

The Senior Connections

SENIOR CITIZENS



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



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July 2017

Dear Members and Friends,

It seems that we just began another new year, and here we are in July. We couldn't wait for the nice warm weather to arrive and it is already here! Now we can begin to enjoy all the wonderful fresh fruits and vegetables that the season has to offer. You just can't beat the taste of a freshly picked tomato or cucumber from the garden...or any other vegetable right from the garden or local farmer's market.

As we celebrate July 4th with family gatherings, BBQ's and other celebrations let's take a few moments from our activities to remember all those who have helped to make our nation great, and for the men and women in our Armed Forces who make it possible for us to enjoy the freedoms that we have each and every day. Be sure to proudly display your flag on the 4th...it not only an honor, but a privilege.

Our center is busy with many activities and it's a perfect place to come and meet your friends during these warm days. Come in for an exercise class, art class, bingo, card game or a craft class. We continue to have movies twice a month, on the 1st and 3rd Thursday afternoon. Our library is always open and is filled with a variety of titles. On July 14th we will be having our annual BBQ and Block Dance Social. The coffee pot is always on and it's always a great place to spend time with friends.

A very Happy Birthday and Anniversary to any of our members celebrating a special occasion during this month. A very warm welcome to our newest members: Jacqueline Bonneau, Sandra Bove, Joyce Brown, Camecia Cineus, Clarence Drag-on, Maureen Ducat, Trixie Dutram, Elizabeth Hill, Lucille Kaczor, Adrienne McElroy, Pauline Pike and Pauline Real. We hope you will come and join in some of our many activities!

In your quiet time, please remember those members who are homebound and in nursing homes and those who are at their final resting place. They are never far from our thoughts and prayers.

Friends are the people who will forever stay in your life and forever hold a place in your heart.

Thank you for being my friend,
Terry Cwynar, President

PLAINFIELD HIGH SCHOOL AWARDS SCHOLARSHIP

On June 19th at the annual Plainfield High School Awards Ceremony, I was honored to present a scholarship in the amount of \$500.00 to Brooke Gustafson and also a \$500.00 scholarship to Alicia Watson. Of the many applications received, these two graduating seniors were chosen to be the recipients by our Executive Board members for not only their scholastic standing, but their outstanding record of volunteerism. Congratulations to all our members for providing this opportunity to award these scholarships and also to our very successful travel program. Thank you.

**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



SENIOR CENTER HAPPENINGS:

PITCH LEAGUE The current league will be finishing on July 12th and the next league play will be in September. Results of the current play and news of the next series will be in the August newsletter. Please remember we will continue to play cards every Wednesday morning at 10:00am and all are welcome. We are always looking for cribbage players and there are always pitch games in progress. So come into the cool center this summer for some fun with cards, great people and delicious snacks to go along with it.

BINGO TUESDAYS: Each Tuesday afternoon at 1:00PM we play 20 games of bingo, have a nice break after 10 games with free refreshments and lots and lots of laughter. Cards are only \$0.50 a piece and are good for all games, so you can have a wonderful afternoon for the best buy in town. Please come and join us and make some wonderful new friends.

TVCCA Celebration Meals! See the flyer for the dates and July meal. Join us for the food & stories. We plan on having some fun at these special meals. Remember the celebration meals help support the congregate and Meals on Wheels program.

DE-STRESS Yourself! Don't forget to try **YOGA in a Yoga Chair Class** on Wednesday mornings 8:30am. A great way to start your day with stretching and mindful relaxation. So stress free!

LIBRARY NEWS BOOK REVIEW ---by Linda Mannix,

INDIAN KILLER by Sherman Alexie

A serial murderer is terrorizing Seattle, hunting and scalping white men. And the crimes of the so-called Indian killer have triggered a wave of violence and racial hatred. Seattle's Native Americans are shaken and confused, none more so than John Smith. Born Indian, raised white, Smith desperately yearns for his lost heritage and seeks his elusive true identity. He meets Marie, a stormy Indian activist particularly outraged by people like Jack Wilson, the mystery writer who passes himself as part Indian. As a bigoted radio personality incites whites to seek revenge, tensions mount. Smith fights to slake the anger that engulfs him...and the Indian Killer claims another life.

"Listen, the adoption agent said, 'Let's be honest, it's going to take a while to find a suitable white child for you. But we can find you another kind of baby quickly---we have an Indian baby'" --- A very interesting story.



JOIN US FOR "MOVIES ON THE BIG SCREEN"

July 6th: Hidden Figures *PG* Starring: Octavia Spencer, Taraji Henson and Janelle Monae.

The story of three brilliant African-American women working at N.A.S.A. who served as the brains behind the launch into orbit of astronaut John Glenn. The visionary trio crossed all gender and racial lines and inspire generations.

July 20th A Dog's Purpose *PG* Starring Dennis Quad and Josh Gad.

The soulful and surprising story of one devoted dog who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love.

