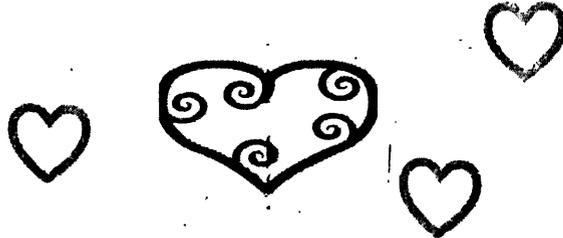


BITS & PIECES



FROM FRAN

February & March 2026



Choices Counselor:

On Monday, February 2nd, Christine DeMattia will be at the Preston Senior Center to assist seniors with questions on medical insurance coverage plans. Christine is a trained Choices Counselor and volunteers at Senior Resources Agency on Aging in Norwich. Come to the senior center on Monday, February 2nd at 1:00 p.m. and bring your questions for Christine. This is not a sales pitch to purchase a particular insurance plan; it's a free service to assist you in choosing a plan that best serves your health needs. When you come, it would be helpful if you could bring a list of current medications, know which specialist and primary care physician you see on a regular basis. Is the medical insurance coverage plan which you participate in the best one for you?

After the Holiday Potluck Luncheon Club:

As a reminder, Thursday, February 19th we welcome all seniors to our holiday luncheon at the Preston Senior Center. Entertainment begins at 11:00 a.m. and lunch will be available immediately after the performance. We ask that you register for the program at the Preston Senior Center or call the Senior Affairs Office at 860-887-5581 extension 6 informing us of the number of individuals coming and the dish(s) you plan on bringing. It's always a great

day enjoying the company of good friends, delicious food and listening to some wonderful music. See you soon.

PVMS Reading Program:

The senior volunteer reading program at Preston Veterans Memorial School is a great opportunity to share an hour of your time with some wonderful children. At the last session, the children interviewed the seniors on what school was like when they were growing up! (Talk about changes!). We are always looking to increase the number of seniors willing to attend this once-a-month program. Normally we would read to the children or listen to the children read to us but, the program varies from month to month. Always worthwhile and you go away at the end of the day richer than when you started. If you are interested in joining us, please contact the Senior Affairs Office at 860-887-5581 ext.6. We will offer the program on Friday, February 13th and March 20th from 10:30 – 11:30 a.m. Lunch will be available immediately after each session. Give us a call.

Food Distribution:

Mark your calendars for Friday, February 6th and March 6th for our monthly food distribution program. The program is conducted at the Preston Senior Center, 42 Long Society Road from 10:00 – 11:00 a.m. This program is made available through the generosity of United Community and Family Services, United Way, Gemma Moran and the Connecticut Food Bank. All are welcome to attend.

An important part of our program is to avail our participants to the services of Uncas Health District Mobile Health services. Each month, Uncas Health District nurses provide free blood pressure screenings, provide flyers on subjects of interest, answer questions on health issues and offer flu shots upon request.

We look forward to seeing you on February 6th and March 6th at the Preston Senior Center. Thank you to everyone for being mindful of our neighbors and not parking in front of mailboxes and not blocking driveways.

Uncas Health District Blood Pressure Screening: Uncas Health District will provide a free blood pressure screening at the Preston Senior Center on Monday, February 9th from 12:30 – 1:30 p.m. All are welcome! Participating in this simple action could make a difference in how your day ends. No lines, no registrations, all are encouraged to participate in this free service.

AARP Tax Assistance Program:

The schedule is filling up quickly. If you have used this free service in the past and are contemplating using us in the future, you might want to make a call to schedule an appointment sooner rather than later. The service is free; and we have extremely well trained and qualified counselors.

TVCCA Café Program:

For the month of February, our senior center will offer the following menu items:

Monday, February 2nd: Baked Cod w/Corn Salsa, Rice Pilaf, Broccoli, Fresh Fruit, Bread, Margarine and Beverage.

Monday, February 9th: American Chop Suey, Peas & Pearl Onions, Carrot Coins, Mixed Fruit Cup, Bread, Margarine and Beverage.

Monday, February 16th: Program closed due to Presidents Day holiday.

Monday, February 23rd: Salisbury Steak w/gravy, Lemon Parmesan Pasta, Mixed Vegetables Medley, Mixed Fruit Cup, Bread, Margarine and Beverage.

There is a suggested donation request of \$3.00 per person 60 years of age and older. Those individuals younger than 60 years are welcome to attend but a fee will be assessed. If you are interested in attending one of the luncheons, you must register, in advance, for the program at the Preston Senior Center by calling 860-889-0770, visiting us in person on Monday (9-3), Tuesday and Thursday (1-4) or by telephoning the Senior Affairs Office at 860-887-5581 ext.6.

My Favorite Sayings:

Small deeds done are greater than great deeds planned.

The fact that silence is golden may explain why there is so little of it.

Money will buy a fine dog, but only love will make its tail wag.

Say the best, think the rest.

Only when we walk in the dark do we see the stars.

Fear is the little darkness where negatives are developed.

You can give without loving, but you cannot love without giving.

A man convinced against his will, is of the same opinion still.

Shower Chairs:

We have five brand new, in the box, shower chairs to give away. The chairs are not the type that have backs on them or go over the tub side. They sit inside the shower for ease and comfort for those who have difficulty standing for long periods of time. If you are interested in one of these new items, please give the Senior Affairs Office a call, leaving your name, telephone number and a brief message. It's first come, first served on this opportunity.

