

Thomaston Senior Center
158 Main Street
Phone #860-283-4421 X225
Website: www.thomastonct.org/Senior-Council
Thomaston Senior Gazette April 2026 Edition
President: John Dudonis 860-283-9954 (H) 860-605-5874 (C)
Vice President: Frank Gangloff 860-283-8191 (H) 203-217-2887 (C)



Happy Easter



Meetings/Up Coming Events

April 7-1:00 Hobby Day

April 9-2:00-Meeting- Hospitality provided by Maureen Laplante and Linda Blethen

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 pavilion was booked. And a deposit was made to secure Frankie's.

Emma and Donna are also looking into other speakers such as a bank representative to speak about finances and other topics.

Our selectman Rich Sileo would like to come down to one of our meetings to let us know what is happening in Thomaston.

A suggestion was made to have another tea at the Plume House.

A \$100.00 donation was sent to the Thomaston Historical Society. Everyone seemed to enjoy the tour.

Deceased/Sick: John reported that Carol Coulter that had belonged to the seniors passed away.
 Chuck & John Laplante are coming along.



Congratulations go out to Frank Gangloff and his family as Frank was chosen the Citizen of the Year award by the Thomaston Rotary.



We have 4 new members, please introduce yourself to Sue Elliott, Betsy Humiston, Lynne Jablonski and Linda McDermott.



Joan talked about the Carousel Museum and the cost would be \$15.00 per person that included a 1-hour tour of the Carousel Museum and the Fire Museum which is in the same building.
 They do have a ball room and if they don't have any activity we could use the room at no charge. Joan was not sure if we wanted to bring our own lunch and have it there.

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

Aristeo Aguilar-Romona Aguilar-Linda Blethen-Grace Bohn-Pat Conaghan-Joan Foster Delaney-
Donna Graham-Mary Jane Johnson-Anthony Kepler-Hank Lowe.

Happy Birthday to all of our April members.

Monthly Activities:



Yoga is held every Monday 9:30. The next dates for yoga classes will be: 4/6, 4/13, 4/20 and 4/27. 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. 4/6, 4/13, 4/20, 4/27.
Wed. 4/1, 4/8, 4/15, 4/22, 4/29 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 4/1 and 4/15 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 4/2 and 4/16.



Hobby Day hobby day will be the first Tues. of the month. The next date will be April 7
1:00. Coffee will be available and if participants would like to bring a snack to share it would be appreciated.

Joke for the month:

A group of senior ladies were sitting around the table at their weekly morning coffee. What they loved most, aside from comparing medications was listing their ailments.

Margaret, 86 sighed, "my arms are so weak, I can't hardly hold this cup of coffee."

Yes, I know that feeling, Joan said, 92. "My cataracts are so bad these days, I can't even see my coffee."

Susan, 93 chimed in, "I can't even turn my head properly because of arthritis in my neck."

Everyone nodded in sympathy.

Dot 88, added "my blood pressure pills make me so dizzy, I nearly pass out several times a day."

"I guess that's the price we pay for getting old, Eliza winced, 96 the oldest of the three.

Then Susan smiled and said "Well, it's not that bad.

Let's look at the bright side, thank goodness we can still drive.