

The Senior Connections



HAPPY
THANKSGIVING
DAY



Plainfield Senior Citizen Center
482 Norwich Road, Plainfield, CT 06374
Telephone: 860.564.1819, ext. 507

VOL. 33

ISSUE 11

November 2025

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Tellabration 2025

To All My Friends and Members,

Fall is here and the cool nights are upon us. I hope you are all enjoying the foliage and the beautiful sunsets we have been having. The holidays are coming up and its time to plan Thanksgiving Dinner. Hope everyone has plans for the holiday with friends and family.

Our Social on October 2nd was great. The food from Edi’s was fabulous as usual. Jose Paulo was great. He kept the people involved.

Hope to see you at the Christmas Party. The last day to buy tickets is November 3rd. Please make sure you get in to buy your tickets before then. After the 3rd the guest list is closed.

In your quiet time please remember our friends and members who are house bound or in nursing homes and those who are no longer with us and their families. If you haven’t seen someone at the Center in a while try reaching out to see if everything is ok. You never know when you can make difference.

Dates to Remember:

*Election Day - November 4th
Veterans Day - November 11th*

The Plainfield Rec & Senior Center wil be closed

Thanksgiving - November 11/27 and 11/28 .

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, on the PLAINFIELD RECREATION FACEBOOK PAGE 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. Lunch served from 11am to 12pm for small fee. Open to anyone. Small fee.

Pitch League- Wednesdays at 9:30am. League runs 14 weeks then starts again. Always looking for subs. Please sign up by calling Josie @ 860-377-0477

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.

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-

Chair Yoga, ,Functional Exercise for Seniors, Let's Get Moving Exercise class, Walk With Ease, Water Aerobics. 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.

Art with Carrie Anne on the second Friday of the month. **Registration required in advance!** Register on plainfieldrecreation.com or call rec office @ 860-564-1819

Special Events

Travel Opportunities -Many (14 + 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.

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.

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

Once A Month

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.

Select Socials- Look for details inside this news letter.

HEALTH & FITNESS CLASSES

LET'S GET MOVING

MONDAY'S @ 10:15am – 11:15 am

11/3- 11/24 \$16

CHAIR YOGA

Thursdays @ 10:15 - 11:15am

11/6-11/20 \$12

FUNCTIONAL EXERCISE FOR SENIORS

Tuesdays @ 1:00pm-2:00pm

11/4-11/25

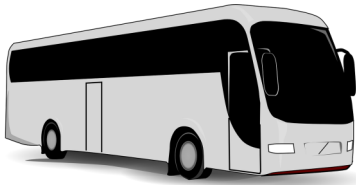
WALKING WITH EASE, WALKING CLUB

Monday, Wednesday, Friday 8am-9am FREE (no instructor)

All programs subject to change or cancelation due to weather and/or instructor availability. Sign up for text alerts.

Register on line @ plainfieldrecreation.com or

CALL the REC. DEPT @ 860-564-1819 TO SIGN UP



TRAVEL NEWS

November 6, 2025, at 1:00pm, Aiden from Collette will be coming to the senior center with information on the September 11-17, 2026 trip to South Dakota. He will be bringing a slide show of the area that we will be going to. The highlights for our trip is ... Mount Rushmore, Badlands National Park, Wall Drug, Deadwood, Off-Road Jeep Safari at Custer State Park, Crazy Horse Memorial, Devils Tower National Monument. Pizza and refreshments will be provided. So, if you want to go on a wonderful trip come down and get the information and sign up, we love to have you.

Thank You,
Sheila Patchen
Travel Director



Healthy Holiday Eating

Friday, December 5, 2025

10am-11am

You may wonder, how can I enjoy the real pleasures of the season without beginning the New Year saddled with guilt of overeating or the extra pounds? Most foods, even traditional holiday treats, can fit into a healthy eating plan.

Join us to learn how you can put a healthy and delicious twist on your favorite holiday foods.

This program is Hosted by Big Y.

Please register with the Recreation Office to attend this **Free** program.

We would like to thank All the Social Committee Members for all their hard work at Our October 2nd Social



Big Y Grocery Trips

2nd & 4th Wednesdays of November

Need groceries? No ride?

Let the Senior Center Help!!

Join us for a grocery trip to Big Y in Plainfield.

Just \$5.00 per trip.

LET US MAKE SHOPPING EASIER AND MORE CONVENIENT FOR YOU!

Register now online @

www.plainfieldrecreation.com or call the office 860-564-1819 to reserve your seat.

