

GRISWOLD

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

SENIOR CENTER NEWS

FEBRUARY 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

The Senior Center will be closed on Monday, February 19th in observance of President's Day.



The secret of a happy life is to think kindly of the past and live fully in the moment!
Happy 104th Birthday Mama Betty!!!

MEMBERSHIP MEETING

WEDNESDAY, February 7th @ 12:30 p.m.

Light refreshments to follow meeting.

Edith Wojtkiewicz will be available to sell her hand-crafted all occasion cards for membership meeting in November.

MEMBERSHIP DUES REMAIN \$3.00

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.

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 AM

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.

DONATIONS NEEDED

Regular & Decaf Coffee, Plastic forks & AA Batteries
Ensure is always needed for those in need.

FEBRUARY FLING



Pancake Supper & Dance
THURSDAY, FEBRUARY 15TH AT 4:00 PM
Dance to a DJ that will play all your favorite love songs.
TICKETS ARE \$5.00

AARP SAFE DRIVING COURSE

Thursday, February 22nd 12:30 to

4:30 pm
AARP Members \$15.00 / Non Members \$20.00
Participation in this course will save you money on your automobile insurance. Call for info or sign up.

DR. WALTER'S FOOTCARE CLINIC

Thursday, February 22

Transportation is available—Call for an appointment.

TRIPS

TWIN RIVER CASINO IN LINCOLN, RI
COST \$26.00 includes Coach Bus, \$10.00 Slot Play & \$7.00 Food Credit. Twin River offers lots of slot machines, New table games and a variety of restaurants.
Thursday, March 1, 2018

UPCOMING IN MARCH

DAY KIMBALL HEALTH CARE AT HOME

Day Kimball healthcare will be doing a Falls Risk Screening Clinic here at the senior center. This is a free workshop that is open to the public.

Registration is required. Raffle prize & refreshments!
Clinic includes:

- ♦ Top 7 Risk Factors for Falling
- ♦ Identify your Own Risk Factors for Falls
- ♦ Identify Strategies to Decrease your Fall Risk
- ♦ Balance Screening to Identify your Risk of Falling
- ♦ Blood Pressure Screening for Postural Hypotension

To register or for more information, please call the center at 860-376-2604.

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 Wojtkiewicz
Tuesday, February 20th 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 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
Fridays 10:00—11:30 am
Boy has this class grown! Come have some fun!. Very enjoyable class!!

SENIOR CENTER BOOK CLUB meets at Slater Library the first Friday of the month @ 1:30 p.m.



ARE YOU READY FOR ANOTHER SEASON OF BINGO?? Don't miss the start of our new season! **Monday, March 5th**



Paper sales at 12:00 pm.
Games begin at 12:30.
BRING YOUR FRIENDS FOR SOME FUN!

QUOTE

When you reach the end of your rope, tie a knot in it and hang on!

Franklin D. Roosevelt

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



ALZHEIMER'S CARETAKER SUPPORT GROUP NEW HOURS

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—
KNOW THE 10 SIGNS & KNOW WHAT A PERSON WITH ALZHEIMER'S WOULD WANT YOU TO KNOW
Thursday, February 22nd 4:00 to 5:00 pm

BLOOD PRESSURE CLINICS

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

NATIONAL WEAR RED DAY—FEBRUARY 2ND

Wear **red** to show your support for saving women's lives. Heart disease and stroke kill one in three women. These diseases are 80 percent preventable according to Go Red for Women's official website

TVCCA ENERGY ASSISTANCE

Winter is still here. Need help with fuel or your electric bill? We are taking applications for Energy Assistance at the senior center. Call to make your appointment and let your friends and family know too!!

CAREGIVERS SUPPORT GROUP HAS MOVED TO THE SLATER LIBRARY

TUESDAY, February 6th— 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!

CHECK IT OUT!

seniorcenterct.org is a one stop shop for seniors from Griswold to Lyme. Griswold Senior Center is also on Facebook.

MOBILE FOOD PANTRY

Wednesday, February 21st, 4-5 p.m. Behind St. Mary's School. Every third Wednesday of the month. Bring your own bags!!

WEEKLY GAME DAYS

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

- ♦ **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.

