

BITS & PIECES



FROM FRAN

September & October 2022

Change of Schedule:

The Food Distribution date has been changed by UCFS for the month of September. Previously advertised as being conducted on Friday, September 9th, it is now changed to the first Friday in September which is the 2nd. So, if you marked your calendars already, **it time to change it to Friday, September 2nd.** The time of the distribution remains unchanged from 10:00 a.m. until 11:00 a.m. We look forward to your participation. We are planning to conduct the October Food Distribution on Friday, October 7th from 10:00 to 11:00 a.m. at the Preston Senior Center, 42 Long Society Road, Preston.

TVCCA Café Program:

Our Monday congregate meal program is pleased to provide our menu selections for the month of September. Any person 60 years of age and older is welcome to attend the meal. It is essential that you register for the meal in advance. Our meal count is called in on Monday for the following week's meal. Reservations can be made in person or by calling the senior center on Monday (9:00 – 12:30), Tuesday and Thursday (12:30 – 4:00) or by telephoning the Senior Affairs Office at 860-887-5581 ext. 6. We look forward to your joining with friends and neighbors for an enjoyable meal and great companionship.

September 5th.....Program Closed due to Labor Day Holiday

September 12th: Stuffed Chicken Corden Bleu, Buttermilk Mashed Potatoes, Zucchini & Yellow Squash, Diced Pears, Bread, Margarine and beverage.

September 19th: Shrimp Stir-Fry, Steamed Rice, Asian Vegetable Blend, Sweet Treat, Apple Juice, Bread, Margarine and beverage.

September 26th: Cheese Manicotti w/Marinara, Green Beans, Carrot Coins, Sweet Treat, Grape Juice, Bread, Margarine and beverage.

If you are interested in joining with us for lunch, please remember that we cannot take walk-ins. If you would like additional information, please feel free to contact the Senior Affairs Office at 860-887-5581 extension 6. Thank you.

Flu Clinic:

Flu season is fast approaching and its time to think about our Annual Flu and Pneumonia Clinic. Our Clinic is scheduled for Wednesday, October 12th from 10:00 a.m. – 12:00 p.m. Registration is an easy process you just need to contact the Senior Affairs Office and provide basic insurance information. The process is even shorter if you participated in our clinic last year and you have had no changes to your insurance coverage. Please leave your name, phone number on the answering machine at the Town Hall and I will return your call as soon as possible to verify my records. You may choose to register for the Clinic while visiting our senior center too. We're open on Monday (9:00 – 12:30), Tuesday and Thursday (12:30 – 4:00) for your convenience. If you have questions or concerns regarding our Clinic, please contact the Senior Affairs Office at 860-887-5581 ext. 6.

Uncas Health District:

Get Free At-Home COVID-19 Test Kits! Residential households in the U.S. are now eligible for another order **of free at-home tests on USPS.com**. Each order now includes 8 rapid antigen COVID-19 tests (FDA has more details about at-home tests, including extended shelf life and updated expiration dates; Authorized At-Home Over -the-Counter COVID-19 Diagnostic Tests at www.fda.gov) Your order of 8 tests will come in 2 separate packages (4 tests in

each package), each with its own tracking number. Packages will ship to you free of charge. Need help placing an order for your at-home tests? Call 1-800-232-0233. Visit the Uncas Health District website for more information.

Can't find your COVID-19 vaccine card? Looking for a QR code? Go to CT WiZ Public Portal to print or download a copy of your vaccination record and QR code. The CT WiZ Public Portal allows individuals who were vaccinated in Connecticut to access their own immunization records, while parents and guardians can also access their child's records. You have the option of getting a PDF copy of your immunization record or your COVID-19 vaccine record that contains your SMART Health card, which is a digital copy of your COVID-19 vaccine record that can be stored on your phone as a QR code. This is a very helpful tool you can store on your smartphone for travel, work, or school.

