



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

VOL. 32

ISSUE 10

OCTOBER, 2024

New In This Issue

Social Committee October Luncheon

See inside for details

Historical Society Meeting

See inside for details

Horizon Wings coming to Senior Center

See inside for details

Entertainer Tom Callinan

*Coming to Center See
inside. For Details*

Looking for Nominations for Vice President and Secretary

To All Members and Friends,

I hope this message finds everyone in good health. I am enjoying this fall weather and hope you are too. Here at the Center we are busy planning our Annual Christmas Party. Check out the flyer in this news letter. The tickets are going on sale as of October 1st. I have 150 tickets available. Because the caterers need my count by November 4th, tickets will only be on sale until November 1st. So get your tickets early!!

We are still looking for nominations for Vice-President and Secretary. Please keep in mind that our Club is run by volunteers and without all of our offices filled it make a heavy work load on the people here. If we can't fill the vacant officers positions it will affect the things we can do for our members.

Many of you have brought up the fact that our By-Laws do not allow for non residents to run for office. Maybe it is time to revise our By-Laws. Anyone that would like to work on a committee to do this please contact me at the center. I cannot do this myself. The members have to do this and vote on it.

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

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.

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- Pool table, assortment of cue sticks. Free.

Ping Pong- Located in the billiard room. Free.

Senior Transportation- Restrictions apply. Call Rec. Dept for details. 860-564-1819 Donations are welcomed and appreciated.

Notary Public- At the Town Hall Clerk's office, call 860-230-3010. **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.

Friday Socials- 3rd Friday of the month @ 1pm. \$10.00 pp We serve great homemade meals.

Men's & Woman's Haircuts 2nd Monday of month. 9-12pm. Cost \$16 walk-ins or call 860-942-2712 for appointment. Sign up sheet on board outside the Senior Office.

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 had a wonderful time on our trip to Swinging Summer which was located at Amarante's in New Haven. The food was delicious, the staff was wonderful, and the entertainment was great. As a reminder to the travelers that are going to the White Mountains, the full payment is due by November 1st. Please make sure we get your payment so we can secure your rooms.

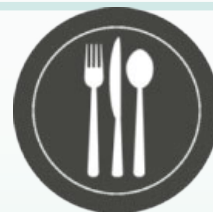
We are working on our last few months of this year 's scheduled trips and are looking forward to presenting new trips for 2025 that we hope you will enjoy. Thank you so much for traveling with us.

Sheila,
Travel Director

The Senior Club

Is looking for Nominations for
the Following Offices
Vice President & Secretary
Voting will be held at our
All Members meeting on
Nov. 7, 2024

Monday Night Supper



Monday Oct. 28 at 4pm

The menu will be Beef barley stew, salad, dessert and drinks, Fee is \$10 paid in advance. Walk-ins are \$12.

The Nov. 25th menu will be Meat Pies. This meal will start at 3:00pm. Please sign up at our October supper.

For info Contact Leslie Nielson at 860-377-1933.



OCTOBER SOCIAL

Plainfield Senior Center
Friday Oct. 18, 2024 - 1pm.
Cost \$10

MENU

A variety of Homemade Soups including but not limited to: Beef Stew, Chicken Veggie and Squash, dessert and drinks.

Please sign-up in advance at the Senior Center Office so we get an accurate head count by Tuesday, Oct 15th. Or call 860-564-1819 ext. 20



Horizon Wings Is Coming to the Center!

Please join us on **Saturday November 2nd at 10:00am** for this fabulous program! Mary-Beth Kaesar, owner and founder of *Horizon Wings*, will be bringing 4-5 of her ambassador raptors (including a bald eagle!) to the Center to teach us about these unique birds, and educate us on why they are such an important part of our ecosystem. This is a program you won't want to miss, so save the date! Program is free and open to all ages. **You must register online at plainfieldrecreation.com starting October 1st, or by calling the Recreation Department at 860-564-1819.** Light refreshments.

Senior Club News

Welcome to Our New Members: Donna Albeke, Lynn Darrow, Tina Reardon

Get well wishes:

Our Condolences to: Carol Credit on the death of her husband, The family of Jane Tingley on her passing.

Monthly Birthdays: For all our members celebrating their Birthday in October.

“HAPPY BIRTHDAY”

Cell Phone Tech Support : If you need help with your cell phone make an appointment to see Jenn Smith. She is at the center on most Wednesdays from 1pm - 3pm. You **MUST CALL** and make an appointment **with Joyce at 860-564-1819 ext 28.**

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. **We are looking for someone to help out with this committee.**

Greeting cards 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.

