Dear Members and Friends,

With the cooler weather and days that seem to be much shorter and the evenings much longer, November is always that time of the year when we realize that the holidays are right around the corner and so is winter! We find ourselves reaching for an extra sweater or cozy blanket and a good book. There is something to be said about a cool, grey day outside, but a warm kitchen with the great aroma of something delicious baking in the oven. And, of course, nothing can be better than the smell of a Thanksgiving Dinner ready to be served!!

Tickets for our Christmas Social on December 5th will go on sale in the senior office on November 1st. When making your reservations, if you wish to have a group seated together, please remember to have everyone’s name and payment at the time you sign-up. We will do our very best to accommodate your request. We are limited to 200 guests, so it is first come, first served. Thank you for your understanding.

We have many activities planned for this month. On Wednesday, November 13th, we will honor our many veterans at our annual Veterans Day Social. It is always our pleasure to honor our many veterans for their service. Our very talented Senior Chorus will have their annual performance at Plainfield High School on Friday, November 15th at 7PM. This year’s theme is “Thanks for the Memories”. Each year this dedicated group of seniors entertains a full house with songs, fun and laughter. If you don’t have your ticket yet, they can be purchased at the center or from any chorus member.

As we enjoy our Thanksgiving celebrations for most of us it will be a day filled with friends, family and wonderful food, .....but in your quiet times, please remember those who are in nursing homes and those unable to share the day with loved ones.

**Good friends are like quilts---they age with you but never lose their warmth.**

Thank you for being my friend,
Terry Cwynar, President
LAST MONDAY NIGHT SUPPERS
November 25th
4pm-6pm

SALAD AND ROLLS
BEEF STEW
BREAD PUDDING

Join us for a home cooked meal and spend time with your friends or make new friends.

Sign up at the Senior Office or Call 860-564-1455 before October 25th
Donation of $5.00 collected at the door.

PLEASE NOTE:
There will be NO suppers in December and January

Update On Senior Travel

Our trips for next year have been scheduled, and our Travel Brochure will be distributed at our Christmas Social. They also may be picked up at center after December 5th.

We have a trip going to Atlantic City on February 18th to the 20th, and we are taking reservations now due to an early deposit date. If you are interested in joining us, call the senior office. We had scheduled this trip last year, and everyone had a wonderful time…… We have spaces available….the price is $175.00 per person with a $60 slot bonus. This price also includes 2 meals and show featuring Eva Tereso and Jimmy Mazz as Bobby Darin and Connie Francis. We will also be traveling to South Dakota in 2014, and will be having a presentation by a representative from Collette Tours in February of next year. We have brochures in the office with complete details on this wonderful trip that may be picked up at any time.

This month we will be at Salem Cross Inn to enjoy a Fireplace Feast. This will be a ‘first time’ type of venue for us. It will be an open hearth cooking demonstration of prime rib and seafood chowder cooked in a traditional early American fashion. We may even be asked to ‘stir the chowder pot’. There will be a wagon ride available (weather permitting) around the surrounding fields. Everyone gathers in the dining room to enjoy their delicious feast with homemade apple pie with fresh whipped cream for dessert.

THE CHALLENGE IS HERE!!!!!!!

After feeding our wonderful friends for over a year, the Fearless Five are issuing a challenge to our male members to step up to the “plate” and start off the New Year by planning and preparing a meal for our lucky diners to enjoy.

The girls have discovered that at another center, it’s the men who do the cooking and kitchen chores and their menu is always delicious and the kitchen spotless. We just KNOW that our guys could do an even better job!! Although we are positive our male counterparts will be more than willing to accept the challenge, we are prepared to impose some harsh penalties that will be discussed for years if you fail to come forward!!

As suggested, you need a leader who can contact Anne at 860-564-8829 after 6:00 weeknights for details and suggestions.

Good luck and we look forward to a new dining experience.

Come to the MOVIES...
THURSDAY MATINEE 1:00pm
MOVIES ON THE BIG SCREEN

November 7th: The Devil Wears Prada
Comedy **PG13**
An assistant to a demanding fashion magazine editor has the job a million girls would die for. Unfortunately her heaven sent job just may be the end of her.

November 21st: The Family Stone
Comedy **PG 13**
An uptight and conservative corporate executive visits her boyfriend’s relaxed and quirky family with amazing results after a few beers.

Soda and Popcorn
As you grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. And not only is exercise good for your body, it’s also good for your mind, mood, and memory. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness.

Exercise is the key to healthy aging.
Starting or maintaining a regular exercise routine can be a challenge, as you get older. You may feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. Or, if you’ve never exercised before, you may not know where to begin. Or perhaps you think you’re too old or frail, or that exercise is boring or simply not for you.

