

GRISWOLD

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

SENIOR CENTER NEWS

MARCH 2017



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
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DAYLIGHT SAVINGS TIME

If you're tired winter's dark afternoons, hold on just a little while longer. Daylight saving time 2017 will start on **March 12** at 2 a.m. On March 11 before you go to bed, you'll need to set your clocks

HAPPY ST. PATRICK'S DAY!!

Friday, March 17th



MEMBERSHIP MEETING

WEDNESDAY, March 1st @ 12:30 p.m.

Light refreshments to follow meeting.

Edith Wojtkiewicz will be available to sell her handcrafted all occasion cards for March membership meeting. Edith will be selling her cards quarterly this year.

ST. PATRICK'S DAY CELEBRATION MEAL

Wednesday, March 8, 2017.

Suggested Donation \$5.00

Corned Beef & Cabbage, Carrot Coins, Boiled Potatoes, Apple Juice and Irish Soda Bread. Please call to sign up.

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

MONDAY BISTRO LUNCHESES! 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 ARE BETTER VALU AND ALDI
- ♦ THURSDAY AFTERNOONS 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. We can also offer mileage reimbursement for travel to medical appointments. Call for information and registration.

FOOTCARE CLINIC WITH Dr. WALTER

Wednesday, March 29th.

Call for an appointment.

Transportation provided.



NEW PROGRAM!

Craft class begins on March 9th 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 craft cord. The class is free—you supply your materials. SIGN UP! NEXT MONTH—GARDEN ROCKS!!

MEMBERSHIP DINNER

Wednesday, March 15th 4:30 pm

Cost: \$6.00

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

INTRODUCING A NEW CARD GAME "SKIP-BO"

SKIP-BO is now played on Wednesday's at 1:00 pm. It's easy to learn and a lot of fun to play. It will keep that thinking cap working. Come learn a fun new game! **SKIP-BO WILL NOT BE ON THE FIRST WEDNESDAY OF THE MONTH DUE TO THE MEMBERSHIP MEETING.**

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 first of seven tasks:

1. Calcium keeps your brain cells healthy, and there's Perhaps no better source than a glass of milk. One study found that subjects who'd recently had higher levels of an antioxidant called glutathione, which prevents cellular damage in the brain. Try to work in three 8-oz servings a day—skim and low-fat milk are just fine. If that's too much, you can also get calcium from dark leafy greens, cheese and yogurt.

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

MEDITATION with Pam Patalano

Attention : New location—New Time

Tuesdays at 9:30 am at the Griswold Town Hall meeting room. Healthy mind & Body—Relaxation Techniques

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, March 21st at 1:00 pm

Beautiful hand-crafted cards with seasonal



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

New Time 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—11:00 am Very enjoyable class!!

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



MONDAY BINGO!!!!

Monday, February 27th starts the 2017 season! Paper sales at 12:00 pm. Games begin at 12:30. Don't miss the start of our new season!

DONATIONS NEEDED: AAA Batteries, paper towels, plastic forks, styrofoam bowls & three sectional styrofoam plates.

ENSURE is always needed for those in need.



HAPPY BIRTHDAY TO ALL OF OUR FRIENDS WITH MARCH 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, MARCH 7TH — 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, March 29th, 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 CLINICS

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

TVCCA ENERGY ASSISTANCE

REMINDER FOR ANYONE THAT RECEIVES **DELIVERABLE FUEL**, LAST DAY TO CALL TVCCA FOR DELIVERY IS MARCH 15TH. YOU MUST BE 1/4 TANK OR LOWER.

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, March 15th, 4-5 p.m. Behind St. Mary's School.

Every third Wednesday of the month.

Bring your own bags!!

UPCOMING EVENTS—SAVE THESE DATES!!!

May 20—CARNEVALE—TVCCA'S Annual Benefit for Meals on Wheels. GREAT Event!! This year being held at the Mohegan Sun Uncas Ballroom.

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