Attention Cribbage enthusiasts, Pitch Players, Bingo Players, Rummikube Players, etc.:

The Monday afternoon games session will resume on Monday, September 12th at the Preston Senior Center. The center is reserved for game day from 1:00 – 3:00 p.m. each Monday (except for holidays or whether cancellations). Come, enjoy a fun filled afternoon and bring your friends.

Anyone interested in a Bingo Session? We're investigating the possibility of offering Bingo at the center again. We're looking at the possibility of starting something in late Fall. We'll keep you posted as to the progress that we're making.

My Favorite Sayings:

It helps to keep your bills in one drawer labeled "Due unto Others"

You're out of shape if your knees buckle and your belt doesn't.

Budgeting is like golf....you drive hard to get to the green and end up in a hole.

Life is not a problem to be solved but a mystery to be explored.

You can be a heart specialist just by loving somebody.

Good old days...when a clothes dryer repair was a knot in the clothesline.

When in deep water, keep your mouth shut.

AARP Safe Driving Class:

The Preston Senior Center will be hosting an AARP Safe Driving Class on Wednesday, November 16th at 9:00 a.m. Registration fee for AARP members is \$20.00 per person. Non-members fee is \$25.00 and is payable at the time of class. This is a in-person class and not a ZOOM presentation. Please bring your AARP Identification card to class. You can register for the class by phoning the Senior Affairs Office at 860-887-5581 ext. 6 or by signing-up in person at the Senior Center during normal business hours. We're delighted to have the driving program return to the center; COVID-19 restrictions made it impossible for us to offer the class earlier.

PUZZLING WORD SEARCH

N	K	C	N	Z	B	U	U	W	B	G	B	G	M	W	D	H	W	C	B
C	C	I	H	B	K	M	K	Y	T	I	U	N	E	G	N	I	O	S	R
A	W	R	G	L	K	E	R	J	I	R	H	I	P	M	V	N	E	O	S
V	S	A	A	O	I	R	O	Y	G	S	M	L	Z	Z	U	P	U	L	S
V	X	U	D	E	M	S	R	W	T	S	D	Z	S	M	I	N	U	L	S
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T	T	L	N	K	L	U	R	T	A	S	S	P	B	U	E	M	H	O	S
B	B	B	O	A	S	B	J	N	S	W	L	R	O	M	R	Z	O	N	S
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S	B	R	R	A	O	S	D	D	Z	J	J	S	G	O	M	Y	S	B	J
A	S	A	L	H	B	O	R	Y	S	A	M	S	L	I	S	H	G	A	L
H	C	P	A	I	R	R	A	F	G	M	V	S	T	I	R	T	L	P	P
A	C	U	B	B	C	C	O	S	C	U	I	S	O	C	C	S	A	L	C

WORDS

- ACCOMPLISHED
- AMUSES
- BOARD
- BRAIN
- CHECKERS
- CHES
- CLUE
- CROSSWORD
- CRYPTOGRAM
- DIFFERENCES
- ENJOYMENT
- INGENUITY
- MAZES
- MEMORY
- METHOD
- RASTIME
- POPULAR
- PUZZLING
- SCRAMBLE
- SOLUTION
- STIMULATING
- SUDOKU
- TRIVIA
- WORD SEARCH

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

PRESTON PARKS & RECREATION

389 Route 2, Preston CT 06365 • Phone: (860) 887-5581 x113 • Email: recreation@preston-ct.org

ADULT BUS TRIPS

to Providence Performing Arts Center

TINA TURNER MUSICAL

Date: Friday, September 16, 2022

TIME: Bus leaves Preston Veterans Memorial School at 5:30 PM

FEE: \$43 per person

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.

TOOTSIE

DATE: Friday, October 28, 2022

TIME: Bus leaves Preston Veterans Memorial School at 5:30 PM

FEE: \$39 per person

"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.

LES MISERABLES

DATE: Friday, November 18, 2022

TIME: Bus leaves Preston Veterans Memorial School at 5:30 PM

FEE: \$42 per person

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.

CHAIR YOGA

A complete yoga practice using the support of a chair. Class will be offered in person at Preston Public Library or you can choose to participate via Zoom.

