

The Senior Connections

SENIOR CITIZENS



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



VOL. 26

ISSUE 7

July 2018

Dear Members and Friends,

Can you believe that we have already reached the middle of the year! Where did the time go? I certainly am ready for some nice warm days filled with abundant sunshine. It seemed that this year we went from cold and rainy with no spring season to warm temperatures! I can't wait for all the fresh fruits and vegetables that the summer has to offer...you just can't beat the taste of a freshly picked tomato or cucumber or any of the delicious fruits of the season!

The center is a perfect place to come and meet your friends during these warm days. Perhaps consider joining an exercise class, bingo on Tuesday afternoon, or card games. Our craft classes are held every Wednesday and Thursday mornings. Be sure to check out Linda's flyer on all of her activities.

As we get our barbeque grills heated up for our family celebrations of Independence Day, let us not forget all the freedoms we enjoy...many that we take so much for granted. Be sure to proudly display your American flag, not only for those who fought for our freedoms, but to show our appreciations for all those who are still fighting for those freedoms! Have a wonderful 4th of July!

Just a kindly reminder membership dues are now due. Everyone must fill out a new membership form (including Life Members) and the dues are \$8.00 per year. Those members who have not renewed their dues by July 15th will be removed from our roster...and you will no longer receive the newsletter.

We extend a warm welcome to our new Recreation Director, Kelly Scaplen. We wish her the very best in her new position and look forward to working with her. If you have an opportunity, drop by the front office and say hi!

In your quiet moments, please remember those who are in nursing homes or are homebound, and those members who are no longer with us.

The best kind of friend is the kind you can share a glass of lemonade with, enjoy the beauty of the day, never say a word, and then walk away feeling like it was the best conversation you've ever had!

Thank you for being my friend,

Terry Cwynar, President

Senior Resources a place for elderly resources
seniorresourcesec.org

 Senior Resources
AGENCY ON AGING

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

United Services in Dayville, CT announces its newest program offering: **THE SENIOR OUTREACH AND ENGAGEMENT PROGRAM**. Serving Northeastern and Southeastern CT, this program is for at risk older adults (55 & up). The goals are to assist these adults to remain in the community and to improve quality of life by stabilizing mental health symptoms and reducing substance abuse. Referrals are accepted from concerned neighbors and family members and can be anonymous; self-referrals are encouraged.

Please call United Services at 860-774-2020 or 860-456-2261 if you are concerned about someone or want information. Ask to speak with staff from **THE SENIOR OUTREACH AND ENGAGEMENT PROGRAM**.

MEDICARE ADVANTAGE PLANS PRESENTATION

Please join us here at the Center for an encore presentation by Miriam and David from Anthem Blue Cross on **MONDAY JULY 23RD, 2018 AT 10:00AM**.

They will be talking about \$0 Medicare Advantage Plans for people on the Medicare Savings Program (plan on coming and bring your questions!!) *Call Joyce at 860-564-1819, ext. 28 to register.*

SOCIALS UPDATE

Our next social will be our Luau on Thursday, July 26th from 1 to 3 pm. Our delicious Island luncheon will once again be prepared by the Imperial Room. With entertainment by Jose Paulo, I'm sure he will encourage many of our folks to learn how to dance a Hawaiian Hula! It should be a great fun afternoon!

Look for more information on upcoming socials in the next newsletter.



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

MONDAY NIGHT SUPPER NEWS

It's anniversary time!!! It's so hard to believe that August will be our 6th Anniversary! The menu for the August dinner will be: Salad, Bread, Choice of Lobster Salad or Chicken Salad Roll, French Fries, Coleslaw, and Dessert. The price is \$5.00, payable at sign-up and is non-refundable. Please remember that we only take 64 reservations. Supper is from 4:00 to 6:00 pm here at the Center.



In order to be fair to the people that come every month and avoid the hard feelings of last year, we have decided that you may sign up from 8:30 to 1:00 on July 30th only if you have dined with us during the past 3 months. After 1:00, anyone is welcome to sign up as long as the openings last.

SPOTLIGHT: Senior Club Travel Update



We are "On the Road Again" with our wonderful group of travelers. After a great trip to the Thimble Islands in nearby Branford in June, we will be off to our 2nd trip to the Delaney House for our "All You Can Eat Lobster" with entertainment by Jimmy Mazz. Please remember that the final payment for the Westchester Broadway Dinner Theater is due on July 9th.

We have a full bus going to Lancaster Pennsylvania in August to see the performance of JESUS at the Sight and Sound Theater.

We are already starting to plan our travel program for next year and your input is very important to us. If there is somewhere you would like us to research, please let the office know. We try to plan trips that are the most requested by our members and travelers....so don't hesitate to give us a call or stop by.

