

The Senior Connections

SENIOR CITIZENS



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



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August 2018

Dear Members and Friends,

"The hot and hazy days of summer" are certainly holding true so far this year! After such a seemingly long and damp spring...summer arrived with a hot blast! Right here at the Senior Center we have the perfect place to spend some time in a nice air-conditioned environment and perhaps join in on one of our many activities. Meeting some friends for a line-dancing class or exercise class, or a friendly game of bingo or cards is always great fun! Linda has her classes each Wednesday and Thursday, and our library is a great place to pick out a new read...we even have some very comfortable chairs in the library, too! We would enjoy your company and you may find a new friend or two.

I must apologize to everyone for the late arrival of last months' newsletter. We are on a strict deadline from the publisher and our volunteers have been wonderful in coming in on a very short notice to 'put them together' so that they can be brought to the post office in a timely manner enabling everyone to receive their newsletter before the 1st of the month. Due to circumstances beyond our control the publication never left the center until a week after our work was completed. We are currently working on the problem so that they can be mailed much sooner. Thank you for your patience and understanding.

We wish to welcome our newest members: Marguerite Greenman, Susan Dumas, Sharon Denomme, Doreen Peloquin, and Norman Ravenelle. We hope you will join us for some fellowship and activities.

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

True friends are hard to find, difficult to leave, and impossible to forget...

Thank you for being my friend.

SENIOR CLUB NEWS

By: Terry Cwynar, Club President

**THE SENIOR OFFICE WILL BE CLOSED FOR VACATION FROM
MONDAY, AUGUST 20TH THROUGH FRIDAY, AUGUST 24TH.**

This will give our office staff a little time off. Many folks don't realize that everyone in the office is a volunteer. It is because of their dedication and hard work that we are able to have such a successful club and have so many activities, trips, and socials during the year. Wishing our fabulous office staff a pleasant and restful week!

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

“MAKE AN EASY MEAL” EDUCATIONAL SERIES: Dianisi Torres returns to the Senior Center from the Expanded Food and Nutrition Education Program for a series of food preparation workshops! Dianisi will show participants how to make a simple, inexpensive, and nutritious meal during her presentation. This will be a 4-part series held on Mondays from 10:30 to 12:00. The dates are August 20th, August 27th, September 10th and September 17th. All are welcome to come to one or all four workshops, but we must have a minimum of 5 participants at each workshop or we will be forced to cancel. Many food tips and giveaways! Sign up with Joyce @ 860-564-1819 ext. 28.

ENERGY ASSISTANCE PROGRAMS PRESENTATION: Elisa Serano from *THE ACCESS AGENCY* will be here to answer your questions and give you the opportunity to find about the energy assistance programs which are currently accepting applications. This program will be held on Monday, August 27th, from 2:00 to 4:00PM (before the Monday Night Supper). Sign up with Joyce @ 860-564-1819 ext. 28.

SENIOR CHORUS INFORMATION

Plainfield Senior Chorus is having a drawing. Every day, beginning August 1st to August 20th, there will be a daily drawing. There are many nice prizes. Among them are gift certificates to local restaurants, handmade articles, a coupon for \$50.00 off a complete auto detailing, etc. This is a great way to support our Senior Chorus. Tickets may be purchased from any Chorus member as well as in the senior office. The cost is only \$5.00.



“MOVIES ON THE BIG SCREEN”

The twice-a-month Thursday afternoon movies will resume on September 6th at 1PM. Movies that will be shown during the month will be posted in the next newsletter.



SOCIALS UPDATE

Our Senior Center was transformed to a tropical Hawaiian paradise for our Luau Social on July 26th. Our delicious menu was of a tropical flavor, and our entertainer, Jose Paulo added the finishing touches to a great afternoon! Now everyone wants me to consider a trip to Hawaii!!!

On August 1st, we will begin taking reservations for our annual Hoe Down Social. By popular demand, our entertainers are once again the Country Duo, who always gets everyone tapping their feet to their lively music! The Imperial Room will be serving a traditional BBQ menu. Be sure to sign up early, as this social is one of our most popular. Check out all the details on the enclosed flyer!

MONDAY NIGHT SUPPER NEWS

Sign-up for the September 24th supper will begin at 10:00 am on August 27th in the kitchen area; please note the new sign-up time. The menu will be: Salad, Rolls, Roast Pork Tenderloin, Mashed Potatoes and Gravy, Veggies, Applesauce, and Dessert. The price is \$5.00, payable at the time of sign-up, and is non-refundable. Please remember that we only take 64 reservations, so be sure to sign up early!



SPOTLIGHT: Senior Club Travel Update

We certainly have some serious lobster-eating members!! Our trip to the Delaney House for "All You Can Eat Lobster" proved beyond any doubt that we could win any contest!! The food was delicious and Jimmy Mazz had the entire room singing! It was a great trip with a great group of folks!



