

BITS & PIECES



FROM FRAN

July & August 2024

Wright's Chicken Farm Restaurant:

Preston seniors are invited to participate in our scheduled trip to Rhode Island! Mark your calendars for Friday, August 16th for a trip to Wright's Chicken Farm in Rhode Island. The family style menu consists of Baked Chicken, fresh baked rolls, salad topped with Wright's Farmhouse dressing, pasta with Wright's Farm trademark marinara sauce and signature home style French fries. We will be partnering for this event with our good friends at the Lisbon Active Aging Center. (Lisbon seniors are requested to register directly with their senior center at 860-376-2329. The cost of their ticket will include transportation and driver fee).

I anticipate two pick-up points for this event; the first at Lincoln Park Housing and the second at the Preston Senior Center. Registrations and payment must be made no later than Tuesday, August 6th at noon. Cost per person: \$18.75 for Preston residents. Please call the Senior Affairs Office at 860-887-5581 ext. 6 to make your reservation.

Summertime, Summertime:

We're reinstating our Friday Luncheon Series this summer. Our plans are to visit local eateries, enjoy the company of friends and possibly make new friends. Lunch is on your own expense. Our dates are as follows:

Friday, July 5thPanda Express, New London.

Friday, July 19th.....Groton Town House, Groton

Friday, August 2ndBuon Appetito Restaurant, North Stonington

Friday, August 9th.....Village Pizza, Preston

Departure times for the restaurants will generally be at 11:30 a.m. More detailed information will be available to registered people as the specific schedule unfolds.

Please contact the Senior Affairs Office at 860-887-5581 ext. 6 to register for the particular restaurant.

TVCCA Café Program:

Our luncheon schedule for the month of July consists of the following meal selections:

Monday, July 1st: Meatballs Marinara, Pasta Shells w/Herbs, Green Beans, Sweet Treat, Apple Juice, Bread, Margarine and Beverage.

Monday, July 8th: American Chop Suey, Waxed Beans, Broccoli, Fresh Fruit, Bread, Margarine and Beverage

Monday, July 15th: Stuffed Chicken Kiev, Tater Tots, Cauliflower, Carrots, & Snap Peas, Fresh Orange, Bread, Margarine and Beverage.

Monday, July 22nd: Salisbury Steak w/gravy, Herb Roasted Potatoes, Peas & Pearl Onions, Applesauce Cup, Bread, Margarine and Beverage.

Monday, July 29th: Country Style Chicken, Buttermilk Mashed Potatoes, Mixed Vegetables Medley, Sweet Treat, Grape Juice, Bread, Margarine and Beverage.

The Café Program is designed for persons 60 years of age and older. There is a suggested donation of \$3.00 per meal. Persons under the age of sixty are invited to attend but a fee will be charged for their participation.

Registration can be made in person at the Preston Senior Center on Mondays (9-1:00 p.m.), Tuesday and Thursday (1-4:00 p.m.) or by telephoning

the center during normal business hours at 860-889-0770. Messages may also be left at the Senior Affairs Office at 860-887-5581 ext. 6.

Reminder:

The Food Distribution for July 5th has been cancelled due to the holiday. We'll be back in business and eagerly awaiting your arrival for the August 2nd distribution. Look forward to seeing you then. We are most appreciative to United Community & Family Services to continue this important program at the Preston Senior Center. We welcome residents and non-residents alike. We are also fortunate to include the Uncas Health Mobile van at each monthly program. Nurses are available to answer health questions, provide their monthly newsletter, take blood pressures, etc.

Transportation Woes:

We're in the process of developing a pilot program to fill-in-the-gaps and give a little assistance to our seniors to alleviate some of the senior transportation headaches. Our goal is to supplement our existing transportation service and offer ambulatory clients a means in which they can get to routine doctor's appointments in the New London County area. More detailed information will be forthcoming in future newsletters. Stay Tuned for this exciting venture.

And The Winner Is:

And the winner is everyone that attended the Indoor Picnic held on June 20th at the Senior Center! Lots of great food; brain teasing games, nice array of prizes, lots of conversations and plenty of fun. Thanks to Cathy Brosnan and Debbie Brown for providing the assistance to make the event a reality. And, our air conditioner worked superbly on that 90 degree day plus there were no bugs to contend with!

Blood Pressure Screening: Mark your calendars for the next Uncas Health District visit to the center. Monday, July 8th we will have a nurse available from 12:45 – 1:45 p.m. to provide our free blood pressure screening. To verify the schedule, call 860-889-0770 on the clinic day to be made aware of any delay.

News from Uncas Health District:

What is the difference between Poison Ivy, Poison Oak and Poison Sumac?

Poison ivy will usually have three broad, tear-drop-shaped leaves. They grow on a climbing vine or on a low vine that hugs the ground. They can grow in the grass or along streams, rivers, beaches or lakes.

Poison oak has leaves that closely resemble an oak leaf, and it can grow as a vine or a shrub. You'll find it generally has about three (occasionally more) leaflets in a cluster. It's most often found in the western half of the North American continents.

