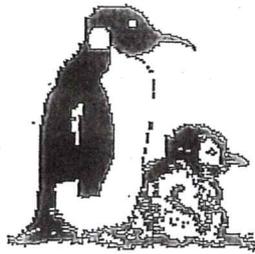


BITS & PIECES



FROM FRAN

## **June & July 2024**

### **It's Picnic Time:**

Mark your calendars for Thursday, June 20<sup>th</sup> at 11:30 a.m. for our indoor pot-luck picnic, rain or shine, at the senior center. The senior center will furnish the hot dogs and buns and all guests are requested to sign-up for a dish to share. The senior center is airconditioned and bug free! A sign-up sheet is available at the center or you may call the Senior Affairs Office at 860-887-5581 ext.6 leaving your name, telephone number, number of persons attending and the dish(s) you plan to bring to the picnic. We have ample refrigerator space, places to keep things warm, airconditioned rooms and indoor plumbing! We'll have games and prizes too. It's also silly hat day, so dig out your fanciest chapeau and wear it to our picnic. Limited seating is available so sign-up early. Cut-off date to register is Thursday, June 13<sup>th</sup> at 4:00 p.m.

### **Food Distribution:**

Friday, June 7<sup>th</sup> is the next day that we'll be at the senior center, 42 Long Society Road from 10:00 – 11:00 a.m. for our food distribution. United Community & Family Services staff work diligently to bring non-perishable food items to our community and its all free. They also provide a variety of perishable items, when available, such as meats, vegetables, fruit, milk, etc. until supplies run out. The program is open to residents and non-residents alike. All are welcome.

We also have local agencies provide flyers for your use on timely topics such as energy assistance. Uncas Health District Mobile van is a constant resource providing information on tics, health alerts plus the nurses make themselves available to answer questions/concerns which you may have.

Unfortunately, due to the July 4<sup>th</sup> holiday, there will be no distribution on Friday, July 5<sup>th</sup>. United Community & Family Services will not be able to provide us with a make-up date during July, sorry! See you on August 2<sup>nd</sup>.

### **Puzzles:**

We are fortunate to have received a generous supply of new and gently used puzzles. Come, look at our selection, take one home and create a masterpiece. We have puzzles from 300 – 1500 pieces and they are all available for your use and enjoyment.

### **TVCCA:**

The Preston Senior Center participates in a weekly Café program through the TVCCA Elderly Nutrition Program. We are open on Monday's (except holidays and inclement weather) and serve lunch at 11:30 a.m. Reservations are necessary and we ask that you call one week in advance of your planned participation. You may also sign-up in person at the senior center on Monday (9-1), Tuesday and Thursday (1-4) or by calling 860-889-0770 to make a reservation. There is a suggested donation of \$3.00 for persons 60 years of age and older. Persons younger than 60 are welcome but a fee will be charged for their participation.

### **June Menu:**

June 3<sup>rd</sup>: Stuffed Chicken Cordon Bleu, Rice Pilaf, Mixed Vegetables Medley, Sweet Treat, Orange Juice, Bread, Margarine and Beverage.

June 10<sup>th</sup>: Salisbury Steak w/gravy, Parsley Steamed Potatoes, Corn w/Peppers & Onions, Fresh Orange, Bread, Margarine and Beverage.

June 17<sup>th</sup>: BBQ Pulled Pork w/Bun, Baked Beans, Green & Yellow Squash, Diced Peaches, Bread, Margarine and Beverage.

June 24<sup>th</sup>: Baked Cod w/Herbs & Tomatoes, Roasted Garlic Rice, Broccoli, Tropical Fruit Cup, Bread, Margarine and Beverage.

Please remember to register in advance for the meal. Thank You.

### **Blood Pressure Screening:**

Uncas Health District Mobile Van will be at the Preston Senior Center on Monday, June 10<sup>th</sup> from 12:45 – 1:45 p.m. No appointments are necessary and it is a first come first serve basis. We apologize for the cancellation of the May 13<sup>th</sup> screening as illness of Uncas staff caused the need to cancel. For future screenings, you are encouraged to contact the senior center, on clinic day, to verify the schedule. The telephone number is 860-889-0770. We look forward to seeing you on Monday, June 10<sup>th</sup>.

### **Wool Blankets:**

Blankets, we've got blankets, we've got lots and lots of blankets and we're giving them away. Yes, the wool blankets have been in storage for a number of years (emergency preparedness program supplies) and its time to repurpose them. Actually, were trying to find Preston residents that would be interested in accepting a wool blanket. They most likely will need a good cleaning when you take them home too. If your interested in taking a green wool blanket, or two, please leave your name and telephone number at the Senior Affairs Office 860-887-5581 ext. 6. I will make arrangements to bring the blankets to the senior center for pick-up. Remember, they are absolutely FREE and are waiting to keep you warm and toasty.

### **My Favorite Sayings:**

If you are dissatisfied with your lot in life, build a service station on it.

Memory is the diary we all carry about with us.

If you wouldn't write it and sign it, don't say it.

Knowledge has no power until It's used.

To ease another's heartache is to forget one's own.

The time you enjoy wasting is not wasted time.

To know the road ahead, ask those who are coming back.

# GIFT CLOSET

**Need a Gift?**

FOR PRESTON FAMILIES  
IN NEED,  
COME CHOOSE FROM  
LOTS OF NEW TOYS  
FOR THAT SPECIAL  
PERSON!

Come visit  
Preston Youth Services  
in the Preston Town Hall  
Available by appointment  
Call 860-887-5581 x 117

Grayish white, hard and brittle, it's easy to mistake for iron. It's a nonmagnetic element with many uses.

*manganese*



- |              |           |           |             |
|--------------|-----------|-----------|-------------|
| Abundant     | China     | Light     | Pyrolusite  |
| Alloyed      | Chlorine  | Manganite | Rusts       |
| Alpha        | Compounds | Melts     | Safes       |
| Beta         | Dry cells | Metallic  | Salts       |
| Brittle      | Gamma     | Meteors   | Steelmaking |
| Burma        | Hard      | Oils      | Torpedoes   |
| Carl Scheele | Iodine    | Ores      |             |



## June 2024 Events

### Saturdays in June 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.

### Saturdays, June 1st, 8th, and 15th 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.

### Saturday, June 15th 12:00 pm

#### **Backyard Birding Adventure with Denison Pequotsepos Nature Center**

Curious about the birds in your backyard? Learn how to use binoculars and identify some of our local birds. Then we'll make a treat to bring home and feed our feathered friends. For all ages and abilities. No registration required.

### Wednesday, June 19th, 1:00 pm

#### **Book Discussion: Ten Thousand Doors to January by Alix E. Harrow**

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 Ten Thousand Doors to January by Alix E. Harrow.

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

### Saturday, June 29th 12:00 pm

#### **Nature's Recyclers with Denison Pequotsepos Nature Center**

What happens to nature's trash? Learn about vultures, insects and other decomposers and the important role they play in our environment. Search through leaf litter to see if you can find one of nature's recyclers. For all ages and abilities. No registration required.

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