

BITS & PIECES



FROM FRAN

June & July 2022

It's Picnic Time:

Mark your calendars for Wednesday, June 29nd to join us for a picnic at the Preston Senior Center. Lenny Domina will entertain us with song and guitar playing from 11:15 a.m. – 12:15 p.m. It's always a pleasure to have Lenny share his musical talents and provide us with a wide variety of songs. (On occasion the audience has even provided back-up singers too.) Our traditional picnic fare will follow which will include hot dogs, hamburgers, salads, dessert and beverage. You must register for the picnic informing us of how many hot dogs or burgers you wish to order. This event will be held rain or shine with a limit of 25 participants. You can register in person at the Preston Senior Center (Monday 9-1:00 p.m., Tuesday and Thursday afternoons from 1:00 p.m. – 4:00 p.m.) or by telephoning the Senior Affairs Office at 860-887-5581 ext. 6. Come, join in on the fun, visit with old friends and make new ones. This day was planned especially for you!

TVCCA Café Menu for June:

Person's age 60 years and older are eligible to participate in the TVCCA Café Program at the Preston Senior Center regardless of the town in which you reside. There is a suggested donation of \$3.00 per meal. Lunch is served at approximately 11:30 a.m. and reservations are necessary to participate in the program. To register for the TVCCA Café Program, please call the center on Mondays (9:00 – 1:00), Tuesday and Thursday afternoons (1:00 – 4:00 p.m.) The

telephone number of the center is 860-889-0770. You may also call the Senior Affairs Office at 860-887-5581 ext. 6 to register for the program.

June 6th: Sloppy Joe w/Bun, Tater Tots, Peas & Pearl Onions, Mandarin Oranges, Bread, Margarine and Beverage.

June 13th: Chicken Cacciatore, Farfalle Pasta w/Marinara, Green & Waxed Beans, Fresh Fruit, Bread, Margarine and Beverage.

June 20th: Crispy Cod, Macaroni & Cheese, Broccoli, Diced Pears, Bread, Margarine and Beverage.

June 27th: Stuffed Shells w/Marinara, Lima Beans, Carrot Coins, Applesauce Cup, Bread, Margarine and Beverage.

Food Distribution:

We will be joining United Community & Family Services to offer a Food Distribution at the Preston Senior Center on Friday, June 3rd from 10:00 a.m. – 11:00 a.m. The center is located at 42 Long Society Road. In addition to UCFS, we are grateful for the support of Gemma E. Moran Food Center, United Way and the Connecticut Food Bank for making this wonderful service possible. Many thanks to the volunteers who support this community by delivering food, acting as traffic control personnel and clean-up crew. Our plans are to continue with the food distribution as long as there is a need. We anticipate that the next food distribution will be conducted on Friday, July 1st from 10:00 – 11:00 a.m. at the center. Hope to see you there.

Veterans Coffee House of Eastern CT:

All veterans are cordially invited to attend the Veterans Coffee House of Eastern CT gatherings on Tuesdays from 8:30 a.m. – 11:00 a.m. at the Old Pachaug Town Hall, 831 Voluntown Road, Griswold. The program offers information on important benefits; an opportunity to socialize with your peers and gain knowledge from the variety of speakers and presentations. Veterans of all ages are welcome and encouraged to attend.

OIL PAINTING

My Favorite Sayings:

No one has ever gotten poor by giving!.....Anne Frank

Man is the only animal that blushes. Or needs to.....Mark Twain

If you can't explain it simply, you don't understand it well enough...Albert Einstein

Time is what we want most – but what we use worst.....William Penn

When your load becomes too heavy, take out a blessing and examine it.

The most influential handgrip is that of a grandchild around the finger of a grandparent.

Real discipline is when you can pick strawberries without eating any.

A sermon that pricks your conscience must have good points.

ARTIST	MIX	PIGMENTS	TEXTURE
CONTRAST	TIVE	STROKE	VARNISH
DETAIL	I L L U S I O N W T C G E		
DRYING	Y E K O R T S G G O I D V		
EASEL	O Y U G S H D E M L A N I		
GESSO	D E T A I L S P N H V S T		
GRADATION	F Z P S N S O I S O R Q C		
ILLUSION	S M E K O S T L N C T L E		
IMPASTO	I G S T I L E N O R H A P		
LINE	T V L T T S V N E D A F S		
	T S I V A E T E R M I V R		
	S O I E D R L Y N F G M E		
	N J B T A C I A K T G I P		
	C A F S R N N J P U Q X P		
	Q P T W G A E R U T X E T		



FREE on Zoom!

Live Well with Diabetes!

Join this FREE 6- week workshop and learn how to better manage your ongoing health condition!

You will learn:

- What to eat
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals



Take Control

Feel Better

Energize

Live

Enjoy

These are just some of the topics covered. We will meet via Zoom, once a week for six weeks. Each session is 2.5 hours.

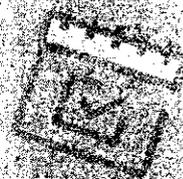
Participants will need a computer, tablet or cell phone and a reliable internet connection.

Class size is limited, **so register early!!**

Wednesdays from 12:30 - 3:00 PM

June 1 - July 6, 2022

To register, call 860-887-3561 ext. 127 or email Lori at lrygielski@seniorresourcesec.org



Materials will be sent directly to participants at no cost and include a Living a Healthy Life Book, instruction booklet, and exercise and relaxation CDs.



