

The Senior Connections

Plainfield Senior Citizen Center
482 Norwich Road, Plainfield, CT 06374
Telephone: 860.564.1819, ext. 20
E mail: plainfield.seniors@yahoo.com

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ISSUE 4

APRIL, 2024



New In This Issue

Senior Club Membership Renewal

Renew by March 31st.
More info inside.

Social Committee April Luncheon

See inside for details.

Monday Night Suppers Begin Again This Month!

Get ready for more great
meals here at the Center!

Plainfield Historical Society April Meeting

Read the article in this
Newsletter.

Ongoing And Upcoming Programs At The Center

Check out what's coming
up!

Healthy Aging With Joyce

Loads of info on Joyce's
Healthy Aging page!

Dear Members and Friends,

Spring has sprung and the center has come alive again will socials, suppers and many new programs. Now that we have changed the clocks ahead an hour it is so nice to see the days staying light later in the evening. All the spring flowers are coming up, the birds are singing and it is so nice to enjoy the cooler weather before the hot days of summer. Soon we will be planting our flowers and veggies in the yard. My how time flies. I hope everyone had a wonderful Easter.

We had our first Social on March 15th. We had shepards pie and the social committee did a wonderful job with the decorations and the meal. Our entertainer for the afternoon was Victoria Rose Taytro. She has a wonderful voice and did a great job entertaining us.

Our membership is still growing. Remember that renewals were due by March 31. If it has slipped your mind please do so ASAP. Thanks.

In your quiet times please remember our members who are housebound or in nursing homes, and those who are no longer with us and their families.

Cindy Paquin,
President

Just a little reminder: Laughter is the best medicine there is. Try and get together with friends and enjoy.

Plainfield Senior Center Hours Of Operation

Call 860.564.1819 for more information.

- ◆ *The Plainfield Senior Center and Town of Plainfield Recreation Department* are housed in the same building at 482 Norwich Road (Rt. 12) in Plainfield, CT. The building is open Monday through Friday 8:30 am to 4:30 pm, except for holidays.
- ◆ The *Senior Citizen Club Office* is open Monday through Thursday 9 am to 12:00 pm.
- ◆ **Closings due to inclement weather, or for other reasons, will be aired on WFSB Channel 3 and listed on WFSB.com.**

What's Going On Here At The Center?

More Info @ 860.564.1819. Items may change, so check these lists regularly!

Every Week

Bingo-Tuesdays Noon to 3 pm. Small fee.

"Linda's Craft Corner"- Crafts, lectures, guest speakers, and more! Wednesdays and Thursdays @ 10 am. See insert for schedule of events. Free or small fee.

Knit For A Cause- 1st and 3rd Fri. of month @ 10 am. Self led, supplies provided, items donated to "Knit For Kids." Free.

Pitch League- Wednesdays at 9:30 am. League runs 14 weeks then starts again.

Social Services Office- Mon. & Fri. 9-12. Assistance with State & Federal benefits, referrals to area programs, and help with many issues related to healthy aging. Appointment recommended. Free.

Art Classes- Mondays at 10 am. Free.

Chorus- Mondays 1 to 2:30 pm. Free.

Rummikub- Tuesdays 10 to 11:30. Free.

Dominos, Canasta, Open-Play Pitch, and Other Card & Board Games- Fridays, 1pm. Form a group! Free.

Line Dancing- Different ability levels on different days; all classes 6:30 to 8:00pm. No Summer sessions. Fee applies.

Historical Society- Open by appointment. Call Ruth Bergeron at 860-564-8561 to schedule an appointment. Free.

Veterans Coffeehouse- Thursdays 8:30 to 10:00. Free.

Crafts With Karen- Tuesdays 11-12:30. Small fee.

Exercise Groups and Other Programs

American Red Cross Swim Lessons, Cardio Kickboxing, Chair Yoga, Circuits for Strength, Functional Exercise for Seniors, Let's Get Moving Exercise class, Seniors Eating For Energy, Walk With Ease, Water Aerobics, Yoga and Yoga Tone, Zumba. Some classes are fee-based, while others may be free (grant funded.) Check out plainfieldrecreation.com for class descriptions, dates, times, and pricing, or call the Rec Dept at 860-564-1819.

Available Daily

Library- Borrow and return books and DVDs on the honor system. Donations of books (2020 and newer) and DVDs accepted. Free.

Billiards- Two pool tables, assortment of cue sticks. Free.

Senior Transportation- Restrictions apply. See ad in this newsletter. Donations are welcomed and appreciated.

Notary Public- At the Town Hall Clerk's office, call 860-230-3010. Also at the Senior Club office, call 860-564-1819, ext 20. **Please note this service does not include Power of Attorney services.**

Retired Flag Drop-Off Box- In the main lobby.

Lions Club Eyeglasses Drop-Off Box- In the main lobby.

The Arc of Eastern CT Can & Bottle Drop-Off Boxes- Parking Lot, main lobby, & dining room.

