

# GRISWOLD

## SENIOR CENTER NEWS

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

NOVEMBER 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](mailto:griswoldseniors@yahoo.com)



**The Senior Center will be closed on  
Tuesday, November 6th—Election Day  
Monday, November 12th—Veteran's Day  
Thursday & Friday, November 22 and 23  
in observance of the Thanksgiving Holiday.**

### **MONTHLY MEMBERSHIP MEETING**

**WEDNESDAY, November 7th @ 12:30 p.m. Join us  
for our monthly meeting to hear what's new and  
upcoming.  
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 THANKSGIVING MEAL**

Oven Roasted Turkey with Gravy, Stuffing, Butter-nut Squash, Green Beans, Cranberry Sauce, Whole Wheat Roll, Pumpkin Pie & Milk.  
Wednesday, November 14th at 11:30

### **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 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.

### **Quote**

"Let us never know what old age is. Let us know the happiness time brings, not count the years." Ausonius

### **THANKSGIVING MEAL:**

If you would like a hot meal delivered to you on Thanksgiving Day, Please call the senior center at 860-376-2604.

There is no cost for the meal.

### **HAVE YOU HAD YOUR MEDICARE CHECK UP LATELY?**

Joseph Vessichio, Jr. will be here for open enrollment and to answer your questions or concerns about your current health insurance. Appointments available for Tuesdays & Wednesdays.

### **ADULT FAMILY LIVING PROGRAM**

This program allows in-home caregivers financial assistance and support for family or friends caring for an elderly individual. William Mendez will be here to give us a presentation on this program. Do you know someone that could benefit from this program? Ice Cream Social following the presentation. Please sign up for **Wednesday, November 14th at 12:15 pm.**

### **WHAT IS CHIROPRACTIC?**

Hear what Chiropractic is and how it can help in preventing falls. Followed by an Ice cream Social. **Wednesday, November 14th at 12:15 pm**

### **OPIOIDS: WHAT OLDER ADULTS NEED TO KNOW**

This presentation will help you ask your doctor questions about opioids being prescribed to you or other needs. How do you dispose of your medications properly? **Wheeler Clinic will be joining us on Wednesday, November 28th at 12:15 pm**

### **8TH-ANNUAL EMERGENCY FUEL FUND BREAKFAST AND BASKET RAFFLE**

Come out to have breakfast with us on **Saturday, December 8th 7:00 to 11:00 AM.** All proceeds will go into the Emergency Fuel Fund. This fuel fund account was started by the Griswold Seniors for residents of Jewett City and Griswold that are at risk of freezing this winter. There will be lots of raffle baskets for all ages to enjoy. Please come and support this great cause! **Adults \$8.00, Children 3-10 yrs \$5.00, Under 3 free.**



**AEROBICS WITH SHARON GAGNE**

Tuesdays and Thursdays 9:00—10:00 am  
**Sharon Returns on Thursday, November 8th**

**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, November 20th 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**

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!  
 Mondays 1:00—3:00 pm

**SWEDISH WEAVING WITH TERRY BLANCHARD**

Thursdays 10:00 — 12:00 pm

**TAI CHI CLASS WITH JULIE OLIVER**

This is a great class for the three "B's"  
 Brain - Balance & Bones  
 Thursdays 3:00 — 4:00 pm

**BINGO EVERY MONDAY**



Paper Sales begin at 12:00 pm  
 Games begin at 12:30 pm  
 Come join us for an afternoon of fun!  
**NO Bingo on Monday,**  
**November 5th & 12th**

**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.

**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**

Paper Towels,  
**Ensure is always needed for those in need.**

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



**FOOTCARE CLINIC WITH DR. WALTER**

Tuesday, November 13th.  
 Call for an appointment

**TVCCA ENERGY ASSISTANCE**

**Need help this winter with heating costs??**

We are taking applications for Energy Assistance at the senior center. Call to make your appointment and let your friends and family know too!  
**Don't be left out in the cold.**

**BLOOD PRESSURE CLINICS**

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

**MOBILE FOOD PANTRY**

**Wednesday, November 21st, 4-5 p.m.** Behind St. Mary's School. The third Wednesday of the month. Bring your own bags!!

**ALZHEIMER'S CARETAKER SUPPORT GROUP**

This support group will **not** be meeting this month. If you need help, please contact the Senior Center. There are books and brochures available at the center.  
 We are here for you.

**CAREGIVERS SUPPORT GROUP AT SLATER LIBRARY**

**TUESDAY, NOVEMBER 6th— 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!

**FLU SEASON TIPS**

***Please do not visit the center if you are sick.***

- Wash your hands frequently, especially after blowing your nose, coughing, sneezing, being with ill people and especially before you eat
- Get enough sleep and avoid getting "run down"
- Reduce stress
- Use tissues for coughs and sneezes and dispose of them immediately and appropriately
- Eat right and get regular exercise
- Avoid crowds and keep your distance from people whom you know are ill
- If you are sick, avoid contact with the frail, very young and elderly.



**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.