

The Senior Connections

SENIOR CITIZENS



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



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November 2017

Dear Members and Friends

November's cool crisp mornings are a stark reminder that winter is right around the corner. Not only are we turning the furnace up a little more.....with the time change to daylight savings time, the days seem to be much shorter and the evenings are longer! The crackling of the logs in the fireplace and a good book to read....somehow seem to make things better, a little less hectic, especially if there may be a hot apple pie cooling on the counter!

In last months' newsletter, we posted the notice of our semi-annual membership meeting on the front page rather than a short note from me. We were hoping that would remind everyone of the meeting and we would have a wonderful turnout. Only 15 were in attendance and unfortunately everyone else missed a great informative afternoon. Myra Ambrogi, the Recreation Director gave a short talk on the future plans for the center and handed everyone a questionnaire on creating a vision or mission for the Plainfield Senior Center and a vision or mission for the Plainfield Senior Club. It is the hope that our center will have activities every morning and afternoon during the week and your suggestions and recommendations are always welcomed.



We have many activities planned for this month. Please be sure to read about them in this newsletter and mark them in your calendar and plan on joining in as many as you can. That is what makes our center successful....all the hard work of our many volunteers on each of these events enable our members to join in with friends and perhaps meet some new ones!

We wish to welcome our newest members: Leslie Danna Mack, Ella Grimshaw, Marc Barry, Linda Lamoureux, Shirley Currier, Lorraine Arpin and George Robillard. Hopefully you will come and join in our many activities with some of your friends and perhaps meet some new ones!

As we enjoy our Thanksgiving celebrations this year, kindly remember those who are in our nursing homes and those who are unable to be with their families. For most of us, it is a day filled with friends, family and wonderful food, and we should never take for granted the blessings we all have. **HAPPY THANKSGIVING!**

I am so thankful to have you as my friends,
Terry Cwynar, President

NEW Activities at the Senior Center:

Fridays Beginning November 3rd 12:30pm

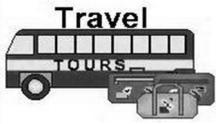
Friday Game Day Starting with

Mexican Train a Domino Game

Other ideas are: Chicken Foot, Canasta, Arizona Rummy and Marbles



SPOTLIGHT: Senior Club



TRAVEL UPDATE: As our travel for 2017 comes to a close, we would like to thank everyone who traveled with us, we have been so fortunate to have so many of our members and their friends join us. Our last several trips this year will be to the Newport Playhouse when we again have two buses going. Another trip is to the Aqua Turf where Friendship Tours (a travel company that we use) will be celebrating their 40th Anniversary with a Gala and we were fortunate to be able to take the first 25 folks that signed up for this trip. On December 11th we will be going on our annual “mystery day trip”, and we will be repeating the same trip with a second bus going on December 12th. We still have space available for our trip to Atlantic City on February 28th to March 2nd, 2018. Just give the office a call to have your name added. Our travel committee has selected our trips for next year. Hopefully we have included some that you may have requested. The brochure will be available after December 7th.

UPDATE ON SOCIALS: Our Veterans Social will take place on Monday, November 6th at 1PM, and as usual, our honored Veterans will be our guests. Our dinner will be catered once again by the Imperial Room and our entertainer this year is James Michael. For any of you who may have gone to the White Mountain Inn last December, it is the same gentleman with the incredible baritone voice.

Our annual Christmas Party will place on Thursday, December 7th at 12PM at the Imperial Room in Danielson. We will begin taking sign-ups on November 1st. We must limit the number to 200 guests and it will be first come-first served. We will not be reserving tables this year, so when you arrive feel free to sit anywhere where seats are available. The tables will be set for 10 at a table. Be sure to check out the enclosed flyer for all the details on price and menu. We should have our 2018 Travel Brochure ready to be distributed at that time, with copies that may be picked up at the office after that date.

THANKSGIVING THOUGHTS

What am I thankful for?

First, I am grateful for each new day – whenever I am able to get up in the morning and have another day to live as I see fit, I am grateful. Remember it is our outlook that shapes our day.

- *I am grateful for my family – and I know we all sometimes think they don't spend enough time in contact with us. But there are many who have no family and may feel alone.*
- *I am grateful for all of my friends – some who have been tolerant of me for a long time, some are new friends met through the activities at our **senior center***
- *I am grateful for the gift of sight – I love to read, I enjoy a good sunset, I think the fall color foliage is something to be appreciated. Think about the wonderful library we have at the **senior center**.*
- *I am grateful for the food I have to eat – the Thanksgiving holiday meal alone offers such a variety of food choices. Think of the wonderful meals we have at our **senior center** – the Monday night suppers, the socials, the refreshments offered at meetings. In some areas affected by hurricanes this year, there are many people who don't know where their next meal will come from.*
- *I am grateful for mobility – as my body ages, and the aches and pains set in I realize that one of my weekly pleasures is the balance class given by Marie at the **senior center**. It is here we try to keep the body machine going with exercises and good advice from Marie. We also share lots of laughs here and that keeps me coming back for more.*
- *I am grateful for our country, our state and our town – politicians come and go but our freedom remains. And that is a direct result of our veterans who have fought for these freedoms. Another November holiday – Veteran's Day honors those who served. Thank a veteran – there are many who come to the **senior center**.*

*Finally, I am grateful for the **Plainfield senior center**. And I hope you are too. Many, many, many activities are offered to fill our days. Remember to be involved here at the center. Membership and participation are key to its future.*

Pauline Blais – a member

ATTENTION VETERANS

Our VFW Service Officer, William Holmes will be at the Senior Center for Veterans in need of any Veteran related concerns on Wednesday, November 8th, at 1PM. No appointment is necessary.