Peak Flu Season Is Here.....Uncas Health District

Every winter, influenza shows up in a familiar way: schools and workplaces see more absences, urgent care wait times climb, and many households cycle through coughs, fevers, and fatigue. That's because flu season in the U.S. typically ramps up in fall and winter, with flu activity most often peaking between December and February – and historically, February is the most common peak month.

Common-Sense ways to prevent Flu (and other winter respiratory illnesses)

1. Stay Home when you're sick. One of the most powerful ways to stop the spread is also the simplest: don't share your germs. CDC advises returning to normal activities only when, for at least 24 hours, both are true:

*Your symptoms are improving overall, and

*You've had no fever without using fever-reducing medications

2. Cover Coughs and Sneezes -and consider a mask in crowded indoor spaces. Flu spreads mainly through respiratory droplets when people cough, sneeze, or talk. Covering your mouth and nose helps, and if you're sick (or caring for someone who is), a well-fitting mask adds an extra layer that can reduce the spread to others.

3. Wash Hands often -and avoid touching your face. Handwashing (or use of alcohol-based sanitizer when soap and water aren't available) reduces the risk of transferring germs from surfaces to your eyes, nose, or mouth.

4. Improve indoor air when possible: Fresh air and cleaner air matter more than many people realize. CDC includes taking steps to improve air quality bringing in outdoor air, using filtration, or choosing outdoor gatherings when practical – as part of efforts to reduce respiratory virus spread.

5. Clean "High Touch" surfaces: Doorknobs, light switches, phones, remote controls, and countertops are constantly handled – especially in shared spaces. Regular cleaning during a household illness can help reduce spread.

6. Keep your body resilient: good sleep, hydration, nutritious food, and stress management won't block flu on their own – but they support your immune system and recovery if you do get sick.

Know the Symptoms: Flu often comes on suddenly. Common symptoms include fever or chills, cough, sore throat, runny or stuffy nose, body aches, headache, and fatigue (sometimes vomiting/diarrhea, more often in children).

If you're in a group at higher risk for complications (including younger children, adults 65+, pregnant people, and those with certain medical conditions). CDC recommends contacting a healthcare provider early if symptoms start because antiviral medications work best when started within about 2 days.

As of early January 2026, CDC survey data shows that 44.1% of adults have received a flu shot. That means more than half of adults are still unvaccinated during the heart of flu season.

Bottom line: even with vaccinations available in many convenient places, too many people remain unprotected – and that creates more opportunities for flu to spread and cause severe illness.

It's not too late to get vaccinated:

CDC recommends annual flu vaccinations for everyone aged 6 months and older who doesn't have contraindications. And while the vaccine isn't perfect, the CDC notes that even when circulating viruses differ from what's expected, vaccination still helps protect against severe illness, hospitalization, and death.

Flu season peak is exactly when small choices add up: getting vaccinated, staying home when sick, and protecting others in shared indoor spaces. Whether you're looking out for a newborn in the family, an older neighbor, a coworker with a chronic condition, or your own household, these steps help reduce the spread of flu and similar respiratory illnesses.

arizona mountains



Senior Programs

Aquarius	D	N	J	O	Z	E	J	C	V	X	B	T	A	E	D
Black	R	O	W	U	D	I	A	P	A	L	A	U	H	H	S
Blue	C	G	R	A	N	I	T	E	U	B	Z	V	E	Q	K
Brushy	C	I	M	T	N	I	S	E	R	C	L	Z	P	E	S
Cerbat	E	H	S	I	T	R	P	E	T	Y	R	A	I	E	S
Chavez	A	O	A	U	O	T	C	E	L	U	O	A	C	H	I
Connell	L	R	P	H	M	L	Y	S	R	D	R	R	T	K	T
Cornfield	W	Z	E	T	L	I	L	T	L	M	E	K	D	E	G
Crater	A	E	X	Y	I	M	I	E	I	T	O	N	E	X	R
Cross	L	V	D	H	K	M	I	A	N	N	E	H	R	Y	E
Elden	K	A	I	S	M	F	E	M	I	N	I	F	A	M	A
Granite	E	H	N	U	N	W	Q	B	S	S	O	R	C	V	V
Horse	R	C	S	R	Y	E	N	O	O	M	P	C	T	E	E
Hualapai	D	J	O	B	A	Q	U	A	R	I	U	S	F	L	S
Juniper	L	C	N	O	S	A	N	T	A	M	A	R	I	A	V

Lee	Music	Maria	Summit
Lost	Rain	Secret	Trinity
Mohave	Red	Sitgreaves	Turkey
Mooney	Santa	Steamboat	Walker

Restaurant Outings

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

The Black Sheep Irish Pub
Join us on these social outings! All participants will meet at the restaurant.
March 12th at 12:00pm
Niantic, CT

Programs & Events

Prudence Crandall Museum

Enjoy a guided tour of the Prudence Crandall Museum in Canterbury, CT. Learn about Prudence Crandall's role as an educator and abolitionist while exploring her historic home and school and discovering her lasting impact on education and civil rights. Transportation is provided. The bus will be leaving the Town Hall at 10:00am.

February 26
Fee: \$15

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 2: Feb. 17 - March 31
11:00am - 12:00pm
Fee: \$35

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