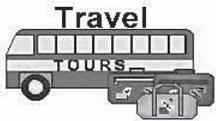
THURSDAY
MATINEE



FOR YOUR INFORMATION:

If you would like to submit an article or an event in the newsletter.....please do so
In writing before the 14th of the month so that it may be included in the next
Months publication.....thank you

SPOTLIGHT: Senior Club



TRAVEL UPDATE: In June, we had 91 folks travel to the Aqua Turf Club to see “The Corvettes” DOO WOP Revue. Once again, everyone enjoyed the famous Aqua Turf Family Style Luncheon followed by an amazing performance by the Corvettes, an extremely talented group who have been entertaining folks for the past 25 years. On June 21st, a group of us traveled up North to the Maine Coastal Getaway, featuring beautiful coastlines and taking a boat ride to enjoy the wonderful Cabbage Island Clambake. We enjoyed guided tours of Portland and Kennebunkport and visited the Maine State Prison Showroom and the Maine Maritime Museum.

In July, we have two day trips to the same venue....the All-You-Can-Eat-Lobster & Comedy Show at the Delaney House. Because of the great response to this trip, we were able to book a second date so that no one would be disappointed. Our summer trips will include Pops By The Sea with a day trip to Nantucket and a boat ride to Block Island.

We are always looking for suggestions for travel destinations....if you have any place you would like us to research for next year, please let us know....it's always very helpful when planning our travel program.

TO YOUR HEALTH: **HEALTHY AGING-----Things to Do (and Some to Avoid)**

Healthy aging means doing what you can to prevent disease and to stay fit in both mind and body. Age well and enjoy your life! These tips can help.

BE POSITIVE!

- A positive outlook can reduce stress and may benefit your overall health. Stay social. It can brighten your outlook. Choose to do things you find meaningful. If you feel depressed or anxious talk with your doctor.
- Take care of your heart.
- Heart disease can be prevented. High blood pressure and high levels of bad cholesterol can lead to heart disease. Ask your doctor to regularly screen for these conditions.
- Eat wisely.
- Your food choices can lead to better health. Maintain a healthy weight. Read food labels. Choose foods low in fat, salt and sugar. Eat whole-grain, high fiber foods to help avoid constipation. Drink plenty of water too.
- Stay physically active.
- Healthy bones, muscles and joints can help prevent falls and other life-changing injuries. Aim to exercise for at least 30 minutes on most days. Ask your doctor about safe exercises, vitamin D and calcium.
- Keep mentally fit.
- An active brain can delay memory loss. Learn something new. Take a class, attend plays and lectures. Do crossword or other puzzles.
- Protect your eyesight.
- Aging causes changes to vision. Wear a hat or sunglasses to protect your eyes from the sun. Get your eyes checked regularly.
- Pay attention to your teeth and gums.
- A healthy mouth and keeping your own teeth are something to smile about. Floss and brush daily. See your dentist regularly for checkups and cleanings.
- Take care of your sexual health
- Your sexual needs may change. Talk with your partner about what you expect and are able to do.
- Do what you can to stay well.
- Simple steps can help you avoid illness. Wash your hands often. Keep your shots up-to-date. Get a good night's sleep.
- Get regular checkups.
- Finding health problems early can mean better options for treatment. Ask your doctor about screenings you may need. Know what your medications are for and take them properly.

5 THINGS TO AVOID

- Avoid large portions, limit fat, salt and sugar.
- Enjoy your food, but eat less of it- and choose healthier options more often.
- Don't smoke. Avoid secondhand smoke too.
- Tobacco smoke damages more than your heart and lungs. It affects your whole body, including your eyes, gums, skin and bones.
- Stay out of the sun.
- Cover up or use sunscreen. Check your skin regularly. Tell your doctor about any changes you find.
- Limit alcohol use.
- Alcohol affects people differently as they age. Talk to your doctor about what's right for you.
- Avoid sitting for long periods.
- Being active helps your whole body and your mood. Rest when you need to, but get up and out and enjoy your life!



MONDAY NIGHT SUPPER NEWS

It is hard to believe that the August supper will be our fifth anniversary. The time has flown by and we have had a lot of fun planning, preparing and serving these meals for you. Without our wonderful volunteers, this certainly would not have been possible, so I'd like to thank all who have helped. The kitchen staff includes: Judy Beausoleil, Bob Bisbee, Pauline Blais, Patti ann Bawza, Claire Lenoir and Anne Livernoche. The dining staff includes: Claude Barnet, Jeanne Bourque, Kaye Chamberland, Terry Cwynar, Ann Delmastro, Rosalie Laskarzewski, Linda McMasters, Mickey McMasters, Josie Nason, Mary Saad, Ed St. John and Mariette Vachon.



Thank you all, you are truly amazing!

The August supper will be held on August 21st instead of the 28th. It is a pleasure to announce that we will be serving the same meal we served on our 1st anniversary, thanks to Scott Zurowski and Hank's Dairy Bar. We will be serving salad, rolls, your choice of lobster (hank's) or chicken.

