

The Senior Connections



Plainfield Senior Citizen Center
482 Norwich Road, Plainfield, CT 06374
Telephone: 860.564.1819

VOL. 30

ISSUE 5

MAY, 2022

New In This Issue

More Exercise Classes Offered At The Center

Dates, times, and class descriptions inside.

Election Of Club Officers

At the General Membership Meeting this month. See Terry's *Club News* section.

Elderly And Totally Disabled Tax Relief Program

See Joyce's *Healthy Aging* section for information.

Older Adults Mental Health Awareness Info Session

Hosted by Linda's *Craft Corner....and More!* Read about it in Joyce's section.

Retired Flag Drop-Off Box And Lions Club Eyeglasses Drop-Off Box

Located in the Main Lobby.

Dear Members and Friends,

*A Mother is like a flower; each one is beautiful
and unique.*

This arrangement is dedicated to all mothers'.



*And in memory of the mothers' who can't be with
us this Mother's Day.....We miss you dearly.*

Happy Mother's Day
Terry Cwynar, 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. Nominal 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. Fee applies.

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

Exercise Groups- Fees apply.

Let's Get Moving! Mondays 10:15 to 11:15.

Core Strength & Training Thursdays 5:15 to 6:15pm.

Kill Calories With Kettlebells Tuesdays 5:15 to 6:15pm.

Available Daily

Library- Borrow and return books and DVDs on the honor system. Donations of books 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.

Loaning Closet- Walkers, wheelchairs, and canes for loan. Availability varies.

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.

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

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

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. \$7.00.

Cookbook Club- Every other Tuesday, 2 to 3 pm.. Free.

Adult Book Club- First Tues of the month, 6:30 to 7:30pm. Free.

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.

SENIOR CLUB NEWS

A Note From Terry

Currently we have 398 club members. Thank you to all who have renewed their membership this year.

*PLEASE SAVE THE DATE.....THURSDAY MAY 19TH AT 1PM....*we will be having our General Membership Meeting. We will be having our election of officers as well as a vote on amending the wording in ARTICLE II Section 1 and Section 2 of the BY LAWS, as follows:

ARTICLE II – MEMBERSHIP

Section 1. – Plainfield Resident Membership

Any person 55 years or older may register as a member of the Plainfield Senior Club upon payment of \$8.00. Registration as a member includes the right to vote, receive a monthly newsletter, and to participate in all other activities such as trips, social events, classes, etc. The membership will begin June 1st and end May 31st.

AMENDED WORDING

*Any person 55 years or older may register as a member of the Plainfield Senior Club upon payment of \$8.00. Registration as a member includes the right to vote, and receive a **mailed** monthly newsletter. **The membership will begin January 1st and end December 31st.***

The reason for change: Membership is not required to participate in all other activities such as trips, social events, classes, etc. Membership will begin on January 1st through December 31st.

Section 2. – Non-Resident Membership

Non-residents age 55 years or older may register to become a member of the Plainfield Senior Club upon payment of the \$8.00 annual fee. Registration as a non-residents member will entitle them to receive the monthly newsletter, informational session, participate in trips, social functions, etc. They will be entitled to all voting privileges.

AMENDED WORDING

*Non-resident person 55 years or older may register as a member of the Plainfield Senior Club upon payment of the \$8.00. Registration as a non-resident member includes the right to vote, receive a **mailed** monthly newsletter. **The membership will begin January 1st and end December 31st.***

The reason for change: Membership is not required to participate in informal session, participate in trips, social functions, etc. Membership will begin on January 1st through December 31st.

Travel News

A Note From Terry



Our trips are filling up very quickly, some already have waiting lists! Don't hesitate to have your name added to any trip; cancellations often occur and we always do our best to accommodate everyone.

If you haven't received your 2022 travel brochure, we still have some available in the office.

**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.





Movies on the Big Screen

Thursday, May 12th at 1pm here at the Center. Admission is free!

West Side Story (PG-13) Running time: 2 hr., 36 min.

From producer and director Steven Spielberg, with a script by screenwriter and playwright Tony Kushner, comes *West Side Story*. An adaptation of the 1957 musical, the film tells the tale of forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic back-grounds.



Monthly Book Review

Presented by Contributing Senior Writer, Linda Mannix

THE LAST DAYS OF ELLIS ISLAND

By Gaelle Josse

"She was underdressed for the season, with only a shawl over her blouse, and desperately scared. She was both shivering and trembling. I was over-come with immense pity. It was awful to witness her suffering. I went to fetch one of the thin gray blankets that we give out to people who were to spend a night or more here. I came back and draped the fabric over her shoulders. She told me her name was Nella Casarini and that she was from Sardinia."

