

# The Senior Connections



Plainfield Senior Citizen Center  
482 Norwich Road, Plainfield, CT 06374  
Telephone: 860.564.1819  
E mail: [plainfield.seniors@yahoo.com](mailto:plainfield.seniors@yahoo.com)

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ISSUE 1

JANUARY, 2023

## ***New In This Issue***

### ***Register For Activities That Begin In January***

Lots of programs to choose from! See inside for details.

### ***Musical Program Featuring Warren McKnight On The Keyboard***

A free performance here at the Center.

### ***Talking Prescription Labels, Caregiver Support Meetings, Energy Assistance Program, And More!***

See Joyce's "Healthy Aging" section for these topics and much more!

### ***Donating Made Easy***

Donations to some of the programs offered through the Center can now be made online. Find out how inside!

Dear Members and Friends:

As we head into the new year, I can't help but think about this past year. So much happened last year; we started to come back after a year of isolation due to Covid, we lost some very dear members and friends, and there were changes here within the Club.

I am looking forward to serving as your President and working with our new officers to plan fun events and travel opportunities. I welcome your ideas and suggestions.

The Plainfield Senior Club is 552 members strong! If you know of anyone who would like to join our group, we would be happy to sign them up and give them a tour! Stop in and visit us soon!

Betty Hollows, President

WISHING YOU ALL A VERY  
HAPPY & HEALTHY NEW YEAR



## 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, listed on WFSB.com, or by calling the Cancellation Line at the Center at 860-564-1819, ext. 8.

# 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**- Fridays @ 10 am. Self led. Supplies provided. Items donated to "Knit For Kids." Free.

**Pitch League**- Wednesdays at 10 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.

### **Exercise Groups and Other Programs**

Adult Basketball, Balance and Strength Exercise Class, Chair Yoga, "Let's Get Moving" Exercise Class, Line Dancing (beginners, intermediate, and advanced,) "Monitor My Health" Program (6 months of in-group sessions led by a Certified Lifestyle Coach,) "Paint Your Own" with Artisan and Home, Water Aerobics, and Yoga and Yoga Tone. Some classes are fee-based, while others may be free (grant funded.) Check out plainfieldrecreation.com for class descriptions, dates, times, and pricing.

### **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

### **Once A Month**

**Trivia, Origami, Learning Through Documentaries, Scrabble, Card Making**- See "Linda's Craft Corner" insert for dates, times, prices.

**Movie On The Big Screen**- Third Thurs. of the month, 1pm. 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. \$7.00.

### **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*

Please Note: ALL future Senior Travel Club trips will depart/return to the Commuter Parking Lot in Moosup, this also includes day trips.



Our trip "Atlantic City Getaway", February 21-23, 2023 is filling up fast. If you haven't signed up and would like to go on this trip, this is a great package and we still have room for you to join us. Your deposit of \$75 is required when you sign up.

## SENIOR CLUB NEWS

Thank you to everyone that attended the Christmas Party; your generosity regarding the basket raffle was overwhelming! We were able to send Project PIN \$640.00.

Thank you to everyone that brought personal items, the Project PIN basket was full. The basket is always in the office, and donations are always welcome.

Leftover food from the party was brought to the Emergency Shelter in Danielson.

**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. *For residents of Plainfield, Canterbury, and Sterling who are 60+.***

*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.*



## Music by Warren McKnight

We would like to welcome long-time musician Warren McKnight to the Center to entertain us with an hour of music on **Friday January 20th from 11:30am to 12:30 pm.**

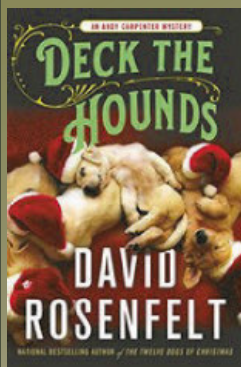


Warren plays an "arranger keyboard" which contains dozens and dozens of instrument sounds and rhythms. When properly orchestrated, his keyboard can sound amazingly like entire groups of musicians playing together, with almost unlimited variety.

We hope you will be able to attend his performance! If there is ongoing interest, we may be able to host Warren on a regular basis.

Please take a moment to **sign up at [plainfieldrecreation.com](http://plainfieldrecreation.com) or call the Rec Department at 860-564-1819** so we will have a seat for you, as seating is limited to 40. This is a free event; coffee will be served.





# Monthly Book Review

*Presented by Linda Mannix, Contributing Senior Writer*

## **Deck the Hounds**

*by David Rosenfelt*

Reluctant lawyer Andy Carpenter doesn't usually stop to help others, but seeing a dog next to a homeless man inspires him to give the pair some money to help. It's just Andy's luck that things don't end there. Soon after Andy's encounter with them, man and dog are attacked in the middle of the night on the street. The dog defends its new owner, and the erstwhile attacker is bitten but escapes. But the dog is quarantined and the man, Don Carrigan, is heartbroken.

