

# 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 3**

**MARCH, 2024**

## ***New In This Issue*** ***Senior Club Membership*** ***Renewal***

Renew by March 31st.  
More info inside.

## ***Social Committee March*** ***Luncheon***

First one of the new year!  
See inside for details.

## ***Monday Night Suppers*** ***Begin Again This Month!***

Get ready for more great  
meals here at the Center!

## ***Plainfield Historical*** ***Society March Meeting***

Read the article in this  
Newsletter.

## ***Ongoing And Upcoming*** ***Programs At The Center***

Check out what's coming  
up!

## ***Healthy Aging With Joyce***

Loads of info on Joyce's  
Healthy Aging page!

Dear Members and Friends,

Although winter has been very mild this year, I am looking forward to the first day of spring on March 19, a good sign that this cold weather is almost over! On March 10<sup>th</sup>, we will be changing the clocks ahead again. The days will be getting longer soon, and the spring flowers will be getting ready to pop out of the ground. March 17<sup>th</sup> is Saint Patrick's Day. Please enjoy your corn beef and cabbage and don't drink too much green beer!

The Center continues to be very busy despite the cold. Our monthly Friday Socials and Monday Night Suppers will be starting up again this month. We hope to see all of you back for these great meals.

Trips are starting up again and I hope everyone hit it big in Atlantic City in February.

We wish to welcome many new members this year and want to thank so many of you for renewing your memberships. It is nice to see the membership growing and everyone enjoying what we have to offer here at the Center.

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

**Reminder: The Senior Center and Recreation Department will be closed on Friday March 29th in observance of Good Friday.**

## **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**- 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.

**Crafts With Karen**- Tuesdays 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.

**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.

**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. \$10.00.

**Men's Haircuts**- 2nd Tues. of the month, 9-11, fee \$20.00.

**UCFS Caseworker**- 2nd Wed. of each month 10am to 1pm.

**Friday Socials**- 3rd Friday of the month @ 1pm. Meal and entertainment. \$10.00 pp.

### **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 2024 traveling season has started; we are thrilled to see so many of you joining us! Our first trip of the year to the *Resorts* in Atlantic City took place in February.

Please note that we have made a few changes this year in the scheduling of trips. We are asking for a \$25 deposit to hold your seat and that amount will then be deducted from the price of the trip. Also, the list of trips has been set up in two 6-month increments. Sign-up for trips taking place between February and July is happening now. Sign-up for trips between August and December will begin after June 1<sup>st</sup>. By scheduling your trips only six months ahead, we hope to avoid any cancellations.

We also have a new pickup area for trips. It's the VFW in Plainfield. Anyone parking at the VFW will receive a liability form; it will need your name, address, and information about your car. This is for insurance purposes. You will need to keep this form on your dashboard.

Lastly, please remember to put your meal choice on your trip form. If I can't get in touch with you, I will mark chicken as your choice.



## PLAINFIELD LIONS CLUB PANCAKE BREAKFAST

*Last One For The Season!*

Plainfield Senior Center  
**Sunday March 10th**  
7am – 11am

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

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



## 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.*



## Social Committee March Luncheon

Plainfield Senior Center  
**Friday March 15<sup>th</sup>, 1pm**  
\$10.00 per person

### Menu

Shepard's Pie, Salad, Bread and Butter, Dessert, Coffee,  
Tea, and Water.

**Entertainer:** Victoria Rose Taytro

**YOU MUST SIGN UP AND PAY IN ADVANCE FOR  
THIS "RESERVATIONS ONLY" EVENT by Monday  
March 11th in the Senior Center Office. For more info  
call 860-564-1819 ext. 20.**

## Social Committee News



Our first luncheon of the year will be Friday  
March 15; see the notice to the left. Our  
featured entertainer is Victoria Rose Taytro;  
she is a wonderful entertainer and sings  
beautifully.

A special thanks to *Christy Fenton* for her  
donation of a Fryer and a George Forman  
grill to the kitchen. We greatly appreciate it!



# Senior Club News

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



90 - Ernest Coutu, Madeleine Dore  
85 - David Bovenzi, J. Larry Coulombe  
80 - Emile Lavallee, Emily LeMasters, David Morin, Evelyn Robinson  
75 - Patricia David, Clarence Dragon, Charlie Obrieter, Sally Wood  
70 - Leo Chatelle, Fran Falanga, Jessie Keppen, Linda Lamoureux  
65 - Cathy Gluck, Donna Lynch, Boyd Nielson

**Get Well Wishes to:** Paul Tetreault, Ed Godaire, and Bob Collins. We are praying for you all to have a speedy recovery.