Donations for Project PIN. We still are collecting personal care items for Project PIN. There is a basket in the Senior Club office for your donations.

Plainfield Senior Club Annual Christmas Party

Thursday, December 5th, 2024 @ 12:00pm.

At the Plainfield Town Hall

Catered by Matthew's Catering

Garden salad, Beef & Chicken, Whipped potatoes, a choice of veggies and dessert.

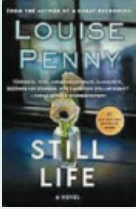
Entertainment—The Elderly Brothers

Cost: Members \$25.00 Non Members \$30.00

Tickets will be on Sale from Oct. 1st to Nov. 1st.

No Exceptions!!!





Monthly Book Review

Submitted by Barbara Desrochers, Senior Center Librarian

STILL LIFE by Loise Penny

Chief Inspector Armand Gamache and his team of investigators are called to the scene of a suspicious death in a rural village south of Montreal and yet a world away. Jane Neal, a local fixture in the tiny hamlet of three Pines, has been found dead in the woods on Thanksgiving morning. The locals are certain it's a tragic hunting accident and nothing more, but Gamache smells something foul this holiday season....With this award-winning debut novel, Louise Penny introduces the wise and engaging Armand Gamache, who commands his forces— and this series— with integrity, strength, and charm.

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



Movies on the Big Screen

“ASTRONAUT” Appx. 97mins

Retired civil engineer Angus Stewart (Richard Dreyfuss) has been recently widowed and is suffering from a heart condition. His family decides to move him to a retirement community against his will, but Angus still has his one dream left - to go to space. Billionaire tech entrepreneur Marcus (Colm Feore) is holding a lottery for the privilege of going on the first commercial space flight. Angus is too old and too ill, but he lies on his application. When he is chosen as one of the final twelve contestants, his family must help him get chosen by the public as the winner so Angus can achieve his biggest dream.

We will be serving popcorn, pastries, bag of chips and drinks at this movie, Please sign up on the bulletin board outside the Senior Office. There will not be any lunch served.



An Entertainer You Won't Want to Miss!

Please help us welcome Tom Callinan, Connecticut's 1st Official State Troubadour (1991) to the Senior Center on **Friday November 22nd at 11:00am**. Tom is a talented singer, songwriter, musician, storyteller, and all-around fabulous entertainer! He is a member of the Connecticut Storytelling Center in New London and also co-manages (with his wife Ann) *Crackerbarrel Entertainments*. Tom comes to us during the CT Storytelling Centers yearly international *Tellabration* celebration.



Plainfield Historical Society October Meeting

Please join us for the second Historical Society meeting of the year on **Wednesday October 30th at 6:30 pm** here at the Center. We will be featuring Mary Brown, a member of the Daughters of the American Revolution. Mary's presentation, entitled *The First Thanksgiving*, will focus on the celebration of Plymouth Colony's first harvest in 1621, the guests, preparations, and interactions that lasted for 3 days! The program is free, open to the public, no registration needed.



PLAINFIELD LIONS CLUB PANCAKE BREAKFAST

First one of the Season
Plainfield Senior Center
Sunday, October 13, 2024
7am - 11 am

\$10/Adults \$5/Seniors & under \$12

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

November 5, 2024



DON'T FORGET TO VOTE!!!

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.

Senior Resources announced that they are going to present an In-Person Live Well with Diabetes Class here at our Senior Center. The 6 Classes will be held on the following Mondays from 10:00-12:00pm: Oct. 7, Oct. 21, Oct. 28, and Nov. 4th, 2024. **You must** sign up online to register for the class or call 860-564-1819.

Brooklyn, Canterbury, Killingly, and Plainfield Town Halls are all searching for a Justice of the Peace. This would be an ideal part time commitment. Interested Voters who would like to become a Justice of the Peace in the town of their residence, should contact their Town Clerk's Office for details on applying between August 1st and November 1st, 2024. The term of office would be from January 6, 2025 - January 2, 2029.

Hartford Health Care's Community Health Nurse Michele Brezniak will be offering a FREE Health Clinic on Thursday, September 12th, 2024 from 9:00 - 12:00pm at our Senior Center. Come join her for Blood Pressure screening, Blood Sugar screening, A1C screening, along with education, Case Coordination and more! Please bring your medication list if you have medication related questions.

