

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

Summer has always been a season that I had looked forward to...there always seemed to be beautiful, warm weather, blue skies, lots of activities to participate in during the day and always something going on in the evenings. I can remember how my folks would complain about the heat and humidity, and I could never understand what their problem was...it was great to enjoy the summer heat and be out of doors each day having a great time! Now I find that I've become just like my Mom and Dad...I stay mostly indoors with the hum of the fan or air conditioner going while enjoying a refreshing glass of ice tea and wondering just when the weather will finally cool off!!!

But it is the best time of the year to enjoy all the fresh garden fruits and vegetables. Stop by any of the many farmers' markets while there is an abundance of produce available. In just a few weeks we will be having the Brooklyn Fair and the Woodstock Fair, plus all the other local fairs that towns' sponsor. That is certainly a sign that the change of seasons is right around the corner.

Be sure to check out all of our coming activities for this month and be sure to sign up early for our Hoe down Social. We must limit our number of reservations and they always fill up quickly.

We would like to welcome our newest members to join our club: Susanne and Edward Despathy, Sheila Rouillard, Harry Adams, Eleanor Jolley and Susan Landry. We hope you will come and enjoy some of our many programs.

In your quiet times, please remember those members who are no longer with us and those who are home-bound and in nursing homes...if you have a few spare moments, why not consider paying a visit to them...it would mean so much!

Friends are the most important ingredient in the recipe of life.....

Thank you for being my friend,
Terry Cwynar, President

One of our wonderful volunteers, **CLAIRE LENOIR**, not only gives so much of herself here at the center, but also at the Colonial Health and Rehabilitation Center. Last month Claire was overwhelmingly selected by the Connecticut Association of Health Care Facilities as one of two "**VOLUNTEERS OF THE YEAR**" in our state and was honored at Mystic Seaport during a luncheon and award ceremony. Claire has volunteered at Colonial for many years going above and beyond the scope of a volunteer. There are times Claire is there seven days a week doing nails, giving her famous hugs, playing cards, feeding a resident who can no longer do that themselves or just lying on the bed with a patient who needs comfort are only a few of the many things Claire does to make a residents life a little better. When you see Claire, please return one of her wonderful hugs and let her know how very proud we are of her.



at

SPOTLIGHT: Senior Club



TRAVEL UPDATE: We are so pleased to welcome our newest travel escort, Betty Hollows. She had to “step up to the plate” quite unexpectedly for one of our trips and did a super job! She will be joining us on many of our upcoming trips and is looking forward to meeting everyone.

We had over 90 folks enjoy our “All You Can Eat Lobster” trip in July. I think there were over 550 lobsters cooked that day....and the entertainers were great. Even one of our members was included on the stage to add to the enjoyment of the

day!!

We will be going on an overnight trip to Cape Cod and Nantucket on August 13th and 14th. Everyone is looking forward to seeing the Boston Pops perform on the Green in Hyannis and spending a day on the island of Nantucket. On August 24th, we have 2 buses going to Block Island. It's a great way to spend a warm summer's day having lunch on the porch of the National Hotel and then touring this very picturesque island.

We have included a flyer for our annual trip to Atlantic City next February. We are now taking reservations....sign up early as this is always a very popular trip.

Our Travel Committee will be selecting our travel program for next year very soon. If you would like us to research a particular destination, please don't hesitate to let us know. We will do the best that we can to select trips that you may suggest.

UPDATE ON SOCIALS: We will begin taking reservations for our annual **Hoe Down Social** scheduled for August 28th. Be sure to check out the enclosed flyer for additional information. We are limited to the amount of reservations we can take, so be sure to sign up early. Despite a rainy day, our BBQ and Block Dance Social was enjoyed by over 65 folks. It seems hot dogs and hamburgers are always a little bit better when they are cooked on a grill! Once again, thank you to the Imperial Room for a great luncheon and to Susan MacLeod for providing us with some great music!

