

The Senior Connections

SENIOR CITIZENS



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



VOL. 26

ISSUE 1

January 2018

Happy New Year dear members and friends,

The traditional wish for the New Year is for peace on earth and goodwill towards all. As I reflect on all of the events of this past year, the need to treat everyone with love and respect could not be more necessary. There is such a need for love and peace for all mankind that it should be the foremost wish for the New Year. Let's all hope that 2018 will be a year that goodwill towards each other will prevail.

The senior office has been very busy planning many of our activities for this year. Be sure to check out our list of events each month in the newsletter. Although our senior office is open from 8:30AM to 12:30 Monday through Thursday, the center is open every day from 8:30 to 4:30 with many great classes and activities. Why not stop by and check them out! We have welcomed many new members this past year and we hope that everyone will continue to join us at the center for some of our classes, socials and trips. Some of our most recent new members are, Leonard King, Jr., Linda Sangemano, Jerry and Diane Boucher, Katherine Ulm, Wilfred and Laura Morse, Anne-Marie LaPier, James Brown, Theresa Hart and Vivian Reddy.

Our Sunshine Committee would like to remind everyone that if you know of any of our members who are ill, etc., please list their name down on our sign-up sheet in the dining room or please notify us at the office.

In these quiet winter days, please remember our members who are homebound or in nursing homes or those who are no longer with us.

As we begin a new year, cherish the friends you have and the people you love...always forgive and don't take for granted the time you have with them...time is precious...don't waste it with anger and bitterness...it will only bring you sadness...

Thank you for being my friend,
Terry Cwynar, President



Cancellation Notice: Winter is here and the weather may have an impact activities at the senior center. Closing or delays are posted on WFSB channel 3. It is listed as Plainfield SR Center. Watch carefully because there are three or four Plainfield listings. Do not assume that if schools are closed the center is closed. Many times the weather clears nicely by mid day. You can also call the office at 564-1819 and when the answering machine comes on push 8 for the cancellations. The TV is posted for morning activities by 7:00am, early afternoon activities by 10:00am.



Sorry We're
CLOSED

TO YOUR HEALTH:

Ring in the new year with an exercise plan to boost your physical and mental health.

- ♥ One of the best ways to stick to an exercise plan—do it with someone else.
- ♥ Join a group exercise class
- ♥ Supporting each other helps you and the friend to keep going.
- ♥ Most classes offer modifications so all levels can participate
- ♥ Always check with your doctor first, but we are sure they will support you to keep moving!



Plainfield Senior Citizen Center
Seniors 60 + Women and Men Come Join Our

Weekly Fitness Classes

Fee: Each Participants (60 +) pays \$2.00 per class

MONDAY 9:00AM Line Dancing

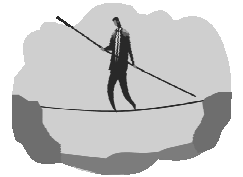
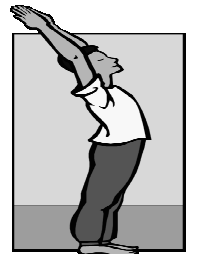
Join Jean for an hour of line dancing and more. Each week you work on old and new dance routines fun for everyone.

TUESDAY 9:00am Self guided exercise with lead by center volunteers Exercise programs uses DVDs on the TV. Simple workout—FREE

WEDNESDAY 8:30AM Chair Yoga Join Michelle for yoga poses, stretches and medication. She will inspire you all from a chair to build strength, flexibility and mental relaxation

THURSDAY 8:00AM Balance Marie continues with her weekly class helping you building balance and keep you from falling!

FRIDAY 9:00am Dance Movement Join Lisa Marie who will have you exercising to a variety of dance music. You will still feel the beat!



Each participant must complete a registration form in the Recreation Office
Please sign-in at each class.

