

GRISWOLD

SENIOR CENTER NEWS

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

JANUARY 2019



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
Tuesday, January 1st—New Years Day
Monday, January 21st—Martin Luther King Day**

MONTHLY MEMBERSHIP MEETING

Wednesday, January 2nd @ 12:30 p.m.

**Join us for our monthly meeting to hear what's
new and upcoming.**

Light refreshments to follow meeting.

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

New Year's Celebration Meal!!

Wednesday, January 16th

Roasted Pork Loin w/roasted apples/cranberry stuffing; Herb-roasted potatoes, Broccoli, Apple crumb pie, Juice. Sign up!

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 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.

AARP SAFE DRIVING CLASS

AARP Members- \$15.00/Non-Members—\$20.00

Participation in this course will save you money on your automobile insurance. Open to the Public.

Thursday, January 3rd 12:30 —4:30 pm

Call to sign up.

AARP TAX PREPARATION

Begins on February 6th — these appointments fill QUICKLY — do not wait to schedule your appointment. Call the Center for dates/times.

MILLIONS OF PEOPLE HAVE THEIR IDENTITIES STOLEN EVERY YEAR— DONT BE ONE OF THEM!!!

Identify theft remains in the top three Federal Trade Commission complaint categories for the previous 15 years.

Victims can spend an exorbitant amount of time and money dealing with identify theft and its consequences. The criminals are getting smarter — and they're NOT going away!

Be sure to attend this eye-opening talk with Lorna Burkart of Primerica.

Thursday—January 31, 2019 12:15 p.m.

Refreshments will follow the presentation.

MEMBERSHIP DINNER!!

Thursday—January 24, 2019 - 4:00 p.m.

Beef Stew Dinner with Bread Pudding for dessert.

It's the perfect time of year for a bowl of hot stew.

Cost is \$6.00 — join us!

NEW YEARS RESOLUTIONS??

Join us for a discussion on Fad Diets. Do they really work? We all want to get healthy, so let's start our own monthly group to help each other achieve our goals. We can share tips on planning a healthy menu, exercise and other healthy ideas.

This will be our first group session. Please join us.

Wednesday, January 16th at 12:15 pm.

FOOTCARE CLINIC WITH DR. WALTER

Don't neglect your foot care needs during these winter months!! Call for an appointment



Tuesday, January 15th.

AEROBICS WITH SHARON GAGNE

Limited class this month.

Call for the January schedule.

Tuesdays and Thursdays 9:00—10:00 am

ART WITH JEANETTE GREEN

From beginner to advanced.

This class is appropriate for all levels.

Wednesdays 10:00—12:00 pm

BEGINNER LINE DANCING WITH DARLENE ZURAW

Come have some fun in this enjoyable class.

Fridays 10:00—11:30 am

CARD STAMPING WITH EDITH WOJTKIEWITCZ

Beautiful, hand-crafted cards with seasonal themes.

Come join in on the fun. **Pre-registration required.**

Tuesday, January 15th at 1:00 pm.

CHAIR AEROBICS

This program is designed for those who cannot participate in a regular Aerobic program. Come take a seat and meet other participants. All movements takes place while sitting in your chair. **MONDAYS 9:00 AM**

LINE DANCING WITH JACK MCLAUGHLIN

Good music & great dancing. Come to dance or just listen, either way you will enjoy the afternoon.

Tuesdays 1:00—2:30 pm

QUILTING WITH PAULETTE SYLVESTRE

Classes will begin on Monday, January 7th

1:00 pm to 3:00 pm

SWEDISH WEAVING WITH TERRY BLANCHARD

Thursdays 10:00 — 12:00 pm

TAI CHI CLASS WITH JULIE OLIVER

Classes will begin on Thursday, January 10th.

Thursdays 3:00 — 4:00 pm

BINGO—OUR BINGO PROGRAM IS ON BREAK UNTIL MARCH 4TH. WE WILL BE SCHEDULING TWO TRIPS TO FOXWOODS BINGO DURING THE WINTER. CALL FOR MORE DETAILS.

WE INVITE YOU TO JOIN FRIENDS TO COME IN AND PLAY CARDS, OTHER GAMES, PERHAPS POKENO DURING THIS BREAK.

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.



LIKE US ON FACEBOOK!

Check out Griswold Senior Center’s Facebook



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

TVCCA ENERGY ASSISTANCE

We are taking applications for Energy Assistance at the senior center. Call to make your appointment and let your friends and family know too!!

Don't be left out in the cold.

BLOOD PRESSURE CLINICS

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

MOBILE FOOD PANTRY

Wednesday, January 16 , 4-5 p.m. Behind St. Mary's School. The third Wednesday of the month. Bring your own bags!!

ALZHEIMER'S CARETAKER SUPPORT GROUP

WILL MEET THE LAST THURSDAY OF EACH MONTH BEGINNING IN JANUARY.

Thursday, January 31st 4:00 p.m. at the Senior Center
Come share thoughts, and hear new information.

CAREGIVERS SUPPORT GROUP AT SLATER LIBRARY CALL FOR JANUARY DATE!

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!



SENIOR CENTER BOOK CLUB

Do you like love to read books? Become part of the book club that meets on the first Friday of the month.

Slater Library @ 1:30 pm

DONATIONS NEEDED

Paper Towels, Sugar, Hand soap — thank you, as always, for your donations!

Ensure is always needed for those in need.

A NOTE ABOUT NEW YEAR'S RESOLUTIONS!

Keep it simple — make it something you are able to reasonably do — and make ONE only! Here's one:

Be conscientious! Finish what you start. Care about what you are doing and do it right. Although being conscientious is not as easy as slacking off, we feel better about ourselves when we do a good job!

***HAPPY NEW YEAR !!
FROM THE STAFF AT THE
GRISWOLD SENIOR CENTER!!***