

The Senior Connections

SENIOR CITIZENS



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



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Dear Members and Friends,

The newly elected officers for 2018-2020, Terry Cwynar, Rosalie Laskarzewski, Betty Hollows, and Judy Beausoleil wish to extend a sincere thank you to all our members. It is both an honor and privilege to serve as your officers. Before we begin our new term, I would like to personally thank Claude Barnett and the exiting appointed members of the Executive Board, Anne Livernoche, Ann DelMastro, Claire LeNoir and Bob Bisbee, who have been invaluable to our club for the past several years. Their dedication, willingness to help and their new ideas have enabled our club to be one of the very best.

June is traditionally a month of celebrations, with weddings, graduations, abundant sunshine, beautiful flower gardens, and fresh vegetables. We welcome the 1st day of summer on June 21st, and celebrate Flag Day of June 14th. Flag Day is a day when we should display our flag with honor and dignity for all that it stands for...our independence and our unity as one nation, under God. As Americans we have every reason to be proud as we display our flag.

A very Happy Father's Day to all Dads, Grandfathers, Great-grandfathers, Godfathers, and all those men who have helped us during our lifetime. We need to remember them and honor them with a prayer each and every day, not only on Father's Day.

We hope that you will enjoy the new format for our monthly calendar. We have had several requests to have the activities listed in a calendar form so that it can be posted on a refrigerator or bulletin board each month. We hope that you will find this more convenient.

THE DUES FOR MEMBERSHIP ARE DUE ON JUNE 1ST. PLEASE FILL OUR THE MEMBERSHIP FORM WITH YOUR DUES (\$8.00) AND RETURN IT TO THE OFFICE. ALL MEMBERSHIPS NOT RENEWED BY JULY 15TH WILL BE REMOVED FROM OUR ROSTER AND YOU WILL NO LONGER RECEIVE A NEWSLETTER. EVERYONE MUST FILL OUT A NEW MEMBERSHIP FORM EACH YEAR...EVEN "LIFE MEMBERS".

In your quiet moments, please remember those who are homebound or in nursing homes and those members who are no longer with us. "Friends are the sunshine of life".....John Hay

Thank you for being my friend,

Terry Cwynar, President

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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

NUTRITION OUTREACH FOOD DEMO

MONDAY, JUNE 11TH AT 11:00 am

Denise Torres, Nutrition Outreach Educator from Windham County Extension Center will be joining us to do a food demo. In this workshop, she will show us how to shop for and make easy, inexpensive, and nutritious meals at home. Please plan on attending to enjoy the food and learn some useful tips!

Call Joyce at 860.564.1819 ext. 28 to sign up.

FOSTER GRANDPARENTS PROGRAM PRESENTATION

MONDAY JUNE 18, 2018: 10:30 – 11:30am - Refreshments Served.

Rosalin Alcantara, Coordinator for The Foster Grandparents Program in Norwich, CT, will talk with us about the Foster Grandparent Program. This will include how to become a volunteer, volunteer opportunities and hours, stipend amount, travel reimbursement, and volunteer support/supervision.

Come meet Rosalin to learn more about his volunteer opportunity! **Call Joyce at 860.564.1819 ext. 28 to sign up.**

SOCIALS UPDATE

On May 24th, we honored 64 of our very dedicated volunteers at our annual luncheon. Our Senior Club is so very fortunate to have many folks willing to donate their time and talent. The light luncheon was once again catered by the Imperial Room and our entertainer was Janine Andrews.

Our next social will be a **Hawaiian Luau on July 26th from 1 to 3PM**. We will begin taking sign ups on June 1st, and we have a limit of 64 guests, so be sure to register early. Our entertainer will be Jose Paulo, and if you have a grass skirt, feel free to wear it!

MONDAY NIGHT SUPPER NEWS



The sign up for the July 30th supper will begin at 8:30 AM in the kitchen area on June 25th. The menu for the July dinner will be: Salad, rolls, macaroni salad, squash casserole, grilled kielbasa, 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!

WHAT IS FLAG DAY?

Flag Day is celebrated on June 14 and honors the adoption of the flag of the United States. However, it's not a federal holiday. In 1916, President Woodrow Wilson issued a proclamation that established June 14 as the date. In 1949, National Flag Day was established by an Act of Congress. The first American flag was introduced on June 14, 1777 by the Continental Congress.

No one really knows exactly who designed the first stars and stripes flag or who produced the flag itself. However, it is most likely that Congressman Frances Hopkinson, who also worked on the United States Seal and other artistic projects for the country, designed it. A few historians think that Betsy Ross, a Philadelphia seamstress, made the first one.

The national flag of the United States of America consists of thirteen equal horizontal stripes of red alternating with white, with a blue rectangle in the canton bearing fifty small white, five pointed stars arranged in nine offset horizontal rows of six stars alternating with rows of five stars.

