

# The Senior Connections

SENIOR CITIZENS



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



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## THE OLDER WE GET

*THE SIMPLER OUR HOLIDAY PREPARATIONS BECOME....  
THE CLOSER WE FEEL TO OLD FRIENDS AS WE WRITE OUR CHRISTMAS CARDS....  
THE MORE WE CHERISH THE OLDEST ORNAMENTS...  
THE MORE FONDLY WE REMEMBER CHRISTMASSES PAST...  
THE LONGER WE HOLD ON TO A HOLIDAY HUG....  
THE MORE WE REALIZE CHRISTMAS IS A MATTER OF THE HEART....  
THE TIGHTER OUR THROAT GETS WHEN WE SING "SILENT NIGHT"....  
THE MORE WE ENJOY GIVING THAN RECEIVING....  
THE MORE WE TRY TO SEE CHRISTMAS THROUGH THE EYES OF A CHILD...  
THE LONGER WE SIT AT NIGHT IN THE GLOW OF THE CHRISTMAS TREE....  
THE MORE WONDROUSLY BEAUTIFUL THE CHRISTMAS STORY IS...  
THE DEEPER OUR AWE AT GOD'S INFINITE LOVE...  
THE MORE WE LOVE CHRISTMAS!*

As another holiday season is upon us we wish you a holiday season filled with love, peace, happiness and friendship. The older we get, our Christmas lists are filled with the things we really want for the holidays...things that can't be bought and are the best gifts that will never be found under the Christmas tree....these are the very special gifts of friendship...and the ones that we love.

**Remember, friendship is not only a blessing, but it is one of the most precious gifts that you could ever give.**

Thank you for being my friend,  
Terry Cwynar



**NEW Activities at the Senior Center:**

**Fridays 12:30pm**

**Friday Game Day Starting with**

**Mexican Train a Domino Game**

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



## A LETTER TO SANTA FROM A SENIOR CITIZEN

Dear Santa,

Ahh, Christmas will soon be here – the time of year when people sit in front of a dead tree and eat candy out of socks.

I know it's been a while since I've been in contact with you – no offense you see, but as an adult I was self reliant and didn't want to ask you for things for myself. I figured your schedule was pretty busy and I generally got what I wanted.

But now it seems as I age I'm finding it difficult to get the things I want most. So I thought if I wrote to you again, maybe those gifts that are really important to me could be mine. It would help make my Christmas special.

Have you heard – “if you're happy and you know it, it's your meds”, clap clap. Well I want a lot of happy – in fact I'd like to go laughing into oblivion. Can you help with that? I remember another quote “laughter is the best medicine” would certainly apply here. Please bring me some of that.

Forget about the fancy sweaters – I have enough of those filling my closets. What would keep me feeling warm and cozy would be keeping me connected with my friends. Time has a way of making some of them fade away, and I want to keep as many of them in my life for as long as is possible. Now I know you don't control all of those types of arrangements, but I'm sure you have influence with the Big Guy.

Don't bring me any sparkly jewelry this year. Instead can you make my brain light up and sparkle with the information and memory I need to function in this ever changing world. They say my great, great grandchildren will probably do a history project on my social media posts so let my internet legacy be inspirational to them – let them know I laughed and loved.

No to watches or timepieces – I know what time it is. It's later in my life that I want it to be. Now I'm not complaining mind you. It's been a good run so far. Being in the autumn (or is it the beginning of my winter) years, has its benefits. And since none of us are getting out of here alive, help me to be good to myself and stop treating me as an afterthought. Let me eat the delicious food, walk in the sunshine, jump in the ocean, share the truth about me that I carry in my heart. Let me be silly, be kind, be weird or anything else I want to be.

One last BIG present that you really don't have to wrap – please let there be PEACE on earth. Let it be the Christmas gift that lasts all year through. For when the Power of Love overcomes the Love of Power, the world will know Peace.

MERRY CHRISTMAS TO ALL.....

Written by Pauline Blais



### Cookies for Santa, Family and Friends

This is an old family recipe from Myra's Great Grandmother Pay.. Easy to make Shortbread. Great to share and when you break a piece (never cut) it will bring you good luck.

