

GRISWOLD

SENIOR CENTER NEWS

MARCH 2019



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

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

MONTHLY MEMBERSHIP MEETING

Wednesday, March 6th @ 12:30 p.m.

Join us for our monthly meeting to hear what's new and upcoming in our Community. Light refreshments to follow meeting.

MEMBERSHIP DUES ARE DUE.

PLEASE CHECK TO SEE IF YOURS ARE PAID.

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 ST. PATRICKS DAY SPECIAL MEAL

Corned Beef & Cabbage, Steamed Parsley Potatoes, Lucky Carrot Coins, Whole Wheat Roll and Irish Soda Bread. Milk & Coffee included.

Wednesday, March 13th at 11:30 am.

Please 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

IMPORTANT NOTE: THE CENTER CANNOT ACCOMMODATE SAME-DAY SCHEDULING DUE TO THE HIGH VOLUME OF DAILY TRANSPORTS. PLEASE PLAN AHEAD OF TIME FOR RIDES!!!

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.

WELCOME TO OUR NEW SENIOR CENTER OFFICERS!!

Judi Merrill: President

Maryann Holsworth: Vice-President

Leona Minski: Secretary

Betty-Jo Curran: Treasurer

Alexis Malek: Asst. Treasurer

Congratulations and thank you!

GRISWOLD SENIOR CHORUS

The Griswold Senior Chorus is currently seeking singers or instrument players. The senior chorus a volunteer group that performs at local nursing homes/rehabilitation facilities/retirement homes. If you are interested in joining or need additional information, please stop in or call the Senior Center.

WHAT IS CHIROPRACTIC?

Hear what Chiropractic is and how it can help in preventing falls. Refreshments following.

Thursday, March 14th at 12:30 pm

FOOTCARE CLINIC WITH DR. WALTER



Don't neglect your foot care needs during these winter months!!

Call for an appointment

Tuesday, March 19th.

NEW YEAR'S GET HEALTHY SHARED TIPS AND CONVERSATION

We all want to get healthy, so we started our own monthly group to help each other achieve our goals. Our meetings are fun and informative. We can share tips on planning a healthy menu, exercise and other great ideas. Please join us. **Wednesday, March 20th at 12:15 pm.**

QUOTE:

“A good Friend is like a four leaf clover, Hard to Find but Lucky to have.” ~Irish Proverb

AEROBICS WITH SHARON GAGNE

Sharon is away until Tuesday, March 19th

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, March 19th 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

Do you have a quilting project that is just sitting there? Bring it in and get some help to complete it!

Mondays 1:00 pm to 3:00 pm

SWEDISH WEAVING WITH TERRY BLANCHARD

Thursdays 10:00 — 12:00 pm

TAI CHI CLASS WITH JULIE OLIVER

Thursdays 3:00 — 4:00 pm



BINGO IS HERE!!
NEW SEASON BEGINS
MONDAY, MARCH 4TH!

Paper sales begin at 12:00 pm.

Games begin at 12:30 pm.

Bring a friend for an afternoon of fun.

**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 Page or check out Seniorcenterct.org to see what’s going on in other local Senior Centers.



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

TVCCA ENERGY ASSISTANCE

There is still time to apply for Energy Assistance. Please call to schedule an appointment or if you need more information.

Reminder: Last day for deliverable fuel is March 15th.

BLOOD PRESSURE CLINICS

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

MOBILE FOOD PANTRY

Wednesday, March 20th , 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, March 28th 4:00 p.m. at the Senior Center
Come share thoughts, and hear new information.

INFORMATION, READING MATERIAL AND AGENCY REFERRALS ARE ALWAYS AVAILABLE AT THE CENTER.

CAREGIVERS SUPPORT GROUP AT SLATER LIBRARY

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!

Tuesday, March 5th 2:00 - 3:30 pm



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

Regular and Decaf Coffee and Plastic Utensils — Thank you, as always, for your donations!

Ensure is always needed for some of our friends.



REMINDER: Cold & Flu Season is upon us. If you do not feel well or have a cold, please stay home until you are feeling better.

Taking care of you is taking care of all of us!