

# GRISWOLD

## SENIOR CENTER NEWS

MAY 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](mailto:griswoldseniors@yahoo.com)

### **THE SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 27th IN OBSERVANCE OF MEMORIAL DAY .**

### **MONTHLY MEMBERSHIP MEETING**

**Wednesday, May 1st @ 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.**

**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.

### **In House Lunch**

Clam strips, Cole Slaw, French Fries/Tater Tots.

Please sign up. Cost is \$3.00

Friday, May 10th at 11:30 am

### **TVCCA NUTRITIONIST**

Andrea Deedy will be here to discuss calorie changes. May 21st at 11:00 am

**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. **NOTE: THE DIRECTOR WILL BE ON VACATION MAY 20TH — 24TH.**

### **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.

### **DONATIONS NEEDED**

Decaf Coffee, Napkins, Toilet Paper & 5oz plastic cups — Thank you, as always, for your donations! **Ensure is always needed for some of our friends.**

### **MESSAGE FROM THE DIRECTOR**

A special Thank you for the wonderful birthday wishes to both Todd and myself in April!

It was quite a surprise!!

### **“Finding our Family Stories.” with Author Bernice L. Rocque**

Please join us for a special program with Author Bernice L. Rocque, a Norwich, CT native and family historian, will discuss and read from two books based on her Polish, Lithuanian, Russian, and French-Canadian roots. Ms. Rocque will also reflect on what she's learned in finding her families stories and portraying her family's "characters" via fiction and nonfiction. Both books will be available for purchase and signing. (Robin - \$12. Ponemah - \$15)

Thursday, May 9th 12:30—1:45 pm

### **WII BOWLING BEGINS!**

Have you tried Wii Bowling? Video games are not just for kids. A 10 week session begins on **May 8th**. There will be two sessions on Wednesday. 9:00 am for the first group, second group begins at 12:15 pm. Limited slots. Please sign up.

### **GRISWOLD MIDDLE SCHOOL JAZZ BAND & SELECT CHORUS**

Come listen to some very talented students from the Griswold Middle School perform here at the senior center.

Tuesday, May 22st 1:00 pm to 2:00 pm

### **RENTAL REBATE PROGRAM**

*We will begin taking applications in May.*

**Ashland Manor Community Room**

Thursday, May 16th 1:00 —2:30 pm

**McCluggage Manor Community Room**

Thursday, May 23rd 1:00 —2:30 pm

**Ledgewood Community Room**

Thursday, May 30th 1:00 —2:30 pm

**In-House Dates in June**

Call for an appointment on In-house dates.

### **Bring a Smile to Someone's Face!**

The Retired and Senior Volunteer Program (RSVP) is looking for volunteers (ages 55+) and clients (ages 65+) to make a difference in your community. Many opportunities to visit or shop for older or disabled individuals, deliver meals on wheels, tutor in schools, serve veterans, and referrals to other community agencies. Volunteer around your schedule and make a positive impact!

New London County - **Georgia James 860-425-6608—**

[gjames@tvcca.org](mailto:gjames@tvcca.org)

Windham County— **Robin Lynch 860-779-9286 -**

[rlynch@tvcca.org](mailto:rlynch@tvcca.org)

**AEROBICS WITH SHARON GAGNE**

Sharon will be on vacation from April 30th–May 10th

**Returning on May 14th**

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 9:30—11:00 am

**CARD STAMPING WITH EDITH WOJTKIEWITCZ**

Beautiful, hand-crafted cards with seasonal themes.

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

Tuesday, May 21st 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

**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

**MONDAY BINGO**

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 Senior-centerct.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 MAY.**

**BLOOD PRESSURE CLINICS**

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

**MOBILE FOOD PANTRY**

**Wednesday, May 15th, 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

Thursday, May 30th 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, May 7th 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**

**FOOTCARE CLINIC WITH DR. WALTER**

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

**Tuesday, May 28th**

**GET HEALTHY SHARED TIPS AND CONVERSATION**

Our meetings are fun and informative. It’s an open forum. We share

tips on planning a healthy menu, exercise and other great ideas.

Please join us. **Wednesday, May 29th at 12:15 pm.**

**NOTE:**

**PLEASE REFRAIN FROM PERFUME!**

Many people have an allergy or may be very sensitive to fragrances. **Thank you**

**TRIPS (Open to the public)****BOSTON RED SOX VS NEW YORK YANKEES**

Enjoy a day at Yankee Stadium in New York as the Red Sox battle the Yankees. Tour includes: Luxury Fox Coach & Red Sox Yankees

Game Seat. **Cost is \$129.00 per person. Saturday, August 3rd.**

Depart at 11:30 am Return about 11:30 pm.

**PLYMOUTH WHALE WATCH**

This is an unforgettable day trip to Plymouth, Mass. Enjoy a luncheon at the Hearth & Kettle Restaurant and a visit to Plymouth Rock.

A four hour narrated informative whale watch to Stellwagon Bank,

feeding ground of the world’s largest mammals. **Cost is \$99.00 per**

**person. Saturday, August 10th.**