

The Senior Connections

SENIOR CITIZENS



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



VOL. 27

ISSUE 3

March 2019

Dear Members & Friends,

Spring is coming!!! At least the calendar states that the first day of spring is on March 20th, daylight savings time begins on March 10th, and St. Patrick's Day is on March 17th. Those are certainly things to look forward to as I still see snow falling outside my window as I write this newsletter!! It seems that this time of the year most everyone is looking forward to spring and warmer weather, the hint of green on our lawns and the early arrival of crocus, tulips, and daffodils just before Easter!

The Center continues to be very busy with many new activities in addition to our exercise classes, craft classes, art class, card games, bingo, the Monday Night Suppers, and extensive travel program. Be sure to check out all the new things going on listed in this newsletter.....(and there are more to come!!!)

We wish to welcome all our new members...please consider joining some of our activities....it's a great way to spend time with friends and make some new acquaintances.

In your quiet times, please remember to say a little prayer for our members who are homebound or in nursing homes and those who are no longer with us. They are never far from our thoughts.



*“May there always be work for your hands to do
May your purse always hold a coin or two.
May the sun always shine upon your window pane
May a rainbow be certain to follow each rain.
May the hand of a friend always be near to you and
May God fill your heart with gladness to cheer you.”*

(Traditional Celtic blessing)



Thank you for being my friend,
Terry Cwynar, President

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

Please call Joyce at 860-564-1819, #28 to sign up for any of the following presentations.

FREE NUTRITIONAL CLASSES

Presented by Krissy Anderson from The UCONN Cooperative Center. This 4-week series will be held on each Monday in March: March 4th, 11th, 18th & 25th from 10:30am –12:00pm here at the Center. Each class will have a Cooking Demo. Some of the topics to be discussed include Reading & Understanding Labels, Increasing Fiber, Lowering Sugar, Understanding Diabetes, Eating Health Fats, Fast Food Facts, Additives, and Industrial Farming Practices.

UNDERSTANDING MEDICAL INSURANCE

Presented by Loretta on Monday March 4th at 10:00am here at the Center. This will be a 30-minute presentation followed by a 30-minute question and answer period. Come prepared to learn about navigating this sometimes complicated and confusing system!

MATURE DRIVER CLASS

Presented by AAA on Wednesday, March 13th from 9:00 – 1:00 here at the Center. The cost is \$20.00. Your instructor will be Kelly Lovely.

OPIOIDS: WHAT OLDER ADULTS NEED TO KNOW....."CHANGE THE SCRIPT"

This is a free educational program that will address opioids. It will be held here at the Center on Monday March 18th from 10am to 11am. In this presentation, you will learn how you can help combat the opioid epidemic. Take the opportunity to learn about opioids, know the signs of overdose, and how to properly store and safely dispose of unused prescription opioids. The program is presented by Wheeler Connecticut Clearinghouse, a program of the Connecticut Center for Prevention, Wellness and Recovery.

MONDAY NIGHT SUPPER NEWS

what's
cooking

Sign up for the April 29th supper will be on March 25th in the kitchen area beginning at 10:00am. The menu for April will be Salad, Rolls, Meatloaf, Mashed Potatoes, Gravy, Veggies and Dessert. Remember to sign up early. The price will remain at \$5.00 which is payable at sign up. This event runs from 4:00 to 6:00 PM.



GET A HAIRCUT!

(Please note that beginning in March haircut appointments have been changed to Thursdays from 12:00 to 2:00.)

Christine from Roma IV Salon will be offering her services of shampoo and cut here at the Center. Please call the Recreation Department at 860.564.1819 to schedule an appointment.

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

Coming Soon!

Toe nail cutting will be returning to the Center in the coming months. Stay tuned for more information!!!!



SPOTLIGHT: Senior Club Travel Update



On February 19-21st, 64 of us traveled to our annual trip down to Atlantic City....this year, to a new venue, Bally's Casino. From what was rumored, there were some lucky winners ?? And some others not so lucky.....but all agreed that it was a great time with friends!

On March 19th we will head down to the Grand Oak Villa in Oakville, CT where we will experience a little Irish humor featuring George Casey and some wonderful Italian vocals performed by Tony Riccio, not to mention a family style menu of corned beef & cabbage, plus some chicken parmesan. It should be a great trip!

Our trips for this year are filling up fast. We are limited to one bus on each trip, however, if we have enough of a waiting list, I may be able to add a second bus. As a friendly reminder, please be sure to make your payments in a timely manner. The companies that offer these trips are becoming very strict on their "final payment" due dates. We ask that you please understand that anyone who has not paid for their trip on time will need to be removed from our list. And, as always, we thank you for traveling with us!