Please Note These Important Travel Reminders:

Monday July 9.....Final payment due for Westchester Dinner Theater - "Anything Goes"

Thursday July 12.....Depart at 9:45AM for The Delaney House

SENIOR CLUB NEWS By: Terry Cwynar, Club President

On behalf of the Plainfield Senior Club, I had the pleasure of presenting two \$500.00 scholarship awards during the Plainfield High School Awards Night on June 21st. The scholarships were awarded to Lilly Pollard and Jessica Gadue. These scholarships are made possible by membership dues and by proceeds of our travel program.

I also presented an award in memory of Betty Bissonnette on behalf of the Senior Chorus. This award also went to Lilly Pollard. The final award was given by the Women's Club and went to Hannah St. Onge. Congratulations to all the recipients!

We welcome the newly appointed members of our Executive Committee: Josie Nason, Ellie Berberick, AnnMarie MacIvane, and Bob Bisbee. They will be joining your elected officers for the next two years. Rosalie Laskarzewski has agreed to be our Chaplin once again. Thank you all for your willingness to volunteer.

"MOVIES ON THE BIG SCREEN"

PLEASE NOTE: The Thursday afternoon movies on the 1st and 3rd Thursday of the month will not be presented during the months of July and August, but will resume in September. Look for the dates and titles in the August newsletter. Thank you.



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

Darling Jim by: Christian Maerk



When two sisters and their aunt are found dead in their suburban Dublin home, it seems that the secret behind their untimely demise will never be known. But Niall, a young mailman, finds a mysterious diary in the post office's dead letter bin. From beyond the grave, Fiona Walsh shares the most tragic live story he's ever heard – and her tale has only just begun.

Niall soon becomes enveloped by the mystery surrounding itinerant storyteller Jim, who traveled thru Ireland enrapturing audiences and wooing women with his macabre tales. The Walsh sisters, fiercely loyal to one another were not immune to “daring Jim's” powers of seduction, but found themselves in harm's way when they began to uncover his treacherous past. Niall must now continue his dangerous hunt for the truth, and for the vanished third sister, while there's still time.

Weekly Fitness Classes

For Women and Men, 60+

Fee: \$2.00 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 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. Call 860.564.1819 for more information.

NEW MEDICARE CARDS

Soon the Centers for Medicare and Medicaid Services will begin sending new Medicare cards to beneficiaries. The new cards are being sent to decrease Medicare beneficiaries' vulnerability to identity theft by removing the Social Security based number from Medicare identification cards and replacing it with a new unique Medicare Number. Although an exact time has not been specified for Connecticut, the roll-out for Connecticut residents will be after this month. Here's what you need to know before they arrive.

* Make sure your address is up to date because Medicare will be sending it to the location associated with your Social Security account. To update your address information, contact Social Security at 800-772-1213 or go on-line to www.ssa.gov/myaccount.

* Your new card will no longer include your Social Security number. It will include your name, new Medicare number, and the dates your Medicare Part A and Part B coverage started.

* Start using your new Medicare card once you receive it. Destroy the old one immediately, since it contains your Social Security number. If you happen to lose or misplace your new card, you can get a replacement, but you can also access your new Medicare number on a Medicare Summary Notice through Medicare.

* Keep your Medicare Advantage, Part D prescription, and/or Medigap cards. Continue using your health or drug plan's card when you get health care or fill a prescription.

* The Railroad Retirement Board will issued new cards to Railroad Retirement beneficiaries.

* You can find additional information on the release of Medicare's new card at Medicare.gov.

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 our many titles 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 and click on "Senior Center."

Stay in shape! Walk around the yard, try our treadmill or step machine, or register for one of our 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.

CALENDAR: July 2018

Please Note These Important Dates in July

Wed. July 4.....Center Closed

Thurs. July 5.....9:30AM – Executive Meeting

Mon. July 9.....Final Payment: Westchester Theater

Thurs. July 12.....9:45AM – Depart – Delaney House

Mon. July 23.....10AM – Anthem Blue Cross Presentation

Thurs. July 26.....1-3PM – Luau Social

Mon. July 30.....4-6PM – Monday Night Supper

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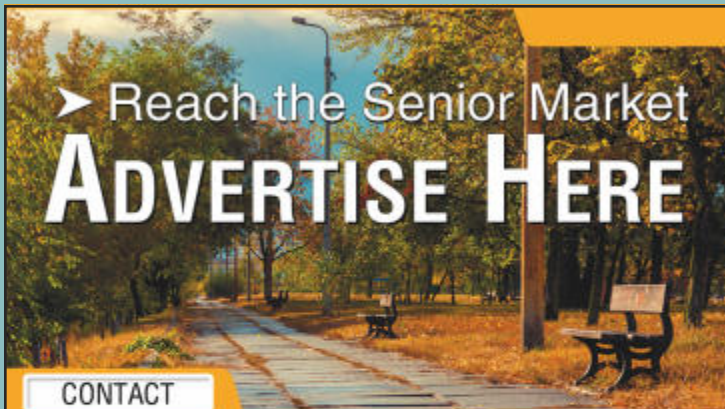
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