

Thomaston Senior Center
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Thomaston Senior Gazette March 2026 Edition
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Happy St. Patrick's Day



Meetings/Up Coming Events:

March 12-12:00- St. Patrick's Day Buffet Luncheon, meeting to be held after lunch.

Hospitality provided by Shirley, Franziska, Gloria, and Janet.

March 3-1:00- Hobby Day- bring your crafts down and enjoy company while doing your craft.

Please feel free to bring a snack.

March 26-2:00- Emma our municipal agent has set up a speaker from Veterans Strong. They are a 501(c)(3) non-profit that connects veterans, service members, and their families with resources, benefits assistance, and support. A meeting will follow after. Hospitality provided by Joan and Linda Debellis.

April 23-2:00- Mary Beth Johnson from the Thomaston Beautification Committee will speak about their past and upcoming projects. Hospitality provided by Gail Walker and Cindy Hax.

July 9 12:00- Senior picnic at Nystroms. The committee will be looking into a caterer or a food truck as the consensus was that we should have Hamburg's/hot dogs' picnic like food. Some suggestions were Steve's Dog in Terryville or maybe Frankie's which we have had before.

Donna reported singers Bob and Claudia contacted her as they would like to come and sing for our group. They will sing a medley of songs. The group was in favor of having them so Donna will contact them to see what a good date would be for them. Also, Donna and Emma will be working at getting other speakers.

***Thank
You***

John wanted to thank everyone who volunteered to help out at the American Legion and the firehouse after the fire. A donation will be made to the businesses from the Senior Council, \$25.00 to be distributed to each of the 5 businesses for a total of \$125.00.



Dues are still being collected and must be paid up by **March 31**. Cost is \$5.00 pp for the year. Please see Sherry to sign up for the 2026 year.



We had two new members sign up in February. Please introduce yourself to Judy Famiglietti, and Rich Sileo.



Get Well Wishes goes out to Chuck Mikaitis who is recovering from a broken hip and John Laplante who just had hip surgery. We hope they have a speedy recovery.



Joan talked about how she had started looking into bus costs and so far, most of the busses are at least \$2000.00. Trip suggestions were made such as the Peabody Museum, Kather Hepburn's The Kate, Old Mystic Village. Donna suggested the Carousel Museum in Bristol and maybe do carpooling. Alice suggested may we might like a picnic or maybe a pot luck a couple of times a year.

Hospitality: Donna did put new sign-up sheet for hospitality for the upcoming year. Please volunteer to help out with hospitality. There is a \$30.00 allotment available to use.

Happy Birthday

Eugene Geddes-Barbara Piscopo-Alice Capoldo-Ron Debellis-Joan Ramsey

Happy Birthday to all of our March members.

Monthly Activities:



Yoga is held every Monday 9:30. The next dates for yoga classes will be: 3/2, 3/9, 3/16, 3/23 & 3/30. Please contact Martha Carrejo at (Cell) 860-212-7462 if you have any questions.



The pool room is active 2-3 days a week and is open to anyone including: friends, husbands and wives etc. and everything is good. Next dates are: Mon. 3 /2, 3/9, 3/23 & 3/30 2:00-4:00. Wed. 3/4, 3/11, 3/18, 3/25 2:00-4:00. John Dudonis is taking care of this activity.



Bowling is on the 1st and 3rd Wed. of the month. The next dates are 3/4 and 3/18 at 12:15. The cost will be \$4.50 per game shoes will still be free.



Bingo is played the 1st and 3rd Thursday of the month at 1:00. Next date will be 3/5 and 3/19.



Hobby Day went very well and members wanted to know if it would continue. It was discussed and hobby day will be the first Tues. of the month. The next date will be March 3 at 1:00. Coffee will be available and if participants would like to bring a snack to share it would be appreciated.

Cartoon of the month



"I go to St. Patrick's Church, I go to St. Patrick's School, and my name is Patrick. Is it also necessary for me to eat green food?"

Avoiding Falls in Cold Weather

When entering your home, make sure you:

Dry the wheels or tips of each walking aid before entering your home.

Keep the entryway clear of clutter to avoid slipping or tripping. Use ice melt or sand to clear outside walkways.

Keep a small table or shelf near the entry door to put items while unlocking the door.

Use a different entrance if your home's main entrance is often icy during winter.

If possible, stay inside when the weather is bad. Consider delivery services for prescriptions, groceries and other necessities.

When outside your home, make sure you.

Avoid shoveling snow yourself when possible. There is a risk of heart attack for older adults while shoveling snow.

Use railings to help avoid slipping on icy stairs and walkways.

Wear nonskid, rubber-soled, low-heeled footwear.

Ensure outdoor areas are well-lit