

GRISWOLD

SENIOR CENTER NEWS

DECEMBER 2016



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**HAVE A VERY MERRY CHRISTMAS
& A HAPPY HEALTHY NEW YEAR!**

**THE SENIOR CENTER WILL BE
CLOSED ON MONDAY, DECEMBER
26TH CELEBRATING THE CHRIST-
MAS HOLIDAY, AND MONDAY,
JANUARY 2ND FOR THE NEW YEAR.**

**(PLEASE NOTE THAT NO CLASSES WILL BE HELD
THE WEEK BETWEEN CHRISTMAS AND NEW
YEAR'S)**

MEMBERSHIP MEETING

WEDNESDAY, December 7th @ 12:30 p.m. —

**First Selectman, Kevin Skulczyck, will be here
to answer your questions on town affairs. Light
refreshments to follow meeting.**

Edith Wojtkiewicz will be available to sell her hand-
crafted all occasion cards for membership meeting in
November.

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, So-
cial Security, Insurance, Medications, Food Stamps
or any other services.

SENIOR CENTER TRANSPORTATION IS FREE WITH 24-HOUR NOTICE

- ♦ -MEDICAL TRANSPORTS 9 am thru 1 pm
- ♦ -TUESDAY AFTERNOONS ARE BETTER VALU AND ALDI SHOPPING DAYS.
- ♦ THURSDAY AFTERNOONS WALMART SHOPPING DAYS.

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

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

mileage reimbursement for travel to medical ap-
pointments. Call for information and registration.

**MEMBERSHIP DUES ARE DUE IN JANUARY.
DUES CONTINUE TO BE \$3.00**

FOOTCARE CLINIC WITH DR. WALTERS

Wednesday, January 11th, 2017
Transportation is available— call
for an appointment.



TAI CHI CONTINUES

Tai Chi will continue through this next year
thanks to the generous support of **JEWETT
CITY SAVINGS BANK.**

***A FEW SEAT S REMAIN for our first-ever
12:00 Noon New Year's Eve Champagne
Toast trip to Boston. We will depart by
coach bus to Boston on the morning of New
Year's Eve. We will board a luxury boat,
dine on incredible food, and enjoy wonderful
music. After a short tour of the holiday
sights in the city, we will be safely back to
town at 4:00 p.m.!!! We hope you can join
us! Call the Center to sign up.***

OUR FRIENDS FROM THE LITTLE LOG SCHOOL HOUSE ARE RETURNING!

Wednesday, December 21st at 9:30 a.m.
*Please join us on the first official day of winter
for this favorite event. The students are work-
ing on a presentation for us. We will then sit
and read with them while
sharing refreshments.*

AARP TAX PREPARATION will begin on
Wednesday, February 8th. Please call the
Center in January to schedule your appt.

**HOLIDAY LIGHTS AND DINNER (CHINESE BUF-
FET)** Thursday, December 22nd—Leaving Center at
4:00. Sign Up!

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

Tuesdays at 9 am at the Old Pachaug Town Hall
Healthy mind & Body—Relaxation Techniques, De-stress

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 Wojtkiewitz

Tuesday, December 13th at 1:00 pm

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

Pre-registration required.



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

Classes will begin Thursday, January 5, 2017

3:30 to 4:30 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.

FRIDAY BINGO



Last two Bingos, Friday, December 9th Paper sales start at 12 noon and games begin at 12:30 sharp. Bring a friend for an afternoon of fun and perhaps a little luck!

MARATHON BINGO—THE LAST BINGO

OF THE SEASON!!!! *Friday, December 16th - 12:00 NOON* More games, special prizes, **FABULOUS** food at intermission. *This session will end at approximately 5 p.m.*

DONATIONS NEEDED: 9-volt batteries; scotch tape; **ENSURE** to keep on hand for those in need.

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



CAREGIVER'S SUPPORT GROUP

NOTE THAT THIS MEETING WILL BE THE FIRST TUESDAY OF THE MONTH!!!! TUESDAY, DECEMBER 6TH — 2:30 to 4:00 p.m.

Facilitated by Senior Resources, our local Agency on Aging.

NOTE: *We have a supply of resource books & other materials on hand which you may borrow at any time.*

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!

BLOOD PRESSURE CLINICS

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

TVCCA ENERGY ASSISTANCE

Snow will be falling soon. Don't get left out in the cold!

We are taking applications for Energy Assistance at the senior center. Call to make your appointment and let your friends and family know too!!

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, December 21st, 4-5 p.m. Behind St. Mary's School. Every third Wednesday of the month.

Bring your own bags!!

UPCOMING EVENTS

AARP SAFE DRIVING COURSE

Thursday, January 26, 2017 12:30 to 4:30 pm
AARP Members — \$15.00 / Non Members — \$20.00
Participation in this course will save you money on your automobile insurance. Call for info or sign up.

A SUCCESSFUL REFERENDUM!!!! I want to thank all who supported our efforts and hard work by voting YES at the November 29th referendum. Many hours were spent to raise community awareness of what the vote was really about, and also the great need for a larger, updated facility for our senior population. We couldn't be happier! Now the real work begins for our Building Committee. As we move forward, we will continue to update you on our progress. Thank you again!

A SUCCESSFUL 6TH -ANNUAL EMERGENCY FUEL FUND BREAKFAST!!!! I am also happy to report that our breakfast was, again this year, very successful. Thank you to our hard-working team for helping to organize this incredible fundraiser which benefits our entire community.