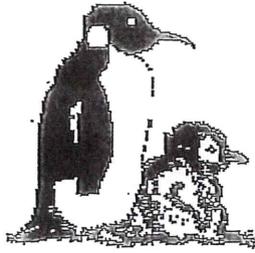


BITS & PIECES



FROM FRAN

**September & October 2025**

**Annual Flu & Pneumonia Clinic:**

The time is drawing near for our Annual Flu & Pneumonia Clinic on Wednesday, October 15<sup>th</sup> at the Preston Senior Center from 10:00 a.m. – Noon. If you have had any change to your insurance coverage since last year, we will need to make a copy of your new insurance cards. We do have a copy machine available so there is no need for you to rush out and get a copy elsewhere. And the copies are free.

We will offer Influenza vaccine, Covid vaccine, RSV, Pneumonia and Shingles vaccine. Once again, we will have the services of Walgreens Pharmacy providing staffing at our clinic.

You do need to register for the clinic as I must place an order for each vaccine that we administer in a timely fashion prior to the clinic. Early registrations are greatly appreciated. Please call the Senior Affairs Office at 860-887-5581 ext.6 to register. Please leave your name, telephone number and a brief message and I will return your call confirming.

We do provide light refreshments to all participants in the clinic. We like to have you stay for 10 – 15 minutes after receiving the injection to ensure that you are not having an immediate reaction to the vaccine. Your safety is our concern.

**Food Distribution:**

Friday, September 5<sup>th</sup> is the next date of our monthly distribution. The program runs from 10:00 – 11:00 a.m. at the Preston Senior Center, 42 Long Society Road. We are most fortunate to have sponsorship from United Community & Family Services, United Way, Gemma Moran Labor Food Center, and Connecticut Food Share Program. Residency is not required for participation in this program, all are welcome.

We do have the added benefit of having Uncas Mobile Health Team participate in the monthly food distribution. They bring pertinent information regarding current health concerns and are always willing to address your questions.

As a reminder, we do provide food distribution monthly. It's always on the FIRST FRIDAY of the month. Weather conditions do present a problem for our outside work. Should we be faced with inclement weather, we will cancel giving as much notice as possible.

We look forward to seeing everyone attending this valuable service. Thanks for participating!

**AARP Safe Driving Class:**

Mark your calendars for Wednesday, November 12<sup>th</sup> for our next session of the AARP Safe Driving class. The program runs from 9:00 a.m. – 1:00 p.m. at the Preston Senior Center, 42 Long Society Road. Registration fee for AARP members is \$20.00, and you do need to show proof of AARP membership. Non-members are charged \$25.00 per person.

To register for the class, please contact the Senior Affairs Office at 860-887-5581 extension 6.

**Easterseals Veterans Rally Point:**

Attention Active Military, National Guard, Reserve, Veterans & their Families: Did you know that there is a Veterans Rally Point at 24 Scott Avenue in Norwich? They offer programs & services such as: VA Benefits

consultation, Behavioral Health Services, Employment & Resume Assistance, Computer Lab, Fitness Center, Educational & Job Skills Training, Money Management, Food Pantry & Clothing Closet, Makerspace – Pottery, Wood Shop, Sewing and Weekly Peer Meet-Up, Wellness Studio -yoga & meditation?

Easterseals is committed to the successful reintegration of Active Military, National Guard, Reserve, Veterans, and their families into all aspects of civilian life. Easterseals employs innovative strategies and expertise, coupled with a supportive 1:1 customized service model, tailored specifically to the individual's needs. Most services are free of charge for Veterans and Military Service Members or offered on an affordable sliding fee scale. Call Veterans Rally Point at 860-859-4148 ext.1 for additional information.

### **Renters Rebate:**

To those individuals who have been procrastinating in filing their 2024 Renters Rebate application, October 1<sup>st</sup> is the deadline for applying. The rebate program is not an automatic process. Applicants must provide proof of income, proof of rent and utilities payments and schedule an appointment to complete the process. The correct telephone number to schedule an appointment is 860-887-5581 ext. 6.

### **TVCCA Energy Assistance Program:**

The Town of Preston will begin accepting energy assistance applications beginning on September 2<sup>nd</sup>. Appointments will be necessary to complete the application. Please contact the Senior Affairs Office at 860-887-5581 ext. 6 leaving your name, telephone number and a brief message. I will return your call as soon as possible.

The income guidelines for this year are \$47,764.00 for a household of one and \$62,460 for a married couple. You do need to provide current proof of income which can be a copy of your bank statement or a copy of the letter which Social Security sends you at the beginning of the year telling you of your new benefit amount. If you receive a pension, you do need to provide proof of the monthly distribution (this information must be submitted from the

monthly correspondence which your pension provider sends to you and not as a direct deposit statement to your bank account.) If you are currently employed, we do need copies of four consecutive pay stubs (two if paid bi-weekly). You must provide a current bill from Eversource or Norwich Public Utilities if that is your electrical supplier. The bill must be complete, meaning that it must contain both the top and bottom portion of the bill. Proof of rent/mortgage is not necessary unless your heat and/or electricity are included in your rent. In that case, a copy of your lease is required.

Remember, please contact the Senior Affairs Office at 860-887-5581 ext. 6 to schedule an appointment.