IMPORTANT NOTICE: MEMBERSHIP RENEWALS WERE DUE TO EXPIRE ON JULY 15TH. IF YOU HAVE NOT YET RENEWED YOUR MEMBERSHIP THIS WILL BE THE LAST NEWSLETTER YOU WILL BE RECEIVING. TO CONTINUE RECEIVING YOUR NEWSLETTER AND ALL THE LIST OF ACTIVITIES SCHEDULED.....BRING OR MAIL YOUR COMPLETED FORM WITH YOUR \$8.00 MEMBERSHIP FEE. ALL LIFETIME MEMBERS ARE REQUIRED TO COMPLETE A NEW FORM EACH YEAR.

SOCIAL SERVICES OUTREACH COORDINATOR

Joyce Hoffman has been working at the Plainfield Senior Center as our Social Services Outreach Coordinator since February 2017.

Joyce has a long history of working in Social Services. She first worked at TVCCA. She then worked for the Department of Social Services as a Social Worker for over 27 years. In this position, Joyce worked with families, persons with Brain injuries, individuals with disabilities, and also with Elders. Now working part time doing Home Care with Elders 2 days a week, Joyce is enjoying her job here on Mondays.

She is available for appointments or walk-ins every Monday (except holidays) from 9 – 2pm. Some examples of issues she can help with are: paperwork, housing medical insurance, home care, and referrals to programs or area services. If she doesn't have the answer, she will find out and get back to you via a phone call or mail!

So stop by and say “Hi” to Joyce who is in the office next to the Senior Office.

JOIN US FOR “MOVIES ON THE BIG SCREEN”

Aug. 03: Table 19 *PG13* Comedy. Starring: Anna Kendrick, Lisa Kudrow & Craig Robinson

Relieved of her maid of honor duties after being dumped by the best man, Eloise decides to attend her best friends wedding anyway and finds herself seated among strangers in the back of the ballroom. As secrets are revealed, Eloise bonds with her new tablemates and discovers friendships can develop under the most unlikely circumstances.

Aug 17th No movie See flyer for special event

Sept. 07 Last Word *R (language)*. Starring Shirley MacLaine and Amanda Seyfried.

A once successful businesswoman in tight control of every aspect of her life reflects upon her accomplishments. Suddenly inspired, she engages a young writer to pen her life's story. When the initial result doesn't meet her high expectations, she sets out to reshape the way she is remembered.

**THURSDAY
MATINEE**



SENIOR CENTER HAPPENINGS:

AUGUST ENTERTAINMENT presenting a “50’s and 60’s Rewind” show with Janie Andrews on August 17th at 1:30. Be sure to call Linda at 860-564-1455, ext. 28 to make a reservation.

TVCCA Celebration Meals! See the flyer for the dates and August 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!

TUESDAY BINGO: 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 apiece and are good for all games, so you can have a wonderful afternoon for the best buy in town. Please come and join us in our air conditioned center and make some wonderful new friends.

CARDS and PITCH LEAGUE Our last pitch league ended on May 5th with play for the puck money and a delicious lunch from Kentucky Fried Chicken along with glorious desserts made by some of our players. The winners of this tournament were: 1st, Doris Mackie and Tracy Vanasse, 2nd, Henrietta Cyr and Gert Babbitt, 3rd Kelly Scheibler and Evelyn Thornton and 4th, Gail Pierce and Mary Dauphainais. Our next tournament will begin on September 6th at 10:00 A.M. and if you are interested in playing or being on the sub list please contact Evelyn Thornton at 860-546-9021. Our heartfelt thanks go out to Evelyn for all her hard work to make this possible.. **We will continue with our open play every Wednesday morning and hope to see all our card playing friends there. We have a great time with plenty of fresh coffee and sweet treats. No need to sign up; just drop in for a fun morning.**

MARK YOUR CALENDAR FLU SEASON! On September 19th between 11:00am – 12:30pm, Rite Aid Pharmacy of Moosup, CT will have a SEASONAL FLU IMMUNIZATION at the Plainfield Senior Center. No appointment is necessary, just bring your Medicare and Insurance Cards.

