on Mother's Day let's give some thought to what our mother's taught us:

My mother taught me RELIGION. "You better pray that stain comes out of the carpet."

My mother taught me LOGIC: "Because I said so, that's why."

My mother taught me IRONY: "Keep crying and I'll give you something to cry about."

My mother taught me STAMINA: "You'll sit there until you eat all your spinach."

My mother taught me WISDOM: "When you get to be my age, you'll understand."

My mother taught me FORESIGHT: "Make sure you wear clean underwear, in case you're in an accident."

My mother taught me about THE CIRCLE OF LIFE: "I brought you into this world, and I can take you out."

My mother taught me about SEX: "How do you think you got here?"

Among all the things my mother taught me, my all time favorite is JUSTICE: "One day you'll have kids and I hope they turn out just like you!" And you know what, they did! And as I get older, sometimes when I open my mouth, my mother comes out.

We can never be too thankful for our mothers. She was the foundation on which we built our lives. May we be worthy of the love she invested in us and pass it on to our own children.

HAPPY MOTHER'S DAY TO ALL

Submitted by: Pauline Blais

SPOTLIGHT: Senior Club Travel Update



In April we traveled to Myrtle Beach, South Carolina for a few days, hoping to enjoy some warm temperatures and walks on the beach. Unfortunately, Mother Nature had other ideas! Our first few days were rainy, windy, and chilly...but, as you would imagine, the day before our departure for home, we finally enjoyed some sunshine! But, true to the spirit of the "best travelers in CT", everyone was always smiling and joking, making for a very enjoyable trip. Our bus driver, Larry, kept everyone entertained with his quick wit and one-liners!

Our second trip in April was to the Log Cabin in Holyoke, MA to the "Country Jamboree." Everyone enjoyed a great luncheon and some good old country music!

Early in May, we have two buses going to the Newport Playhouse and Cabaret, which is always a great day filled with a delicious buffet and lots of laughter. This is always a very popular trip and we are always pleased to include it in our travel brochure each year.

AARP CONNECTICUT The latest news, information and events for CT residents
50+ Check the website for the latest information www.aarp.org

MONDAY NIGHT SUPPER NEWS

The sign up for the June 25th supper will begin at 8:30 AM in the kitchen area on May 21st. (Please remember this month's supper is on the 3rd week of the month, as the center will be closed for Memorial Day on the last Monday of the month, the 28th.)

The menu for the June dinner will be: Salad, rolls, ham, beans, cornbread 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 On the First and Third Thursday of Each Month

May 03: Wonder PG Drama starring Julia Roberts, Owen Wilson, and Jacob Tremblay.

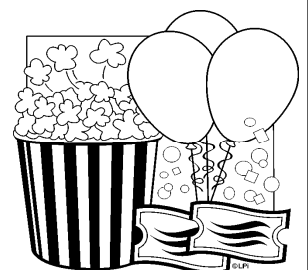
The inspiring and uplifting story about a baby boy born with facial differences. When he enters mainstream elementary school for the first time, his extraordinary journey unites his family, the school and community. It proves you can't blend in when you were born to stand out.

May 17: Home Again PG13 Comedy starring Reese Witherspoon.

A recently separated mother of two finds her life upended when three young, charismatic filmmakers move into her guest house.

June 07: Downsizing R Comedy starring Matt Damon, Kristen Wilg, and Christoph Waltz.

When scientist find a way to shrink humans to five inches tall, a couple decides to ditch their stressed out lives in order to get small and live large in a luxurious downsized community.



LIBRARY NEWS BOOK REVIEW ----by Linda Mannix, Senior Center Librarian

THE LIFE SHE WAS GIVEN by Ellen Marie Wiseman



On a summer evening in 1931, Lilly Blackwood glimpses circus lights from the grimy window of her attic bedroom. Lilly isn't allowed to explore the meadows around Blackwood Manor. She's never even ventured beyond her narrow room. Momma insists it's for her own protection, that people would be afraid if they saw her. But in this unforgettable night, Lilly is taken outside for the first time and sold to the circus side show.