### **TVCCA Café Program at the Preston Senior Center:**

Our menu for the month of September consists of the following choices:

Monday, September 8<sup>th</sup>: American Chop Suey, Snap Peas, Carrot Coins, Fresh Orange, Bread, Margarine and Beverage.

Monday, September 15<sup>th</sup>: Stuffed Chicken Kiev, Herb Roasted Potatoes, Broccoli, Sweet Treat, Apple Juice, Bread, Margarine and Beverage.

Monday, September 22<sup>nd</sup>: Beef Hot Dog w/Bun, Sweet Potato Tater Tots, Green & Yellow Squash, Diced Peaches and Beverage.

Monday, September 29<sup>th</sup>: Beef Stroganoff, Gemelli Pasta, Zucchini, Peas, & Carrots, Fresh Orange, Bread, Margarine and Beverage.

For individuals 60 years of age and older, there is a suggested donation of \$3.00 per person. People younger than 60 are always welcome but a fee will be charged for participation. Registrations are necessary and can be completed at the senior center on Monday (9-3), Tuesday and Thursday (1-4) or by telephoning the Senior Affairs Office at 860-887-5581 ext.6. Please be advised that all meal counts are called in to our meal provider one week prior to the actual meal being served. If you have any questions regarding this program, please contact the Senior Affairs Office.

**Do you want to improve your Balance?**

**Join our Tai Ji Quan: Moving for Better Balance® Class!**

Take steps now to improve your strength and balance and maintain an active lifestyle!

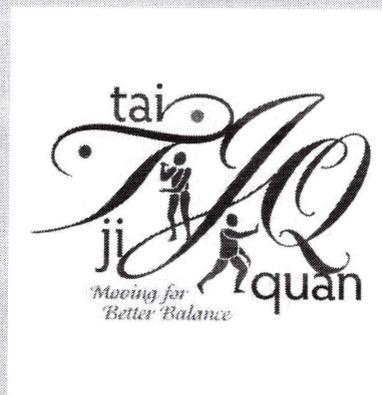
**What is Tai Ji Quan: Moving for Better Balance®?**

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function and to prevent falls. It is designed for older **adults 60+ years old** and people with balance difficulties.

This program can accommodate individuals who need some assistance with walking, such as use of a cane.

No prior experience with Tai Chi is needed. You will learn the movements over the course of a 24-week class in a supportive environment.

Funding for this program does not cover the entire cost of the program, donations are requested, if able.



Please join us for the next Tai Ji Quan: Moving for Better Balance® session!

October 6, 2025-April, 2026

Monday and Thursday

Time: 8:45 am to 9:45 am

Location: Zoom/in-person

Cost: **FREE**

**Must be 60+ years old**

Contact: Connie Capacchione

**Uncas Health District**

860-639-5138





# Senior Programs

## Restaurant Outings

### Steak Loft

Join us on these social outings! All participants will meet at the restaurant.  
**September 10th at 12:00pm**  
Mystic, CT

### Rubino's Full Circle

Join us on these social outings! All participants will meet at the restaurant.  
**October 8th at 12:00pm**  
Griswold, CT

## Programs & Events

### Lights and Sights

Join us for a tour of Long Island Sounds, visiting different castles, lighthouses, and more! After leaving New London, this tour heads east to Rhode Island and passes Latimer Reef Light, Simmons Castle, the Ocean House, Watch Hill Light and more!  
**Transportation is provided. The Bus will be leaving the town hall at 12:30pm**  
**September 19<sup>th</sup>**  
Fee: \$45.00

### Day in Newport/Audrain Auto Museum

Join us for a day in Newport! During this trip you will visit the Audrain Auto Museum and have a few hours to explore on your own.  
**Transportation provided. The bus will be leaving the town hall at 8:30am.**  
**October 22nd**  
Fee: \$35.00

### Chair Yoga

Join us at the Preston Senior Center for chair yoga! This is a gentle form of yoga that involves doing yoga poses while seated or using a chair for balance.

**Session 1: 9/9 - 10/21**

**Session 2: 10/28 - 12/23 (No class 11/11 & 11/25)**

**11:00am - 12:00pm Preston Senior Center**

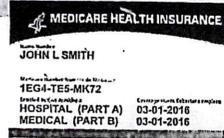
**Fee: \$40.00 per session**

**\$75 for both sessions**

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 [www.prestonrecreation.com](http://www.prestonrecreation.com) or call the office at 860-887-5581. Our email is [recreation@preston-ct.org](mailto:recreation@preston-ct.org)



## New to Medicare? Know Your Options!

Topics include:

- Overview of Medicare Parts A, B, C and D
- Still working and turning 65?
- Enrollment - how and when?
- Medicare options
- Making Medicare affordable through assistance programs

Webinars are held the 2nd Wednesday of each month from 10 a.m. - 12 p.m.

Registration is required:



**SHIP**

State Health Insurance Assistance Program

Navigating Medicare

CHOICES/SHIP provides free unbiased information and does not sell insurance

To register, visit:  
[www.SeniorResourcesCT.org/Events](http://www.SeniorResourcesCT.org/Events)



**SMP**

Senior Medicare Patrol  
Preventing Medicare Fraud

Presented By:



Laura Crews

Senior Resources Agency on Aging  
Director of Benefits Access