**Sending Condolences:** To the families of our recently deceased members Aida Bissonnette and Georgette Chenail. To Ted Dumaine whose wife Elizabeth passed away on February 6th; Elizabeth is also Lucille Kaczor's in-law. To Shirley Thompson, who lost her mother on January 3rd.

**Welcome to Our New Members:** Rosalie Bohman, David & Betsy Burgess, Steven Daniels, Judith Johnson, Martina Mailloux, Judith Peterson, Ronald Savoie, and Donna & Kenneth Sebastian.

**\*\*\*Membership Renewal:** *Don't forget to renew your membership by March 31<sup>st</sup>. Renewal forms were sent to you in January's newsletter. The cost is now \$10. Sadly, if you fail to renew your membership, monthly newsletters will no longer be sent to you by mail.* You can bring your form and dues into the office anytime Monday through Thursday between 9am and 12 noon, or you can mail it to our office. There are no dues for Life Members, but we request that you still submit the renewal form. Thank you for being a member of the Plainfield Senior Citizen Club!

**Computer & Cell Phone Tech Support:** We are looking for one or more volunteers to come in to the Center on a regular basis to help with computer and cell phone technical support for our seniors. Please contact the Senior Club at 860-564-1819, ext.20 if you would like to volunteer.

**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.



## Monday Night Supper

Monday March 25<sup>th</sup> at 3:00pm

The March 25th menu is Baked Macaroni & Cheese with Salad, Dessert, and Drinks. The cost is \$10.00 when you sign up, or \$12.00 if purchased the day of the meal. Sign up with Leslie Nielson at 860-377-1933.

The April 29th menu will be Meatloaf, Tater Tots, Carrots, Salad, Dessert, and Drinks. Sign up and pay for the April meal at the March supper.



## Plainfield Historical Society March Meeting

Wednesday March 27th at 7:00 pm

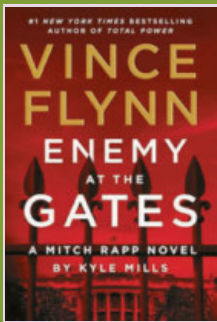
Plainfield Senior Center

482 Norwich Road, Plainfield CT

*Dentistry in Early New England* featuring speaker Tom Kelleher of Old Sturbridge Village.

Free and open to the public.

For more information contact Ruth Bergeron at 860-564-8561.



## Monthly Book Review

Submitted by Barbara Desrochers, Senior Center Librarian

### Enemy at the Gates By Kyle Mills

The CIA'S top operative is on the hunt for a high-level mole with the power to rewrite the world order. Mitch Rapp has worked for several presidents over his career, but Anthony Cook is unlike any he's encountered before. Cunning and autocratic, he feels no loyalty to America's institutions and is distrustful of the influence Rapp and CIA director Irene Kennedy have in Washington. Despite the tensions, when Kennedy discovers evidence of a mole scouring the Agency's database for sensitive information on Nicholas Ward, the world's first trillionaire, she persuades Rapp to take the job protecting him. In doing so, he finds himself walking an impossible tightrope.

**(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

### DOG

**PG-13 101 min. Thursday March 21st at 1:30pm**

Army Ranger Briggs (Channing Tatum) and Lulu (a Belgian Malinois) buckle up for a road trip down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other crazy, break a handful of laws, narrowly escape and learn to let down their guards to have a fighting chance of finding happiness. **(Bag of chips & drink provided for free. Sign up on bulletin board outside of Senior Office no later than Tues. Mar. 19th, and we will provide you a light lunch.)**

## ONGOING AND UPCOMING PROGRAMS AT THE CENTER!

**Crafts With Karen:** **Tues March 5<sup>th</sup>**- Easter Wreath, **Tues March 19<sup>th</sup>**- Easter Centerpiece, **Tues April 2<sup>nd</sup>**- Pin Cushion, **Tues April 16<sup>th</sup>**- Spring Time Wall Hanging. All classes 10am to 12pm. *Please register online at [plainfieldrecreation.com](http://plainfieldrecreation.com).*

**It's The Talk Of The Town! Lecture Series:** Municipal Historian Ruth Bergeron will present a series of discussions here at the Center on the history of the Town of Plainfield. Topics covered may include Agriculture, Mills and Mill House Life, Education, Churches, Local Indians, Local Government, Modes of Travel, and much more! Dates are: **Friday February 23rd at noon, Friday March 22nd at noon, and Friday April 12th at noon.** Coffee and finger sandwiches will be served. *Please register online at [plainfieldrecreation.com](http://plainfieldrecreation.com) so that we may plan for ample food and seating.*

**Pet Ownership Discussion with Dianne Talbot (Town Clerk) and Karen Stone (Animal Control):** Join us for a discussion on pet responsibility. Dianne and Karen will talk about the importance of registering your pet, what to do if your pet gets lost, how to prevent your pet from getting lost, and resources to help you with your pet. **Thursday February 29th from 11 to 12.** *Please register online at [plainfieldrecreation.com](http://plainfieldrecreation.com).*

