

GRISWOLD

SENIOR CENTER NEWS

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

APRIL 2018



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

HAPPY SPRING!!

MEMBERSHIP MEETING

WEDNESDAY, APRIL 4th @ 12:30 p.m.

First Selectman Todd Babbitt will be here to discuss town affairs and answer your questions.

Light refreshments to follow meeting.

MEMBERSHIP DUES REMAIN \$3.00.

Please call to see if your dues are current.

TVCCA CAFÉ MEALS are served Monday thru Friday at the Center. \$3.00 donation requested. Please register one week before.

You must be 60 yrs old.

TVCCA SPECIAL MEAL

Wednesday, April 18th at 11:30 am

POT ROAST W/ CARROTS, ONION & GRAVY, MASHED POTATOES, TOSSED SALAD, ASSORTED PIE & JUICE.

Please sign up!

Suggested donation \$5.00

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

MONDAY & WEDNESDAY 9:00 AM— 1:30 PM

TUESDAY & THURSDAY 9:00 AM— 11:30 PM

FRIDAY (LOCAL ONLY) 9:00 AM — 11:00 AM

SENIOR CENTER SHOPPING DAYS

♦ -TUESDAY AFTERNOONS AT BETTER VALU AND ALDI

♦ THURSDAY AFTERNOONS AT WALMART

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

Senior Resources Agency on Aging is hosting a **MEDICARE BOOTCAMP.**

Are you collecting Social Security Disability? New to Medicare? Turning 65? Learn about Parts A,B, C & D. When to enroll, alternative Medicare options & Medicare Premium Assistance Programs. Public Welcome!! Call to Register!! 860-376-2604

April 19th 3:30 to 5:30 pm

COMMUNITY CLEAN -UP DAY

Let's get some spring cleaning done in our town! Get a group of your friends to Adopt-A-Road or help your neighbors clean up their yards. The Transfer Station will be open from 7:00 to 1:00 pm. No pass required! Watch for upcoming flyers or call the senior center for more information.

Saturday, April 21, 2018

DRUG TAKE BACK DAY

Do you need to get rid of those old and unwanted prescriptions? Watch for upcoming times for drop off at the Town hall.

Saturday, April 28th

RENTER'S REBATE PROGRAM – Get your paperwork ready! The senior center will begin Renter's Rebate applications in May. Call to make your appointment or for more information.

UPCOMING IN MAY

COMMUNITY FESTIVAL AND NIGHT LIGHT PARADE

Festival 5:00 to 10:00 pm Light Parade at 7:45 pm

Saturday, May 5th

LITTLE LOG PRESCHOOL

Little Log has been a big part of the senior center over the years. We have invited the preschoolers and the staff to join us for one last get together.

Wednesday, May 9th at 9:15 am.

WINDHAM HOSPITAL - Eating for a Healthy Brain
3 PART WORKSHOP May 10th, 17th & 24th

NORWICH GI - Fatty Liver Disease May 31st

WEEKLY CLASSES

CHAIR AEROBICS:

Monday & Wednesday @ 9:30 This program is designed for those who cannot participate in a regular Aerobic program. Come take a seat and meet other participants. 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 Wojtkiewitz
Tuesday, April 24th at 1:00 pm
Beautiful hand-crafted cards with seasonal themes. Come join in on the fun.



ART CLASSES with Jeanette Green
Wednesdays, 10:00 am to 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.



BEGINNER LINE DANCING with Darlene Zuraw
NEW SPRING HOURS
Fridays 9:30—11:00 am
Bring your friends & have some fun. This is a 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 BEGIN AT 12:00 PM
GAMES BEGIN AT 12:30 PM
Come have some fun and maybe a little luck will come your way!

CHECK IT OUT!

Check out Griswold Senior Center's Facebook page.

HAPPY BIRTHDAY & ANNIVERSARY TO ALL OF OUR FRIENDS CELEBRATING A SPECIAL DAY IN APRIL.

ALZHEIMER'S CARETAKER SUPPORT GROUP

This support group will meet on the fourth Thursday this month. We have information on programs to help you cope or you may need some support from others. THIS MONTHS TOPIC—10 ways to help a family living with Alzheimer's.
Thursday, April 26th 4:00 to 5:00 pm

BLOOD PRESSURE CLINICS

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

DR. WALTER'S FOOTCARE CLINIC

Tuesday, May 1st Call for an appointment
Transportation is available

MOBILE FOOD PANTRY

Wednesday, April 18th, 4-5 p.m. Behind St. Mary's School.
Every third Wednesday of the month. Bring your own bags!!

LEARN TO PLAY CRIBBAGE

Every Tuesday & Wednesday morning from 8:15 to 10:00 learn how to play cribbage. No sign up needed.

CRIBBAGE EVERY MORNING AT 8:15—SEEKING NEW PLAYERS!

OTHER WEEKLY GAME DAYS

- ♦ **PITCH: TUESDAY** at 1:15 pm. A game of "High-low-Jack"
- ♦ **SKIP-BO: TUESDAY** at 12:00 pm. This game is fun and easy to learn.

CAREGIVERS SUPPORT GROUP HAS MOVED TO THE SLATER LIBRARY

TUESDAY, APRIL 3rd— 2:00 to 3:30 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!

QUOTE

"I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen." — Anne Lamott

DONATIONS NEEDED

Ice Tea, 8 oz plastic cups, Plastic forks & Paper Towels.
Ensure is always needed for those in need.