

BITS & PIECES



FROM FRAN

**May & June 2025**

**Changes Are Coming:**

The long-awaited process of increasing accessible parking spaces, improving access to the senior center and upgrades to the parking lot are coming to our neighborhood soon! There will be some disruption to patrons for a few weeks, but we plan on being open for business the entire time. For the first few weeks, the rear entrance of the building will be inaccessible. Patrons may park in the parking lot but must use the front entrance to the building while a new handicapped ramp is being constructed. All of our programming will continue as planned. The improvements will not happen this week or next or even next month, this is a brief tidbit about what is coming on the horizon. We're going to look magnificent when this project is complete! No more holes to dodge, no more mud to trudge through; just a clear path to our building, yeah! Updates will be provided as soon as possible. Monies for this project were in part from an ARPA Senior Center Grant from the State of Connecticut. Additional funding was approved on December 7, 2023 for the repurposing of the Board of Selectmen's prior years' unexpended bonds and earned interest.

**Uncas Health District – Blood Pressure Screening:**

Monday, May 12<sup>th</sup> is the next scheduled blood pressure screening at the senior center. As a reminder, the time is now 12:30 p.m. to 1:30 p.m. There is no need to register for the program, it is a first-come, first-served basis.



## **Coffee and Conversation**

**Mark your calendars for a special program with both of our State of Connecticut Resident Troopers, May 8th at 1:00 p.m. at the Preston Senior Center, 42 Long Society Road.**

**Both Kris and Lee are going to highlight the latest scams being perpetrated in our area and give ample time to address your concerns.**

**We will also make available the Deterra Bags for interested Preston participants. The Deterra Bag system is a safe way to dispose of outdated, unused medication.**

**Seating is limited and light refreshments will be served.**

### **TVCCA Café Program:**

We are pleased to share the May Menu for your review. If you are interested in signing up for a particular day, please notify the senior center at 860-889-0770 on Monday (9-1:00), Tuesday and Thursday (12:30 – 4:00) or by calling the Senior Affairs Office at 860-887-5581 ext.6. The meal count is called into the Nutrition Office one week prior to the date, a particular meal will be served.

Monday, May 5<sup>th</sup>: Chicken Taco w/tortilla & cheddar cheese, Spanish Rice, Corn w/Peppers & Onions, Sweet Treat, Grape Juice, and Beverage.

Monday, May 12<sup>th</sup>: Beef Hot Dog w/Bun, Baked Beans, Mixed Vegetable Medley, Mixed Fruit Cup, and Beverage.

Monday, May 19<sup>th</sup>: Stuffed Chicken w/Broccoli & Cheese, Herb Roasted Potatoes, Corn w/Peppers & Onions, Fresh Orange, Bread, Margarine and Beverage.

Monday, May 26<sup>th</sup>: PROGRAM CLOSED DUE TO MEMORIAL DAY

There is a suggested donation of \$3.00 per person aged 60 years and older. People younger than 60 years are welcome to participate but are assessed a fee for participation.

### **TVCCA Nutrition Talk:**

Monday, May 19<sup>th</sup> will be the next health talk with Andrea Deedy. This month's topic will be "Processed Foods". Andrea will be at the Preston Senior Center at 11:15 a.m. to begin the presentation.

### **Senior Volunteer Reading Program:**

Friday, May 30<sup>th</sup> is the date of our next visit to the Preston Veterans Memorial School for the senior volunteer reading program. The program will be held from 10:30 – 11:30 a.m. with lunch to follow. We are always looking for volunteers to participate in this important program. If you are interested in joining the group, please call the Senior Affairs Office at 860-887-5581 ext. 6 leaving your name, phone number and a brief message.

### **AARP Tax Assistance Program:**

April 15<sup>th</sup> has come and gone and hopefully if you need to file income tax, it's already in the mail or e filed. We are so very fortunate to have a talented group of volunteers including Vicky, Pat, Kristen, John and Bill who dedicated hours and hours to work through the reams of documents to complete income tax forms, e file, and decipher through piles of paperwork to ensure that every appointment was handled with courtesy and efficiency. The group doesn't get paid for all the hours they donate to the program; they actually enjoy the challenge and love what they do to help people! This service is provided to us FREE OF CHARGE, no strings attached, no bills to pay an accountant or outside tax preparer! What a gift! Our deep appreciation is extended to Vicky, Pat, Kristen, John and Bill for their dedication, expertise and friendship to the Preston Senior Center and residents.

### **Preston's New Bus:**

Our 2006 Ford Bus is now in retirement. We are fortunate to be the beneficiaries of a new 2025 15 person bus which is wheelchair accessible. Additional funding was approved on December 7, 2023 for the repurposing the Board of Selectmen's prior years unexpended bonds and earned interest, which was recommended by the Board of Selectmen and the Board of Finance. Thanks to all the individuals who have worked to utilize and repurpose funds to allow us to replace the aging, tiring 2006 Ford Bus. It served us well and we're moving forward in a nice new vehicle.



