

The Senior Connections



Merry Christmas

&

HAPPY NEW YEAR

Plainfield Senior Citizen Center
482 Norwich Road, Plainfield, CT 06374

Telephone: 860.564.1819, ext. 507

E mail: plainfield.seniors@yahoo.com

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DECEMBER 2025

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To All My Friends and Members,

The Holidays are here! For most of us this is a very busy time of year. The shopping and wrapping keeps us very busy. Then there are the Craft Fairs, Cookie Swaps and all the baking and cooking for all the get-togethers. It can be an enjoyable but tiring time of year. Please take it so and easy and rest when you can. Let the younger generation help when they can.

Remember that for some people this is also a very depressing time. If you know someone that has trouble with the holidays please try to spend time with them and help them through this difficult time.

In your quiet time please remember our friends and members who are no longer with us and their families. If you haven't seen someone at the Center for awhile try reaching out to them to see if everything is ok. You never know when you can make a difference.

HAPPY HOLIDAYS TO ALL!

Dates to Remember:

December 25, 2025 Christmas

January 1, 2026 New Year'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, 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.

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

12/01 & 12/08 COST \$8

CHAIR YOGA

Thursdays @ 10:15 - 11:15am

12/04 & 12/11 COST \$8

FUNCTIONAL EXERCISE FOR SENIORS

Tuesdays @ TBD Check with Rec Office

WALKING WITH EASE, WALKING CLUB

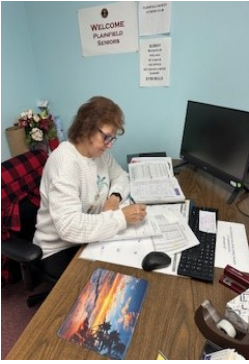
Monday, Wednesday, Friday 8am-9am FREE (no instructor)

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

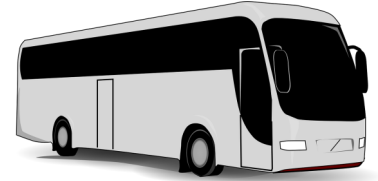


This season for travel is coming to an end. I am working on our new trips for the coming year. Once I have everything I will send them out to print our new booklets. I would like to thank all of you that traveled with me. I enjoyed the time with you all. I hope to see you next year and hope to get more new faces to join us. Thank you all for your support.

Merry Christmas & Happy New Year!

Sheila Patchen
Travel Director

I am working hard at booking your Trips!!!!



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.*

Cathy Taylor's Toys for Kids

*Looking for donations
Stocking Stuffer for Teen. (13- 16 yrs)
Toys for (infants - 12yrs)*

*Call the Recreation Department for
more details @ 860-564-1819.*



Big Y Grocery Trips

**2nd & 4th Wednesdays of
December**

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.*

Cookies & Carols

**There will be a cookie swap at the
Recreation Center on
December 12, 2025 @ 10:30- 12:30**

Bring in your baked cookies and be part of the cookie swap.

There will be singing of Christmas carols with the Quiet Corner Senior Chorus starting at 11:30

Call Rec department for more details @ 860-564-1819

Plainfield Senior Club

Our office will be closed on the following dates:

December 10, 2025 - Staff is on a day trip.

December 25, 2025 - January 6, 2026

For our Holiday Vacation.

***We wish you all a very Merry Christmas & A
Happy New year!!!!!!***

Message from the Recreation Department!

To all Groups and Clubs that use our building: We recently had an inspection by OSHA (State) and we were sighted for having chemicals that were not listed in our files.

Going forward Please do not bring in any cleaning products or hand sanitizer or hand lotions left out for the public to use. Personal items must be kept in your deck of purse.

We will be supplying all cleaning supplies for use.

Senior Club News

Welcome to Our New Members: Rosswell Grow, Donna Pepper, Betsy and John Runkle.

Condolences go out to: The Family of Paul LaJeunesse on his passing.

Get Well wishes: Pearl Cargene (broke her wrist on our trip to Atlantic City)

Monthly Birthdays: For all our members celebrating their Birthday in **DECEMBER "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.