Time: 10:00 – 11:00 am

Fee: \$38 per person per session

SESSION #2

Dates: Mondays: September 12 – October 24
(not October 10 – Columbus Day)

SESSION #3

Dates: Mondays: November 7 – December 10

COMMUNITY YARD SALE ~ October 1st

Time to clean out your basement, closets and garage!! If you choose to purchase a 10x10 spot at Preston Plains Middle School, the fee is \$15. Community Yard Sale at Preston Plains Middle School will run from 9:00 am - 1:00 pm. Registration deadline is May 5th. If you choose to host the yard sale at your residence, fee is \$2. (Town of Preston requires all hosting a yard sale to obtain a permit, which costs \$2.

Sign up for our Community Yard Sale and Preston Parks & Recreation staff will do the paperwork for you!!) You can choose the start and end time of your sale and that will be printed on the map next to your address. Last day to register your address without a late fee is September 15th. \$10 late fee for all sign ups received after September 20th, absolute last day to register and be on the map is September 20th.

✕ ✕ CUT HERE ✕ ✕

PRESTON PARKS & RECREATION • REGISTRATION FORM • FALL 2022

Name: _____ Phone Number: _____

Home Address: _____ Email Address: _____

Emergency Contact Name: _____ Phone Number: _____

Please register me for the following programs:

Chair Yoga ~ Session #2 Chair Yoga ~ Session #3 Please mark one: Online In Person
 Community Yard Sale Please mark one: Host at Your House Community Sale at Preston Plains Middle School
 Bus Trip: Tina Turner Musical Bus Trip: Tootsie Bus Trip: Les Miserables

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 _____

MONTHLY ONLINE WEBINARS

NEW TO MEDICARE

Topics include:

- Overview of Medicare Parts A, B, C and D
- Enrollment - how and when?
- Medicare Options
- How to make Medicare affordable

Registration is required, please visit:

WWW.SENIORRESOURCESEC.ORG

Or our Facebook Page:



Senior Resources Agency on
Aging - Eastern Connecticut



SHIP
State Health Insurance
Assistance Program

- September 6th - 5 pm - 7 pm
<https://bit.ly/SeptMedicareBootcamp>
- October 4th - 10 am - 12 pm
<http://bit.ly/OctMedicareBootcamp>
- December 6th - 5 pm - 7 pm
<https://bit.ly/DecMedicareBootcamp>







Youth Services September 2022 Events

Tuesday, September 13th, 20th, & 27th, 11 am-11:30 am

Summer Story Time for Toddlers

Fun and learning for two-year olds and their caregivers! Stories, finger plays, songs, and crafts! To register, call (860) 886-1010 or email us at prestonlibraryprograms@gmail.com. For ages 24 months to 36 months. Limit:

Wednesday, September 14th, 21st, & 28th, 11 am-11:30 am

Summer Story Time for 3 to 5 Year olds

Preschool Story Time fun with favorite picture books: Stories, songs, finger plays, and crafts! To register, call (860) 886-1010 or email us at prestonlibraryprograms@gmail.com. For ages 3 to 5 years old. Limit: 15.

Saturday, September 17th, 11 am-1 pm

Budding Builders Clinic

Challenge your engineering skills each month in this stop-in activity! Each month different building materials will be available for participants to create interesting designs from their imagination. For all ages, no registration required. For more information call us at (860)886-1010 or email us prestonlibraryprograms@gmail.com

Saturday, September 24th, 11 am-1 pm

Take and Make Craft: Bubble Wands

Create your own magic with this take and make craft: bubble wands! Participants will mix bubble solution and make wands to bring beautiful bubbles into their world. For all ages, no registration required. While supplies last. For more information call us at (860) 886-1010 or email us at prestonlibraryprograms@gmail.com.

*Come into the library and pick up a pattern for a **fairy house**! Take it home, cut the pieces out of cardboard, assemble it, and then decorate it however you want from materials you find outside. Once complete, bring your fairy house to the library to be displayed!*