**Safe Storage of Medications & Weapons:** Join special guest Mark Irons from Southeastern Regional Action Council as he talks about safe storage of medications and weapons in your home. **Thursday March 21st from 11 to 12.** *Please register online at [plainfieldrecreation.com](http://plainfieldrecreation.com).*

**Depression in Older Adults:** Join special guest Mark Irons from Southeastern Regional Action Council, for a presentation on depression in older adults. Learn to recognize the signs, how to prevent and treat depression in older adults, and how to be a support. **Thursday May 16th from 11 to 12.** *Please register online at [plainfieldrecreation.com](http://plainfieldrecreation.com).*

# 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.

**CONNECTING CT CONVERSATIONS** Being held at the Otis Library on Main Street in Norwich, CT on Wed, March 13<sup>th</sup> from 3:30 - 5:00pm. The subject will be the importance of social health and the detrimental health impacts of loneliness. Open to seniors and their families. Attendance is limited - save your spot today at: [endlonelinessCT.org](http://endlonelinessCT.org). Sponsored in part by WellSpark Health.

## **COMMUNITY CONVERSATIONS:**

The Connecticut Department of Aging and Disability Services' State Unit on Aging (SUA) is updating the strategic plan around services for aging people in Connecticut. To ensure the plan includes priorities important to residents, they have set up several community conversations across Connecticut where you can hear about the plan and give feedback. There will be a *virtual program on Monday, March 11 from 1:00 to 3:00PM*. To register, email us at [agingstateplan@ct.gov](mailto:agingstateplan@ct.gov) or call 860.424.5111 or toll free 866.218.6631 and speak with a State Unit on Aging staff member.

## **USED HEARING AID DONATIONS:**

Do you have Hearing Aids you are no longer using and would like to donate? Call 1-816-333-8300 or go to: [www.HearingAidDonations.org](http://www.HearingAidDonations.org). Another option is to mail or bring your hearing aids to: UCONN Speech & Hearing Clinic, 2 Alethia Drive, Unit 1085, Storrs, CT 06269. Source: Windham Senior Newsletter, December 2023

## **NEW HELP FOR DEMENTIA PATIENTS**

By stimulating the brain's memory network, music can trigger memories that were thought to be lost forever. Mysteries remain about how memories are created, stored, and retrieved in the brain and how music acts to rectify them in Dementia patients. Answers have begun to emerge, thanks to advanced brain scanning technology that did not exist when early Dementia research was being done. So continue to listen to music and trigger memories! To learn more, read "The Extraordinary World of Music and the Mind" in AARP magazine, December 2023/January 2024 issue.

## **VETERANS BURIAL ALLOWANCE**

Veterans' burial allowances, offered through the U.S. Department of Veterans Affairs, help cover burial, funeral, and transportation costs. You may be eligible for Veterans burial allowance if you're paying for burial and funeral costs and you won't be reimbursed by another organization, like another government agency or the Veterans employer. If eligible, you may receive VA burial allowance for burial and funeral costs, VA plot or internment allowance for the cost of the plot (gravesite) or internment, and/or VA transportation reimbursement for the cost of transporting the Veteran's remains to the final resting place. A flat Bronze or Granite marker is also provided for the Veteran's gravesite. For more information, call 1-800-827-1000 or visit [www.va.gov/burials-memorials/veterans-burial-allowance](http://www.va.gov/burials-memorials/veterans-burial-allowance).

## **WHAT YOUR AARP STATE OFFICE CAN DO FOR YOU**

Here's a look at some of what AARP does through their state offices: Making older voices heard, tailoring opportunities to the 50-plus community, making local communities more livable, providing opportunities for volunteers, and shaping the future. To join in these efforts, visit [aarp.org/getinvolved](http://aarp.org/getinvolved). Source: AARP The Magazine December 2023/January 2024 issue.

## **WORST HABITS FOR YOUR JOINTS**

Spring is coming and some of us want to get outside and work in our yards, etc. We want to be ready and in good shape. But did you know about the 7 Worst Habits for your joints? They are: smoking, a physically inactive lifestyle, overdoing exercise, carrying a heavy load, eating inflammatory foods, too much texting and use of ipads and computers, and skimping on sleep. Source: AARP online article Feb. 2024.



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diac & pulmonary care and most importantly restorative physical, oc-  
cupational, and speech therapy.

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- Multi-position electric beds
- Rooms equipped with 1/2 bath
- All ground floor rooms, our community has no stairs or elevators



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Plainfield Senior Center, Plainfield, CT 06-5034

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