ALL-MEMBERS MEETING

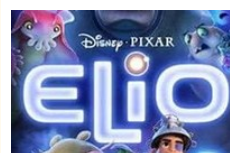
THURS, NOVEMBER 13, 2025

1PM.

At the Senior Center

Come in and find out our plans for 2026

There will be a door prize and refreshments!



FAMILY MOVIE NIGHT

Tuesday Nov. 14, 2025

6pm - 8pm

ELIO

SPONSORED BY THE PLAINFIELD REC. DEPARTMENT. LOCATED AT THE PLAINFIELD REC & SENIOR CENTER 482 NORWICH ROAD, PLAINFIELD, CT. Registration in Preferred for this **FREE program. Please call 860-564-1819.**

Senior Club News

Welcome to Our New Members: June & Russell Bonner, Mary & Robert Hagerman, Maria O'Conner

Condolences go out to: Rodney Hicks (sister's passing) Jessie & Alton Keppen (both of her parents passed away on the same day), George Marczak (his wife's passing) Ed St. John (passing of his brother-in-law).

Monthly Birthdays: For all our members celebrating their Birthday in **NOVEMBER** "Happy Birthday"!!!!

Cell Phone Tech Support : If you need help with your cell phone make an appointment to see Jenn Smith. You **MUST CALL** and make an appointment **with Jenn @ 1-215-303-0733.**

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 x507 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 **10 cents each or 10 for \$1.** Moneys help to support our senior center. Also any card donations are welcome. Thank you for your support.



Plainfield Senior Club

Annual Christmas Pary

Thursday, December 4th

12:00pm to 3:00pm

Plainfield Town Hall

8 Community Ave, Plainfield, CT

Menu

Catered by Matthew's Catering

Garden salad, Beef & Chicken

Whipped potatoes & choice of veggies

Dessert

ENTERTAINMENT

Victoria Rose

Fundraising Baskets to Benefit Project PIN

Final day to buy tickets Nov.3,2025

Cost \$25 for members-\$30 non-members



Art with Carrie Anne Senior art program

Sponsored by Centreville Bank.

November 14th, Harvest Time Truck Painting
Dec. 12th; Merry Grinchmas ' Resting Grinch Face'
10am- 12pm

You must register in
advance @ plainfieldrecreation.com
Or call 860-564-1819 small fee

"LET'S TALK ENERGY" Speaker from Eversource

November 7th @10am.

Breakdown of bills components
Answer questions about the business.

Come into the Plainfield Senior Center

For more information call the Rec Dept @ 860-564-1819



MONDAY NIGHT SUPPER

Monday November 24, 2025, 2025

**** 3:00 PM ****

The Menu will be: Beef stew w/ barley, salad, drinks and desert.
\$10 in Advance. \$12 Walk-ins!!!

This will be the last supper of the season! See you in March 2026. Stay safe!!

For more information **Contact: Leslie Nielson @ 860-377-1933**

NEED MEDICARE HELP? Call CHOICES!

CHOICES Counselors are here to help you navigate your Medicare options for 2026.

To schedule your appointment, Please contact
Senior Resources @ (860) 887-3561 ext. 202





Monthly Book Review

The Judge's List by John Grisham

In *The Whistler*, Lacy Stoltz investigated a corrupt judge who was taking millions in bribes from a crime syndicate. She put the criminals away, but only after being attacked and nearly killed. Three years later, and approaching forty, she is tired of her work for the Florida Board of Judicial Conduct and ready for a change. Then she meets a mysterious woman who is so frightened she uses a number of aliases. Jeri Crosby's father was murdered twenty years earlier in a case that remains unsolved and that has grown stone cold. But Jeri has a suspect whom she has become obsessed with and has stalked for two decades. Along the way, she discovered other victims. He is a judge, in Florida—under Lacy's jurisdiction. He has a list, with the names of his victims and targets, all unsuspecting people unlucky enough to have crossed his path and wronged him in some way. How can Lacy pursue him, without becoming the next name on his list?

The Judge's List is by any measure John Grisham's most surprising, chilling novel yet.

(Please be sure to SIGN OUT the book of the month and RETURN IT in a timely manner so others can read it.)



Parks &
Recreation
PLAINFIELD
CONNECTICUT

MATINEE MAGIC

Take a break and join us for a classic movie or thought-provoking documentary on select Wednesday mornings
Each month!

Bring a friend, a snack, and your love for cinema, we'll
Provide the rest!

