

BITS & PIECES



FROM FRAN

November & December 2022

Flu & Pneumonia Clinic Update:

To all of the many residents that attended our Annual Flu & Pneumonia Clinic, Thank You! We're grateful to Peter Leibert who volunteered to provide us with exceptional traffic control efforts. He kept the flow of traffic moving smoothly and everyone safe. Jean and Morris Fishbone have volunteered to work at our clinic for many, many years, seasoned veterans at the finest. Jean is one of the receptionists that checks each participant into the clinic while Morris is the official welcoming committee. He's the friendly face that you meet upon entering the building. I would be remiss in not recognizing two extraordinary staff members Maureen and Cathy who worked tirelessly to ensure the clinic ran smoothly. Public works employees Dave and Dominic were the muscles behind the furniture moving and rearranging; while our favorite energizer bunny from Parks and Rec. Amy managed the canteen and kept the coffee & tea flowing. It's absolutely true that it takes a village to succeed but it must be filled with persons who are willing to go above and beyond to help in that effort. Most grateful and appreciative for good friends!

TVCCA Café Program:

I am pleased to provide our menu selections for the month of November for your review. Our program is open to individuals who are 60 years of age and older. Reservations are necessary by calling the Senior Center at 860-889-0770 (Monday from 9 a.m. – 3:30 p.m., Tuesday and Thursday from 1:00 – 4:00 p.m.)

November 7th: Stuffed Chicken Cordon Bleu, Buttermilk Mashed Potatoes, Zucchini & Yellow Squash, Sweet Treat, Apple Juice, Bread, Margarine and Beverage.

November 14th: Meatballs Marinara, Penne Pasta, Mixed Vegetables Medley, Tropical Fruit Cup, Bread, Margarine and Beverage.

November 21st: Braised Beef Tips, Egg Noodles, Zucchini & Yellow Squash, Mixed Fruit Cup, Bread, Margarine and Beverage.

November 28th: Country Fried Beef Steak, Herb Roasted Potatoes, Zucchini & Yellow Squash, Diced Pears, Bread, Margarine and Beverage.

There is a suggested donation request of \$3.00 per person to participate in the luncheon. Everyone is welcome regardless of ability to donate.

AARP Safe Driving Class:

It has become necessary to develop a wait-list for the Wednesday, November 16th Safe Driving Class. If you would like to add your name to the list, please contact the Senior Affairs Office at 860-887-5581 extension 6.

Food Distribution:

Friday, November 4th will be the next date of our Food Distribution at the Preston Senior Center from 10:00 a.m. – 11:00 a.m. In addition to the generous assortment of non-perishable items, limited amounts of poultry, meats, dairy and vegetables, we will distribute COVID test kits and face masks until supplies run out. This program exists through the generosity of United Community & Family Services, Gemma E. Moran Food Center, United Way and Connecticut Food Bank. If you are curious as to whether the distribution will take place, please contact the Senior Affairs Office at 860-887-5581 extension 6 for up-to-date information.

Autumn is Tick Season: provided by Uncas Health District

Autumn in southeastern Connecticut can be an incredible time of year. The color of changing leaves makes any wooded area incredible to look at, football is back, pumpkin spice is everywhere, and the weather is cooler. This cooler weather provides for another benefit, the disappearance of the many annoying bugs and insects from our lives.

Unfortunately, however, ticks are not one of those many bugs. Ticks can remain active in temperatures down to around 40 degrees Fahrenheit. This means that while you're enjoying the pumpkin patches and foliage, the ticks are still out there looking for a meal. Not only that, but the cold weather doesn't lower your chances of contracting tick-borne diseases. There are, however, ways you can protect yourself from ticks this Autumn.

***Keep your grass short:** although it will likely not grow as quickly as it does in the summer, it's important to keep your grass short year-round. Ticks thrive in long grass where they can latch onto the top of stalks in an attempt to find a host. Keeping your grass short deprives ticks of these living areas so keep that lawnmower fueled up and ready to go as the leaves fall.

***Speaking of leaves,** ticks like them even more than long grass. When leaves fall, they create one of the most ideal nesting and living spaces for ticks. This is because they retain a lot of moisture when they are on the ground. To avoid creating a haven for ticks, be vigilant about clearing piles of leaves when they fall. Also, be careful when raking leaves as they may already be housing ticks.

