

The Senior Connections

Plainfield Senior Citizen Center
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VOL. 31

ISSUE 3

MARCH, 2023

New In This Issue

Membership Renewal Drive Ends March 31st.

See the *Senior Club News* section inside.

March Plainfield Historical Society Program

Info inside!

Pancake Breakfast

Here at the Center, put on by the Plainfield Lions Club.

Laptop Loaner Program

All info in this issue.

Monday Night Supper Resumes!

Get all the details inside!

From Radon Testing Kits To Renters Rebate Program

This and more on Joyce's *Healthy Aging* page.

Dear Members and Friends,

We regrettably announce that Betty Hollows has resigned from our Board of Directors. She has served as President, and as Treasurer for many dedicated years of service. We wish her well. As Vice President, I have stepped up to fill the remainder of the term of President, until June 2024.

It is a pleasure to see so many folks enjoying time with their friends and participating in many of the programs and activities being held at the Center. As a reminder, when enjoying our center please remember it is very important to sign the sign-in book located in the Dining Room area.

Be sure to check our Travel News section regarding our travel program. Be aware that early sign-up and prompt payments are necessary because of the time constraints of organizing the Travel Program.

In the meanwhile, we do have some exciting news.... We have formed a Social Committee, and are busy organizing activities for our seniors. Our first event will be our April Volunteer Luncheon. This event is to thank all our volunteers and is by invitation only. We are planning on an activity once a month. Watch your newsletter for more information; suggestions are always welcomed!

In the quiet times of the day, please remember our members who are in nursing homes or homebound, and those who are no longer with us.

*"May your blessings outnumber the shamrocks that grow,
and may trouble avoid you wherever you go."*

Happy St. Patrick's Day!

Cindy Paquin, President

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

Laptop Loaner Program- For use at the Center only. 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, Travel Director

The month of March is here, and we have already started traveling! The trip to Atlantic City in February found everyone enjoying tributes to Simon and Garfunkel and The Carpenters. We also spent time at the slot machines, some being luckier than others, but all had a good time.

To all our new members, our trips take a lot of planning by all involved. Hotels have to be lined up, good food chosen from venues, entertainment planning, and many other things like buses, etc. in order to make everything fall into place. Please make sure you pay your deposits when you sign up. Also, if you are traveling with someone, please let us know so we can plan accordingly. Once you sign up it is your responsibility to make sure you pay by the due date. *If we don't hear from you and you haven't paid, we will assume you are not going and will give your seat to someone else from our waiting list. No reminder phone calls will be made.* Thank you for your cooperation in making our travel program such a huge success! Looking forward to traveling with you soon!

PLAINFIELD LIONS CLUB PANCAKE BREAKFAST

Sunday March 12

7 am – 11 am

Plainfield Senior Center

\$7/Adults \$6/Seniors & under 12

Join us for pancakes, sausage, juice, coffee, tea and cocoa.

PROCEEDS TO BENEFIT LOCAL CHARITIES

Plainfield Historical Society Program

Plainfield Historical Society presents a talk by Bill and Terri Pearsall entitled *"The Candy Bomber of WWII"*, about a pilot in Berlin, circa 1948, who created the legend of "Uncle Wiggly Wings and The Berlin Candy Bomber." The program will be held on Wednesday March 29th at 7pm here at the Center. All are welcomed! For more info call Ruth at 860-564-8561.

Senior Club News

****Important Membership Reminder:** *Membership dues are to be paid by March 31 so your membership remains current and you continue to receive your monthly newsletter. Anyone not renewing by this date will be removed from our database.* We look forward to your renewal so you can continue to be a voting member and receive our many monthly updates. Thank you.

Welcome to our newest members! Judy Bard, Gail & George DeGray, Catherine Despatie, Yvette & Chester Grabowski, Rodney & Wanda Hicks, Marie Howe, Diane Johnson, Carolyn Lewis, Debra Marquis, Kathleen & Kevin McKeon, Sandra Pimental, Barbara Ryan, Joan Saturno, Wayne & Linda Therrien, Bonny Woodward.

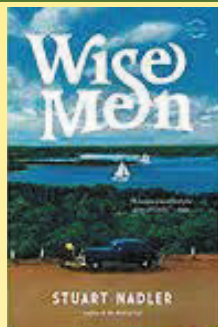
Project PIN: Many thanks for your donations to our basket in the Senior Club office. For this ongoing project we are accepting only personal items and socks, no food or clothing.

Door Prize Winner: At the All-Member meeting held on Thurs., Feb. 9th, the door prize was won by Paul Lajeunesse. Congratulations, Paul!



Let Your Voice Be Heard!

The Senior Chorus is looking for new members and would like to especially add male voices. We meet every Monday at 1pm in the Senior Center Dining Room. If you have a question or need transportation, contact the office at 860-564-1819 and leave a message for Sandy Collins, Senior Chorus Director.