Town Hall Pool is open for Adult Swim

\$5.00 per visit on:

Monday, Wednesday and Friday 10am-Noon

Monday and Wednesday 7pm-8:30pm

Friday 5pm-8pm

SPOTLIGHT: Senior Club

TRAVEL UPDATE: Our new 2018 travel brochure is now available in the senior office. We ask that you take only one for yourself. Anyone interested in our travel program is welcomed to come in themselves to pick one up. When signing up for any trip, please make your choices carefully as we will only have one bus per trip this year and once your name is included in our sign-up book, it becomes very difficult to start cancelling and replacing names to assure that we have enough to run the trip. As usual, it will be on a first-come-first served basis with a waiting list.

The following is a list of our trips for 2018

FEBRUARY 28 – MARCH 2 ATLANTIC CITY
MARCH 13 IRISH CABARET
APRIL 7-13 MYRTLE BEACH
MAY 2 COUNTRY JAMBOREE
JUNE 20 THIMBLE ISLANDS
JULY 12 ALL YOU CAN EAT LOBSTER
AUGUST 8-11 MILLILIUM THEATER –
“JESUS”-PENN. DUTCH
AUGUST 16 WESTCHESTER THEATER
“ANYTHING GOES”
SEPTEMBER 21-23
BALLOON FESTIVAL LAKE GEORGE
SEPTEMBER 27 MUSIC OF ANDREW LLOYD WEBER
OCTOBER 16 OKTOBERFEST
NOVEMBER 8 SALUTE TO VETERANS
NOVEMBER 26-28
WHITE MOUNTAIN INN
DECEMBER 14 “CHRISTMAS STORY” – BUSHNELL

HOPE MANY OF YOU WILL JOIN US!



SPOTLIGHT: Senior Club

UPDATE ON SOCIALS: Just a few comments are some of our activities in December. We had a wonderful Christmas Party at the Imperial Room on December 7th with 135 guests in attendance. Everyone enjoyed the delicious dinner and certainly got into the spirit of Christmas with the help for our entertainer. Due to the generosity of everyone who purchased raffle tickets, we were able to donate \$550.00 to Project Pin. Also in December we were able to donate \$100.00 to Toys for Kids and \$50.00 to the American Cancer

Included with this mailing is our flyer with the details for our Valentine Social.

The socials and dates for 2018 are:

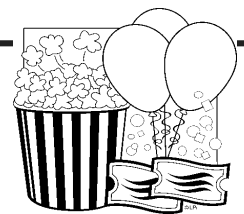
FEBRUARY 15	VALENTINE SOCIAL
APRIL 20	SWING INTO SPRING
MAY 24	VOLUNTEER LUNCHEON
JULY 20	HAWIIAN LUAU
SEPTEMBER 20	HOE DOWN SOCIAL
NOVEMBER 9	VETERANS SOCIAL
DECEMBER 11	CHRISTMAS PARTY

A flyer will be included in the newsletter with details and sign-up dates one month prior to each social. We will again be limited to 64 guests.

UPDATE ON CLUB ELECTIONS: THIS IS AN ELECTION YEAR AT THE SENIOR CLUB. We will be holding election this year and a flyer is included in this mailing for nominations for officers. If you wish to nominate yourself or if you know of someone who is interested in running for office, please return the form to the office by February 9th. The names of the nominees will be posted for 30 days beginning on March 1st and voting will take place at our general membership meeting on April 5th. The new slate of officers will assume their duties on June 1st.

JOIN US FOR “MOVIES ON THE BIG SCREEN”

1:00pm Thursday Matinee



January 4th Dunkirk PG-13 Thriller starting Henry Styles, Tom Hardy and Cillian Murphy. In 1940 Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Using every serviceable navel and civilian vessel, over 330,000 soldiers were safely evacuated.

January 18th 6 Below Mircle on the Mountain PG-13 Drama starring Josh Hartnett, Mira Sorvino and Jason Cottle. Based on a true story of Eric LaMarque who gets stranded for eight days in the frozen wilderness. As he endures the deadly environment, he fights a more difficult battle within himself as he is forced to face the selfish and destructive choices that left him stranded in the frozen tundra.