WEDNESDAYS 10:30AM
FREE

11/5 The Best Exotic Marigold Hotel (MOVIE)

11/19 Forgotten War, the Struggle for North America (DOCUMENTARY)

12/10 Christmas Hero (MOVIE)

**REGISTER IN ADVANCE FOR SEATING WITH THE REC. OFFICE OR ON
LINE @ PLAINFIELDDRECREATION.COM**



TELLABRATION 2025

**Presents a Program of Stories
for Adults
At:**

**The Plainfield Senior Center
Friday November 7 @ 11:00am
With storyteller / Musician
Tom Callinan**

**To: Register for this free event:
Www.plainfieldrecreation.com or
Call 860-564-1819**

An International Celebration of Story!



PLAINFIELD LIONS CLUB

PANCAKE BREAKFAST

at:

Plainfield Senior Center
Sunday, November 9, 2025

8am - 12 pm

\$10/Adults \$5/Seniors & children under 12
Children under 2 free

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

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 X 506 Free.

A number of Connecticut laws took effect on October 1st, 2025

3 new laws pertaining to Traffic and Motor Vehicles are:

Stricter reckless driving laws: Penalties are increased for drivers caught going over 100mph, with fines ranging from \$200 to \$600 for the first offense.

Towing reform: An overhaul of towing statutes now requires Tow Companies to take additional steps to notify vehicle owners and accept credit cards. Vehicles generally cannot be towed from private property without notice unless they are blocking traffic or are in a handicapped spot.

E-Bike Regulations: For class 3 E-Bikes (up to 28mph), riders under 16 are banned and all riders must wear a helmet. Higher-powered E-Bikes require a driver's license, registration, and insurance.

For Seniors signed up and approved for **Energy Assistance**, the 1st day for deliverable fuels to be delivered is **Monday, November 3rd, 2025**. Call the ACCESS Agency to apply for this program at **860-412-1600**. Find out if you can get help paying for your heating costs this coming winter.

Hope Medical Center located at: 11 Main Street in Moosup, CT has a new provider, Elizabeth Visone, DNP, APRN, FAANP. Elizabeth has clinical expertise in Internal Medicine with a focus on Geriatrics (Senior Care). She is available at Hope Medical Center on Wednesdays only, focusing on Medicare Wellness Visits and sick visits. Call 1/959-600-8104 today to book your visit.

The Thrift Shoppe run by The Federated Church of Christ in Brooklyn, CT is having a Fall BOGO Sale. All clothing, shoes, and handbags are Buy One, Get One FREE (Higher price prevails). They are open on Thursdays from 12:00-4:00pm and Fridays and Saturdays from 10:00-2:00pm. Located in Brooklyn Center, entrance to the church is off Rte. 169. Call 860-774-9817 for more information. Note: All money raised stays local and supports the ministries of The Federated Church of Christ.

With Identity theft unfortunately now being very common, keep only the essentials in your wallet. Clean out and sort through everything you carry. According to AARP, these are the 15 Worst things to carry in your wallet: Your Social Security card, Multiple credit cards and credit card receipts, Your checkbook or even 1 blank check, Work ID card, Your Passport, List of your passwords, Gift cards not fully redeemed, Birth Certificate, Library card, house key, Legal paperwork, Checks made out to you, Your PIN number for your credit, debit, or EBT (SNAP) card, Cryptocurrency seed phrase or recovery phrase, Old receipts with the last 4 digits of your credit card on them.

**** And remember to only carry your Medicare card when you need it for a Doctor's appointment****

With the holidays coming we are all looking for ways to save our money. Here are 6 Bad Money Habits to Break: Putting expenses on autopilot for payment, Recycling passwords for your online accounts, Constantly checking your investments and making changes, Never checking your investments and return amounts, Chasing credit card sign up promotions, Pinching every penny and never spending your savings. A good idea is to obtain and check in with a Financial Advisor every 6 months. Ask at your bank about this service.

The Clothing Closet is relocating in early November 2025 from the white house to the basement of the church. Run by the United Methodist Church in Moosup, CT, the Clothing Closet offers FREE women's, men's, and children's clothing. At this time, the Clothing Closet is open on Wednesdays from 4 to 6pm and Fridays from 9 to 1pm. They are currently looking for Volunteers so they can be open more days. You can find the Clothing Closet at 11 South Main Street in Moosup, CT, across from Cumberland Farms. Call 860-564-7023 and leave a message for Pastor Sandy who has more details.

Plainfield Senior Citizen Center
482 Norwich Road
Plainfield, CT 06374
Phone: 860-564-1819
plainfield.seniors@yahoo.com

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*The Plainfield Senior Citizen Center enriches the lives of our senior friends through friendship,
activities, health, and nourishment.*