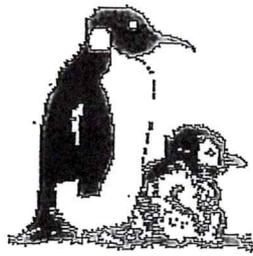


BITS & PIECES



FROM FRAN

January & February 2026

Elderly & Disabled Homeowner Program:

The Elderly and Totally Disabled Homeowners Program application process will officially begin on February 1, 2026. Please remember that if you are contemplating applying for the program, you do need to provide documentation of the following items to participate in the program. They include all sources of income such as: Social Security benefits, Retirement income, Interest, W-2's, etc. If you file Income Tax, proof of that information must be made available too.

Income guidelines for the program are \$46,300.00 for a single person and \$56,500 for a married couple. The Filing period is February 1 – May 15, 2026.

If you are currently participating in the program and it is your year which you must reapply, the Preston Assessor's Office will notify you, in writing, of that requirement. If you are uncertain whether you qualify or not, feel free to direct your questions to the Senior Affairs Office at 860-887-5581 ext.6.

People interested in applying for the program must have been 65 years of age by the end of the calendar year preceding the filing period. Totally disabled persons, regardless of age, are initially eligible provided they have a Social Security Award letter specifying a date of entitlement prior to the end of the calendar year preceding the filing period or an SSA-1099 with Medicare premiums.

Appointment requests to complete the application process may be directed to the Senior Affairs Office at 860-887-5581 ext. 6. Please leave your name, telephone number and a brief message and I will return your call.

Senior Reading Program with Preston Veterans Memorial School Students:

My Favorite Sayings:

Too many folks go through life running from something that isn't after them.

When a person is continually turning over a new leaf, it's likely to be pretty much a carbon copy of the last.

Some people think life would be more enjoyable if we didn't have to work our way through it.

The luckiest people in the world are those who do not depend on good luck.

You can't change the past, but you can ruin a perfectly good present by worrying about the future.

Etiquette means behaving yourself a little better than is absolutely necessary.

AARP Tax-Aide Program:

We are delighted to share some special information with you regarding the AARP Tax-Aide Program. We are again fortunate that we will have a dedicated group of volunteers to come to the Preston Senior Center to complete income tax forms. Our schedule begins on Wednesday, February 4th and continues through February 18th, March 4th, 18th and April 1st.

Adjustments to our schedule are dependent on weather conditions.

Appointments will be scheduled at one-hour intervals starting at 10:00 a.m. and continuing through 1:00 p.m.

AARP Income Tax Assistance Program is free of charge and will be conducted at the Preston Senior Center, 42 Long Society Road. The income tax preparation assistance is designed for low and middle-income taxpayers of all ages, with special attention to those individuals who are 60 years of age or older.

We do request that you bring your Income Tax documents from 2024 which you have filed. If married, we ask that both husband and wife are present during the income tax counseling session. Taxpayers must bring all documents which they have received that apply to their 2025 income tax.

If you are interested in scheduling an appointment with a Certified AARP Tax Counselor, please contact the Senior Affairs Office at 860-887-5581 ext. 6 leaving your name, telephone number and a brief message. You will be contacted regarding scheduling availability.

As a special request, if you are bringing income tax documents for another family member which you plan on having the counselor complete, it's common courtesy to let us know of your plans, before coming to your appointment, so that we can schedule appointments accordingly. Unfortunately we fall behind with scheduled appointments because someone assumes we can complete income tax documents from a household of six working individuals within only one scheduled appointment.

The AARP Tax Assistance Program is provided FREE of charge by extremely well trained and Certified Counselors. The counselors make every effort to ensure accuracy, and they complete every income tax appointment in a professional manner. On occasion, some income tax appointments take a little longer to complete than others. We ask you to be patient as it's not the intent to complete as many returns as possible but to allow ample time to complete each return accurately. If you need to cancel your appointment, a courtesy call letting us know would be greatly appreciated.

Food Distribution:

There is a change for January 2026 Food Distribution date only. We will distribute food on the second Friday of the month, which is January 9th. The schedule will resume on the first Friday of the month in February. Distribution is from 10:00 a.m. to 11:00 a.m. at the Preston Senior Center, 42 Long Society Road. Again, we ask participants to be mindful of not blocking mailboxes and driveways of our neighbors.

We are so very fortunate to have the continued support of United Community & Family Services staff assisting with this important service. Uncas Health District Mobile van nurses provide health information, do blood pressure screenings and answer your questions regarding health issues. You do not need to be a Preston resident to participate in this program.

Senior Resources Agency on Aging Choices Counselor:

I am pleased to announce that we will have a Senior Resources Agency on Aging Choices Counselor coming to the Preston Senior Center monthly. She is well trained and will be our go-to person to ask all of those perplexing questions regarding medical insurance coverage plans and help find the plan that fits your needs. Christine DeMattia will be at the Preston Senior Center on Monday, February 2nd at 1:00 p.m. and I hope that you will help me welcome her to the center. She is eager to answer your questions and meet you.

TVCCA Café Program:

Our January 2026 menu consists of the following choices:

Monday, January 5th: Sloppy Joe w/Bun, Herb Roasted Potatoes, Peas & Pearl Onions, Applesauce Cup, and Beverage

Monday, January 12th: Beef Stew, Steamed Parsley Potatoes, Cauliflower, Carrots & Snap Peas, Tropical Fruit Cup, Bread, Margarine and Beverage.

