

# The Senior Connections

SENIOR CITIZENS



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



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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.



MARCH 19.....GAELIC & GARLIC	AUGUST 28-19.....OGUNQUIT, MAINE
APRIL 9.....COUNTRY LEGENDS	SEPT. 6-14.....CANADA CRUISE
APRIL 28-MAY 5.....BERMUDA CRUISE	SEPT. 26.....VERMONT APPLES & CHEESE
MAY 16.....NEWPORT PLAYHOUSE	OCT. 16.....WESTCHESTER DINNER THEATER
JUNE 19.....ST. CLEMENTS CASTLE	NOV. 12.....SONGS OF AMERICA
JULY 17.....NEWPORT DINNER TRAIN	NOV. 19-21.....MIRACLE OF CHRISTMAS
AUGUST 21.....RIVERBOAT RAMBLERS	

## FOR YOUR INFORMATION

From Joyce Hoffman, Social Service Coordinator

Joyce is in her office here at the Center on Mondays from 9-2. Call if you need her services!  
860.564.1819, Ext. 28

### MATURE DRIVERS CLASS

Presented by AAA on Wednesday, March 13<sup>th</sup>, 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 9am – 11am 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

## Monday Night Supper News

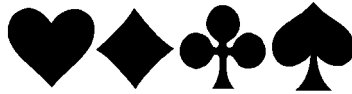
It's hard to believe it's time for Monday Night Suppers to begin again!  
The menu for March 25<sup>th</sup> will be Salad, Rolls, Spaghetti with Meat

Sauce and Dessert. Sign-up will be Feb. 25<sup>th</sup> 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:**  
[seniorresourcesec.org](http://seniorresourcesec.org)



## 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.



## 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.

## 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.

# Bits and Pieces

The Plainfield Senior Center and Recreation Department building is open Monday through Friday from 8:30 to 4:30, except for holidays.

The Senior Club Office is open from Monday through Thursday from 8:30 to 12:30.

Center closings due to inclement weather will be listed on WFSB Channel 3 News.

Visit the Center Library. Borrow and return both books and DVDs on the honor system!

See Linda's Craft Corner Insert For Crafts, Trivia, Lectures, Armchair Travel, and more!

The *Town of Plainfield* website posts the "Senior Connections" monthly newsletter as well as "Linda's Craft Corner.....and More" insert. Go to [www.plainfieldct.org](http://www.plainfieldct.org) and click on "Senior Center."

Stay in shape! Try our treadmill or step machine, or register for an exercise class listed in the Newsletter.

Do You Want To Play Wii? Remotes are located in the Recreation Office.

Visit our Historical Society Room located here at the Center for a blast from the past! Many interesting items are on display. The Room is open every Friday from 2:00 to 4:00.

Join us for "Knit For a Cause" every Friday in the Activities Room. This is a self-led class. Yarn, knitting needles, and patterns are available, and all items are donated to "Knit For Kids", a *World Vision* Program.

## 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







Thomas F. Leffler, *Director*  
 30 North Main St., Jewett City  
 (860) 376-4014  
 lefflerfuneralhome@att.net  
 www.lefflerfuneralhome.com



Plainfield Vision  
 Care Center

Hope Bernard Marandola, O.D.  
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