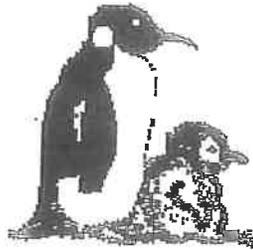


BITS & PIECES



FROM FRAN

December '21/January '22

Preston Senior Center Potluck Club:

We are planning to hold a holiday potluck luncheon on Tuesday, December 14th at noon. We will furnish the cooked turkey and ask that diners register to bring a dish to share. It's a potluck so, we're leaving the options open to your choice of item(s) to bring. We will have the warming oven ready to keep foods up to temperature prior to eating the meal.

If you plan on attending, you must register by Wednesday, December 8th. Registration information is available at the Preston Senior Center on Monday (until 1:00) and Tuesday and Thursday from 1:00 – 4:00 p.m. You may also register by phone by contacting the Senior Affairs Office at 860-887-5581 Extension 6 leaving your name, telephone number and item which you will be bringing to the potluck club.

We have invited Lenny Domina to entertain from 11:00 a.m. until serving time+.

Come, share an afternoon of good food, music and friends. Remember, the registration deadline is Wednesday, December 8th.

TVCCA Café Program:

We are pleased to provide the December menu for your review and consideration. Lunch is served at 11:30 a.m. on Monday's (except holidays or inclement weather). You do need to register for the program though. The meal count is called in on Tuesday morning for the following Mondays meal. If you choose, you can call in your registration weeks in advance, we'll make sure your

information is included on that particular day's count. You can register in person at the center or call the Senior Affairs Office at 860-887-5581 extension 6. Please leave your name, telephone number and indicate which day you plan on attending.

December 6th: Seafood Stew, Steamed Rice, Zucchini, Mandarin Oranges, Bread, Margarine and Beverage.

December 13th: Chicken Cordon Bleu, Glazed Sweet Potatoes, Green & Waxed Beans, Sweet Treat, Orange Juice, Bread, Margarine and Beverage.

December 20th: Holiday Celebration Meal: Herb Roasted Prime Rib, Garlic Roasted Potatoes, Squash Mix W/Carrots & String Beans, Holiday Assorted Cookies, Bread, Margarine and Beverage.

December 27th: Salisbury Steak w/gravy, Egg Noodles, Peas & Pearl Onions, Applesauce Cup, Bread, Margarine and Beverages.

There is a suggested donation of \$3.00 per person aged 60+. You do not need to be a Preston resident to participate. We do not accommodate walk-ins.

Changing Hours:

The Preston Senior Center will be expanding their hours of operation on Monday's from 1:00 – 3:00 p.m. starting on December 6th. All residents are welcome to come to the center, enjoy games, (bring your own or we have oodles to share). You don't have to register; the doors are open for folks to enjoy a relaxing few hours with friends. We look forward to seeing you on Mondays. (The center is closed on holidays and inclement weather). If you have questions, please feel free to contact the Senior Affairs Office at 860-887-5581 extension 6.

Food Distribution:

The next food distribution will be held on Friday, December 3rd at the Preston Senior Center from 10:00 – 11:00 a.m. United Community & Family Services coordinates this wonderful program each and every month. I have been told that as long as there is a need in Preston, they will keep the program

operating. UCFS has a superb group of individuals who brave the rain, snow and sunshine (like the mailman) to ensure that the program survives. The program doesn't happen by itself either! Cathy Brosnan and First Selectwoman Sandra Allyn-Gauthier work tirelessly to keep the traffic flowing smoothly and distribute the bags of food into each and every vehicle in attendance. We do have many, many Preston residents participate but the program is open to everyone, no matter where they live. Truly an important program for our community and beyond.

My Favorite Sayings:

The big objection to the school of experience is that one never graduates.

A smart fellow is one who may not know what to say, but knows when not to say it.

Friends are mathematical: they divide sorrow and multiply happiness.

Advice is like medicine....you have to take it to find out if it does any good.
It takes two to make a marriage...an eligible daughter and an anxious mother.