Sponsored by Senior Resources Agency on Aging, North Central Area Agency on Aging, CT Department of Aging and Disability Services State Unit on Aging and Connecticut Department of Public Health.

Live Well is an evidence based self-management workshop developed at Stanford University. This program is supported by funds made available for the Centers for Disease Control and Prevention, Office of State, Tribal, Local and Territorial Support under grant DP13-105. Generous support is also provided by the Connecticut Community Foundation.

PRESTON YOUTH SERVICES

389 Route 2 • Preston, CT 06365

Office #: (860) 887-5581 x113 • Email: youthservices@preston-ct.org • Website: www.preston-ct.org



The Hire A Teen Program is an **employment referral service** for middle and high school students ages of 12 – 17 years old. It is designed to help youth acquire job skills, work experience, and income.

This job placement program matches Preston youth with Preston residents who need assistance with such things as yard work, housework, elderly help, pet sitting, and babysitting.

Hire A Teen Program requests consist primarily of temporary and part-time jobs at the homes of Preston residents. When a job becomes available, applicants' names are chosen according to their job interests. The employer then contacts the youth directly. ***Youth must be sure to notify their parents/guardians that potential Preston employers will be contacting youth and stress the importance of receiving any messages left by the employers.***

Youth and employers negotiate details such as day, time needed, and wages.

Preston Youth Services strongly encourages youth and employers to exchange Emergency Contact information with each other.

We encourage employers to follow up with Preston Youth Services to offer feedback on their experience, both positive and negative. Everyone's feedback is taken seriously and will be used to continually revise and improve our Hire A Teen Program.



June 2022 Events

Open House: The Friends of the Preston Public Library

Thursday, June 2nd from 5:00 pm to 7:00 pm

The Friends of the Preston Public Library will host their first open house of the year! Come meet this dedicated group of volunteers who support the Library through efforts such as book sales, events, and more! They're looking to add new members to help out with new initiative that are helping our Library grow! For more information call the library at (860) 886-1010.

Thursday June 30th 5:00 pm-7:00 pm: "Quilling with the Serial Quiller"

-Discover the exquisite art of Paper Quilling with master artist Marcy Kaplan of Serial Quiller Creations! This month participants will create a beautiful Ocean-themed piece! Participants will learn techniques for creating unique designs out of paper. For ages 18 and up, limit: 15. **Please note: there is a \$40.00 charge for materials for this program.** Please register by calling (860) 886-1010 or email us at prestonlibraryprograms@gmail.com.

Wednesday, June 23rd at 1:00 pm: Book Club In-A-Bag—"There There " by Tommy Orange

-Thanks to a grant from The Community Foundation of Eastern Connecticut, the library has started a new service called Book Club in a Bag! We're starting off our service with a new book club on Wednesday June 22nd at 1:00 pm with one of the titles in our collection: There There by Tommy Orange- Limit 10. For ages 18 and up: to register and receive a book, call us at (860) 886-1010 or email us at prestonlibraryprograms@gmail.com

Tuesday, June 21st at 6:30 pm on Zoom: " Pollinator Pathways with biologist Tim Wachtmann

--What is a Pollinator Pathway? It is a public and private pesticide-free corridor of native plants that provide nutrition and habitat for pollinating insects and birds. Even the smallest green spaces, like flower boxes and curb strips, can be part of a pathway. Join biologist Tim Wachtmann as he shows participants how they can create these environmental-friendly areas in their own communities. This program is hosted in conjunction with Ledyard Public Library. For ages 18 and up. Please register for a Zoom link by calling (860) 886-1010 or email us at prestonlibraryprograms@gmail.com.

Summer Exhibit: Artist Sarah J. Thornington

Starting June 23rd, the Library will display the work of marine-debris artist and conservationist Sarah J. Thornington until mid-August. Known for creating art pieces from plastic debris collected from beaches, Ms. Thornington's work highlights the need for conservation efforts to sustain our oceans.

This exhibit will be available for view during the Library's public hours.

PRESTON PARKS & RECREATION

SAVE THE DATES...Upcoming Bus Trips

to Providence Performings Arts Center



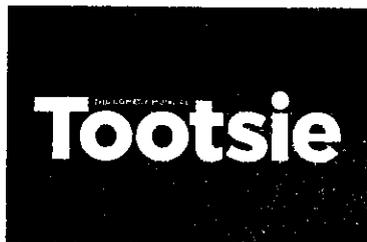
Friday, September 16, 2022

This new musical reveals a comeback story like no other, of a woman who dared to defy the bounds of racism, sexism and ageism to become the global Queen of Rock n' Roll. **TINA – THE TINA TURNER MUSICAL** is a celebration of resilience and an inspiration of triumph over adversity.



Friday, February 3, 2023

Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner, and now the best-loved musical of all time is set to return in a new production – just as you remember it and just when we need it most.



Friday, October 28, 2022

"The most uproarious new musical in years!"
This laugh-out-loud love letter to the theater tells the story of Michael Dorsey, a talented but difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime.



Friday, February 24, 2023

On 9/11, the world stopped. On 9/12, their stories moved us all.
This remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships.



Friday, November 18, 2022

Les Misérables tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption – a timeless testament to the survival of the human spirit.



Friday, April 21, 2023

From Tudor Queens to Pop Princesses, the SIX wives of Henry VIII take the mic to remix five hundred years of historical heartbreak into an exuberant celebration of 21st century girl power!