New York, Nov. 3, 1954. In a few days the immigration inspection station on Ellis Island will close it's doors forever. John Mitchell, an officer of the Bureau of Immigration is the guardian and last resident of the island. As Mitchell looks back over forty- five years as gatekeeper to America and the promise of a better life, he recalls and is haunted by memories of a transgression involving Nella Casarini.

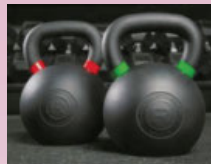
★ Memorial Day ★

Remember and Honor



TWO MORE EXERCISE CLASSES

OFFERED AT THE CENTER!



Fundamentals of Core Strength and Toning: *Runs for 8 weeks on Thursdays from 5:15 to 6:15pm.* Join us at this fun core-focused fitness class. Some of the benefits of a strong core include strengthening of the pelvis, lower back and abdomen so that they work together in harmony.

Kill Calories with Kettlebells: *Runs for 8 weeks on Tuesdays from 5:15 to 6:15pm.* In this introduction to kettlebells class you will learn the fundamentals of using kettlebell technique to safely and effectively build muscle, lose inches, and gain confidence.

Register online at plainfieldct.myrec.com or call the Recreation Office at 860-564-1819.

MONDAY NIGHT SUPPER MENU



Monday May 23rd: Salad, Shepard's Pie, Dessert. Sign up and pay (\$7.00) between 11am and 5pm *the day of the April Supper (April 25th.)*

Monday June 27th: Salad, Pulled Pork on a Roll, Coleslaw, Dessert. Sign up and pay (\$7.00) between 11am and 5pm *the day of the May Supper (May 23rd.)*

We hope to see you there!

Healthy Aging With Joyce

From Joyce Hoffman, BA Social Work, Social Services Coordinator

Joyce is in her office here at the Center on Monday & Friday mornings from 9 to 12. Appointments at 860-564-1819.

ELDERLY AND TOTALLY DISABLED TAX RELIEF PROGRAM

Reminder: Plainfield residents (towns of Plainfield, Wauregan, Central Village, or Moosup), who are homeowners have until May 15th, 2022 to sign up for the Elderly and Totally Disabled Tax Relief Program. You must be a resident of CT and residing in your home before October 1st, 2021. You must be 65 years old before 12/31/21 OR you must be deemed totally disabled by the Social Security Administration. Please call the Town Assessor's Office at 860-230-3008 for current income limits for single persons and couples. The Assessor has details on how to apply and what verifications are needed.

FOOT CARE CLINIC

Remember we will continue to have podiatrist Dr. Thomas Walter here at our Senior Center for Foot Care/ Nail Trimming on the first Wednesday of each month from 9 to noon. Cost is still free for those 60 years old and up, but a suggested donation of \$15.00 is being asked to help support funding for this Title III grant program. For those 55 to 59 years old, the cost remains at \$45.00 for the 1st visit and then \$35.00 per visit thereafter. Call 860-564-1819 for an appointment.

FREE COVID TEST KITS HERE AT THE CENTER

We have some free Covid test kits here at the Center; just come in and ask for them at the Recreation Office. Each kit has 2 tests in it. There is a limit of 5 kits per household, while supplies last. *Please note that they have an expiration date of June 23, 2022.*

COVID BOOSTER DOSES:

First and second booster, as well as unvaccinated ages 5+, available at Northeast District Department of Health on Tuesdays from 4 to 6pm. Located at 69 South Main Street in Brooklyn. No appointment or insurance needed. Masks required. Bring your vaccine card. Call the Health Dept for more info at 860-774-7350.

INFORMATION SESSION: OLDER ADULTS MENTAL HEALTH AWARENESS: Please join us for an informational session on Mental Health in older adults on Thursday May 19th at 10am here at the Center. This discussion will be led by Medical Director Dr. Sarah De Asis, and Clinical Director Melissa Demma, both of United Services in Dayville, CT. You will have an opportunity to join discussions and ask questions about taking care the mental health of yourself and your loved ones. Light refreshments and informational materials will be provided. **Register online at plainfieldct.myrec.com, under the category "Linda's Craft Corner....and More!", or call the Rec Dept at 860.564.1819.**

AREA VETERANS COFFEEHOUSE LOCATIONS:

Listed here are several nearby Veteran's Coffeehouse locations, if you would like to visit any of them: Old Pachaug Town Hall, 831 Voluntown Road (Rte. 138), Griswold, CT. Tuesdays 8:30 to 11:00am. Putnam Elks Lodge #574, 64 Edmond Street (off Grove Street), Putnam, CT. Tuesdays 8:30 to 11:00am. And, of course, our own here at the Plainfield Senior Center, 482 Norwich Road (Rte. 12), Plainfield, CT. Thursdays 9:00 to 11:00am.

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