

# GRISWOLD

## SENIOR CENTER NEWS

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

JUNE 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**

### MEMBERSHIP MEETING

**WEDNESDAY, JUNE 6th @ 12:30 p.m. Special appearance from the Griswold Middle School Jazz Band.**

**Light refreshments to follow meeting.**

### RENTER'S REBATE

**Call to make your appointment!**

### TVCCA NUTRITION TALK WITH ANDREA DEEDY

Topic: Hydration! Hydration! Hydration!  
Thursday, June 21st at 11:00 am

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

Come join us to celebrate Father's Day!  
Salisbury Steak w/Mushroom Gravy, Garlic Mashed Potatoes, Whole Wheat Roll, Garden Salad, Milk & Brownies.

Wednesday, June 20th at 11:30 am  
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.

### RED CROSS BLOOD DRIVE

One blood donation can help save the lives of up to three people. Help save a life or more.  
Thursday, June 7th 11:15 am to 4:15 pm  
Call 1-800-733-2767 to schedule an appointment.  
Walk ins are always welcome.

### WE ARE LOOKING FOR DONATED ITEMS FOR OUR LIVE AUCTION TO BENEFIT OUR FUTURE SENIOR CENTER

If you would like to donate any item(s) to the senior center, please call the center at 860-376-2604. You may also drop off items from June 1st to June 7th. Items must be clean, new or gently used condition.

### LIVE AUCTION AT THE GRISWOLD SENIOR CENTER

**SATURDAY, JUNE 16TH**  
**VIEWING: 4:00 PM**  
**AUCTION BEGINS AT 5:00 PM**  
**REFRESHMENTS WILL BE AVAILABLE**  
**ALL PROCEEDS BENEFIT THE FUTURE SENIOR CENTER!**

### AN AFTERNOON AT THE MOVIES

"Book Club" starring Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen. Rated PG13. This comedy will get you laughing out loud!  
Tuesday, June 12th Time: 12:00 Cost: \$5.00  
Limited Seating Please sign up!

### KNOW YOUR OPTIONS:

#### WHAT IS HOSPICE AND PALLIATIVE CARE?

Presented by Day Kimball Healthcare. This workshop will help you understand the difference between Hospice and Palliative Care. Come learn the options for making choices on long term care. Please sign up!  
Thursday June 14th at 12:15 pm

### HEALTH AND BEAUTY DAYS!!

This will be a two part series. Part I will focus on Skin, hair care & hygiene. Part II will focus on Looking good and Feeling Great. Raffles & Prizes!!  
Part I— Tuesday, June 19th at 12:15 pm  
Part II—Tuesday, June 26th at 12:15 pm

### FOOTCARE CLINIC WITH DR. WALTER

Tuesday, July 3rd  
Call for an appointment  
Transportation is available



**AEROBICS WITH SHARON GAGNE**

There will be no classes for the month of June. Regular classes return in July.

Tuesdays and Thursdays 9:00—10:00 am

**ART WITH JEANETTE GREEN**

There will be no classes for the month of June. Regular classes return in July. 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. There will be no line dancing on June 22nd & 29th

Fridays 9:30—11:00 am

**CARD STAMPING WITH EDITH WOJTKIEWITCZ**

THIS MONTH IS INVITATIONAL ONLY

**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 and Wednesdays @ 9:30 am.

**LINE DANCING WITH JACK MCLAUGHLIN**

There will be no classes for the month of June.

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

This class is for advanced line dancing.

Tuesdays 1:00—2:30 pm

**QUILTING WITH PAULETTE SYLVESTRE**

Would you like to learn how to quilt? Stop by to see the beautiful quilts this group is working on. You'll want to begin making one too! Classes will resume in September, but the ladies will be working on their own projects thru the summer.

Mondays 1:00—3:00 pm

**SWEDISH WEAVING WITH TERRY BLANCHARD**

Classes will resume in September .

**TAI CHI CLASS WITH JULIE OLIVER**

This gentle form of exercise can help maintain strength, flexibility and balance.

Come try it on Thursday, June 7th, 14th and 21st.

Tai Chi will be on summer break and will resume in September.

**DID SOME ONE YELL BINGO!!**

PAPER SALES BEGIN AT 12:00 PM

GAMES BEGIN AT 12:30 PM



Bring a friend and come have some fun!!

It could be your lucky day.

**HAPPY BIRTHDAY & ANNIVERSARY**

**TO ALL OF OUR FRIENDS**

**CELEBRATING A SPECIAL DAY IN JUNE.**



**ALZHEIMER'S CARETAKER SUPPORT GROUP**

This support group will be 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 MONTH'S TOPIC— SUNDOWNING

Thursday, June 21st 4:00 to 5:00 pm

**BLOOD PRESSURE CLINICS**

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

**MOBILE FOOD PANTRY**

Wednesday, June 20th, 4-5 p.m. Behind St. Mary's

School. The third Wednesday of the month. Bring your own bags!!

**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.

**CAREGIVERS SUPPORT GROUP AT SLATER LIBRARY**

TUESDAY, JUNE 5TH— 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!

**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



**CHECK IT OUT!**

Check out Griswold Senior Center's Facebook page You can also check out seniorcenterCT.org to see what's going on at other senior center's.

**UPCOMING TRIP**

Enjoy a day at Yankee Stadium! NY Yankees and Boston Red Sox take the field. Tuesday, September 18th \$119 per person

**Quote:**

**Always remember that you are unique. Just like everybody else.**

- Unknown

**DONATIONS NEEDED**

Decaffeinated Coffee

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