

GRISWOLD

SENIOR CENTER NEWS

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

MAY 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

HAPPY MOTHER'S DAY!!! SUNDAY, MAY 13th



The Senior Center will be closed on
Monday, May 28th in observance
of Memorial Day.

A BIG THANK YOU TO ALL THE VOLUNTEERS
THAT ASSISTED IN THE FIRST COMMUNITY
CLEAN UP! OVER 33 TONS OF GARBAGE WAS
TAKEN IN AT THE GRISWOLD TRANSFER STATION

MEMBERSHIP MEETING

WEDNESDAY, MAY 2nd @ 12:30 p.m.

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

Mother's Day Celebration

Stuffed Sole, Rice Pilaf, Sugar Snap Peas, Whole Wheat
Bread , Milk & Peach Cobbler

Wednesday, May 23rd 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.

The Director will be on vacation from Sunday, May 20th
to Saturday, May 26th.

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 regis-
tration.

THE SENIOR CENTER WILL BE HAVING AN AUCTION TO BENEFIT
THE NEW SENIOR CENTER ON SATURDAY, JUNE 16TH. WE ARE
LOOKING FOR DONATIONS OF FURNITURE, HOUSEHOLD ITEMS &
COLLECTIBLES FOR OUR AUCTION. ITEMS MUST BE CLEAN AND IN
GOOD CONDITION. CALL 860-376-2604 TO ARRANGE PICK UP.

FOOTCARE CLINIC WITH DR. WALTER



Tuesday, May 1st
Call for an appointment
Transportation is available

FIRST ANNUAL COMMUNITY FESTIVAL AND NIGHT LIGHT PARADE

Festival 5:00 to 10:00 pm Light Parade at 7:45 pm

VETERAN'S PARK

SATURDAY, MAY 5th

LITTLE LOG PRESCHOOL

Little Log preschoolers and staff will return for one
last get together. They have been a big part of the
senior center over the years and we will miss them.
We will doing a card stamping project and some
spring plantings with the preschoolers. If you would
like to join us please call to sign up.

WEDNESDAY, MAY 9th at 9:15 am.

TECHNOLOGY FOR SENIORS

Come join the students from Griswold High School for some
tech time. Need to learn how to use your cell phone, tablet
or Ipad? Let the students help you set up an email account,
Facebook or any other applications of your choice.

WEDNESDAY, MAY 9th & MAY 16TH 1:15 to 2:00 pm

WINDHAM HOSPITAL - EATING FOR A HEALTHY BRAIN

This is a 2 PART WORKSHOP. Come check it out!!

THURSDAY, MAY 17th & 24th at 12:15 PM

Please sign up.

FREE EXTREME COUPONING WORKSHOP

Learn the techniques and secrets to save HUNDREDS each
month with a master couponer! All participants will receive a
binder and accessories to get you started. Please register
with the senior center, 860-376-2604 or 860-376-7668
Kristen Ortiz or Sandy Frizzell

SATURDAY, MAY 19th AT 10:30 am

NORWICH GI - FATTY LIVER DISEASE PROGRAM

Did you know that your liver can be damaged as a result of
common conditions such as diabetes, high cholesterol and
obesity? Come join us for this informational workshop.
Please sign up

THURSDAY, MAY 31st at 12:30 PM

NO CLASSES FOR THE MONTH OF JUNE**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 —Last Day for Quilting , May 21st

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, May 15th at 1:00 pm

Beautiful hand-crafted cards with seasonal themes. Come join in on the fun.

**ART CLASSES with Jeanette Green**

THIS CLASS IS ON BREAK FOR THE MONTH OF MAY & JUNE

**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

NEW SPRING HOURS

Fridays 9:30—11:00 am

Bring your friends & have some fun. This is a very enjoyable class!!

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

**MONDAY BINGO**

PAPER SALES BEGIN AT 12:00 PM

GAMES BEGIN AT 12:30 PM

Come have some fun and maybe a little luck will come your way!

CHECK IT OUT!

Check out Griswold Senior Center's Facebook page.

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

**RENTER'S REBATE PROGRAM**

The senior center will begin Renter's Rebate applications in June. For all In-House appointments, call the senior center to make an appointment. The staff will be completing applications at elderly housing on the following dates:

ASHLAND MANOR

TUESDAY, MAY 15th at 12:15 pm

McCLUGGAGE MANOR

TUESDAY, MAY 15th at 1:00 pm

LEDGEWOOD

WEDNESDAY, MAY 16th at 12:15 pm

ALZHEIMER'S CARETAKER SUPPORT GROUP

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 MONTH'S TOPIC—

10 SYMPTOMS OF CAREGIVERS STRESS

Thursday, May 24th 4:00 to 5:00 pm

BLOOD PRESSURE CLINICS

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

MOBILE FOOD PANTRY

Wednesday, May 16th, 4-5 p.m. Behind St. Mary's School.

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

LEARN TO PLAY CRIBBAGE

Every Tuesday & Wednesday morning from

8:15 to 10:00 learn how to play cribbage. No sign up needed.

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 HAS MOVED TO THE SLATER LIBRARY

TUESDAY, May 1st— 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 care-

DONATIONS NEEDED

8 oz plastic cups, . **Ensure is always needed for those in need.**