Monday, January 19th: Program closed due to Dr. Martin Luther King Jr. holiday.

Monday, January 26th: Stuffed Chicken Kiev, Lemon Parmesan Pasta, Mixed Vegetables Medley, Pineapple Tidbits, Bread, Margarine and Beverage.

Lunch is served at 11:30 a.m. at the Preston Senior Center, 42 Long Society Road. There is a suggested donation of \$3.00 per person who is 60 years of age and older. Persons younger are welcome to register for the meal but a fee is charged for participation. Registrations are necessary to participate in the program. Please contact the Senior Center at 860-889-0770 on Monday (9-1), Tuesday and Thursday (1-4) or call the Senior Affairs Office at 860-887-5581 ext. 6 to register.

After The Holiday Potluck Luncheon Club:

On Thursday, February 19th we are planning a potluck luncheon at the Preston Senior Center. Entertainment will begin at 11:00 a.m. and the luncheon will begin immediately after the performance. Everyone is asked to bring a dish to share. A sign-up sheet will be available at the Preston Senior Center for your use. We'll be chasing the winter blues away and enjoy the company of friends and possibly make a few new ones. Don't forget that date is Thursday, February 19th.

Volunteer Senior Reading Program at PVMS:

We continue to look for additional volunteers to join us to attend a monthly program with the children at Preston Veterans Memorial School. Initially we began reading to the children then the children gained more knowledge and began reading to us. The interaction with the children is delightful. We have had the 5th grade students interview the seniors asking to share stories of what school was like when they were children. It's always a new and exciting adventure and we'd like you to join us. If you are interested, please contact the Senior Affairs Office and volunteer. The telephone number

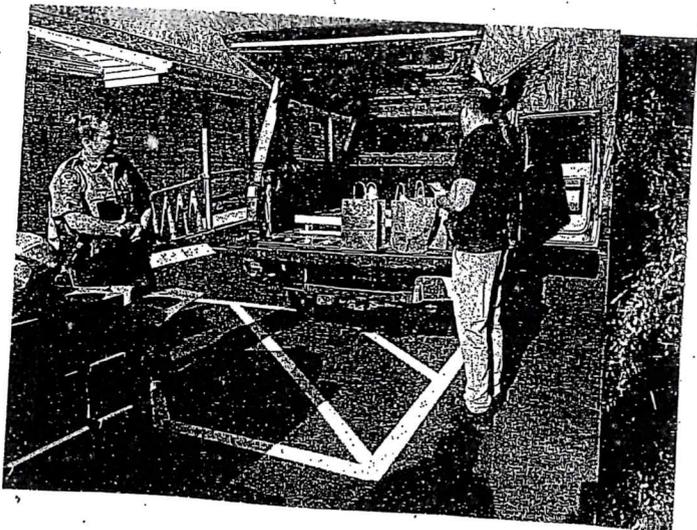
is 860-887-5581 ext. 6. We are scheduled to visit the school on Friday, January 23rd and February 13th. The program is only an hour long from 10:30 – 11:30 a.m. with lunch being made available after the days program.

Cards designed by students at Preston Veterans Memorial School and Preston Plains Middle School:

A gigantic thank you to all the students at PVMS and Preston Plains Middle School for designing, coloring, writing special greetings and drawing Thanksgiving cards for the Preston Senior Center. At our annual Turkey give-away in November, we were delighted to include the handmade cards, by the students, to everyone that participated in the event. Our Resident State



Trooper Kris Fisher coordinated the event, which was a great success. All the turkeys were donated by the Hometown Foundation HungerLESS Holiday Program. Thanks to the many volunteers helping with the distribution, especially Kathy Starke and Cathy Brosnan! Great job.





Senior Programs

Restaurant Outings

Mystic Diner

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

January 7th at 12:00pm
Mystic, CT

Jack's Brick Oven Pizza

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

February 11th at 12:00pm
Norwich, CT

Programs & Events

Yale Peabody Museum

The Peabody Museum of Natural History at Yale University is one of the oldest, largest, and most prolific university natural history museums in the world. During this self guided visit you'll have time to explore the whole museum.

Transportation is provided. The bus time is TBD
January 21st

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: Jan. 6- Feb. 10 (\$30)

Session 2: Feb. 17- March 31 (\$35)

11:00am - 12:00pm

Fee: \$55 for both sessions

Narcan Training

Kelsey from SERAC will be leading this training to provide information on opioids that include street drugs (like heroin) and prescription drugs (like Oxycontin). By the end of this training you will learn how to administer naloxone, also known as Narcan, which can reverse an opioid overdose in a few minutes. In conclusion of this training SERAC will distribute Narcan to participating adults.

January 22 from 6:00pm-7:30pm

Location: TBD 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 www.prestonrecreation.com or call the office at 860-887-5581. Our email is recreation@preston-ct.org

our blue planet

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- Elements
- Erosion
- Granite
- Grassland
- Lagoon
- Lowlands
- Mantle
- Mesa
- Miocene
- Ocean sand
- Plants
- Poles
- Ridges
- Shore
- Snow
- Trees
- Wildlife

- Agate
- Atolls
- Barrier reefs

- Basalt
- Basin
- Carbon
- Climate

- Craters
- Crust
- Currents
- Desert