The design of the flag has been changed 26 times since it was first adopted in 1777. The 48-star version did not change for 47 years until the 49-star version became official on July 4, 1959. The 50 star flag was introduced on August 21, 1959.

Nicknames for the flag include the Stars and Stripes, Old Glory, and The Star-Spangled Banner.

Many Americans honor Flag Day by displaying the American Flag at their homes, office, or at public buildings. By: IBT Staff Reporter - 06/11

SPOTLIGHT: Senior Club Travel Update



We had 76 folks join us for our annual trip to the newly renovated Newport Playhouse in May where we not only enjoyed their delicious buffet luncheon, but we were treated to one of the best comedy shows with “Connie, Leona and Millie” in “Exit Laughing”. The day ended with their famous Cabaret Show, which had once again made for great trip!

Our June travels will take us to our Connecticut’s Shoreline to the town of Branford with its beautiful natural resources, parks, protected open spaces, shoreline beaches, harbors and marinas which make it a popular summer resort. During our travel to our destination we will have an opportunity to view beautiful old churches and buildings of historical and architectural interest. We will then board the Sea Mist, a 44 foot vessel where we will embark on an incredible journey through the Thimble Islands. Also included during the day is a stop at Lyman Orchards where we will have an opportunity to shop/browse through the farm market. We will also dine at the Maritime Grille, a popular family restaurant.

Please Note These Important Travel Reminders:

Thurs. June 7.....Pmt. Due: “All You Can Eat Lobster” at the Delaney House

Fri. June 15.....Deposit Due: Balloon Festival

Fri. June 15.....Final Pmt. Due: Penn Dutch

Wed. June 20, 10:15AM – Depart – Thimble Island

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

JOIN US FOR “MOVIES ON THE BIG SCREEN” 1:00pm Thursday Matinee On the First and Third Thursday of Each Month

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.



June 21: To Be Announced.

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.

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

TESTIMONY OF AN IRISH SLAVE GIRL by Kate McCafferty 2002



Kidnapped from Galway, Ireland as a very young girl, shipped to Barbados, and forced to work the land alongside African Slaves, Cot Daley's life has been shaped by injustice. This is the story of fifty thousand plus, Irish who were sold as indentured servants to Caribbean plantation owners during the seventeenth century. As Cot tells her story of the brutal journey to Barbados, her transformation from beloved Irish child to "another's thing", the harrowing years of fieldwork on the sugarcane plantations, her marriage to an African slave and rebel leader, and the fate of the children – her testimony reveals an exceptional woman's astonishing life as well as a profound portrait of the relations between slaves and their masters. People forget, or never know, the Irish were slaves way before the black's were. An interesting and awful history.

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. Call 860.564.1819 for more information.

PITCH LEAGUE NEWS

We are happy to announce the winners of our last 13-week Pitch Tournament! Congratulations to the following players:

First Place: Rudy Trahan and Pat Leo
Second Place: Angelo Franco and Ray Porier
Third Place: Linda Yates and Mary Dauphainais
Fourth Place: Ann Livernoche and Claire LeNoir

Our new tournament started on May 16th here at the Senior Center. We play every Wednesday from 10:00 am to noon unless otherwise noted. At the end of the tournament, we will have a luncheon, award prizes, and play for the puck money. Also note that at the end of this new tournament, we will have open play until October 3rd.

If you are interested in being a sub, please call Evelyn Thornton at 860.546.9021. Please remember that if you sign on as a sub, there is always a possibility of becoming a team member if someone should drop from the league.

Bits and Pieces

The Plainfield Senior Center and Recreation Department building is open Monday through Friday from 8:30 to 4:30, except for holidays.

The Senior Club Office is open from Monday through Thursday from 8:30 to 12:30.

Visit the Center Library. Borrow and return our many titles on the honor system!

See Linda's Craft Corner Insert For Crafts, Trivia, Lectures, Armchair Travel, and more!

Stay in shape! Walk around the yard, try our treadmill or step machine, or register for one of our exercise classes listed in the Newsletter.

Do You Want To Play Wii? Remotes are located in the Recreation Office.

Visit our Historical Society Room located here at the center for a blast from the past! Many interesting items are on display. The Room is open every Friday from 2:00 to 4:00.



Join us for "Knit For a Cause" every Friday in the Activities Room. This is a self-led class. Yarn, knitting needles, and patterns are available, and all items are donated to "Knit For Kids", a *World Vision* Program.

CALENDAR: June 2018

- Thurs. June 79:30AM – Executive Board Meeting
- Thurs. June 7 1:00PM – Movie
- Thurs. June 7Pmt. Due: Delaney House
- Mon. June 11Nutrition Outreach Program
- Fri. June 15Deposit Due: Balloon Festival
- Fri. June 15Final Pymt. Due: Penn Dutch
- Mon. June 1810:30AM – Foster Grandparents Program
- Wed. June 20 10:15AM – Depart: Thimble Island
- Thurs. June 21 1PM – Movie
- Mon. June 254-6PM Monday Night Supper

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