Important Travel Dates and Notices

March 1	Ogunquit, ME.....\$100 Deposit Due
March 5	Payment Due.....Newport Playhouse
March 8	Final Payment.....Country Legends
March 19	9:30am.....Depart.....Gaelic Meets Garlic

Westchester Dinner Theater	Deposit Due at Sign-up
Miracle of Christmas, Pennsylvania	Deposit Due at Sign-up

Socials Update

We have set the dates for our upcoming socials for this year. Take a look! Also, in April we will be honoring our dedicated volunteers with a special luncheon. Look for more information in upcoming newsletters.

Thursday, June 13th @ 4pm....."An Evening in Rome"
Wednesday, August 14th @ 4pm.....Chicken BBQ
Wednesday, Oct. 9th @ 1:30pm.....Harvest Dinner
Thursday, Dec. 5th @ 12pm.....Christmas Party

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.



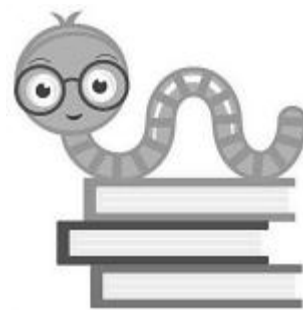
This program is partially funded through the Town of Plainfield and a grant from Title III Older Americans Act and Senior Resources Agency on Aging.

LIBRARY NEWS

BOOK REVIEW ---by **Linda Mannix, Senior Center Librarian**

Skeletons on the Zahara... by Dean King

Everywhere, hailed as a masterpiece of historical adventure, this enthralling narrative recounts the experiences of twelve American sailors who were shipwrecked off the coast of Africa in 1815, captured by desert nomads, sold into slavery, and subjected to a hellish two month journey through the bone dry heart of the Sahara. The ordeal of these men, who found themselves tested by barbarism, murder, starvation, death, dehydration, and hostile tribes that roamed the desert on camelback is made vivid in this gripping account of courage, brother-hood and survival. A riveting tale for sure!



VETERANS COFFEEHOUSE

All veterans are welcome to our new Veterans Coffee House meeting every Thursday from 9:00am to 11:00am. The attendance in the past few weeks has been anywhere between 30 and 40 veterans. We plan on having guest speakers twice a month, and light refreshments are served at each gathering. After the meeting,

Vern Collins, the Town of Plainfield Veterans Service Office, will be available for any questions you may have regarding veteran assistance programs.

Senior Resources a place for elderly resources
seniorresourcesec.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 helping you building balance and keep you from falling!

FRIDAY 9:00am Dance Movement Call the Recreation Department at 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.

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!

Stay in shape! Try our treadmill or step machine, or register for an exercise classes 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 March

Friday, March 1	Deposit Due: - Ogunquit, ME
Monday, March 4	10:00am – Understanding Medical Insurance
Monday, March 4	10:30am-12:00pm—Nutrition Class
Tuesday, March 5	Pmt. Due. – Newport Playhouse
Friday, March 8	Final Pmt. – Country Legends
Wed. March 13	9:00am – 1:00pm – AAA Mature Driving Class
Monday, March 18	10:00am -11:00am – "Change the Script"
Monday, March 18	10:30am – 12:00pm – Nutrition Class
Tuesday, March 19	9:30am – Depart – Gaelic Meets Garlic
Monday, March 25	10:30am-12:00pm –Nutrition Class
Monday, March 25	4:00pm-6:00pm – Monday Night Supper

AARP

CONNECTICUT

The latest news, information and events for CT residents 50+ Check the website for the latest information www.aarp.org

Weather Closings for the Center will be listed on WFSB Channel 3 TV and also on their website.

TVCCA Café

Just a reminder that our café is now open for lunch each Tuesday at 11:00 am here at the Senior Center. Sign up by the prior Thursday for the upcoming Tuesday meal. Meals are \$3.00 donation for those 60+, and priced at \$12.60 for those under 60. Call 860.564.1819 if you need more information.



**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.
 P.O. Box 545 | 10 Norwich Road | Central Village, CT 06332
 Tel: 860-564-2709 | Fax: 860-564-4347
 www.plainfieldvisioncarecenter.com



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO
 BILLED QUARTERLY



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

Reach the Senior Market ADVERTISE HERE



CONTACT

Contact James Kurmaskie to place an ad today!
JKurmaskie@lpiseniors.com or
 (800) 477-4574 x6234

our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior
 newsletter emailed to you at
www.ourseniorcenter.com

SUPPORT THE **ADVERTISERS**
 THAT SUPPORT OUR COMMUNITY