VOLUNTEERS:As everyone knows here at the Center, volunteering is everything. Without our volunteers we would have absolutely nothing. We are always in need of additional volunteers and would appreciate anyone who would be willing to give of some of their time or talent. Just call the office or stop by and let us know. All are welcome!

LIBRARY NEWS BOOK REVIEW ---by Linda Mannix,



RED HILL by James McGuire For Scarlet, raising her two daughters alone means fighting for tomorrow is an every- day battle. Nathan has a wife, but can't remember what it's like to be in love; only his youngest daughter Zoe makes coming home worth- while. Miranda's biggest concern is whether her new VW Bug is big enough to carry her sister and their boyfriends on a weekend escape from college finals. When reports of a widespread deadly “outbreak” begin to surface, these ordinary people face extraordinary circumstances and suddenly their fates are intertwined. Recognizing they can't out run the danger, Scarlet, Nathan, and Miranda desperately seek shelter at the same secluded ranch, Red Hill. Emotions run high while old and new relationships are tested in the face of a terrifying enemy an enemy who no longer remembers what it's like to be human. This is a great book.

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

Don't forget the August 5th Anniversary supper will be held on August 21st, instead of the 28th. Sign up for the September dinner will be on August 21st in the kitchen area starting at 8:30 A.M.

The menu for September 25th will include: salad, rolls, baked chicken breast, mashed potatoes with gravy, veggie, cranberry sauce and dessert. Please remember we can only accommodate 64 guests so sign up early. The fee is \$5.00 payable and non-refundable at the time of sign up.

Thank you all our loyal guests who have made our fifth year anniversary possible. It has truly been our pleasure and remember to stop in at Hank's Dairy Bar to thank Scott and Pete for their generous help making our anniversary dinner so special.



TO YOUR HEALTH: Shopping for Heart-healthy Foods American Heart Association, 2013

Healthy eating starts with what you put in your shopping cart. Make grocery shopping easier and faster with this guide to healthier foods in each food category. Every small change in what you buy can help make a positive difference in your health!

FRUITS AND VEGETABLES

Vibrantly colored fruits and vegetables, such as spinach, tomatoes, carrots, berries, oranges and peaches.

Easy-to-grab choices for snacks, such as baby carrots, broccoli florets, cherry tomatoes, sugar snap peas, sliced melon, apples, bananas and oranges.

CANNED, DRIED AND FROZEN FRUIT.

Canned fruit packed in water, juice or light syrup.

100% fruit juice with no added sugars, no more than 120 calories per 8 fl. oz.

Dried fruits, such as dates, apricots or raisins without added sugars.

Unsweetened frozen fruit to mix into smoothies, muffins and yogurt parfaits.

CANNED AND FROZEN VEGETABLES.

Canned vegetables (choose the product with the least amount of sodium you can find), drain and rinse with water before use.

100% vegetable juice with no added sugars, no more than 120 calories per 8 fl. oz.

Frozen vegetables (choose the product with the least amount of sodium you can find).

GRAIN PRODUCTS.

Whole-grain breads, cereals, pasta and crackers. (look for whole grain, such as whole wheat, whole oats or cornmeal and dietary fiber at least 105 Daily Value).

Whole-wheat flour (substitute for half or more of the white flour in recipes).

Other whole grains, such as brown rice, barley, quinoa and bulgur.

PROTEIN FOODS.

Fish fillets or steaks, such as salmon, tilapia, cod, halibut and trout (be aware that breading and sauces may add extra calories and sodium)

Cans or pouches of tuna, salmon or chicken, drained.

Dried beans, peas and lentils

Canned beans (choose the product with the least amount of sodium you can find), drain and rinse with water before use.

Extra-lean cuts of beef and pork (cuts with "loin" and "round" in the name).

Skinless chicken breasts.

Extra-lean deli meats (choose the product with the least amount of sodium you can find).

