

BITS & PIECES



FROM FRAN

November 2024

As promised, I'm forwarding the latest information on the distribution of 124 frozen turkeys on **Wednesday, November 20, 2024 at the Preston Senior Center, 42 Long Society Road.**

We're planning on opening the distribution to **Preston seniors only from 11:00 a.m. until 1:00 p.m.** (60 years of age and older) After which time, we will invite other Preston residents to participate in the distribution from 1:00 – 2:00 p.m. while supplies last.

We ask that you bring a form of identification showing your address.

As a reminder, last year, the Troopers were delayed by road construction and heavy traffic conditions. So, if there is a last-minute delay, we ask for your patience.

We will offer drive-thru services for this distribution. No need to get out of your car either! Hope to see you on Wednesday, November 20th.

Let's Talk Turkey!.....submitted by UNCAS Health District.

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

1. Wash your hands, cutting board, plates, utensils and countertops with soap and water before preparing the turkey.

2. Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

3. Cook your bird until it reaches 165 degrees- you cannot tell by the color. Check the temperature in 3 places- the thickest part of the breast, innermost part of the wing and innermost part of the thigh.

4. Chill leftovers within 2 hours of eating. Leftover turkey should be cut into smaller pieces and stored in the fridge. Leftover turkey is good for 3-4 days when refrigerated.

Follow these 4 steps and have a safe and healthy holiday meal.

AARP Safe Driving Class:

Mark your calendars for the next AARP safe driving class on January 29th at the Preston Senior Center. More detailed information will be published in the December Bits & Pieces newsletter.

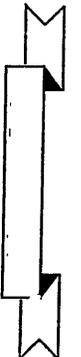
Food Distribution:

We will conduct the next food distribution on Friday, December 6th from 10:00 – 11:00 a.m. at the Preston Senior Center. As an added benefit, UNCAS mobile health team will be available to answer questions and provide pertinent information on current health concerns. This is a free service.

Potluck Luncheon Club:

We are planning to have a Holiday Potluck Luncheon on Tuesday, December 17th at noon. A sign-up sheet will be available for participants at the Preston Senior Center, or you can register by calling the Senior Affairs Office at 860-887-5581 ext.6. Leaving your name, telephone number and item which you plan to share with the group. We have fantastic cooks, and a bounty of delicious food graced our tables last year. It's always a good time to share with friends and neighbors.

WEIGHTS & MEASURES



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|------------|---------|---------|
| ALMUDE | FRASCO | OKE |
| ARDEB | GARNIEC | PICUL |
| ARROBA | JERIB | PIK |
| ARTEL | JOCH | PUND |
| BARIL | KANTAR | QUINTAL |
| CABALLERIA | KEN | ROTL |
| CENTARO | KIN | SHAKU |
| CH'IH | KOKU | TONDE |
| CHO | KWAN | TSUBO |
| CUADRA | LIBRA | TUNNA |
| DRACHMA | MANZANA | VARA |
| DUNAM | MARCO | |
| FANEGA | MILLA | |
| FRAIL | MINA | |

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