

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

ISSUE 6

June 2024

New In This Issue

Music in the Park

Starting July 3th

Historical Lecture

Information inside

On going and up coming Programs at the Center

Social Committee June

Luncheon

See inside for details

Historical Society

Open by appointment. Info
inside.

New Exercise Programs Starting soon.

Dear Members and Friends,

*In this warmer weather I hope everyone is enjoying time outside.
Hopefully you all have plans for the summer ahead.*

*When the days get too hot outside I hope some of you will come in and
join in some of the activities going on in the center. The AC will be on.
Come in and cool off and enjoy.*

*Our All Members meeting had a great turn out and the voting results
are as follows:*

President - Cynthia Paquin

Vice President - Sheila Patchen

Secretary - Claire LaBelle

Treasurer - Betty Hollows

Travel Director - Darlene Utz

*We all look forward to serving you for the next 2 years. We thank
everyone that attended.*

*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*

***Dates to remember this month: June 16th - Father's Day,
June 19th– Juneteenth, and June 20 - The first day of summer.***

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.

Mahjong— Fridays 1:00 to 3:30 in dining room or 10:00—12:00 Tuesdays in Craft room.

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— First & third Monday of the month. 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.

Ping Pong— Located in the billiard room. 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.

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

We are all getting ready for our 4 day trip to Lancaster, PA. On this trip we will have 2 meals in the homes of Amish families and enjoying the entertainment they offer. When packing your suitcase don't forget your bathing suits and a good book. The hotel has a nice pool for swimming or just sitting to read a good book on the chairs outside. We still have a couple seats available on this trip should you be interested.

The second half of our trips are now available for sign up. Plan your fall and winter travel . They also include 2 overnight trips, 1 to Cape Cod and 1 to the White Mountains of NH. These 2 trips will fill up fast so come in and sign up early. I am in the office on Mondays and Tuesdays and Claire will be there on Wednesdays and Thursdays to assist you with your signup.

Darlene



Mexican Social

Plainfield Senior Center
Friday June 21, 2024
\$10.00 per person

Menu

Create your own Mexican Bowl
Dessert and drinks

Entertainer - Brian Gillie

YOU MUST SIGN UP AND PAY IN ADVANCE
FOR THIS "RESERVATIONS ONLY" EVENT by
Monday June 17th in the Senior Center Office.
For more info call 860-564-1819 ext. 20

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.*

HISTORICAL LECTURE

Lecture: From Africa to Middle Class Hartford – Two Generations of the Maguira Family. The story of Peter Maguira will illustrate research processes used to discover his African roots, enslavement in Connecticut, and Revolutionary War service. His children went on to become part of the Black Middle Class in Hartford. Guest speaker Pauline C. Merrick is a genealogist and historian. She is the published author of a book and several magazine articles, and lectures on Connecticut history and genealogical research. She currently serves on the Board of Governors for the Connecticut Society of Genealogists as President and Program Committee Chair, and serves on the Board of Directors for the Samuel Huntington Homestead Museum conducting special research projects. Pauline is a member of the Daughters of the American Revolution and the Mayflower Society. Wednesday June 5th at 6:30 pm in the Senior Center Dining Room.
Please register online at plainfieldrecreation.com. Free and open to all ages. Refreshments will be served.

Senior Club News

Welcome to Our New Members: Kevin & Lu-Ann Cunningham, Jerald & Debra Day, Lisa Hargraves, Barbara Mithchell, Heidi Seuring, Yvonne Walker.

Get well wishes: Beth Gentile, Marie Howe

Sending Condolences: .Beth Bender and family for the loss of her husband George.

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

65 - Anna Gorenski

70 - Carleen Hendrix, Jerry Jodoin

75 - Adolph (Randy) Halbach, Daivid O'Brien, Alice Pothier

80 - Jacklynn Franco

85 - Rachel Holmes, Richard LaPorte, Rosemarie Poulin

90 - Annette Ouellette

Sunshine Committee: Our Sunshine Committee sends cards to our members who are going through a loss or who are ill. Call the Senior Club office at 860-564-1819 x20 with the name and address of those who should receive a card.

Greeting card are still available outside the senior office at a low price of 25 cents each or 5 for \$1. Moneys help to support our senior center. Also any card donations are welcome. Thank you for your support.

Cell Phone Tech Support: If you are having trouble using your smart phone we have a young lady, Jennifer Smith, who is willing to volunteer her time to meet with seniors on Thursday mornings. Please contact Joyce @ 860-564-1819 ext. 28 to set up your appointment.



Monday Night Supper

Monday June 24th at 4:00pm

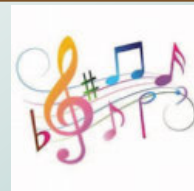
\$10.00 when you sign up or \$12.00 at the door.

The menu will be: Ham & Beans, Salad, Dessert and Drinks.

The July 29th menu will be cold meats, pasta & shrimp salad, Dessert. Sign up and pay at the May Supper.

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

"Music in the Park" At Lion's Park

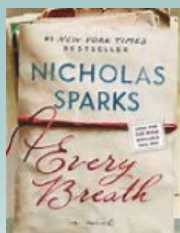


Wednesday evenings

July 3 - August 21.

Bring your lawn chairs and snacks and join in.

RaRa's Ice cream truck will be there.



Monthly Book Review

Submitted by Barbara Desrochers, Senior Center Librarian

Every Breath by Nicholas Sparks

Hope Anderson is at a crossroads. At thirty-six she's been dating her boyfriend, an orthopedic surgeon, for six years. With no wedding plans in sight, she decides to visit her family's cottage in Sunset Beach, North Carolina, to think about her future.

