

BITS & PIECES



FROM FRAN

February & March 2025

TVCCA Café Program:

We are pleased to present the February menu selections for your review. They are as follows:

Monday, February 3rd: Chicken Cordon Bleu, Herb Roasted Potatoes, Broccoli, Fresh Fruit, Bread, Margarine and Beverage.

Monday, February 10th: Country Fried Beef Steak, Buttermilk Mashed Potatoes, Corn w/Peppers & Onions, Pineapple Tidbits, Bread, Margarine and Beverage.

Monday, February 17th: Program Closed due to President's Day.

Monday, February 24th: Chicken Parmesan w/Bun, Gemelli Pasta w/Marinara, Green & Yellow Squash, Sweet Treat, Apple Juice, Bread, Margarine and Beverage.

There is a suggested donation of \$3.00 per person. Persons under the age of 60 are welcome to attend but a charge will be assessed for their meal.

For reservations, please contact the Preston Senior Center on Monday (9-1), Tuesday and Thursday (1-4) at 860-889-0770. You may also direct your call to the Preston Senior Affairs Office at 860-887-5581 ext. 6.

Preston Senior Affairs Committee update:

We are pleased to announce that Joyce Weber has been appointed to the Preston Senior Affairs Committee effective January 22, 2025 by the Preston Board of Selectmen. Joyce and her husband Tom have been active members of the senior center. Joyce has a rich history of volunteering, and we look forward to her membership and enthusiasm on this Committee.

Welcome Joyce!

TVCCA Nutrition Talk by Andrea Deedy:

On Monday, February 10th at 11:15 a.m. Andrea Deedy will be our guest speaker. The topic of the day will be “Magnificent Magnesium”. Do you know why magnesium is important? Andrea promises to have an informative and fun-filled presentation. The health talk will be presented prior to the Monday Café luncheon. You do not need to participate in the luncheon to attend, all are welcome to participate in the health talk.

Uncas News:

DPH Stresses Importance of Radon Testing During Winter Months. In recognition of National Radon Action Month, which takes place in January, the Connecticut Department of Public Health (DPH) urges Connecticut residents to test their homes for radon gas, the leading environmental cause of cancer deaths.

According to the U.S. Environmental Protection Agency (EPA), radon is the number one cause of lung cancer among non-smokers. Overall, radon is the second leading cause of lung cancer. Radon is responsible for about 21,000 lung cancer deaths every year. About 2,900 of these deaths occur among people who have never smoked. However, experts say smokers exposed to radon do have a much higher risk for developing lung cancer.

Bringing Health Services to Your Community, Uncas Health District's Mobile Health Team:

The Uncas Health District is committed to ensuring the well-being of all residents in our community. That's why we're proud to offer the Mobile Health Team, a free program that brings essential healthcare services directly to your community. Through the Mobile Health Team, we're bringing essential services directly to the people who need them most.

On Tuesday, February 11th, Uncas Health will provide a free blood pressure screening at the Preston Senior Center between 12:45 – 1:45 p.m. No appointments are necessary. All are welcome to attend.

Senior Volunteer Reading Program at Preston Veterans Memorial School:

Just a mini update on the senior volunteer reading program at PVMS. It's wonderful and our number of volunteers has increased! We are always looking for additional senior volunteers to participate in this worthwhile program. Amazing little people looking to share time with their senior friends.

We have scheduled dates for the next two months which are Friday, February 21st and Friday, March 21st. The times remain the same for both sessions, 10:30 – 11:30 a.m. If you think that you might be interested in joining the other senior volunteers, please contact the Senior Affairs Office at 860-887-5581 ext. 6 to register.

Jazz Ensemble to Perform at the Preston Senior Center:

Mark your calendars for a very special event that you don't want to miss! You are cordially invited to attend a special Jazz Concert on Thursday, March 27th at 1:00 p.m. at the Preston Senior Center. The jazz ensemble consists of approximately 10 Preston students who are eager to bring some lively entertainment to the audience. Seating is limited so come early. Light refreshments will be available to attendees.

Preston Housing Authority is seeking two Preston volunteers to fill vacancies:

The Preston Housing Authority (PHS) is currently seeking Preston volunteers to fill two Commissioner Member vacancies. PHA is a five-member Agency that manages the Lincoln Park community in the Town of Preston located at 11 Lincoln Park Road Extension. PHA is a 501 nonprofit agency consisting of 40 apartment units. The Agency meets once per month for regular meetings and special meetings when required. If interested in becoming a member, please phone the PHA office at 860-887-4865.

