May this Valentine's Day be filled with love, understanding, and contentment as you journey through life with those you love.

Happy Valentine's Day

SPOTLIGHT: Senior Club Travel Update
The 2019 Travel Brochure has finally arrived! It can be picked up during normal office hours in the senior office Monday through Thursday from 8:30 to 12:30. Due to the increased cost of the printing, we would kindly ask that everyone pick up just one brochure. Also, when signing up for any trips, please only sign up for the ones that you really intend on going on. Please note that if your payment is not received by the due date, we will unfortunately need to remove your name from the list. The following is a list of our upcoming trips.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>March 19</td>
<td>Gaelic &amp; Garlic</td>
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<tr>
<td>April 9</td>
<td>Country Legends</td>
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<td>April 28-May 5</td>
<td>Bermuda Cruise</td>
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<td>May 16</td>
<td>Newport Playhouse</td>
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<td>June 19</td>
<td>St. Clements Castle</td>
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<td>July 17</td>
<td>Newport Dinner Train</td>
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<td>August 21</td>
<td>Riverboat Ramblers</td>
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<td>August 28-19</td>
<td>Ogunquit, Maine</td>
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<td>Sept. 6-14</td>
<td>Canada Cruise</td>
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<td>Sept. 26</td>
<td>Vermont Apples &amp; Cheese</td>
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<td>Oct. 16</td>
<td>Westchester Dinner Theater</td>
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<td>Nov. 12</td>
<td>Songs of America</td>
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<tr>
<td>Nov. 19-21</td>
<td>Miracle of Christmas</td>
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FOR YOUR INFORMATION

From Joyce Hoffman, Social Service Coordinator

MATURE DRIVERS CLASS
Presented by AAA on Wednesday, March 13th, 2019 from 9 am – 1 pm. The cost is $20.00. The instructor will be Kelley Lovely. Please call Joyce at: 860-564-1819, x 28 to sign up in advance.

10 TIPS FOR HEALTHY AGING
1. Be positive
2. Take care of your heart
3. Eat wisely
4. Stay physically active
5. Keep mentally fit
6. Protect your eyesight
7. Pay attention to your teeth and gums
8. Take care of your sexual health
9. Do what you can to stay well
10. Get regular checkups

5 THINGS TO AVOID
1. Avoid large portions, limit fat, salt, and sugar
2. Don’t smoke; avoid secondhand smoke
3. Stay out of the sun
4. Limit alcohol use
5. Avoid sitting for long periods

VETERANS COFFEEHOUSE
The Plainfield Recreation Department Veterans Coffeehouse is off to a great start with approximately 30 Veterans meeting here at the Center weekly! If you are a Veteran, please join us on Thursdays from 9 am – 11 am at the Plainfield Senior Center.

GET A HAIRCUT!
Haircut appointments are coming to the Senior Center! Christine from Roma IV will be here on Wednesdays starting on February 6th from 11 am to 1 pm. Call the Recreation Department at 860.564.1819 to schedule your next cut and save yourself a trip to the salon.

Shampoo and Cut: Men: $15.00. Women: $20.00. Veterans get 10% off!

Do You No Longer Drive? Are You Homebound? Do You Need a Ride?
Call the Recreation Department at 860-564-1819 For More Information or to Schedule a Ride.

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.
LIBRARY NEWS

BOOK REVIEW ——by Linda Mannix, Senior Center Librarian

ONE THOUSAND WHITE WOMEN    by Jim Fergas, from the journals of May Dodd.

One Thousand White Women begins with May Dodd’s journey west into the unknown. Yet the unknown is a far better fate than the life she left behind. Committed to an insane asylum by her blueblood family for the crime of loving a man beneath her station, May finds that her only hope of freedom is to participate in a secret government program whereby the women from a “civilized” world become the brides of Cheyenne Warriors. What follows is the story of May’s breathtaking adventures; her brief, passionate romance with the gallant young army captain, John Bourke, her marriage to the great Chief LittleWolf, and her conflict of being caught between the two worlds, loving two men, and living two lives. This is quite a story!

TVCCA CAFÉ REOPENS!

The café will now be open each Tuesday at 11am for lunch. Registration will be held the prior Tuesday. Meals are available for a $3.00 donation. Thank you to our Senior Center volunteers Ed and Charlene, and TVCCA’s Cheryl who will be helping to serve the meal.

Thursday Movie Matinee

We are currently looking for a 2nd volunteer who would be willing to help with our Thursday afternoon movies. It would be for only one Thursday a month….if you are interested, please call the Senior Office at 860.564.1455 ext. 20 and submit your name and telephone number. It’s a great way to spend an afternoon with friends, along with free entertainment and refreshments!

what’s cooking

It’s hard to believe it’s time for Monday Night Suppers to begin again! The menu for March 25th will be Salad, Rolls, Spaghetti with Meat Sauce and Dessert. Sign-up will be Feb. 25th in the kitchen area from 10:00 until 2:00, and the price will remain at $5.00. If you are unable to come in during those hours you can contact Anne Livernoche at 860-564-8829. We’re looking forward to seeing everyone again, having a bunch of fun, and serving some awesome meals!

Senior Resources: A place for elderly resources. Visit their website at: seniorresourcessec.org
Weekly Fitness Classes
For Women and Men, 60+
Fee: $3.00 per person, per class, unless otherwise noted.

**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 meditation. 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 to help you build your balance and keep you from falling!

**FRIDAY 9:00am Dance Movement** Please call the Recreation Department (860.564.1819) for more information.

Each participant must complete a registration form in the Recreation Office Please sign-in at each class. Call 860.564.1819 for more information.

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**PITCH LEAGUE NEWS**

Our pitch league has just finished another challenging and fun-filled tournament! We ended the run with a nice luncheon and the awarding of prizes.

The first place team was Rudy Trahan and Pat Leo, second place went to Jim Thornton and Dick Marriott, third place to Norm Mooney and Tracey Vanese, and fourth place to Angelo Franco and Ray Poirier.

Our new tournament started on January 23rd with fourteen teams. If you are interested in signing up as a sub, please call Evelyn Thornton at 860-546-9021. Once again the entire league extends our thanks and gratitude to Evelyn for all that she does; without her hard work there would be no league.

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**Quarterly All-Member Meeting**

Please remember that our quarterly meeting will be held on Thursday, February 14th at 1:00pm here at the Center. All are welcome...coffee and light refreshments will be served.
Important Dates in February

Monday, Feb 5........Pmt. Due: Gaelic & Garlic
Thursday, Feb. 7........9:30 AM – Executive Meeting
Thursday, Feb 14........1:00 PM – GENERAL MEMBERSHIP MEETING
Monday, Feb. 18.........President’s Day – Center Closed
Tuesday, Feb. 19........7:30AM – Depart – Atlantic City (from Plainfield Town Hall)

NOTICE: Weather Closings

Please remember that you can check for Senior Center closings on WFSB Channel 3. You may also call 860-564-1819, extension #8 for any cancellations.

Just a reminder that our library offers over 100 movie and travel DVD’s to borrow on the honor system. Stop in and check them out sometime!

HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-862-6429