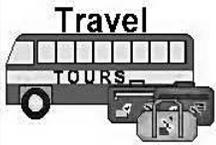
1 cup super fine sugar (put sugar in a blender and puree)  
5 cups flour  
1 pound butter or margarine

Cream the sugar and butter slowly add flour. Put into an ungreased 13 x 9 pan and pat down. Cut into squares and prick with a fork before baking. Bake at 250 degrees for about 1 1/2 hours until light brown around the edges.

You can also roll out dough 1/2 inch thick and cut with a large cookie cutter or roll thin and make small cookies. Thin cookies require less time.



## SPOTLIGHT: Senior Club



**TRAVEL UPDATE:** As we wind down our travel program for this year, I wish to thank our many members and friends who traveled with us. We have shared many memorable trips and enjoyed some great food and performances. Due to the lack of numbers required to have a 2<sup>nd</sup> bus, our Mystery Day trip scheduled for December 12<sup>th</sup> had to be cancelled. We apologize for any inconvenience this may have caused.

**UPDATE ON SOCIALS:** Everyone enjoyed our Veterans Day Social in November and our entertainer, James Michael made the day very special. We would love to have him again at one of our functions. Our annual Christmas Party will be held at the Imperial Room on December 7<sup>th</sup> with entertainment by Jose Paulo. We will again be holding our raffle and have designated the proceeds to Project Pin this year. It has been through your generosity each year we have been able to help out local charities. We have planned our socials for next year and they will be listed in our January Newsletter.

### **Tis the season of giving– prayers, time and talent...**

Also as we all celebrate our Christmas celebrations this year, kindly remember those members who are in our nursing homes and those who are unable to be with their families. Perhaps if time allows, a quick visit would certainly be very welcomed.

We would also like to welcome our newest members to our club: Ellie Berberick, Kathryn True, Jerry and Karen Jodoin, Nancy Brennan, Phyllis Morrison, Dorothy Chabot, Cindy Clark, Doris Gagne and Laura Romain. We hope you will consider joining in a game of cards, bingo or a craft class, and any other of the many activities we have here at the center.

**Project Pin is always in need of food, Toys for Kids needs new toys and the clothing bank needs coats.**

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



### **TELL THE WOLVES I'M HOME**

by Carol Rifka Brunt

There's only one person who has ever truly understood fourteen-year-old June Elbus, and that's her uncle, the renowned painter Finn Weiss. Shy at school and distant from her older sister, June can be herself only in Finn's company; he is her God-father, confidant, and best friend. She when he dies, far too young, of a mysterious illness her mother can barely speak about, June's world is turned upside down. But Finn's death brings a surprise acquaintance into June's life – someone who will help her heal, and to question what she thinks she knows about Finn, her family and even her own heart. A wonderful story.

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

***The theater is closed for December  
Happy holidays***



**THURSDAY  
MATINEE**



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 12:30 Games– Dominoes, Canasta Historical Society OPEN 2-4pm

**CALENDAR: December 2017**

Dec. 7 Imperial Room – 12 Noon  
 Dec. 11 Depart: 9:30 – Mystery Day Trip  
 Dec. 11 10:30 AM – Document Party – Nashville  
 Dec. 18 12 Noon – Executive Board Luncheon  
 Dec. 21 – Jan 1  
 Christmas Holiday –Senior Club Office  
 Closed  
 Dec. 30 Depart: 4:15AM – Nashville  
 Dec. 31 New Year’s Eve

**RECIPE CORNER: HOLIDAY EGGNOG QUICK BREAD**



- 2 eggs
- 1 cup sugar
- 1 cup dairy eggnog (not canned)
- ½ cup marg. Or butter-melted
- 2 tsp. rum extract
- 2 ¼ cups flour
- 2 tsp. baking powder
- ½ tsp. salt
- ¼ tsp. nutmeg
- 1 tsp. vanilla extract

Grease bottom only loaf pan – Bake at 350 degrees.

Beat eggs in lg. bowl, add sugar, eggnog, marg. or butter, rum and vanilla...blend well. Add flour, baking powder, nutmeg, stirring just until ingredients are moistened. Bake at 350 degrees for 45 – 50 minutes...cool 10 minutes. Remove from pan, cool completely.

Wrap tightly and store in refrigerator. Makes 1 loaf.....Enjoy!

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