Andy's wife Laurie can't resist helping the duo after learning Andy has met them before... it's the Christmas season after all. In a matter of days Don and his dog Zoey are living above Andy's garage and become two new additions to the family. It's not until Andy accidentally gives away his guest's name during an interview that things go awry; turns out Don is wanted for a murder that happened two years ago. Don not only claims he's innocent, but that he had no idea that he was wanted for a crime he has no knowledge of in the first place. It's up to Andy to exonerate his new friend, if he doesn't get pulled into the quagmire first.

David Rosenfelt's signature wit, charm, and cleverness are back again in this most exciting installment yet.

## ONGOING AND UPCOMING ACTIVITIES

Many of the recurring programs offered through the Recreation Department are currently open for registration for the new year! These activities will begin early in January, so sign up soon!

The activities being offered include the following: Adult Basketball, Balance and Strength Exercise Class, Chair Yoga, "Let's Get Moving" Exercise Class, Line Dancing (beginners, intermediate, and advanced,) "Monitor My Health" Program (6 months of in-group sessions led by a Certified Lifestyle Coach,) "Paint Your Own" with Artisan and Home, Water Aerobics, and Yoga and Yoga Tone. Some classes are fee-based, while others may be free (grant funded.)

Program descriptions, pricing, dates and times can be found at the Recreation Department website at [plainfieldct.myrec.com](http://plainfieldct.myrec.com), or [plainfieldrecreation.com](http://plainfieldrecreation.com), or call 860-564-1819 for more info.

## Donating Made Easy

Many times we are fortunate to receive donations toward some of the programs we offer here. We are always grateful for the generosity from our community members!

We would like to introduce a new and easy way for you to send your donations directly to us. We have a link on our website, [plainfieldrecreation.com](http://plainfieldrecreation.com), where you can send your gift online using your credit card. There are a number of programs that you may donate to, including Summer Camps for K-8th grade, the pool, and the Senior Center. You may also drop into the Recreation office or the Senior office with your gift, or mail it to us at 482 Norwich Road, Plainfield CT 06374.

We appreciate your support!

# 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.

## **TALKING PRESCRIPTION LABELS**

End-Vision America offers FREE medication "Talking Prescription Labels" for persons with visual impairments. Medicine bottles will read instructions to the recipient with an electronic device; the ScripTalk Station Reader is supplied on loan to patients at NO COST. Call En-Vision America to sign up for yourself or a loved one at: 1-800-890-1180. If your pharmacy does not participate in this program, En-Vision America will contact the pharmacy to get them set up.

## **"MOBILITY PLUS" STORE OPENS IN PLAINFIELD**

*Mobility Plus* opened in September of 2022 and is located at 73 Lathrop Road, Plainfield (in the Big Y plaza.) They offer sales, service, and rental of mobility equipment including Scootas, Ramps, and Lifts, and also hospital beds. Call them at 860-564-1899 for more info or visit them on the web at [www.Mobilityplus.com](http://www.Mobilityplus.com). We have their brochures here at the Senior Center, just ask Joyce.

## **CAREGIVER SUPPORT MEETINGS**

The Quinebaug Senior Center, located at 69 S Main St, STE 4, Brooklyn, CT, has announced the 2023 Schedule for Caregiver Support Meetings, held at Quinebaug Senior Center on the **2nd Thursday of each month from 1:30 - 2:30pm**. There is no charge to attend the meetings. All family members and friends who are caring for someone with Alzheimer's Disease or other types of Dementia are invited to come. For more information, call Kathy Demers at 860-377-6416 or Jean Ann Moore at 860-208-2673. 2023 Dates are: January 12, February 9, March 9, April 13, May 11, June 8, July 13, August 10, September 14, October 12, November 9, and December 14.

## **CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)**

Applications for energy assistance for the 2022-2023 heating season are still being accepted at your local ACCESS agency. Appointments are currently available during the agency's normal business hours of 8:00 a.m. to 4:00 p.m. Applications can be done either by phone at 860-412-1600, by mail or in-person at ACCESS Agency, 231 Broad Street in Danielson, or directly online through the CEAP website. Households must apply seasonally. More info available from the ACCESS Agency at 860-412-1600.

## **FRONTIER FIBER INTERNET**

Frontier Fiber Internet is coming to your neighborhood! If you are interested in knowing if your address qualifies for Frontier Fiber Service, call 1-855-887-0992.

## **SERVICES FOR VICTIMS OF CRIME**

We hope you never have to experience a crime. But if you do, there are FREE holistic supportive services available to you through the CT Council of Family Service Agencies including: assistance with the victims compensation process, advocacy and emotional support, connection to resources like counseling, housing assistance, child care, transportation, etc, and crisis intervention and safety planning. Call 1-800-505-9000 or visit the agency online at [CTFSA.org](http://CTFSA.org).

## **MAINLY CLOTHES CLOTHING CLOSET**

Is your grandchild having a baby? In need of baby clothes? Mainly Clothes Clothing Closet now has LOTS of baby boy & girl clothes from 0 to 12 months. Please visit them at 11 South Main Street, Moosup (across from Cumberland farms.) Hours are Wed. from 10-12pm and 4-6pm, Fri. from 10-1pm, and Sat. from 10-12pm.

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