Our next adventure will be our three day trip to Lancaster, Pennsylvania to see the performance of "Jesus" at the Sight and Sound Theater. From all reports, this is one of their best shows. We will also have dinner at the Dutch Apple Dinner Theater and see a performance of "SWING". We will enjoy a family-style dinner in an Amish Home, visit the Kitchen Kettle Village Shops and enjoy Chalk Talk with Artist Elva Hurst. She is the artist who gave us her beautiful artwork that is in the senior office. We will also have a tour of the Amish Country Farmlands and enjoy a stop at Eli's Stand for warm pretzels and homemade Root Beer! On our way home, we will visit Longwood Gardens. We are currently working on adding a day trip in December...more information coming!

We are already taking reservations for our annual Atlantic City trip next February from the 19th to the 21st, and the cost is \$230.00 per person- double. This will also include a slot bonus, meal vouchers, insurance, and driver's tip. A \$75.00 deposit per person is due by November 15th. Be sure to sign up early!

Planning our Senior Travel Program is always an exciting time, but also a stressful time. We try to include places that are new and different, and the best way for us to do this is by suggestions from you...our travelers! If you have some places you would like to us look into booking.....please let us know. We do this program for all our members to enjoy....so keep those suggestions coming!

PLEASE NOTE THESE IMPORTANT TRAVEL REMINDERS

Thursday, August 9th.....7:30AM – Depart – Pennsylvania

Thursday, August 16th.....8:30AM - Depart – Westchester Dinner Theater

Wednesday, August 29th.....Final payment due: Adirondack Balloon Festival

SENIOR EXPO COMING SOON!

We are thrilled to announce that the Senior Club, in conjunction with the Town of Plainfield, will be hosting a Senior Expo here at the Senior Center on Friday October 19 from 9:00 am to 12:00 pm. We plan on having many vendors that would be of interest to our senior community as well as highlighting some of the programs we offer here at the Center.

More information will be shared with you in the coming weeks. Be sure to mark the date on your calendar. This is an event you won't want to miss!

LIBRARY NEWS BOOK REVIEW ----by Linda Mannix, Senior Center Librarian

THE TOWN MENAGERIE by David Hahn.



The Royal menagerie at the Town of London began with a wedding gift to King Henry III. Starting with three leopards from his new brother-in-law Frederick, the Holy Roman Emperor. Soon afterward these animals were joined by a huge Norwegian polar bear, who was encouraged to fish in the Thames for his nightly supper. Over the next 600 years, the Tower played host to elephants, lions, ostriches, monkeys, zebra, alligators, a rhinoceros, a giraffe and a very brave Spaniel who was one of the Tower's lions pet! This was very interesting and probably the beginning of zoos of the future.

BREAKING NEWS: BYLAWS UPDATE

The Executive Committee reviewed and approved the revised bylaws at their meeting on Thursday July 5, 2018. The bylaws were last updated in 1998! The revised bylaws will be presented for approval at the **General Membership Meeting** on Thursday, October 11th. **The revised bylaws will be available for review at the Center after September 1st.**

Your officers are pleased to tell you that there will be **no** change to the membership dues. They will remain at \$8.00 per year. There are just a few clarifications of terminology and amended wording, and there are a few new committees and programs added.

Because of added costs to our socials, we did decide that effective January 1, 2019, there will be a slight increase to the charge for our socials. We have held the cost for some time but to continue providing the expected quality to our socials, we find that it is necessary to increase the charges to both members and non-members. And since we feel that membership should have its "perks", non-members will now be charged a price of \$2.00 above the member's-only price.

Our thanks go out to the committee who worked on the bylaws. They put many hours and much thought into their review as you will see by the quality of their product. If you see Betty Hollows, Anne Marie MacIlavane, Josie Nason or Anne Delmastro, show your appreciation by thanking them for their hard work.

If you have non-member friends who enjoy the activities of our club, we hope you will encourage them to become members as well.

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.

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.



We have had many requests for Claire's famous "Crazy Beans" recipe recently served at one of our suppers, so here it is!

- 1 pkg. Jimmy Dean Sausage with sage.....cook w/chopped onion, drain
 - 1 large can of baked beans
 - 2 apples, peeled and chopped
 - ½ cup raisins
 - 1 ½ cup shredded cheddar cheese.
- Mix all ingredients.....heat at 350 degrees for about 20 minutes –until hot...don't overheat!

CALENDAR: August 2018

Please Note These Important Dates in August

- Thu. Aug 2.....9:30AM - Executive Meeting
- Thu. Aug 9.....7:30AM – Depart, Pennsylvania
- Sat. Aug 11.....8:00PM – Approx. return – Pennsylvania
- Thu. Aug 16.....8:30AM – Depart, Westchester Theater
- M-F Aug 20-24.....SENIOR OFFICE CLOSED – VACATION
- Mon. Aug 20.....10:30 to Noon "Make an Easy Meal" Class
- Mon. Aug 27.....10:30 to Noon "Make an Easy Meal" Class
- Mon. Aug 27.....3 to 4PM – Energy Assistance Presentation
- Mon. Aug 27.....4-6PM – Monday Night Supper
- Wed. Aug 29.....Balance Due: Adirondack Balloon Fest.

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.

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