BINGO NEWS: Tuesdays BINGO will now start at 12:00pm instead of 1:00pm. This gives our players, some of whom travel a distance to return home safe and sound before it gets dark. We will try ordering grinders from Better Value if any players would like to have lunch before they play. If you haven't joined us yet, please stop in any Tuesday and join us. Cards are only 50 cents a piece and are good for twenty games. We have a dessert break after 10 games plus a lot of laughter and fun! In case of bad weather see cancellation information on front page.

PITCH NEWS: Our last pitch tournament ended on January 6th with the following winners: 1st place went to Jim Thornton and Dick Marriott, 2nd place to Rudy Trahan and Pat Leo, 3rd place to Fran Betten-court and Bill Perreault, 4th place to Mary Dauphainais and Linda Yates. Our next tournament will start on January 10th. If you are interested in playing or being a sub, please call Evelyn Thornton at 860-546-9021. We play every Wednesday at 10:00am so please come in any Wednesday and join us. To play in the tournament you need to be able to commit to play for at least 10 weeks or more depending on the number of teams that sign up.

MEXICAN TRAIN

Domino Game Fridays
12:30pm Join us for this great, fun and easy to play domino game.



THE MONTH AFTER CHRISTMAS

"Twas the month after Christmas, and all through the house
Nothing would fit me, not even a blouse.
The cookies I'd nibbled, the eggnog I'd taste,
All the holiday parties have gone to my waist.
When I got on the scales, there arose such a number!
When I walked to the store (less a walk than a lumber,) I'd remember the marvelous meals I'd prepared
The gravies and sauces and beef nicely rared.
The wine and the rum balls,
The bread and the cheese,
And the way I've never said,
"No thank you, please,"
As I dressed myself in my husband's old shirt
And prepared once again, to do battle with dirt,
I said to myself, as I only can
"you can't spend a winter disguised as a man."
So-away with the last of the sour cream dip,
Get rid of the fruitcake every cracker and chip,
Every last bit of food that I like must be banished,
Till all the additional ounces have vanished.
I won't have a cookie, not even a lick,
I'll want only to chew on a long celery stick,
I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.
I'm hungry, I'm lonesome, and life is a bore-
But isn't that what January is for?
Unable to giggle, no longer a riot,
HAPPY NEW YEAR TO ALL,
AND TO ALL A GOOD DIET!!

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

CALENDAR: January 2018

January 1st CLOSED Happy New Year
 January 12th Final payment due- Atlantic City
 January 15th CLOSED M.L. King

RECIPE CORNER: OATMEAL *A heart healthy diet should include whole grains, fresh fruits and vegetables, low fat dairy, lean protein and legumes, and should limit fat, saturated fat and cholesterol and sodium.*

- 1 cup Quaker® Steel Cut Oats (uncooked)
- 2 1/2 cups water
- 1 1/2 cups Tropicana® 100% Apple Juice
- 1 cup pumpkin puree
- 1 teaspoon ground cinnamon or pumpkin pie spice
- 1/8 teaspoon salt
- 1 cup apple, chopped and unpeeled

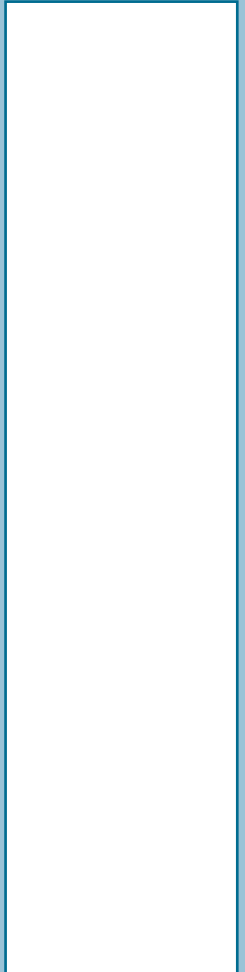


In large saucepan, bring water, apple juice, pumpkin, cinnamon and salt to a boil; stir in oats and apple. Return to boil; reduce heat to low. Simmer uncovered 25 to 30 minutes or until oats are desired texture, stirring occasionally.

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Let us help you tell your story!



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