Sunshine Club- Sends greetings to members for illness, hospitalization, death in family, etc. Free

Laptop Loaner Program- For use at the Center only. Free.

Once A Month

Movie On The Big Screen- Third Thurs. of the month, 1:30. Free.

Women's Club- Third Wed. of the month, 1-4 pm. Free.

Foot Care Clinic- First Wed. of each month. Appt. required.

Monday Night Supper- Last Monday of each month, March through November @ 4pm cost \$10.00.

Men's Haircuts- 2nd Tues. of the month, 9-11, fee \$20.00.

UCFS Caseworker- 2nd Wed. of each month 10am to 1pm.

Friday Socials- 3rd Friday of the month @ 1pm. Meal and entertainment. \$10.00 pp

Men's & Woman's Haircuts 2nd Monday of month. 9-12pm. Cost \$16 walk-ins or call 860-942-2712 for appointment. Starting 4/08/24.

Special Events

Travel Opportunities-Many (15 + per year) travel options ranging from day trips to overnights. Prices vary.

Socials, Speakers, & Other Events- Themed socials, useful workshops, and interesting speakers throughout the year. Info posted in this Newsletter. Prices vary.



Travel News

A Note From Darlene Utz, Travel Director

Spring is here and everyone is ready to travel. Our trip to Newport to see “The Ladies’ Foursome” was so popular we had to get two buses. Buses are scheduled to go on 2 different days. The original trip is going on April 11th and the second bus trip will be on April 2. Please call the office if you are not sure which day you are on. You will also need to have a liability form for your dash board when parking at the VFW. If you need one see me.

We are requesting that when you sign up for a trip please try to pay with check or money order if possible. This makes our bookkeeping much easier. Thank you in advance.

CHORUS SOCK HOP

Sponsored by Senior Club

Come & Join Us

Saturday April 20th 3-7pm

@ The Plainfield Senior Center

Enjoy dancing to the 50’s and 60’s music

Refreshments - free with **\$10** admission

All proceeds to benefit **Plainfield Chorus**



SENIOR TRANSPORTATION PROGRAM

Serving Plainfield, Canterbury and Sterling residents who are 60+.

Call the Recreation Department at 860-564-1819 for more information or to schedule a ride.

Donations are welcomed and appreciated.

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



Polish Luncheon

Plainfield Senior Center

Friday April 19th, 1pm

\$10.00 per person

Menu

Stuffed cabbage, kielbasa and sauerkraut,
Boiled potatoes, salad and Dessert.

Entertainment

YOU MUST SIGN UP AND PAY IN ADVANCE FOR THIS “RESERVATIONS ONLY” EVENT by Monday April 15th in the Senior Center Office. For more info call 860-564-1819 ext. 20.

“THE TALK OF THE TOWN”

With

Ruth Bergeron

The last of this series

Will be held on

April 12th at noon

Coffee and Sandwiches

Will be served. Please register at plainfieldrecreation.com.

Senior Club News

Our general Membership meeting for May 9th is coming soon, At this Meeting we will be voting in new Officers for the next 2 years. Our nomination period closed March 20th. Hope to see you all come and vote. Nominations will be accepted at the meeting. The following people have been nominated for the following positions:

President: Cynthia Paquin

Secretary: Claire LaBelle

President: Sheila Patchen

Travel Director: Darlene Utz

Vice President: Shiela Patchen

Treasurer: Joanne Kooper — Declined

March Milestone Birthdays: Hope this special day fills your heart with the love of friends and family

85 - Claude Barnett, Ellie Berberick

75 - Mary Dawley

70 - Betsy Burgess

60 - Denise Livernoche

**We would also extend a special Birthday Wish to MILDRED SHEEHAN
WHO IS TURNING 100 YEARS OLD THIS MONTH!!!!**

Get Well Wishes to: Jeannine Mathieu, who is recuperating from surgery and get well wishes to Mary Ringuette.

Welcome to Our New Members: Priscilla Allen, Franc Angelo, Pauline Beauregard, Barbara Bergeron, Carol Cieslukowski, Dale Clark, Dianna Firlik, Melody & Thomas Guillemette, Gorden & Aldona Havery, Carolyn Logee, George Marczak, Donna Morin, Jeanne Platt, Joyce Postovoit, Frank & Nancy Russo, Lumina Shumbo, Natalie Sliva, Dale & Tonja Strope, John & Sheryl Supicki, Gen Wakley. We are happy to have you join us.

*****Membership Renewal:** *Sadly, If you have failed to renew your membership, monthly newsletters will no longer be sent to you by mail.* If you bring your form and dues into the office anytime Monday through Thursday between 9am and 12 noon, or mail it to our office we can put you back on our mailing list. There are no dues for Life Members, but we request that you still submit the renewal form. Thank you for being a member of the Plainfield Senior Citizen Club!

PitchClub: Our leader, Charlene Durrence has resigned and we are looking for someone to take over.



Monday Night Supper

Monday April 29th at 4:00pm

\$10.00 when you sign up or \$12.00 at the door.

The April 29th menu will be Meatloaf, Tater Tots, Carrots, Salad, Dessert, and Drinks.