A Grief Support Group is being offered on Tuesdays from 1:00 - 3:00pm starting September 10th - December 3rd, 2024 at My Community Bible Church. The Church is located on 620 Wauregan Road (Rte. 205) in Brooklyn, CT. Contact Lori Stanis at 860-884-1547 for details.

FREE At-Home COVID-19 Test Kits Starting in late September 2024, the Federal Government will be distributing free at-home rapid COVID-19 Test Kits by mail receive up to 4 at-home tests. The tests will be able to detect new COVID-19 variants. Orders will be delivered by the USPS. For more information visit: www.covidtests.gov Come in and see Joyce for assistance in ordering if you do not have access to a computer.

The "Live Well With Diabetes" in person class presented by Senior Resources will be held at our Senior Center the following Mondays in October 2024: October 7th, 21st, and 28th. (No class on Oct. 14th as the Senior Center is closed) The last day of the class is November 4th. The time of the class is 10:00 - 12:00pm. Please call 860-564-1819 to register for the class.

Energy Assistance Program 2024 The ACCESS Agency began accepting applications for the program as of September 1st, 2024. The 2024 Annual Income Limit is \$41,553 for 1 person and \$54,338 for 2 person households. Call ACCESS Agency in Danielson, CT at: 860-412-1600 to apply for the program.

The State of CT now has a new Community Ombudsman - Cynthia Scott. The Community Ombudsman's goal is to improve the quality of life and care Connecticut residents receive regarding home and community based long-term services designed to keep them in their homes. In part, the Program aims to: Respond and investigate complaints related to home care services, educate individuals and families about their rights and home care services, and provide information about long-term services and supports. Cynthia can be reached at: 860-876-9540. We are going to be arranging a date for Cynthia to come and talk with us at our Senior Center about her role and this new Community Ombudsman program.

Were you a textile worker or are you the descendant of a textile worker? Many immigrants who came to this country worked in the textile mills. You can become a member of the National Society of Descendants of Textile Workers of America. Contact NSDTWA at: www.textileworker.com or write to them at: NSDTWA 27 Apple Hill Drive North Scituate, RI 02857. **Note: There is a \$10.00 application fee and dues of \$10.00 per year.

For Cell Phone Assistance, you can now call Jenn directly at: 1-215-303-0733 to schedule an appointment. She said she can be flexible with the days and times she can meet with you. If you have any questions, please feel free to call Joyce at 860-564-1819.

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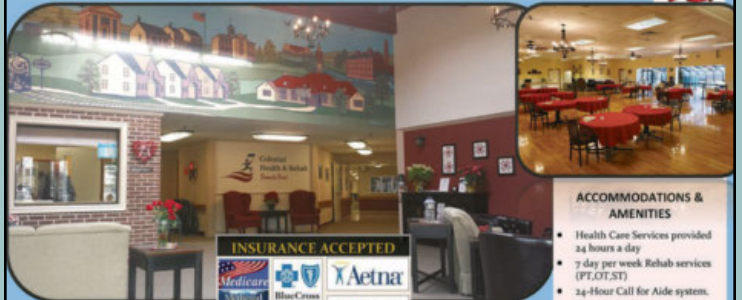
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CONTACT ME
Ileana Vasquez

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Our mission is to provide high quality and sustainable healthcare services to our local and surrounding communities.



ACCOMMODATIONS & AMENITIES

- Health Care Services provided 24 hours a day
- 7 day per week Rehab services (P.L.O.T.S.T)
- 24-Hour Call for Aide system.
- 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 first floor suites, our community has no stairs or elevators
- Three nutritionally balanced meals. Lunch and supper served daily in our dining room

SEARCHING FOR LONG TERM CARE SERVICES?

Colonial Health & Rehab offers long-term care, respite and hospice services along with short-term rehabilitation.

Colonial Health & Rehab is presently accepting applications for our long-term living environment. If you or your loved one is currently considering the benefits of long term care services or if you presently reside in another nursing center or assisted living and are interested in moving closer to the Plainfield community we invite you to call now.

We assist with Medicaid (Title 19) applications at no charge for residents of our community.

If you would like to learn more about our services visit our website.

www.colonialhr.com

We are located at:
16 Winsor Avenue
Plainfield, CT 06374

CALL ADMISSIONS
860-564-4081
Ext. 304

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