Nuts, such as almonds, hazelnuts, peanuts, pecans, pistachios, walnuts and pine nuts (unsalted or with no more than 140 mg. of sodium per label serving)

DAIRY AND EGGS.

Fat-free (skim) or low-fat (1%) milk.

Fat-free or nonfat yogurt with no more than 20 g. of total sugars per 6 oz, serving.

Liquid egg whites and egg substitutes.

FATS AND OILS

Oils higher in unsaturated fats and low in saturated fats, such as canola, olive, peanut, safflower, soybean, corn and sesame oils (bottle or spray). Soft (tub or squeeze) margarines that contain (0 grams trans fat" and list a vegetable oil or water as the first ingredient.

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

RECIPE CORNER: PEACHY PECAN CRUMB PIE 1 9" pie serve with ice cream

CRUMB TOPPING:

- 1/2 cup all-purpose flour
- 1/4 c. packed brown sugar
- 1/2 tsp. lemon zest
- 3 Tbsp. butter, softened

FILLING:

- 2 lbs. ripe peaches (about 7 to 8 lg), chopped 1/2 cup packed brown sugar
- 2 Tbs. Cornstarch
- 1 Tbs lemon juice
- 1/4 tsp. ground cinnamon

Roll out pie crust....place in 9" pie pan, overhang to 1/2 in., tuck overhang under and crimp to form raised edge. Refrigerate 30 minutes. Meanwhile, make Crumb Topping: Place foil-lined rimmed baking sheet in oven and preheat to 425F. In med. Bowl, with hands, combine flour, oats, brown sugar, pecans, lemon zest and salt. Add butter and squeeze to for sm. clumps. Refrigerate until ready to use. Reduce oven temp. to 375 F. Make Filling in lg. bowl, combine ingredients for Filling. Add to chilled pie dough, spreading in even layer. Place pie on pre-heated baking sheet and bake 35 min. Sprinkle crumb topping over Filling. Bake another 25 to 30 min. or until Filling is bubbling and crust in golden brown. Cool pie on wire rack. Serve warm or at room temperature with vanilla ice cream.



CALENDAR: August 2017

- August 3 1:00PM: Movie – Table 19 *PG13
- August 3 Pmt. Due – Block Island
- August 10 9:30AM – Executive Meeting
- August 13 Depart: 8:00AM – Cape Cod
- August 14 10:30 AM – Social Services –
- August 17 1:30 PM -Recreation Department presents- “50’s & 60’s Rewind”
- August 20 Final Pmt due: Washington, D.C.
- August 21 4-6PM – Monday Night Supper 5th Anniversary Dinner
- August 24 Depart: 8:45AM – Block Island
- Sept. 7 1:00PM – Movie – Last Word *R*

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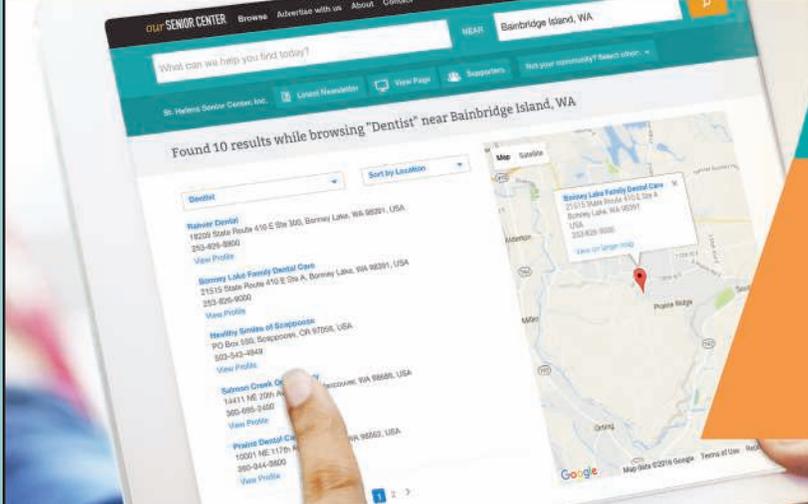
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