

# The Senior Connections

SENIOR CITIZENS



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



VOL. 25

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September 2017

Dear Members and Friends,

Is it already September? It seems we just celebrated Memorial Day and the 4<sup>th</sup> of July, and here is Labor Day just around the corner. "Where did the summer go?" But here we are, with the arrival of another seasons just a few months from now, and we can look forward to cooler temperatures and crisp, clean, refreshing air. It makes us realize just how lucky we are to have four such distinctive seasons to enjoy!

September always brings a flurry of activity at the center. Be sure to check out our calendar of dates and events and our enclosed flyers.

We are pleased to welcome Mariette Vachon as our newest member of the executive board. She will be joining our four officers, Anne Livernoche, Claire LeNoir, Ann DelMastro and Bob Bisbee. This completes a full roster of members as noted in the By-Laws. Mariette has been an active member of our club for several years, and she participates in several of our classes and also helps with our Monday Night Suppers and I am sure she will be a valuable asset to our board. Welcome!

We also would like to extend a warm welcome to our newest members: Angela Spring, Elizabeth Prestridge, Carol Arpin, Theresa Jolie, Mary Duhaime, Catherine Wilson and Daniel and Cecile McCarron. In your quiet times, please remember those members who are homebound or in nursing homes and those who are no longer with us. We would like to extend a heartfelt sympathy to Linda Gahrman, our "Craft Lady" in the loss of her Father,

**There are some people you meet that you will never forget....those are the friends who will forever stay in your life and hold a place in your heart.**

Thank you for being my friend,  
Terry Cwynar, President

## Important Notice:

The Senior Center regular hours are 8:30am-4:30pm  
Thursdays we will open at 8:00am and have extended evening hours for socials  
The child care center is closing so the flexibility of the building being open early is gone.

## SPOTLIGHT: Senior Club



**TRAVEL UPDATE:** It's that time of the year when we will be choosing our travel destinations for 2018! We have received many suggestions and hopefully we will be selecting some new and exciting places and perhaps going back to some of our most popular ones.

We had a large group of travelers take a boat trip to Block Island in August and enjoy a delicious luncheon at the National Hotel, followed by a tour of Block Island. On the 13<sup>th</sup> and 14<sup>th</sup> of August, over 36 folks traveled to Cape Cod to see the Boston Pops concert in Hyannis and on the next day sail to Nantucket for a day's visit at this quaint gem in the Atlantic.

This month we have two buses going to the Aqua Turf in Plantsville to see "Motown Review" featuring the music of Tina Turner, James Brown, Diana Ross, and Stevie Wonder performed by Marda Scott and CP Lacey. On September 29<sup>th</sup>, we will be going to Washington, D.C. for a three night -four day trip.

We have already begun taking reservations for our annual trip to Atlantic City in February. Be sure to sign up early as this trip is already filling up very quickly.

**UPDATE ON SOCIALS:** Don't forget to get your western gear out, your cowboy boots and hats and join us for our annual Hoe Down Social on September 28<sup>th</sup>. Our very popular "Country Duo" will once again be our entertainers, and we will be having a traditional BBQ with ribs and chicken, beans, salad and cornbread. Our next social will be on November 6<sup>th</sup> when we will be honoring our Veterans. We will begin taking reservations on October 1<sup>st</sup>. Again, we must limit the number of guests, so be sure to sign up early. Be sure to check out all the details on the flyer that is enclosed. Just a quick note for your information, this year our Christmas Party will be held on December 7<sup>th</sup> at the Imperial Room in Danielson. More information will be available in the coming months.

**SAVE THE DATE:** ON THURSDAY, OCTOBER 12<sup>TH</sup> WE WILL BE HOLDING OUR SEMI-ANNUAL MEMBERSHIP MEETING. IT WILL BE HELD AT 1PM.....AND ALL MEMBERS ARE WELCOME

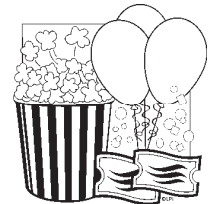
## JOIN US FOR "MOVIES ON THE BIG SCREEN"

**THURSDAY  
MATINEE**

**Sept. 07: Going in Style \*PG13\*.** Comedy Starring: Morgan Freeman, Michael Caine and Alan Arkin. One of the best comedies of the year as three lifelong buddies decide to buck retirement and step off the straight and narrow for their first time in their lives. When their pension funds become a corporate casualty and desperate to pay their bills, the three risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

**Sept. 21: Last Word \*R (language)\*.** Comedy/Drama. 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.



**Oct. 05: The Shack \*PG13\*.** Drama. Starring: Octavia Spencer, Tim McGraw and Sam Worthington

Based on the New York Times best-selling novel, The Shack takes us on a father's transformative spiritual journey. After a family tragedy, Mack spirals into a crisis of faith and questions God's existence and life's purpose. Unable to move on, he gets a mysterious invitation to an abandoned shack. Mack's journey will transform audiences of all ages in this movie you will want to watch over and over.

