

# GRISWOLD

## SENIOR CENTER NEWS

APRIL 2017

The Griswold Senior Center  
is open to  
All people age 55 or Older.



**Tina R. Falck, Director/Municipal Agent # 22 Soule Street, Jewett City, CT 06351**  
# 376-2604 #Hours: Monday—Thursday 8:00 — 3:15 pm Friday 8:00 — 12:30 pm  
E-mail address: [griswoldseniors@yahoo.com](mailto:griswoldseniors@yahoo.com)

**The Senior Center will be closed on Good Friday, April 14th. The Senior Center will close early on Tuesday, April 24th at 1:00 pm.**

### **MEMBERSHIP MEETING**

**WEDNESDAY, April 5th @ 12:30 p.m.**

**Sean McKenna, Superintendent of the Griswold Public schools will be our guest speaker. Mr. McKenna will be here to discuss the school budget and upcoming programs.**

**Light refreshments to follow meeting.**

Edith Wojtkiewicz will be selling her cards quarterly this year. Edith will be at the next monthly membership meeting in May.

### **MEMBERSHIP DINNER**

**Thursday, April 27th at 3:30 pm Tickets are \$6.00**

Wayne Gignac, Speaker, Author, & Magician will present Living a Legacy of Love, Laughter & Joy:

Growing Older Gracefully. Wayne has one mission— make the world a better place, one smile at a time!! Come join us.

*CHICKEN BREAST BAKE (Ed & Joe's secret recipe)*  
*Mashed Potatoes, Mixed Vegetables and Dessert!*

**TVCCA CAFÉ MEALS** are served Tuesday to Friday at the Center. \$3.00 donation requested. You must be 60 yrs old.

**MONDAY BISTRO LUNCHES! TAKE OUT AVAILABLE!!** Great menus, great prices! Open to the public— all ages welcome. Call for upcoming menus/registration.

**MUNICIPAL AGENT SERVICES** with the Director are available by appointment. Call if you have questions or concerns regarding Medicare, Social Security, Insurance, Medications, Food Stamps or any other services.

### **SENIOR CENTER MEDICAL TRANSPORTATION IS FREE WITH 24-48 HOUR NOTICE**

- ♦ -MEDICAL TRANSPORTS 9 am thru 12 pm Mon—Thurs  
9 am thru 11 am Friday

### **SENIOR CENTER SHOPPING DAYS**

- ♦ -TUESDAY AFTERNOONS AT BETTER VALU AND ALDI
- ♦ THURSDAY AFTERNOONS AT WALMART

**PLEASE CALL THE CENTER FOR MORE INFORMATION**

**DIAL A RIDE** -Medical transportation 24/7 when the Center cannot provide it for you. Eastern CT Travel vouchers may also be available. They can also offer mileage reimbursement for travel to medical appointments. Call for information and registration.

### **FOOTCARE CLINIC WITH Dr. WALTER**

Thursday, April 6th.

Call for an appointment. Transportation provided.



### **RENTAL REBATE PROGRAM**

*We will begin doing applications in May.*

**Ashland Manor Community Room—**

Tuesday, May 9th 1:00 —2:00 pm

**McCluggage Manor Community Room—**

Tuesday, May 16th 1:00 —2:00 pm

**Ledgewood Community Room—**

Tuesday, May 23rd 1:00 —2:00 pm

**In-House Dates**

Wednesday, May 10th 12:30—2:30 pm

Wednesday, May 17th 12:30—2:30 pm

Wednesday, May 24th 2:00—3:00 pm

**Call for an appointment on In-house dates.**

### **AROOGA'S GRILLE HOUSE & SPORTS BAR**

Self pay lunch at Arooga's! Try their Appetizers, Wings, Soups, Salads, Wraps, Sandwiches or Burger. Great menu, with lots of varieties to choose from. Please sign up....20% of your meal will be donated to GRISWOLD PRIDE

### **HOW TO GROW A BETTER BRAIN**

Exercising regularly, getting plenty of sleep, and eating a balanced diet are your first steps to a stronger, healthier mind. For an extra benefit, try squeezing in this easy task as often as you can.

Here is the second of seven tasks :

2. Write things down: Use an old-fashioned pencil and you'll remember your grocery list or a new word more easily than if you had typed it. It helps you process the information: One study found that students who used a laptop in class mindlessly transcribed, while pen-and-paper note takers wrote down only what was important.

### **COMING IN MAY**

#### **"NEW" ALZHEIMER SUPPORT GROUP**

We are pleased to announce our new support group for caregivers, families and anyone living with Alzheimer's and Dementia. Don't face Alzheimer's alone. Come join this support group and connect with others.