Sumac has about 6 to 13 leaflets on each stem. The leaves have a smooth surface with a pointed tip at the end. Sumac thrives in wooded, wet areas of the country.

The oil of these plants contain urushiol, which can easily cling to the skin, hair and clothing of a person or the fur of a pet. If you come into contact with any of these three plants, wash the affected area as soon as you can with soap and cold water. Shower or hose yourself off outside, but do not take a bath because it will spread the oil.

If red, swollen blisters appear, you can use any number of over-the-counter medications to relieve the itching. A hydrocortisone cream will help with the urge to scratch. If the blisters do not go away after a 10-day period, see a doctor.

My Favorite Sayings:

Don't pull tomorrow's clouds over today's sunshine.

Don't talk unless you can improve the silence.

Wisdom is hardly understood in a few minutes and rarely learned in a lifetime.



GULFS

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| ADEN | GUAYAQUIL | SHELIKHOVA |
| ADMIRALTY | HONDURAS | ST. GEORGE |
| AMUNDSEN | LIONS | ST. LAWRENCE |
| ANADYR | MANNAR | ST. MALO |
| BOOTHIA | MARTABAN | THAILAND |
| CALIFORNIA | OMAN | VENEZUELA |
| CAMPECHE | PANAMA | WRIGLEY |
| CARPENTARIA | PERSIAN | |
| CORONATION | RIGA | |
| GABES | SAN MATAIS | |

Answer on page 123

Worry is interest paid in advance for a debt you may never owe.

Education should be used not to get rich, but to enrich others.

Personality is what you are when you are with other people; character is what you are when you are alone.

When you help someone up a hill, you find yourself closer to the top.

When you're in a jam, a good friend will bring you bread and peanut butter.

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July 2024 Events

The Library will be closed Thursday, July 4th

Saturdays in July at 10:30 am: Community Knit and Crochet at the Library

Come join your fellow neighborhood knitters. Start a new project or bring a current one. Share tips, ideas, and patterns! Beginners to experts, all are welcome. Bring your own materials. For all ages and abilities.

No registration required.

Thursday July 11th, Saturdays July 13th and 20th 11:00 am Tech Help at the Library

Do you need help with technology? Devices hard to use? We're here to help! Thanks to a grant from the Preston Fund of the Community Foundation of Eastern Connecticut, the Library is offering help with those pesky tech issues! The following slots are available: 11:00 am to 11:20 am; 11:20 am to 11:40 am; and 11:40 am to 12 noon. To register for a slot, call us at (860) 886-1010.

Friday, July 12th 11:00 pm

Who's in Your Wallet? Safekeeping Finances for Seniors

Join Senior Resources of Norwich for a program that discusses tools and resources to help seniors maintain income stability and financial well-being. Senior Resources is a non-profit that provides services to assist older adults, individuals with disabilities, their families and caregivers. Register through the link below.

Wednesday, July 17th , 1:00 pm

Book Discussion: The Ride of Her Life by Elizabeth Letts

Join us on the third Wednesday of each month for a lively discussion on a variety of fiction and non-fiction! This month's title is The Ride of Her Life by Elizabeth Letts.

For ages 18 and up; to register and receive a book come into the library, or call us at (860) 886-1010.

Thursday, July 18th 5:30 pm

Superfoods 101 with Kim Larkin of Klassic Kreations

Come learn all about the powerhouses of nutrition right at our fingertips through this tasty, educational presentation with Kim Larkin of Klassic Kreations, LLC. Kim will share what she has learned from her 200-hour Ayurvedic Health Certification through Kripalu and her 20+ years of experience as a licensed chocolatier, NAHA Aromatherapist and Tea Aficionado. There will also be samplings of superfoods such as dark chocolate, cacao protein bites, Goji berries, cacao nibs and a Superfood fruit spritzer. Tips, trivia and a recipe for a calming sleep beverage will also be included. Register through the link below.

Saturday, July 20th 10:30 am

Divine Denim! Teens Upcycle Sewing Workshop with Glimmer Girl Studio

Join us as we create new things from old jeans. Transform a pair of jeans into a new garment, bag, or other project while learning the basics of project design and the use of a sewing machine and other tools. Please bring a pair (or two!) of jeans or other denim item(s) to cut up for the project, if possible. Thrifted denim welcome! (There will be a small selection of denim available.) Students are encouraged to bring their sewing machines if desired. Limit: 10. For grades 7-12. Register through the link below.

Wednesday, July 31st, 1:00 pm

Henna with Jamilah Henna Creations

Join Jamilah Henna Creations for a workshop on this fascinating, ancient art! Learn about the history and origins of henna as well as how the stain works! Each participant will receive a tattoo.

For ages 15 and up. Limit: 25. Register through the link below.

To register for programs, visit <https://prestonpubliclibrary.org>

JOIN US!

WRIGHTS

CHICKEN FARM RESTAURANT

**FRIDAY
AUGUST 16TH**



**\$18.75 PER PERSON
INCLUDES EVERYTHING!**

**THE BUS WILL LEAVE PRESTON
SENIOR CENTER PROMPTLY AT
10 AM TO RETURN AT 2:30PM**

Sign up by August 6th