**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



## FOR YOUR INFORMATION:

**VOLUNTEERS:** JUST A QUICK REMINDER.....The Senior Club is always in need of VOLUNTEERS to help out at the center and with our club sponsored events. We would appreciate anyone who would be willing to give of some of the time to stop by the office and submit your name to our list of volunteers. There is always a need for help with the newsletter, set-up for various functions....socials and special events. Your help would be greatly appreciated. Volunteers are also welcome at the center to run programs or events. Got an idea or suggestion? Share it with Terry, Linda (from crafts) or Myra (in the front office.).

CAN YOU SPARE SOME TIME:

- 1st and 3rd Thursday to make popcorn
- Serve refreshments at Bingo on Tuesdays
- Set tables for the socials
- Fold newsletters for monthly meeting

**DVD'S** are now available to borrow for viewing at home. We have many "oldies but goodies" as well as some more recent ones. To borrow a DVD, please stop by the office to sign one out and enjoy a good movie in the comfort of your own home.

**CONNECTICUT STATE PARKS CHARTER OAK PASS (LIFE USE)** The Charter Oak Pass provides access to the CT State Parks and Forests and is available free to Connecticut residents, 65 years of age or older. The pass is accepted at all day use areas parks where a parking fee applies. Presenting it allows free access for the entering vehicle and passengers. The pass holder does not have to be the vehicle driver. Free admittance is also provided for the Charter Oak *pass holder* when visiting Gillette Castle, Dinosaur State Park or Fort Trumbull State Park.

**To obtain a Charter Oak Pass by mail:** Send a LEGIBLE photocopy of your current CT driver's license or other legal proof of age and residency to: DEEP Charter Oak pass, State Parks Division, 79 Elm Street, Hartford, CT 06106-5127A Charter Oak Pass may be obtained in person at the following locations (proof of age and residency required): Fort Trumbull State Park, New London; Harkness Memorial State Park, Waterford; Fort Griswold Battlefield State Park, Groton; Hammonasset Beach State Park, Madison or Dinosaur State Park, Rocky Hill. For more information, please call the CT DEEP Eastern District Headquarters at (860) 424-3200.

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



### **When Dead Soldiers Walk...by Lloyd Biggle**

Driving south to Georgia, private detective J. Pletcher has a simple assignment: go to the Corners General Store and Café, ask for a mint daiquiri and wait for information about his next case. On the way there, his car is hit by a cannonball on a rural back road—his introduction to a world of Civil War history, southern manners, and murder. Pletcher learns that he and his partner have been hired by the Johnstons, a wealthy family whose oldest member believes he is a Confederate general. One of the general's grandsons has disappeared from the estate and a long lost relative has turned up dead near Chickamauga. The two detectives suspect someone is trying to kill off the general's heirs....

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## MONDAY NIGHT SUPPER NEWS

Menu for the October 30<sup>th</sup> dinner will include: Salad, rolls, spaghetti with meat sauce and desert. Sign up will be on September 25<sup>th</sup> starting at 8:30AM in the kitchen area. Please remember we can only accommodate 64 guests so sign up early.

The fee is \$5.00 payable and is not refundable at the time of sign up.

At our July Monday Night Supper, we had many requests to re-print Anne's recipe for her Summer Squash Casserole....and it was delicious!



### MONDAY NIGHT 5<sup>TH</sup> ANNIVERSARY DINNER

It doesn't seem possible that on August 21<sup>st</sup>, we celebrated our 5<sup>th</sup> anniversary of the very popular "Monday Night Suppers". What was the brainchild of five very close friends and many hours of hard work, this monthly dinner has become one of the most popular events at the center. Each last Monday of the month, our "kitchen crew.....Anne, Claire, Bob and Judy" arrive around 8AM and you will find them roasting, baking, chopping or peeling for the better part of the morning. Our dining room coordinator, Ann DelMastro is busy gathering all the necessary condiments, arrangement of tables and chairs and table settings and making sure all is ready for everyone, assigning waitstaff, set-up and clean-up crews. From the check-in table with Barbara, and ticket seller Claude, to the many table servers, Ed in charge of making our excellent coffee and our 'sexy senior-citizen', Mickey, our tea server and dish-washer, we have the most dedicated volunteers right here in our own center. A very special thank you for all the hard work you all do for everyone.