Thursday, May 25th from 4:00 to 5:00 pm

**WISH LIST: Paper towels, napkins, plastic forks, styrofoam bowls, small 5" Styrofoam or paper plates & three sectional styrofoam plates.**

**ENSURE is always needed for those in need.**

**WEEKLY CLASSES**

**CHAIR AEROBICS:**

**Monday & Wednesday @ 9:30** This program is designed for those who cannot participate in a regular Aerobic program. All movement takes place while sitting in your chair.

**QUILTING with Paulette Sylvestre**

**Mondays at 1:00 pm**

**AEROBICS with Sharon Gagne**

**Tuesdays and Thursdays, 9:00—10:00 am**

**LINE DANCING with Jack McLaughlin**

**Tuesdays, 1:00—2:30 pm**

Good music, good dancing.

Come to dance or just to listen—either way, you will enjoy the afternoon.



**CARD STAMPING with Edith Wojtkiewicz**

**Tuesday, April 18th at 1:00 pm**

Beautiful hand-crafted cards with seasonal themes. Come join in on the fun.

**Pre-registration required.**



**ART CLASSES with Jeanette Green**

**Wednesdays, 10:00 a.m.—12 Noon**

From beginner to advanced. **THIS CLASS IS APPROPRIATE FOR ALL LEVELS**



**SWEDISH WEAVING with Terry Blanchard**

**Thursdays 10:00 to 12:00 pm**

**TAI CHI CLASS with Julie Oliver**

**Thursday 3:00 to 4:00 pm.**

*This class is offered free through the support of Jewett City Savings Bank. **There will be no class on April 27th***

**BEGINNER LINE DANCING with Darlene Zuraw**

**Fridays 10:00—11:00 am** Very enjoyable class!!

**SENIOR CENTER BOOK CLUB meets at**

**Slater Library the first Friday of the month @ 1:30 p.m.**



**MONDAY BINGO!**



Paper sales at 12:00 pm.

Games begin at 12:30.

Come have some fun!!!

**THERE WILL BE NO BINGO ON APRIL 24TH**

**WEEKLY GAME DAYS All are welcome.**

- ♦ **PITCH:** Tuesday at 1:15 pm. A game of "High-low-Jack"
  - ♦ **SKIP-BO:** Wednesday at 1:00 pm. This game is fun and easy to learn.
  - ♦ **POKENO:** Friday at 10:00 am.
- CRIBBAGE EVERY MORNING AT 8:15—SEEKING NEW PLAYERS!**



**HAPPY BIRTHDAY TO ALL OF OUR FRIENDS WITH APRIL BIRTHDAYS**

**HAPPY ANNIVERSARY TO THOSE COUPLES CELEBRATING THEIR YEARS TOGETHER!!**



**CAREGIVER'S SUPPORT GROUP**

**NOTE THAT THIS MEETING WILL BE THE FIRST TUESDAY OF THE MONTH!!!!**

**TUESDAY, APRIL 4th — 2:30 to 4:00 p.m.**

**Facilitated by Senior Resources, our local Agency on Aging.**

If you are caring for a loved one and have concerns, or you simply need to talk, **PLEASE** come to our next meeting. The information shared is helpful and important to YOU—the caretaker!

**NOTE: We have a supply of resource books & other materials on hand which you may borrow at any time.**

**TECHNOLOGY FOR SENIORS**

**Wednesday, April 25th and May TBD**

**Griswold High School from 1:15 to 2:45 pm**

Griswold High School students will help you with your technology needs. Join them for coffee and dessert. Bring your ipad, cell phone or other device. Sign up with the senior center. Transportation is provided and bring your device. If you would like to drive yourself, simply sign up by calling 860-376-7662. Please leave a message and what type of device you would like help with. Don't forget to bring your charger.

**BLOOD PRESSURE CLINIC IS NOW ON MONDAYS**

**AMERICAN AMBULANCE EVERY MONDAY AT 11:00 A.M**

**NEW PROGRAM!**

Craft class **Rescheduled from 3/23** for April 7th at 12:15 pm This new class will offer a different project each month. This month we will create a beautiful basket using a simple dollar store laundry basket and clothesline cord. This class is free—you supply your materials.

**SIGN UP! NEXT MONTH— GARDEN ROCKS!!**

**MOBILE FOOD PANTRY**

**Wednesday, April 19th, 4-5 p.m.** Behind St. Mary's School.

Every third Wednesday of the month.

Bring your own bags!!

**CHECK IT OUT!**



**Like us Facebook @ Griswold Senior Center**

**seniorcenterct.org** is a one stop shop for seniors from Griswold to Lyme.

**UPCOMING EVENTS—SAVE THESE DATES!!!**

**August 12**—Annual trip to Yankee Stadium for Yankees vs. Red Sox. This is a favorite!

**ST. MARY'S TRAVERLERS**

**November 28—30, 2017**—Amish Country Christmas with the "Miracle of Christmas Show" Call **Joe Lussier 860-376-9912**