A SPECIAL PRESENTATION BY THE EASTERN CONNECTICUT PERFORMING ARTS ASSOCIATION

The primary objective of the Eastern Connecticut Performing Arts Association (ECPAA) has been to revitalize the regions love of the arts by engaging and entertaining audiences with high quality, professional and innovative theatrical productions.

On Friday, July 21st and Saturday, July 22nd @ 7pm in the Griswold High School Auditorium, the Eastern Ct. Performing Arts Association will hold a presentation of "the 25th Annual Putnam County Spelling Bee". This production has been rated PG and was the winner of the Tony and Drama Desk Awards for Best Book. The 25th Annual Putnam County Spelling Bee has charmed audiences across the country with its effortless wit and humor. Featuring a fast-paced, widely funny and touching book by Rachel Sheinkin and a truly fresh and vibrant score by William Finn, this bee is one unforgettable experience. A riotous ride, complete with audience participation, the 25th Annual Putnam County Spelling Bee is a fast-paced crowd pleaser and an instant theatre patron favorite.

We will be selling tickets at the Specially Half- Priced Theater Tickets to Seniors, which can be purchased in advance for \$10.00 a ticket. You can place your order at the Senior Office during regular office hours, and tickets can be picked up at the Senior Center on Monday, July 17th.

LOOKING TO DO SOMETHING INTERESTING THIS SUMMER VISIT A MUSEUM

There are four area museums all within approximately a half hour from Plainfield which you may want to visit this summer:

ROSELAND COTTAGE (the Pink House)

556 Rte. 169, Woodstock, CT 06281

860-928-4074

Open: Wed. – Sun. June 1st – October 15th...11AM – PM

.Admission \$9.00 for Seniors

**Closed July 4th and Columbus Day, October 9th

LEFFINGWELL HOUSE MUSEUM

348 Washington Street, Norwich, Ct 06360

860-889-9440

Open: Saturdays – April – October...11AM – 4PM

Admission \$3.00 for Seniors

TANTAQUIDGEON MUSEUM

1819 Norwich New London Tpke. (Rte. 32) Uncasville, Ct 06382

860-848-0594

Open: Wed – Sat. OPEN YEAR ROUND 10AM -4PM

Admission is FREE

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

**Senior Resources**
AGENCY ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Visit the center Library MANY GREAT TITLES	Lunch Served Tue & Thu 11:30am With Advanced Reservations	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 Historical Society OPEN 2-4pm

CALENDAR: July 2017

- July 4 Independence Day....center closed
- July 6 9:30AM – Executive Meeting
- July 6 1PM – Movie
- July 10 Depart: 9:30AM – Delaney House
- July 10 Deposit Due: Nashville
- July 12 Depart: 9:30AM – Delaney House
- July 14 1PM – BBQ & Block Dance Social
- July 20 Celebration Meal (reserve by 14th)
- July 26 1PM – Movie
- July 31 4-6PM – Monday Night Supper

RECIPE CORNER: COLD PASTA SALAD

Submitted by: Ann DeMastro

Marinate overnight: 1 lb. Curley –ques pasta, cooked & drained
16 oz. Italian Salad Dressing

2 T. McCormick Salad Supreme (found in spice section)

Next day:

Dice in small pieces and add:

- 3 Medium tomatoes
- 2 cukes - unpeeled
- 1 Large red onion
- 1 Green pepper

Drain well and add: Small can sliced black olives

To make this salad a whole meal, add chopped pieces of cheese, any flavor



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Let us help you tell your story!



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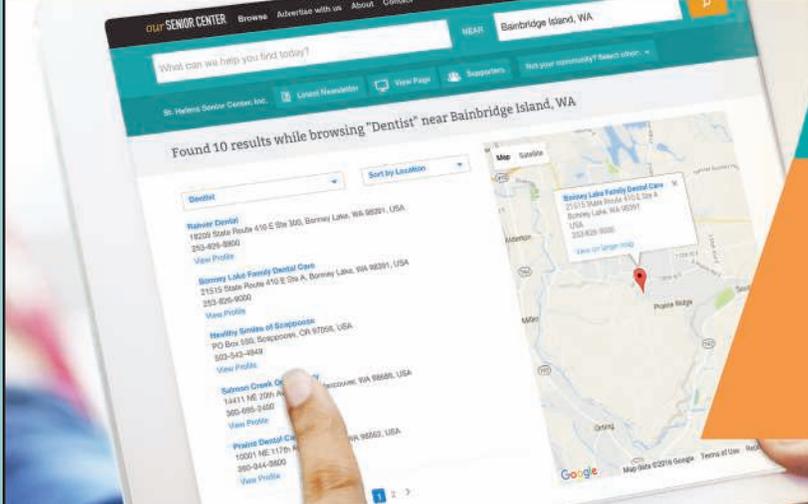
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