### SUMMER SQUASH CASSEROLE

6 cups diced summer squash	1 cup shredded carrots
¼ cup diced onion	1 10oz. pkg. Pepperidge Farm seasoned stuffing
1 can cream of chicken soup	1-pint sour cream
1 stick melted butter	

Cook squash, carrots and onions for 10 minutes. Mix cream of chicken soup and sour cream in a large bowl and fold in drained cooked veggies. Blend stuffing mix and butter in a separate bowl and place ½ mixture in a 9 by 13 pan. Spoon squash mixture over stuffing and sprinkle remaining stuffing mix over the top. Bake at 350 for 30 minutes.



## TO YOUR HEALTH: Is it a Stroke? Act FAST

Recognizing the symptoms and acting FAST, you might just save a person's most prized passion...his or her brain.

F.A.S.T is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away. F.A.S.T. is:

### F: FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.  
Is the person's smile uneven?

### A: ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

### S: SPEECH DIFFICULTY

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

### T: TIME TO CALL 9-1-1

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Visit the center Library</b> <b>MANY GREAT TITLES</b>	Lunch Served Tue & Thu 11:30am With Advanced Reservations	<b>Plainfield Senior Center</b> <b>Mon-Fri 8:30-4:30pm</b> Senior Club Office Mon-Thur 8:30-12:30pm	<b>Stay in shape!</b> <b>Walk around the yard, Try the treadmill or step machine</b>	<b>Do You Want To Play Wii?</b> <b>Remotes are located in the Recreation Office</b>
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: Zucchini Bread

### RECIPE CORNER

With all the plentiful fresh garden vegetables....it's a perfect time to make a zucchini bread. Here is one of my favorite!

- 1 cup chopped walnuts
- 4 eggs
- 2 cups granulated sugar
- 1 cup vegetable oil
- 3 ½ cup. unsifted flour
- 1 ½ tsp. baking soda
- 1 ½ tsp. salt.
- 1 tsp. cinnamon
- ¾ tsp. baking powder
- 2 cups unskinned grated zucchini
- 1 tsp. vanilla

Beat eggs: add sugar. Gradually add oil. Combine dry ingredients and add alternately with the grated zucchini. Stir in nuts and vanilla. Turn into two 9 x 5 inch greased and floured loaf pans. Bake 55 to 60 minutes in a 350 degree oven.



### CALENDAR: September 2017

- Sept. 4 Labor Day - Center closed
- Sept. 7 1PM - Movie - Going In Style \*PG13\*
- Sept. 8 Pmt. Due: Intrepid
- Sept. 11 Pmt. Due: Turkey Train
- Sept. 14 9:30AM - Executive Meeting
- Sept. 19 11 - 12:30PM - Flu Clinic
- Sept. 21 1PM - Movie - Last Word \*R - language\*
- Sept. 25 4 - 6PM Monday Night Supper
- Sept. 28 4-7PM - Hoe Down Social
- Sept. 29 Depart 7:30AM - Washington, D.C.
- Oct. 5 Movie - The Shack \*PG13\*

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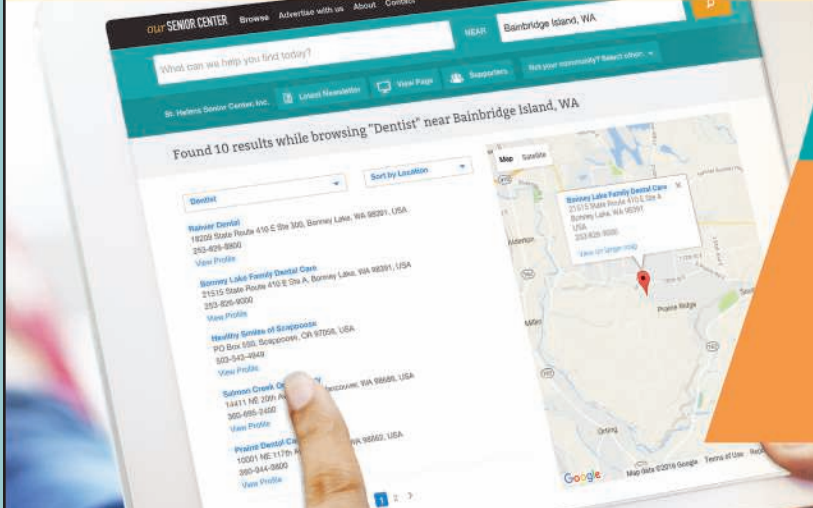
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