Monthly Book Review

Presented by Linda Mannix, Contributing Senior Writer

Wise Men

By Stuart Nadler

Hilton Wise is the son of one of the wealthiest and most powerful lawyers in the United States. When Hilly, (nickname) meets Savannah, a young black girl, on the beach at Cape Cod in the Summer of 1952, his affection for her collides with his father's secrets. The result shatters his family, and hers.

Years later, Hilly sets out to find Savannah and to right the wrongs he helped set in motion. But can his sense of guilt, and his good intentions, overcome the forces of history, family, and identity? A story of love and regret, the struggle for racial dignity, and the crushing weight of family obligation. A great story!



Movies on the Big Screen

Ticket to Paradise (PG) 1Hr. 44 min.

Thursday, March 16th @ 1pm. Movie, bag of chips, and a drink provided for free.

NEW! → *Pizza can be ordered, if you'd like, for a fee of \$3.00 per person. Please sign up and pay in advance in the Senior Office.*

Academy Award winners George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made. Ticket to Paradise is a romantic comedy about the sweet surprise of second chances.

Monday Night Supper Resumes In March!

Our famous and fabulous Monday Night Suppers are back for 2023 from March through November! The suppers are on the last Monday of each month at 4pm sharp (*March Supper at 3pm*); the price remains at \$7.00. The menu for Monday March 27th is: Baked Macaroni & Cheese, Salad, and Dessert. Sign up for the April 24th supper (Meatloaf, Tater Tots, Carrots, Salad, and Dessert) the day of the March supper. *Please note the March Supper will be served at 3:00pm.* Contact Leslie Nielson at 860-377-1933 for more info.



Laptop Loaner Program

The Recreation Department now has several laptops available for public use. *These laptops are only for use here at the Center, and must be signed out and returned to the Rec Department when you leave.* Each user will be permitted to make up to 5 copies per day on the printer in the library. More info at 860-564-1819.

SENIOR TRANSPORTATION PROGRAM



For doctors' appointments, shopping, haircuts, etc.

Available to residents of Plainfield, Canterbury, and Sterling who are 60+.

We have a car and a wheelchair-lift bus.
Donations are accepted and appreciated.

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.

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.

RADON TESTING KITS

The Northeast District Department of Health (NDDH) encourages homeowners to "Plan a Raid on Radon." To help homeowners, the NDDH is offering a limited supply of Free Radon testing kits and educational materials. Visit the Health Department on 69 South Main Street in Brooklyn, CT or call the NDDH at 860-774-7350 to get your kit; NDDH is unable to reserve kits or to mail them. The kits can also be purchased at a local hardware store or from the American Lung Association by calling 1/800-586-4872 or by visiting www.lung.org.

COVID TEST KITS AND FUNERAL ASSISTANCE

You can still get free COVID test kits sent directly to your home. Place your order for 4 test kits at [COVIDtests.gov](https://www.covidtests.gov). No computer? See Joyce and she can assist you with ordering the tests. Also, COVID-19 Funeral Assistance is still available, call 1-844-684-6333 to speak with a FEMA representative who will help you complete an application. *This is for families who have lost a member due to COVID.* For more information visit www.fema.gov/disasters/coronavirus/economic/funeral-assistance.

RENTER'S REBATE PROGRAM

The Renter's Rebate Program filing dates for 2023 are April 1, through October 1. If you are a Renter in Plainfield, Moosup, Wauregan, or Central Village you need to apply (every year) at the Plainfield Town Hall, Assessor's Office 860-230-3008. You will need the amount you paid for rent in 2022, your electricity and heat amounts for 2022, and your total income for 2022. If you have questions about this program which provides a benefit to eligible renters, contact Joyce at 860-564-1819; she can assist you with obtaining your necessary documentations from 2022.

VETERANS COFFEEHOUSE OF DANIELSON

The Veteran's Coffeehouse of Danielson has moved to the Putnam Elks Lodge 574 at 64 Edmond Street in Putnam. They meet every Tuesday at 8:30am. All veterans are welcome to be a part of the organization free of charge! More information about the Coffeehouse and its programs can be found at www.dvcoffeehouse.com.

HOSPICE AND PALLIATIVE CARE PRESENTATION

Erica Alexander RN, BSN, CHPN from Day Kimball Healthcare at Home will be presenting a talk entitled *Meeting You Where You Are - What is Hospice & Palliative Care?* on Friday, March 10, 2023, from 10:30 - 11:30am here at the Senior Center. Learn all about these services for yourself, a family member, or a friend. Light refreshments will be served; a raffle concludes the program. Free. Please sign up at plainfieldrecreation.com.

FREE TAX PREPARATION

Free Tax Preparation is available at the Killingly Public Library from now until April 6, 2023, performed by AARP volunteers. Call 860-779-5383 now for an appointment as slots are limited.

MAINLY CLOTHES CLOTHING CLOSET Mainly Clothes Clothing Closet in Moosup has a new contact number: 860-564-7023. They ask that you now bring your own bags for the clothing you take.

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