

# The Senior Connections



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

VOL. 29      **SEPTEMBER, 2021**      ISSUE 9

## *New In This Issue*

### *Historical Society Holds Their First Meeting Of The Year.*

Read the notice inside.

### *Travel Club Updates.*

A note from Terry.

### *Women's Club Scheduled To Meet This Month.*

Date and time inside.

### *Water Aerobics Fall Classes Begin In September.*

Check the dates inside!

### *"Concerts In The Park" Series Reschedules 2 Bands.*

There's still time to see these performances!

### *Healthy Aging With Joyce.*

Joyce always has great, useful information to share!

Dear Members and Friends,

After such a long stretch of hot, humid weather in the last few weeks of August, I am so thankful for the arrival of September with (hopefully) less humidity and cooler temperatures! Not to mention, it happens to be my favorite time of the year.

What I am not too thankful for is the current uptick of the Covid 19 and the Delta variant, the return of required face masks, and all the CDC recommendations. While attending any of the activities here at the center, it is strongly recommended that all wear masks.

At this time, we are not anticipating any changes to the hours or activities here at the Center. If changes do occur, they will be determined by the Selectman, and we will try to notify everyone as soon as we are informed. Hopefully everything will remain the same, as we have been so anxious for a return to normal!

Please be sure to read the updated travel news for the latest on our trips.

In your quiet times, please remember our members who are ill and homebound, those who are in nursing homes, and those who are no longer with us. Our thoughts and prayers are always with them.

## Happy Grandparents Day!

Please be safe, and thank you for being my friend.

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, 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 13 weeks then starts again.

**Social Services Office**- Monday mornings. 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**- Fridays, 1pm. 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.

### **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.

### **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 Thursday of each month at 1pm. Free.

**Women's Club**- Third Wednesday of the month starting in September, 2021. 1-4pm. 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.



# Movies on the Big Screen

Movies on the Big Screen will be held in the Dining Room on the third Thursday of each month. Curtain time is 1 pm. Admission is free!

The movie will be listed each month in the Newsletter. The

September movie, to be shown on **Thursday September 16th at 1:00pm** is:

**A BEAUTIFUL DAY IN THE NEIGHBORHOOD** Rated PG. Running time: 1 hour 49 minutes.

*Tom Hanks portrays Mister Rogers, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod (Mathew Rhys). After a jaded magazine writer is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor.*

This is sure to be a wonderful movie. We hope you can join us!

## Women's Club

Just a reminder that the Women's Club has resumed their meetings here at the Center. All meetings are held on the third Wednesday of each month from 1 to 4 pm. The first meeting of this year will take place on Wednesday September 15th. Welcome Back!



"Senior Resources is a strong voice for the region's elderly citizens. Through our involvement at the federal, state and local level we work to enhance the quality of life for older persons. In addition to advocating

legislatively, our continuing work with volunteer and citizen groups increases public awareness of senior issues."

*"Our mission is to provide access to information and services to empower adults to live with dignity."*

**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.*





# Travel News

*A Note From Terry*

We have had great responses on our upcoming trips! If anyone who signed up for Newport Playhouse has not yet paid, the due date was on August 28<sup>th</sup>, but I will be able to accept payments for a few more days past the deadline.

I still have availability on our overnight trip to New Hampshire; the final payment is due on September 8<sup>th</sup>. Our last two trips for this year, Bob Hope USO Tribute, and Salem Cross, both have a few seats left.

We will be starting to plan our travel program for 2022 in a few weeks, if there is any place you would like us to research, be sure to let us know. Please be sure to check out our enclosed flyer on our annual trip to Atlantic City next February. We are currently taking reservations so sign up early!

Please remember that as we begin our travel program, masks will be mandatory while on the bus. Additionally, we will need to adhere to any regulations or requirements of the various venues that we will be attending.

## *Plainfield Historical Society News*



The Historical Society will be having their first meeting of the year on September 29th at 7 pm here at the Center. The theme of the meeting is "Show & Tell," where the society will display some of the new things that have been donated in the time since they suddenly closed last year due to Covid19.

The public is invited and may bring items to show. This is a free event.

The Plainfield Historical Society History Room reopened to the public by appointment last month. Appointments can be made by calling Ruth Bergeron at 860-564-8561. The History Room is located in the Senior Center building.



## Concerts In The Park Series: *Bands Rescheduled.*

Two performances for our *Concerts In The Park Series* have been rescheduled to September due to bad weather on the original dates. They are:  
Bowen, Wed. Sep 1st from 6:00 to 7:30 pm, playing music from the 60's-80's.

Red Light, Thurs. Sep 2nd from 6:00 to 7:30 pm, playing dance party rock.  
Both concerts will be held in Lions Park.

## Fall Water Aerobics Classes Starting Sep. 20th and 21st.



Register early for these popular classes! Choose from *Cardio Aerobics* or *Light Cardio Aerobics*. Registration for residents began on August 23rd. Registration for non-residents begins on Monday September 6th. Sign up on line at [plainfieldct.myrec.com](http://plainfieldct.myrec.com) or call the Recreation Office at 860-564-1819.

# Healthy Aging With Joyce

From Joyce Hoffman, BA Social Work, Social Service Coordinator  
860.564.1819, ext. 28

Joyce is in her office here at the Center on Monday mornings.

## 2021 HEALTHY LIVING FESTIVAL

Saturday, September 25th, 2021 from 10:00am to 2:00pm. Located outdoors at Dodd Stadium (14 Stott Avenue in the Norwich Industrial Park) Norwich, CT.

This is a free community event to highlight local health-related businesses. Participate in health screenings, information sharing, demos, and activities, all to the backdrop of live music! This event is sponsored by the Norwich Area Chamber of Commerce Healthcare Committee.

## “LIVE WELL” PROGRAMS OFFERED BY SENIOR RESOURCES AGENCY ON AGING.

Senior Resources is still doing the in-home version of the popular *Live Well Program*. They are currently offering: *Live Well With Chronic Conditions*, *Live Well With Chronic Pain*, and *Live Well With Diabetes workshops*.

These programs are offered to seniors in the comfort of their home, without having to use technology beyond the telephone. The **Active Living Everyday Toolkit** can be sent directly to participants at no cost. The kit includes a *Living a Healthy Life* book, instruction booklet, and exercise and relaxation CD's. Weekly phone calls from a trained *Live Well* leader enhances the experience and can help to alleviate social isolation during the COVID epidemic.

New classes will be starting in September. Contact Lori Rygielski at 860-887-3561, ext. 127, or email her at [lrygielski@seniorresourcesec.org](mailto:lrygielski@seniorresourcesec.org) to register.

## STAYING WELL



Just a reminder that it's never too late or too early in life to achieve maximum health benefits for your brain and body!

Remember to:

- Fuel your mind with good nutrition
- Get enough sleep
- Exercise daily
- Connect & socialize with others
- Engage your brain in activities, i.e. watch Jeopardy!

Also, talk with your physician about vitamins and supplements that could be helpful for you.

Source: The Bulletin 8/8/21 [NorwichBulletin.com](http://NorwichBulletin.com)

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Plainfield Vision Care Center

Hope Bernard Marandola, O.D.

P.O. Box 545 | 10 Norwich Road | Central Village, CT 06332

Tel: 860-564-2709 | Fax: 860-564-4347

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