VETERANS DAY.....NOVEMBER 10TH

Several years ago a young high school girl, Kaycee Rainville, wrote a composition with a very powerful message and I think it is a very moving tribute to all our veterans.

MY PLEDGE TO AMERICA

I am an American, and I am thankful for that, unlike many people who do not care what they are. I have pledges to make for being an American.

My first pledge is that I will honor all the courageous and brave veterans who have fought in wars. Many people think veterans are just people who fight in wars. I know differently. I know they worked hard for our country to ensure the safety of all Americans, without them, America would not be like it is today. Freedom is something that should never be taken for granted.

My second pledge is that I will fly the flag to show my support for my country. Many people don't care about the flag, but the red, white and blue is more than just a flag it is a way to show support and honor those who are away from their families and continue to protect our country. Many people think they know what America means; I know what it truly means. It means our big nation coming together in a time of trouble and being there to support each other.

My third pledge is that America has my solemn work to think positively about our nation, and what we owe to the veterans, instead of thinking negatively. We need to do all we can to support our veterans because they put their lives in danger every-day so we can have a normal, safe and happy life.

My last and final pledge is our freedom. I won't ever forget the men who died to make sure all Americans were safe. Many people underestimate the red, white and blue. I won't, because I know we are a strong country and no matter what anybody or any country does, they cannot break up the U.S.A. We are a much better country than that. We will also never forget the veterans who fought and continue to fight for what they believe in. God Bless America and all veterans who serve and protect. I would like to say a sincere and honest....THANK YOU!

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



DESPERATE by Daniel Palmer

Gage Dekker still blames himself for the car accident that claimed the lives of his first wife and young son. Then he meets Anna, who understands grief all too well. With a year, Gage and Anna are married, his career is thriving and both feel ready to become parents once more. After a heartbreaking miscarriage, they begin the long adoption process, until fate brings Lily into their lives. Young, pregnant and homeless, Lily agrees to give her baby to Gage and Anna in exchange for financial support. It's the perfect arrangement for everyone. Seeing his wife's happiness and optimism, Gage begins to feel a sense of hope he thought he'd lost forever. But something isn't right. Good read.

JOIN US FOR "MOVIES ON THE BIG SCREEN" CLASSIC MOVIE MONTH

November 2nd: TBA

November 16th: TBA

**Watch the postings at the center for the
movie to be shown**



**THURSDAY
MATINEE**

Take the AARP Smart Driver™ Course and you can receive a multi-year discount on your car insurance!*

- Refresh your driving skills and learn the new rules of the road.
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Courses:

Plainfield Senior Center
November 9th
12:30-4:30pm

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Plainfield Senior Center
860-564-1819

\$15 for AARP Members - \$20 for non-members
For more information visit www.aarp.org/drive



TOYOTA This program is supported by a generous grant from Toyota to AARP Foundation.



*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

MONDAY NIGHT SUPPER NEWS

Happy Thanksgiving from the Monday Night supper crew
November supper is the last until March



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



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



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

Upside-Down Apple-Spice Cake

Ingredients

- ½ cup butter
- 2/3 cup packed light brown sugar
- 1 cup chopped walnuts, toasted
- 1 ½ lb apples, peeled, and chopped (3 large)
- 1 box Betty Crocker SuperMoist spice cake mix
- water, vege. oil and eggs called for on cake mix

Directions

1. Heat oven to 350 degrees. In 13x9 inch pan, melt butter in oven. Sprinkle Brown sugar and walnuts over butter, stir to combine. Sprinkle chopped apples in pan.
2. Mix cake as directed on box for 13x9 inch pan, using water, oil and eggs. Pour batter over apples and walnuts in pan.
3. Bake 35 to 40 min. or until toothpick inserted in center comes out clean. Cool on Cooling rack 2 mins. run knife around sides of pan to loosen cake.

Place heatproof Serving plate upside down on pan, turn plate and pan over. Remove pan. Serve cake warm with spoon of whipped cream.

CALENDAR: NOVEMBER 2017

- Nov. 1 Depart: 9:30AM – Newport Playhouse
- Nov. 2 1PM – Movie
- Nov. 5 Daylight Savings Time
- Nov. 6 12PM – Veteran's Social
- Nov. 7 Election Day
- Nov. 9 12:30 – 4:30PM - AARP Safe Driving Class
- Nov. 10 Veteran's Day – Center closed
- Nov. 16 1PM – Movie
- Nov. 17 7PM – Senior Chorus –“A little bit country”
- Nov. 20 Trip: 40th Anniversary Gala
- Nov.20 10AM – 11AM – AARP Road to Livability
- Nov.23 Thanksgiving holiday- Center closed
- Nov.24 Thanksgiving holiday- Center closed



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