Food Distribution:

Mark your calendars for Friday, February 7th for the next Food Distribution at the Preston Senior Center, located at 42 Long Society Road. Distribution time is 10:00 a.m. to 11:00 a.m. United Community & Family Services is the Agency that makes this program possible for residents of Preston and surrounding towns and we're grateful for their continued support. Being mindful that this is New England and weather can change in the blink of an eye, we try our very best to host the program without interruptions. If we're bombarded with a blizzard or freezing rain, chances are that we will need to cancel the distribution, and at times it may be at the very last minute. We ask for your patience and understanding as the lives of our staff and volunteers will always be our priority, safety first.

If the weather conditions are favorable, we will also have the Uncas Health Mobile Health Van available to disseminate important information and provide blood pressure screenings. The nurses are always available to answer questions and concerns which you may have regarding your health.



**Preston
Public Library**
A place to grow since 1898

February 2025 Events

Saturday, February 1st All Day!

Take Your Child to the Library Day

Stop by the library this Saturday to discover what the library has to offer your children and family! For all ages and abilities.

11:00 am: Discover the Connecticut State Library Outreach Van and play cool Library games! 1:00 pm Family Magic Show with Mr. Magic!

Stop-In Crafts! Winter Animal Scavenger Hunt! Rubber Ducky Giveaway!
No registration required.

Thursday February 6th at 5:30 pm

Mighty Aphrodite: Celebrating Chocolate, Friendship and Love

A playful program celebrating love, friendship and fun romantic duos throughout history and of course, the love of chocolate! Join Kim Larkin of Klassic Kreations as she presents a program of fun cultural history of foods that inspire love. Aphrodite's mocktail spritzer will be served along with chocolate and chocolate-dipped treats. Fun poetry, a large, colorful display and interactive trivia make this a class to love! Register through the link below.

Wednesday, February 19th, 1:00 pm: Book Discussion **Carnegie's Maid by Marie Benedict**

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 Carnegie's Maid by Marie Benedict.

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

Saturday, February 22nd: Workshop and Concert with Pocket Vinyl **10:30 am: Drawing Workshop; 1:00 pm Concert**

Are you a fan of performance art or graphic novels? Come see the band Pocket Vinyl perform their fantastic piano/painting show, followed by a reading from their book and discussion on how they did their world record tour, followed by a Q&A and signing. .

Elizabeth Jancewicz and Eric Stevenson, Preston residents, are Pocket Vinyl, a duo consisting of piano slamming (Eric) and live painting (Elizabeth). A new painting is made on stage during each show and auctioned off afterwards to the audience.

In their new graphic novel "How To Completely Lose Your Mind", they detail a 2019 tour where they attempted to break the world record for "Fastest to Play a Concert in Each of the 50 States." It's an amazing adventure that portrays the highs and lows of touring as an unknown indie band and gives insightful advice on how to start an indie band and protect your own mental health. For Teens and Adults. Register through the link below.

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

My Favorite Sayings:

There's plenty of room at the top; there's just no room to sit down.

Trouble knocked on the door, heard a laugh and turned away.

What you don't know never hurts you; it's what you suspect that causes all the trouble.

When you give until it hurts, it makes you feel good.

Kind words cost little yet they accomplish much.

Be kind, for everyone you meet is fighting a hard battle.

Genuine elation comes when you feel you could touch a star without standing on tiptoes.

Laugh at yourself first, before anyone else can.

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 | |

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Senior Programs

Matches Tavern Restaurant

Join us for a lunch at Matches Tavern located at Lake of Isles in North Stonington! All participants will meet at the restaurant.

**February 11th
12:30pm**

Slater Museum

Join us at the Slater Museum at NFA for a guided tour! Walk through the renowned plaster cast collection and learn about the many other examples of fine art. Please note, if you are not an alumni of NFA, then the cost of admission is \$8. You will pay this upon entrance.

Transportation is not provided for this trip.

**February 19th
10:30am-12:00pm**

Mr. Z's Restaurant

Join us for a lunch at Mr. Z's Restaurant in Plainfield! All participants will meet at the restaurant.

**March 11th
12:30pm**

Mashantucket Pequot Museum

Join us on a trip to Mashantucket Pequot Museum where you will learn about the history and today's vibrant Native American cultures. Transportation is not provided for this trip.

**March 20th
10:00-11:30am
Fee: \$16**

Community Speakers

Backyard Birding

The Audubon Society is presenting what birds you can expect to see in your backyard this time of year, how to make your yard a bird-friendly habitat, plus tips & tricks.

**February 27th 5:30-6:30pm
Preston Public Library
Free of charge!**

Gardening with Native Plants

Felicia Millett a Plant Diagnostician will lead the conversation about how gardening with native plants can conserve water, provide habitats for wildlife, and protect natural ecosystem.

**March 27th 5:30-6:30pm
Preston Public Library
Free of charge!**

If you are in need of transportation please call the office for assistance.
Registration is required for all of these programs.
Visit our website at Preston Parks & Recreation or call the office at
860-887-5581. Our email is recreation@preston-ct.org