Preston  
Public Library  
A place to grow since 1898

## May 2025 Events

*The Library will be closed on Saturday, May 24th for the Memorial Day Holiday*

### ***Book Sale The Friends of the Preston Public Library***

**Saturday May 3rd, 9:00 am to 2:00 pm Sunday May 4th 9:00 am to 2:00 pm**

The Friends of the Preston Public Library will host their second book sale of the year! This sale will be held at the Library: come in for some great deals on gently used books, DVDs, and other materials! Donations will be accepted only at the discretion of the Friends.

For more information call (860) 886-1010.

**Saturday, May 10th 10:30 am to 12:30 am**

### **Sewing Machine Bootcamp with Glimmering Girl Studio**

Do you have a sewing machine but you aren't sure how to get started? Maybe you've begun a project but had trouble with your machine. Is there a machine that's been sitting in your closet for years and you need a refresher? This class is for you! Participants will learn their way around their machine and create a small, beginner project to practice their new knowledge. ***Please bring your sewing machine.*** All other supplies & tools provided.

Register online at <https://prestonpubliclibrary.org>

For ages 12 and up. Please register online at <https://www.prestonpubliclibrary.org>.

**Wednesday, May 21st, 1:00 pm: Book Discussion**

### **The Wife, The Maid, and The Mistress by Ariel Lawhon**

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 Wife, The Maid, and The Mistress by Ariel

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

**saturday, May 31st at 11:00 am**

### **Spring Flower Workshop with Winter Bee Garden**

Join Pam Gray of Winter Bee Garden as she teaches participants how to create a stunning Spring bouquet to take home! Principals of arrangement and design will be discussed.

Limit: 10; For ages 15 and up. Register online through the link below.

### **Attention Cribbage enthusiasts:**

Looking for a fun way to engage your brain and have a few laughs along the way? We have the perfect location for spending a few enjoyable hours with friends at the Preston Senior Center. Each Monday between the hours of 1:00 and 3:00 p.m., . The games are lively, the laughter and camaraderie are priceless. No appointment necessary, just walk in and join in the fun. We'd love to have you join the group.

### **Grocery Shopping:**

As a reminder, we do provide weekly shopping trips to Lisbon and Norwich areas. Please call the Senior Affairs Office at 860-887-5581 ext. 7. Please leave your name, phone number and a brief message regarding the free transportation service.

### **My Favorite Sayings:**

One of the great arts of living is the art of forgiving.

A man will follow your footsteps rather than your advice.

If it were not for hopes, the heart would break.

If it is to be, it is up to me.

You can go anywhere if you build a road.

A man is often deemed wise by the things he doesn't say.

Never let an opportunity to say a kind word pass.

PRESTON CONNECTICUT  
**Parks, Recreation,  
 & Youth Services**

## Senior Programs

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### Lyman Allyn Art Museum

Join us on a self guided trip to the Lyman Allen Art Museum, and see all that the museum has to offer! Transportation is provided for this trip. The bus will be leaving from the townhall at 10:30am.

**May 21st**  
**11:00am-1:00pm**  
**Fee: \$15**

### Essex Steam Train & Riverboat

Essex Steam Train & Riverboat's 2 1/2-hour train and riverboat journey begins at the historic 1892 Essex Station for a 12-mile, narrated round-trip into the heart of the unspoiled Connecticut River Valley. The bus will be leaving from Preston Town Hall at

10:45am.  
**June 26**  
**12:30pm-3:00pm**  
**Fee: \$55**

### Restaurant Outings

#### Groton Townhouse

Join us on these social outings! All participants will meet at the restaurant.

**May 7th at 12:00pm**  
**Groton, CT**

#### Fat Cat Bar & Grill

Join us on these social outings! All participants will meet at the restaurant.

**June 11th at 12:00pm**  
**Norwich, CT**

#### Senior Picnic

Join us at Preston Community Park for a senior picnic! During this social gathering there will be food trucks, music, and resources for you to explore.

**June 18th at 11:00am**

### Local Preston History

#### Presentation

Linda Christensen, a local resident will be speaking about the amazing history behind our great town!

**May 29th at 5:30pm**  
**Preston Public Library**  
**Free of charge!**

### Walk and Run Club

Looking to get involved with a walk or run group? Come to Preston Community Park during the times below to socialize, exercise and motivate each other!

**Monday & Wednesdays from April 21 - May 28**  
**9:00am-10:00am**  
**Tuesday & Thursdays from April 22 - May 29**  
**6:00pm-7:00pm**



<b>Aquatic</b>	<b>Enormous</b>	<b>Plankton</b>	<b>Swim</b>
<b>Beneath</b>	<b>Fast</b>	<b>Predator</b>	<b>Tail</b>
<b>Blubber</b>	<b>Float</b>	<b>Range</b>	<b>Teeth</b>
<b>Calf</b>	<b>Heavy</b>	<b>Sonar</b>	<b>Tones</b>
<b>Creature</b>	<b>Large body</b>	<b>Splashing</b>	<b>Underwater</b>
<b>Depth</b>	<b>Mammal</b>	<b>Spout</b>	<b>Vocal</b>
<b>Dive</b>	<b>Muscular</b>	<b>Surface</b>	<b>Whale</b>
<b>Dorsal fin</b>	<b>Ocean</b>	<b>Swift</b>	<b>White</b>

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)