The family is the one safe island in an unknown sea.

You are as old as your doubts and fears, and as young as your hopes and dreams.

A father holds his children's hands for a while but holds their hearts forever.

The noble secret of laughing at oneself is the greatest humor of all.

Transportation:

Our transportation schedule for grocery shopping will resume on Monday, December 6th to local stores in the Norwich area. The run will begin at approximately 9:30 a.m. and return to Preston before noon. You do need to register each week for the following weeks transportation schedule. If you are interested in participating, please call the Preston Senior Affairs Office at 860-887-5581 extension 6.



Preston Youth Services presents...

Spreading Christmas Cheer

Preston Youth Services wants to combat the COVID blues for Preston seniors and shut ins by distributing handmade Christmas themed crafts by Preston kids!!

If you are a Preston senior (65+) or shut in and would enjoy a Christmas delivery you can sign up online at www.preston-ct.org, email youthservices@preston-ct.org or call our office at (860) 887-5581 x113 ...or you can sign up a family member, friend or neighbor!!

PRESTON PARKS & RECREATION AND YOUTH SERVICES ~ Phone: (860) 887-5581 x113

CHAIR YOGA

A complete yoga practice using the support of a chair. Breathing techniques, yoga philosophy, meditation and deep relaxation are woven into each class. In this fun and informative class students will take home tools for mindfulness and relaxation as well as movements for energizing and stretching the body. Chair yoga classes are targeted for ages 60+ but classes are open to all adults and abilities.

DATES: Mondays: November 29 – December 20, 2021

TIME: 10:00 – 11:00 am

FEE: \$26 per person (4 week session)

Class will be offered in person at Preston Public Library or you can choose to participate via Zoom.

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PRESTON PARKS & RECREATION • CHAIR YOGA REGISTRATION FORM • 2021-2022

Name: _____ Phone Number: _____

Home Address: _____ Email Address: _____

Emergency Contact Name: _____ Phone Number: _____

Please register me for the following Yoga sessions:

Chair Yoga ~ Session # 4 Online Chair Yoga ~ Session #4 In Person

I am in proper health and have the approval of my physician to participate in the above listed activity. I have a clear understanding of the risks and hazards inherent in this activity. I agree to hold harmless the Town of Preston, Preston Parks & Recreation and their employees/volunteers for any injury incurred due to my participation in this program. In the event that I become incapacitated while participating, Preston Parks & Recreation staff and/or volunteer coordinators may authorize emergency medical treatment as deemed necessary by attending medical personnel. \$20 fee will be charged for any returned checks.

Signature _____ Date _____ Total Fee Enclosed _____

****Submit completed form and payment to: Preston Parks & Recreation • 389 Route 2 • Preston, CT 06365 ****

Holiday Crafting:

Join Jen Ihloff as she presents this fun workshop for the holiday crafting. Participants will make a decorative tree and wreath ornament with a country holiday flare. Refreshments will be available. Note: There is a \$15.00 supply fee. For ages 18 and up. Register by calling 860-886-1010 or email us at prestonlibraryprograms@gmail.com.

The Program will be held at the Preston Public Library, Route 2, Preston on Thursday, December 9th from 5:30 – 7:00 p.m.

Puzzle Table:

As a reminder, the senior center has a huge assortment of puzzles for your use. Take one home, bring one back. We also have a lending library available for anyone interested in borrowing a few books for those cold winter nights. The center is open on Tuesday and Thursday afternoons between the hours of 1:00 p.m. and 4:00 p.m. Call 860-889-0770 with questions.

FELINE FRIENDS WORD SEARCH

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WORDS

ABYSSINIAN
AEGEAN
BALINESE
BAMBINO
BIRMAN
BOBTAIL
BOMBAY
BURMESE
CHARTREUX
CURL
DONSKOY
HAVANA BROWN
JAVANESE
KORAT
LONGHAIR
MAINE' COON
MAU
MIST
OCICAT
PERSIAN
REX
RINGTAIL
SHORTHAIR
SPANGLED

Find the words hidden vertically, horizontally, diagonally, and backwards.