While these may seem like good reasons to slow down and take it easy as you age, they’re actually even better reasons to get moving. Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. In fact, exercise is the key to staying strong, energetic, and healthy as you get older. And it can even be fun, too.

No matter your age or your current condition, you can benefit from exercise. Reaping the rewards of exercise doesn’t require strenuous workouts or trips to the gym. It is about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness—even if you’re housebound—there are many easy ways to get your body moving and improve your health.

SENIOR CENTER NEWS: Thank you, Reminders and FYI

♦ A very special thank you goes out to Eastern Savings Bank of Plainfield for their donation of beach balls to our Wednesday morning exercise program. This is great for our seniors who cannot lift the heavier balls. Thank you for thinking of us.

♦ On November 6th, at 1:00, Dr. Joseph Botta will speak to us On the many faces of Dementia. If you have not signed up yet please call the office at 860-564-1455. Family and friends are more than welcome to come.

♦ ATTENTION VETERANS: Our VFW Service Office, William Holmes, will be at the Senior Center for Veterans in need of any Veteran related concerns on November 5th at 1PM. No appointment is necessary.

Veterans Day
On the 11th hour of the 11th day of the 11th month, an armistice, or temporary cessation of hostilities was declared between the Allied nations and Germany in the First World War, then known as “The Great War”. Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War 11 and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars. We have had a wonderful response for our annual Veterans social on November 13th and we are proud to pay tribute to all American veterans --- living or dead --- but especially to give thanks to living veterans who served their country honorably during war or peacetime, The social was completely sold out within five days!
BOOK REVIEW:

Wild Girl by Jim Fergus  C2005  Fiction

When Ned Giles is orphaned as a teenager he heads west, hoping to leave his troubles behind. He joins the 1932 Great Apache Expedition on their search for the young son of wealthy landowner, kidnapped by wild Apaches. The expedition finds their mission complicated when they encounter a wild Apache girl in a Mexican jail cell. Unwilling to eat or speak, she inspired Ned’s sympathy, and he hatches a plan to exchange the wild girl for the stolen boy. As Ned and the expedition make their way through the rugged Sierra Madre Mountains, Ned’s feelings for the troubled girl begin to grow, and he finds himself forced to choose allegiances and make a decision that will haunt him forever.

Volunteer of the Month

Rosalie Laskarzewski

Rosalie was born in Putnam, Ct, and raised in Moosup. She graduated from All Hallows School, Putnam Catholic Academy and Hartford Hospital’s LPN program. She married Len in June 1959, has 4 grown children and raised 16 foster children. She worked at Hartford Hospital, Day Kimball and Backus Hospital and various nursing homes and volunteered at Habitat for Humanity. Three years ago she retired from her 12 year presidency at Plainfield Seniors, and now enjoys senior as well as personal travel, volunteers at the center and is a lector and Eucharistic Minister at St. John the Apostle Church in Plainfield.

NOT ALL THIEVES ARE STUPID!!!!

This gives us something to think about with all our new electronic technology!

GPS.

Someone had their car broken into while they were at a football game. Their car was parked on the green, which was allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS, which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house, then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, and also knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents.

Something to consider if you have a GPS...don’t put your home address in it. Put nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

Anonymous

Do You No Longer Drive? Are You Homebound and Need To Get Out? Do You Need a Ride?

Call 564-1819 For Information on Rides

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

- **Open Daily** 8:30am-4:30pm
- **Lunch Served Tuesday-Friday**
- **Choices**
  - Information on Medicare and Insurance Monday and Wednesday 9:00am-1:00pm

**Activities**

- **MONDAY**
  - 8:30-9:30 Exercise with Lisa
  - 9:30-11:30 Art Lessons
  - 9:30-11:30 Wii for Seniors
  - 12:30-2:00 Chorus

- **TUESDAY**
  - 9:00-10:00 Exercise with Jeanne
  - 9:30-11 Knitters Group
  - 10-11:30am Rummikub
  - 9:30-11:30 SNAP Application Asst.
  - 1:00-4:00 BINGO
  - 1:00 VFW Service Officer

- **WEDNESDAY**
  - 8:30-9:30 Exercise with Christine
  - 9:30-11:30 Wii for Seniors
  - 12-3 Pokeno
  - 1:00 Writing Club
  - 1:00pm Dr. Botta Presentation

- **THURSDAY**
  - 8:00-9:00 Balance Class with Marie
  - 1:00pm MOVIE MATINEE
    - The Devil Wears Prada “PG 13”
  - 9:00-9:45 Zumba for Seniors
  - 9:45-11:30 Wii for Seniors

- **FRIDAY**
  - 9:00-9:45 Zumba for Seniors
  - 9:45-11:30 Wii for Seniors

**Support Your Veterans**

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**To Do List!**

1. Need an oil change
2. Get a hair cut
3. Find a plumber
4. Anything else?

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