

The Senior Connections

SENIOR CITIZENS



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



VOL. 27

ISSUE 4

April 2019

Dear Members and Friends,

Spring.....with the arrival of sunny days, warmer temperatures and the awakening of the early blossoming flowers.....it's just makes one's soul glad to be alive! As my Mom used to say, "it's the best time of the year....everything is coming to life, being re-born, and we, along with it!"

The center is very busy with many programs, be sure to read about them and plan on joining in whenever you can. It's a great way to meet with friends and have a great time.

I'm sure you have noticed the format of the newsletter has changed in recent months....I hope you will enjoy them and look for more new and exciting additions in future printings.

If you have any articles that you would like to submit to the newsletter, please be sure to bring them to the office by the 14th of the month for publication in the following months newsletter. We will do our best to have them printed.

In your quiet times, please remember our military men and women serving throughout the world, those members who are ill, and those who have gone to their resting place.

Whatever your traditions may be, may you all have a wonderful Easter with family and friends.

"There are friendships imprinted in our hearts that will never be diminished by time or distance."....Dubinsky

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

“ASK THE DOCTOR”

Join us to hear Dr. Botta and Dr. Candor, who both specialize in Elder Care, speak on Thursday, April 11, 2019 from 1:00 to 3:00pm. Ask the Doctors any medical question you've been wanting to ask about your health or health conditions. Sign up with Joyce at 860.564.1819, ext. 28.

RENTERS REBATE PROGRAM

Filing dates for this program are April 1st through October 1st, 2019. Apply at The Plainfield Town Hall Assessor's Office. Documentation required for 2018 calendar year include the following:

Expenses – Rent, Electricity, and Heat.

Income – Social Security, Pension, Employment, and Interest.

Call the Assessor's Office at 860-230-3008 if you think you qualify or if you have questions.

VISUAL SERVICES PRESENTATION

Come and learn about different forms of vision loss, vision services, and assistive technology available for those with vision loss. Our presenter will be Tammy Robbins, accompanied by her Service Dog “Maisy.” Come and hear their story on Monday April 22nd from 10:00 to 11:00 here at the Center. Sign up with Joyce at 860.564.1819, ext. 28.

REMEMBRANCE QUILTS

Remembrance quilts are being made to honor loved ones who have died from drug overdose. If you have lost a loved one due to drug overdose you can create a quilt square in their memory. It will then be put together by volunteer quilters. See Joyce on any Monday for details or call her at 860.564.1819, ext. 28.

MONDAY NIGHT SUPPER NEWS

Sign up for the May 20th supper will be on April 29th in the kitchen area beginning at 10:00am. Remember to register early. The price will remain at \$5.00 which is payable at the time of sign up. This event runs from 4:00 to 6:00 PM.



GET A HAIRCUT!

Christine from Roma IV Salon will be offering her services of shampoo and cut here at the Center on Thursdays from 12:00 to 2:00. 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!

Movies on the Big Screen

“A Star is Born “ Thursday, April 25th @ 2:00pm Free!

In this new take on the tragic love story, Jackson Maine (Bradley Cooper) is a seasoned musician who discovers and falls in love with struggling artist Ally (Lady Gaga). She has just about given up on her dream to make it big as a singer...until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle of his own internal demons.



SPOTLIGHT: Senior Club Travel Update

Our trip in March took us to the Grand Oak Villa in Oakville, CT to enjoy “Gaelic meets Garlic”, some good old-fashioned Irish humor and some great Italian music we all know and love.

Our trip on April 9th features “Country Legends” at the Log Cabin in Holyoke, MA with special tribute performance by “The Corvettes”. We have many folks going on this trip; we ask that you carpool if at all possible. The center has many new programs during the week and sometimes it is difficult to accommodate many cars. Thanks for your understanding.

Our trips this year have had wonderful responses and because of the great number of folks who have signed up, we have been able to add a second performance on an upcoming trip. Our trip to Newport Playhouse has a second date of May 9th added so that we can accommodate all the folks who were on our waiting list. You will be receiving a phone call to confirm that you will be able to join us on that date. If you know of anyone that would like to join us on the 9th, we still have some available seats. We will keep you updated on any other possible changes.

TIME OF TRAVEL



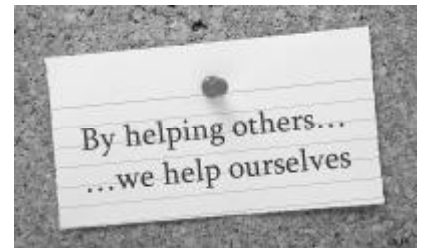
Important Travel Dates and Notices

Tuesday April 9th 9:15am –Depart – Country Legends
Sunday, April 28th Depart – Bermuda Cruise – TBD
Thursday, May 9th Second Date Added Newport Playhouse

Volunteer Luncheon



Volunteers Are the Heart of Our Senior Club



Volunteers are a very special group of people who use their time and resources to benefit others. Without these dedicated volunteers, our club would not be one of the best! Volunteers gain leadership and organizational skills, and a volunteer's willingness to help also gives them a sense of achievement. Volunteers work diligently on behalf of others without being motivated by financial or material gain.

We are pleased to honor our wonderful volunteers. They are without a doubt, the “heart of our club”. Our many thanks to all of you for all that you do for us. The luncheon will be held on Wednesday, April 10th at 1:30PM.

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.

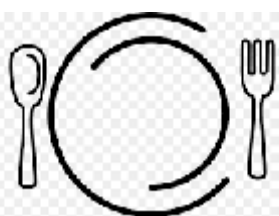
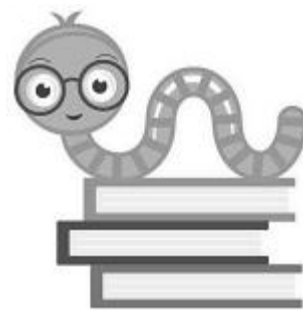
LIBRARY NEWS

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

The Royal Wulff Murders by Keith McCafferty

A fishing guide reels in the dead body of a young man in the Madison, the Holy Grail of Montana trout rivers: an unlucky catch with a Royal Wulff trout fly stuck through his bloated lower lip and a stick jammed into his eye. It's an unusual but easily explained drowning, or some would like to think. But Sheriff Martha Ettinger suspects foul play. Following her instincts she soon finds herself crossing paths with Montana newcomer, Sean Stranahan.

Fly fisher, painter, and has-been private detective, Stranahan left a failed marriage and lackluster career in the East to move to Montana to pursue his passions. After a month in his new hometown of Binger, and with more luck catching fish than clients, he finds himself living in an art studio decorated with fly tying feathers and mouse droppings and is completely unprepared when Velvet Lafayette walks into his life, intent on hiring his services to find her missing brother. A great murder mystery!



TVCCA Café Meals

Just a reminder that our café is now open for lunch each Tuesday at 11:00 am here at the Senior Center. Sign up at the desk near the kitchen no later than 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.

Senior Resources: a place for elderly resources



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 April

Tuesday, April 9	9:15am Depart – Country Legends
Wednesday, April 10	11:00am – Executive Meeting
Wednesday, April 10	1:30 pm – Volunteer Luncheon
Thursday, April 11	1:00 – 3:00pm – "Ask the Doctor" Presentation
Monday, April 22	10 to 11 Visual Services Presentation
Thursday, April 25	2:00pm – Movie – "A Star Is Born"
Sunday, April 28	Depart Time TBD – Bermuda Cruise
Monday, April 29	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



VETERANS COFFEEHOUSE

All veterans are welcome to our new Veterans Coffee House meeting every Thursday from 9:00am to 11:00am. 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.

**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
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