Tru Walls is summoned to Sunset Beach by a letter from a man claiming to be his father. When the two strangers cross paths, their connection is as electric as it is unfathomable...but in the immersive days that follow, their feelings for each other will give way to choices that pit family against personal happiness.

(PLEASE be sure to sign out the book of the month and RETURN it so others can enjoy the book.)



Movies on the Big Screen “My Big Fat Greek Wedding”

Toula is 30 and unmarried. Which means as a nice Greek girl she's a failure. All her cousins did the right thing-married Greek boys and made Greek babies. So everyone worries: What will become of Toula?

Then one day she sees the ultimate unattainable guy and realizes the only way her life will get better is if she gets away from her big, fat Greek family.

(Bag of chips & drink is provided for free. Sign up on bulletin board outside of Senior Office no later than Monday June 17th and we'll provide you a light lunch.)

ONGOING AND UPCOMING PROGRAMS AT THE CENTER

Hartford HealthCare Community Health Nurse Clinic. HHH Community Health Nurse **Michele Brezniak** will be offering a **FREE** Health clinic **July 11th, Aug. 8 & Sept.12 9am– 12pm**. Join her for blood pressure screening, blood sugar screening, and/or A1c screening, along with education, case coordination and more! Please bring your medication list if you have medication related questions.

Coming in July! Pump Up Your Heart Health presentation with BigY nutritionist **Natalie A. Webb**. **Friday, July 12th @ 10:00 am in the Senior Center Dining Room**. Natalie's interactive presentation will feature Nutrition Jeopardy, and a quick and easy cold food demo. Topics covered will include shopping and preparing heart healthy foods, blood lipids (LDL, HDL, and Triglycerides), fats in food as well as tips and strategies for Heart Health. She will have handouts and packaged food samples. **Please register online at plainfieldrecreation.com**

Lunches are being served out of the kitchen here at the center on **Tuesdays during Bingo**. If you are not a bingo player but would like to purchase lunch you are welcome to come in. The menu features a sandwich and chips or fries. Prices are \$6.00 - \$6.50. Seating is available in the lounge or the craft room.

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.

The following apartment complexes are accepting applications for their waiting list:

Carriage Square in North Grosvenordale, LedgeWood in Jewett City, Primrose Crossing and Primrose Village in Dayville, and Riverbend in Brooklyn, CT. These complexes are for those 62 and older or disabled persons 18 and older. All complexes are managed by SK Management in New Ipswich, NH. They can be reached at: 1-603-878-2400. Please call to request an application be sent to you.

Day Kimball HealthCare Caregiver Series for spring continues. All sessions held at; 320 Pomfret Street, Putnam, CT 06260. RSVP: Day Kimball Homecare Department at: 860-928-0422 or kdurand@daykimball.org. Last session is at 6:00 - 8:00 pm: June 17th "Locating Community Resources/Legal and Financial Planning:

The AARP Fraud Watch Network is there for you! Call their TOLL FREE AARP Fraud Helpline at: 1/877-908-3360 if you have a question about a scam or fraud. They are aware of the latest scams and can provide support and guidance if you have been targeted. FREE and available help for everyone!

SAVE THE DATE! On Monday, July 22nd, 2024 we will host the only **AARP Safe Driver Class** for 2024. The class will be from 9:00 - 1:00pm. More details to follow in our June and July Newsletters.

Reminder for Renters in Plainfield, Ct. You can apply for the Renters Rebate Program from April 15th, 2024 - October 1, 2024 with the Assessor's Office at the Plainfield Town Hall. Other towns, apply at your town hall. You will need to provide a statement of all of your income in 2023, all of the rent you paid in 2023 and the amount of utilities you paid for that time frame. Any questions please contact Joyce at 860-564-1819 ext. 28 on Mondays or Fridays.

It's almost time for The Farmer's Markets to be up and running again! Please call the Recreation Department to inquire about reloading the Farmer's Market card you received last year. A benefit amount will be added to your card so you can shop the local Farmer's Markets! Call 860-564-1819 in June or July 2024 so you don't miss out!

2024 Southeast Healthy Living Expo - Living Today for a Better Tomorrow FREE Health Screenings, Information for Seniors, Caregivers, and Professionals! Wednesday, July 10th, 2024 from 9:30 - 12:30pm At Dodd Stadium 14 Stott Avenue Norwich, CT 06360

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REHABILITATION

Colonial Health & Rehab provides a comprehensive rehabilitation program that includes physical, occupational and speech therapy seven days a week. Our rehabilitative professionals will develop a scheduled training program designed particularly for your recovery towards optimal independence.

ACCOMMODATIONS & AMENITIES

- Seven day per week Rehab services (PT,OT,ST)
- Nursing Service- 24-Hour Call for Aide Assistance
- Daily Housekeeping and personal laundry
- Free Wi-Fi internet access
- 32" Flat Panel Television
- Multi-position electric beds
- Rooms equipped with 1/2 bath
- All ground floor rooms, our community has no stairs or elevators

PLAN YOUR SHORT STAY RECOVERY TODAY! CALL (860) 564-4081

Are you looking for a 24 hour a day skilled nursing and rehab center for a planned or unplanned surgical recovery? We invite you to learn more about your healthcare options. Our insurance providers above are "In Network Status" but we will check your out of network benefits if you participate with any other insurance provider.

Our center has been a staple in the community since 1983. Our short-term suites offer our guests a comfortable environment in which to make a quick recovery and safe return to home. Our services include: I.V. therapy, pain management, wound and dressing care, cardiac & pulmonary care and most importantly restorative physical, occupational, and speech therapy.

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