Dec. 12th; Merry Grinchmas ' Resting Grinch Face'
10am- 12pm

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

Plainfield Town Tree Lighting

Come Join us At Lions Park for the Tree lighting

December 5, 2025.
PROGRAM

PART ONE- Starts @ 5:15pm outside Town Hall

PART TWO- Starts @ 6:15pm in Lions Park

With tree lighting, PHS Chorus, & PCMS Chorus



MONDAY NIGHT SUPPER

Thank You for a great year!!!

See you in March!

Have a Happy Holiday Season!!

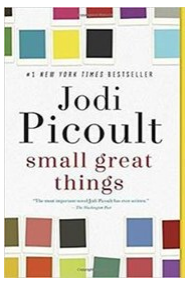
For more information **Contact: Leslie Nielson @ 860-377-1933**

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

small great things by Jodi Picoult

Jodi Picoult is a born storyteller who "writes with a fine touch, a sharp eye for detail, and a firm grasp of delicacy and complexity of human relationships" (The Boston Globe). Her stunning novel, *Small Great Things*, is Picoult at her finest — complete with unflinching insights, richly layered characters, and a page-turning plot with a gripping moral dilemma at its heart. Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years' experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she's been resigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene? Ruth hesitates before CPR and, as a result, is charged with a serious crime.

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



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!

12/10 Christmas Hero (MOVIE)

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

LIGHTING OF THE HOSPICE TREE

Sunday, December 7, 2025

Presentation and Dedication

Starts at 5pm



**PLAINFIELD LIONS
CLUB**

PANCAKE BREAKFAST

at:

Plainfield Senior Center
Sunday, December 14, 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.

The Social Security Administration has announced a 2.8% COLA increase for 2026.

In 2026, the Medicare Part B Premium will go up to \$206.50 a month. This is up from \$185.00 a month in 2025. This premium will be deducted from your Social Security benefit each month **UNLESS** you are on the Medicare Savings Program with the State of CT.

Check with Joyce for the income guidelines for this program to see if you are eligible and keep more of your Social Security money each month

Did you know about 12 services that are FREE under Medicare?

1. A onetime "Welcome to Medicare" checkup in your first year on Medicare.
2. Wellness visit every year after that helps keep you healthy.
3. Vaccines that are meant to prevent severe illnesses such as shots for Shingles, RSV, Flu Shots, and COVID 19 shots.
4. Alcohol misuse screening each year
5. Eight counseling sessions in one year to help you stop smoking.
6. Diabetes screening.
7. Nutrition Therapy if you have Diabetes or kidney disease/kidney transplant.
8. Yearly Mammogram Screening
9. Colorectal cancer screening
10. Lung cancer screening
11. Prostate cancer screening (Yearly PSA blood test and exam)
12. Depression screening once a year.

Talk with your Doctor about these FREE services and ask if you need any of them.

Source: AARP Online article dated Oct. 16th, 2025.

December is the last month that Bags of Hope is collecting donations of toys and other items for DCF placed children at our Senior Center. The donation box is located outside of Joyce's office. Please call Lillian Paschen at 860-204-6873 for more information on how you can help out to make a difference in the life of a child this holiday season. BagsOfHopeCT.org

Cedarview Village Apartment complex, located on Rte. 14A in Plainfield, CT is now accepting applications for their waiting list.

Contact Elaine at: **860-428-3674** and request that an application be mailed to you. Joyce is available to assist with filling out the application or to make copies for you to be sent with the application.

There is a new Home Care Agency in our area - Kitt Brook Caregivers, LLC. It is a Homemaker/ Companion Agency serving Windham County in CT. Visit www.kittbrookcaregivers.com or call 860-772-6856 to inquire about their services.

If you have any suggestions or ideas for presentations or programs that you would like to see here at our Senior Center in 2026, please call or see Joyce on a Monday or Friday. Joyce is available 9 to 12pm on Mondays and Fridays. Call her at 860-564-1819, leave a message. Thank you for your input for 2026! This is your Senior Center, and we would like to serve you better.

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.*