The May 20th menu will be Chicken, Mashed Potatoes, Corn, Salad, Dessert, and Drinks. Sign up and pay at the April Supper.

For more info contact Leslie Nielson at 860-377-1933.



Plainfield Historical Society April Meeting

Wednesday April 24th at 7:00 pm

Plainfield Senior Center

482 Norwich Road, Plainfield CT

A History of the Lawton Mills featuring speaker Tom Sinkewicz.

Free and open to the public.

For more information contact Ruth Bergeron at 860-564-8561.

Monthly Book Review

Submitted by Barbara Desrochers, Senior Center Librarian

On Mystic Lake by Kristin Hannah

A beautifully simple, deeply compassionate story.

Annie Colwater's husband has just confessed that he's in love with a younger woman -and on the same day their only daughter goes off to college. Devastated and alone, Annie returns to her small Pacific North-west hometown, where she is reunited with her first love, Nick Delacroix, a recent widower who is unable to cope with his silent, emotionally scarred young daughter. As the three of them begin to heal, Annie believes she's been given a second chance at happiness, her world turned upside down again, and she is forced to make a choice that no woman in love should ever have to make.

Movies on the Big Screen

The Lightkeepers

PG-12 97 min. Thursday April 18th at 1:30pm

Set in the year 1912 on Cape Cod, a lighthouse keeper and grumpy sailor (Richard Dreyfuss) and a young stranger (Tom Wisdom) who have disavowed any association with females, must deal with the appearance of two attractive women (Blythe Danner, Mamie Gummer) who move into a near by cottage for the summer.

(Bag of chips & drink provided for free. Sign up on bulletin board outside of Senior Office no later than Monday April 15th and we will provide you a light lunch.)

ONGOING AND UPCOMING PROGRAMS AT THE CENTER!

Crafts With Karen: Tues April 2nd - Pin Cushion, Tues April 16th - Spring Time Wall Hanging. All classes 10am to 12pm. *Please register online at plainfieldrecreation.com.*

It's The Talk Of The Town! Lecture Series: Municipal Historian Ruth Bergeron will present a series of discussions here at the Center on the history of the Town of Plainfield. Topics covered may include Agriculture, Mills and Mill House Life, Education, Churches, Local Indians, Local Government, Modes of Travel, and much more! Final lecture on **Friday April 12th at noon**. Coffee and finger sandwiches will be served. *Please register online at plainfieldrecreation.com so that we may plan for ample food and seating..*

Depression in Older Adults: Join special guest Mark Irons from Southeastern Regional Action Council, for a presentation on depression in older adults. Learn to recognize the signs, how to prevent and treat depression in older adults, and how to be a support. **Thursday May 16th from 11 to 12.** *Please register online at plainfieldrecreation.com.*

Healthy Aging With Joyce

From Joyce Hoffman, BA Social Work, Social Service Coordinator

Joyce is in her office here at the Center on Monday & Friday mornings from 9 to 12. Appointments at 860.564.1819. Free.

Free 6 week workshop Live well and manage your pain. This workshop will help you learn how to better manage your ongoing pain and health conditions. Meeting via **ZOOM**, each session is approx. 2 hours long. They will take place on **Thursdays from 1:00-3:00pm**. Starting **April 4th, 11th, 18th and 25th and May 2nd and 9th, 2024**.

For more information, please contact **Lori Rygielski** at: lrygielski@seniorresourcesEC.org or call her at: **860-383-1538**. Please register ASAP!

Red Cross Blood Drive being held locally! If you are a blood donor, Give the gift of life! Being held at the **Quinebaug Senior Center in Brooklyn, CT** on **Friday, April 26th, 2024, from 11:00am - 5:00pm**. Plan ahead, register at RedCross.org.

Day Kimball HealthCare announces a **Caregiver Series for spring 2024**. All sessions held at: **320 Pomfret Street, Putnam, CT 06260**. RSVP: Day Kimball Homecare Department at: **860-928-0422** or kdurand@daykimball.org. Sessions are as follows at 6:00 - 8:00 pm:

April 15th "Effective Communication Strategies"

May 20th "Daily Living Tips and Managing Personal Care Needs"

June 17th "Locating Community Resources/Legal and Financial Planning"

Earth Day Clean-up!!!! Please join the Town of Plainfield, Mission Moosup, The Last Green Valley, Mosonic Lodge 113, Plainfield Recreation, Plainfield Beautification Committee and The Moosup Little League in litter pick up, aiding and refreshing greenery and general beautification! **This will take place on April 20, 2024 from 9:00– 12:00pm. Meet at Moosup Little League Park; 17 Lions Drive, Moosup, CT** Hank's ice cream cone tokens for the first 50 people to sign in!! Come and be a part of the change! Questions?? Call Beth Anderson, Founder @ 860-617-7477 or email missionmoosup@gmail.com

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- Free Wi-Fi internet access
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- Rooms equipped with 1/2 bath
- All ground floor rooms, our community has no stairs or elevators

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