



The Senior Connections

Plainfield Senior Citizen Center
482 Norwich Road, Plainfield, CT 06374
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VOL. 32

ISSUE 9

August, 2024

New In This Issue

Pitch League Winners

See inside for details

Social Committee

September Luncheon

See inside for details

Historical Society Meeting

See inside for details

Horizon Wings coming to Senior Center

See inside for details

Looking for Nominations for Vice President and Secretary

To All our Members and Friends,

Hopefully the hot days are behind us now and the cooler days of fall are coming. Here at the center we have had some changes also. We have welcomed a new Travel Director, Sheila Patchen, She is busy working in the office figuring everything out. Unfortunately she has resigned as Vice President. We are now looking for nominations for Vice President. Our Secretary Claire LaBelle has also resigned from her position and will be working as asst. Travel Director. We have nomination papers in the office for anyone interested in either of these positions. Please be patient with us while we get adjusted. I would also like to appoint a committee to review our By-Laws. Anyone interested in being a part of this committee please contact me in the office or stop in and see me please.

Our August Social was very nice with a great turnout. The BBQ chicken was very good. It was great to see everyone enjoying themselves.

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

***The Center will be closed on September 2, 2024 in observance of
Labor Day***

Reminder: September 11th is Patriot's Day.

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,

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. 860-546-1819 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.

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

I would like to introduce myself, Sheila Patchen, the new Travel Director. I have been involved with the Plainfield Senior Center for close to two years now. I was the Vice President, but most people know me for my work in the kitchen on Tuesdays and for helping with events.

Travel now has their own office and phone number, please add our number to your cell phone which is 860-634-4510. I'm looking forward to working to our trips and fun times. Clair LaBelle is my new Travel assistant; we will be working very hard on our new trips for next year for you. Currently we still have seats available for Swinging Summer on September 10, 2024 and Covered Bridges on October 17, 2024. We had a great time on our trip to the Aqua Turf Club in Plainville, CT. We had a great meal and were entertained with a Beach Boys Tribute, which was a hit! The food was excellent, the staff was wonderful and everyone had a great time.

Sheila Patchen,
Travel Director

The Senior Center

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 Aug 26th at 4pm

The menu will be Baked Ziti with meatballs, Garden salad, Dessert and Drinks. Fee \$10. Walk-ins are \$12.

The Sept. 26th menu will be Beef Barley Stew, salad, dessert and drinks. Please sign up at August supper.

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



SEPT SOCIAL Plainfield Senior Center

Friday 20th, 2024 - 1pm Cost-\$10
Menu

American Chop Suey, Sausage, Peppers & Onions, Tossed Salad, Bread, Dessert & beverages.

Please sign-up in advance so we get an accurate head count by Monday Sept. 16th.



Pitch League Winners

1st Place - Rudy Trahan & Sal Chiaramonte

2nd Place - Angelo Franco & Jim Thornton

3rd Place - Tied

Richard Marriott & Sheila Rouillard

Terry Allard & Fran Bettencourt

4th Place - Claire Lenoir & Ron Ouellet

Congratulations to Everyone!!!

Senior Club News

Welcome to Our New Members: Clarence Dragon, Larry & Verna Haver, Angela Kasper

Get well wishes: Linda Cuture, Brian Foss

Our Condolences to: Yvonne Walker - death of Daughter, Ellie Berberick - Death of son-in-law, Carol Credit - Death of husband.

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

65 - Janine Martinez

70 - Catherine Beauchene, Debra Day, Kathryn Feeney, Rosalind Kivela, & Michael Larocque

75 - David Burgess

80 - Mary LaBrecque, Linda Littlefield, Barbara Ryan

85 - Richard Laporte

90 - Helen Brisson, Doris Jacues

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.

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.

Please note: We no longer accept jigsaw puzzles that have pieces missing.

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.



Horizon Wings Raptor Rehabilitation & Education

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. Sign up begins October 1st. A reminder will be included in the October Newsletter.



Monthly Book Review

Submitted by Barbara Desrochers, Senior Center Librarian

An Irish Country Practice by Patrick Taylor

Once, not long ago, there was just a single Irish country doctor tending to the lively village of Ballybucklebo: Doctor Fingal Flahertie O'Reilly. Now his thriving practice is growing by leaps and bounds. Not only has O'Reilly taken a new trainee under his wing, Doctor Connor Nelson, he's also added a spirited Labrador puppy to the ever-expanding household at Number One Main Street. Meanwhile, his trusted partner, young Dr. Barry Laverty, finds himself wondering is he's truly ready to settle down and start a family with his soon-to-be-bride, Sue.

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



Movies on the Big Screen

Saving Flora

Thursday, September 19th @ 1:30pm

How far would you go to save a friend? Flora is a circus elephant who can no longer perform her tricks. Fourteen-year-old Dawn (Jenna Ortega) considers Flora her best friend, since she grew up together in the circus which her father, Henry owns. The cost of keeping Flora is too great and Henry is left with no choice but to put her down. Dawn does everything she can to save her.

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



Card and Game Players Groups

A Note from Linda Gahrman, Senior Activities Coordinator

The meetings I've had so far for those interested in forming groups to play self-led card or board games have gone quite well. I have a number of folks who have formed a Mahjong group, and I'd like to encourage others to join in with these players or start a group for a specific game you would like to play. To get your name on our Players List, you may contact me at lgahrman@plainfieldct.org or voice leave a message for me at 860-564-1819, ext. 28. *Include your name, phone number, email address, and the games you are interested in playing.* Please note that this information will be shared with others on the Players List, thereby enabling you to connect with each other.



Plainfield Historical Society

September Meeting

Please join us for the first Historical Society Meeting of the year on **Wednesday September 25th at 6:30 pm** here at the Center. We will be featuring Bev York as Mother Jones. *"Before minimum wage and child laws, OSHA, and Worker's Comp, there was MOTHER JONES, the most dangerous woman in America in 1902."* Come and be part of this wonderful educational program! Free, open to the public, no registration needed.

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: Sept. 23, Sept. 30, 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.

Hartford HealthCare Community Health Nurse Michele Brezniak will be offering a FREE health clinic the second Thursday of the month in August & September.

Join her for blood pressure screening, blood sugar screening, and /or A1c screening, along with education, case coordination and more! Please bring your list of medications with you if you have any related questions.

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.

Reminder about the Caregiver Support Group held at The Quinebaug Senior Center the 2nd Tuesday of each month at 1:30pm.

The Quinebaug Valley Senior Center is located on 65 South Main Street in Brooklyn, CT just off Rte. 6. This Group is for people caring for or involved with someone who has Dementia. The Group specifically addresses issues around Dementia and is there to support you and to discuss your concerns. Please call Kathy Demers at 860-377-6416 for more details and information about this important Support Group.

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.

As of August 16th, 2024, I have given out all of the Farmer's Market cards. No new cards are left, however, I can still load \$50.00 onto cards that people have from last year. They need to come in and see me so I can update their info and enter it into the computer. The money IS NOT automatically on their old cards.

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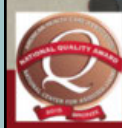
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