***While enjoying walks through the woods to view foliage,** wear light colored clothing so ticks are easier to see and remove. Tuck pant legs into socks and tuck shirts into pants. Dry clothes at high temperature for 30 minutes to kill ticks after you come indoors.

***Consider using a tick repellent.** Remember to follow directions on the label when using repellents and insecticides.

***Use tick control products for pets recommended by your veterinarian.** Ticks remain a danger in autumn almost as much as they are a threat in spring and summer. Following the advice above, however, can keep you safe from ticks while enjoying the beautiful autumn season in southeastern Connecticut.

PRESTON PARKS & RECREATION

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

SENIOR/ADULT BUS TRIPS (in conjunction with Preston Senior Affairs)

**** All trips will depart & return to Preston Veterans Memorial School. Transportation will be via Town of Preston Senior Bus ****

A CHRISTMAS CAROL

DATE: Sunday, December 4, 2022 • **DEPARTURE TIME:** 12:30 PM • **FEE:** \$24 per person

Join us as we travel to Bradley Playhouse to see **A Christmas Carol by Charles Dickens!** A Christmas Carol, adapted by Aidan Horrihan is a traditional take on the beloved ghost story following the tight-fisted Ebenezer Scrooge through a series of strange and magical journeys with three ghosts, where he ultimately discovers the true spirit of the holiday season. This Holiday favorite was adapted exclusively for the Bradley stage and will feature effects and play with sound, allowing the audience to feel immersed as they follow Scrooge into the past, present, and future of what Christmas really means.

ANNIE

DATE: Sunday, February 5, 2023 • **DEPARTURE TIME:** 11:00 AM • **FEE:** \$39 per person

Join Preston Parks and Recreation as we travel to Providence Performing Arts Center to see **Annie!!** Holding onto hope when times are tough can take an awful lot of determination, and sometimes, an awful lot of determination comes in a surprisingly small package. 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.

COME FROM AWAY

DATE: Sunday, February 26, 2023 • **DEPARTURE TIME:** 11:00 AM • **FEE:** \$39 per person

Join Preston Parks and Recreation as we travel to Providence Performing Arts Center to see **COME FROM AWAY!!** Broadway's COME FROM AWAY is a Best Musical winner all across North America! This New York Times Critics' Pick takes you into the heart of the 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.

On 9/11, the world stopped.

On 9/12, their stories moved us all.

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.

SESSION #3

Dates: Mondays: November 7 – December 10, 2022

Time: 10:00 – 11:00 am

Fee: \$38 per person per session (6 week session)

PRESTON PARKS & RECREATION • REGISTRATION FORM • WINTER 2022

Name #1: _____ Name #2: _____ 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

Bus Trip: A Christmas Carol Bus Trip: Annie Bus Trip: Come from Away

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 _____

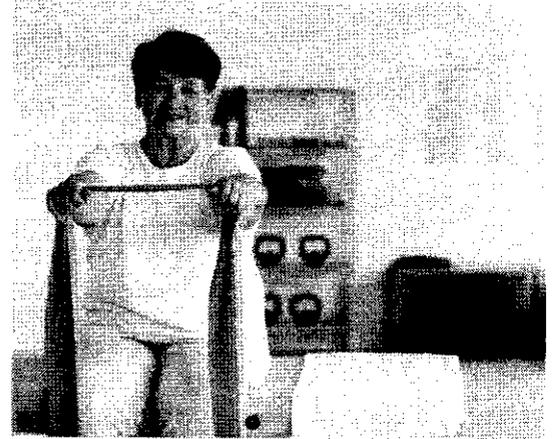


Live Well with Chronic Conditions

FREE Zoom Workshop

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

Participants will need a computer, tablet or cellphone and reliable internet connection. Register today to receive your Zoom link!



Take Control

Feel Better

Energize

Live

Enjoy

You will learn:

- Healthy eating, physical activity and exercise
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers
- Action planning
- And more!

Materials will be sent directly to participants at no cost and include Living a Healthy Life with Chronic Conditions and a relaxation CD.

Mondays from 10 AM-Noon

November 7 - December 12, 2022

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



Sponsored by Senior Resources Agency on Aging,
CT Department of Aging and Disability Services State Unit on Aging