More than two decades later, nineteen year old, Julia Blackwood has inherited her parent's estate and horse farm. For Julia, home was an unhappy place full of strict rules and forbidden rooms, and she hopes that returning might erase those painful memories. Instead, she becomes immersed in a mystery involving a hidden attic room and photos of circus scenes featuring a striking young girl.

Weekly Fitness Classes

For Women and Men, 60+

Fee: \$2.00 per person, per class, unless otherwise noted.



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 meditation. 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.

SENIOR CLUB NEWS

At our general membership meeting on April 5th, we were pleased to have our 1st Selectman, Cathy Tendrich, and also our Town Clerk Louisa Trakas as our guests speakers. Cathy emphasized how important it is for us as seniors to attend the public hearing on **May 7th AT 7PM** when there will be a question and answer period, and on May 21st the Town Budget Referendum or Town Budget Meeting. In the event of a proposed mill rate *increase* there will be a Referendum, and in the event of a mill rate *decrease or no change* in the mill rate, there will be a Town Meeting. Please consider attending these important meetings if you can.....your voice does make a difference! Check the Town of Plainfield website for a complete list of meetings and meeting minutes.

We wish to thank Cathy and Louisa for attending our general membership meeting. I'm sure we all gained some valuable information. We hope to have them again at one of our meetings. We would also like to thank Louisa for the informative hand-out material she gave to everyone.

Also, voting took place for our new slate of officers for our club for the 2018-2020 terms. The results were: President: Terry Cwynar, Vice-President: Rosalie Laskarzewski, Secretary: Judy Beausoleil, and Treasurer: Betty Hollows. We thank everyone for your vote of confidence. We all look forward to another very successful two years!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Visit the Center Library and return our many titles on the honor system!</p> <p>9:00 Line Dancing 9:00-2:00 Social Services Office Open. Call 860.564.1819 Ext 28 10:00-Art Lessons 1:00-2:30 Chorus</p>	<p>See Linda's Craft Corner Insert For Crafts, Trivia, Lectures, Armchair Travel, and more!</p> <p>9:00-Self-led exercise with DVD, FREE 10-11:30am Rummikub 12:00-3:00 BINGO 12:00-4:30- Adult Coloring (self-led)</p>	<p>Plainfield Senior Center Mon-Fri 8:30-4:30pm</p> <p>Senior Club Office Mon-Thur 8:30-12:30pm</p> <p>8:30-9:30-Chair Yoga 9:00-Linda's Craft Corner Event -see insert for details 10:00am Pitch League</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 9:00-Linda's Craft Corner Event, see insert for details 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 Movement 10:00 Knitting for a Cause 1:00 Games-Dominoes, Canasta 2:00-4:00 Historical Society open.</p>

CALENDAR: May 2018

Wed. May 2 9:30AM – Depart – Newport Playhouse

Thurs. May 3..... 9:30AM – Executive Board Meeting

Thurs. May 3..... 1:00PM – – Movie - Wonder PG – Drama

Mon. May 7 10AM – Anthem Blue Cross Presentation

Thurs. May 17... 1PM – Movie – Home Again – PG13 – Comedy

Mon. May 21 Pmt. Due: Thimble Island

Mon. May 21 4-6PM – Monday Night Supper

Thurs. May 24... 1PM – Volunteer Luncheon

Mon. May 28 Center Closed – Memorial Day



**Do You No Longer Drive?
 ARE YOU HOMEBOUND?
 Do You Need A Ride ?**

Call the Recreation Department at 860-564-1819 For More Information or to Schedule a Ride.

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.

HELP PROTECT YOUR FAMILY
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Plainfield Vision Care Center

Hope Bernard Marandola, O.D.

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Tel: 860-564-2709 | Fax: 860-564-4347

www.plainfieldvisioncarecenter.com



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