

GRISWOLD

SENIOR CENTER NEWS

APRIL 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, April 3rd @ 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.

TVCCA DAY SPECIAL MEAL

Pot Roast, Carrots and Onions, Cheddar Mashed Potatoes, garden Salad & Carrot Cake. Milk & Coffee included. Suggested Donation.

Wednesday, April 10th 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

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

Regular and Decaf Coffee, Napkins, 5oz plastic cups — Thank you, as always, for your donations!

Ensure is always needed for some of our friends.

ROCK PAINTING

Join us in Rock Painting. Learn the basics and create your own unique rock. We will supply the paint, brushes & rocks for this class. Please sign up!

Tuesday, April 9th at 9:30 am

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's. 9:00 am for the first group, second group begins at 12:15 pm.

Please sign up.

SPECIAL FOXWOODS BINGO TRIP

This is a special trip for our bingo players. During our first bingo of the year, a raffle was drawn and some players received a free admission. We added another bus for any self-payers. All players will receive a \$10 food Slot Play and a \$10 food voucher. Limited seating available. Thursday, April 11th. Leaving the center at 8:30 am. Please call if interested.

MEMBERSHIP DINNER

Baked Chicken, Mashed Potatoes, Mixed Vegetables and Cake. **Tickets are \$6.00**

Thursday, April 25th at 4:30 pm

COMMUNITY CLEAN -UP DAY

All residents of the TOWN OF GRISWOLD/Borough of Jewett City are invited to help clean-up yards and streets in our community. **On April 27th, the transfer station will be open 7:00 am to 1:00 pm. There will be no fee. Get your friends, family or group together to help a neighbor/senior clean their yard. Adopt-A-Road with your friends or neighbors.**

Trash bags and gloves will be available upon request. For more information, Please call Tina 860-884-5876

RENTAL REBATE PROGRAM

Start gathering your paperwork! We will have in-house dates schedule for JUNE.

Call the center if you have any questions.

AEROBICS WITH SHARON GAGNE

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, April 15th 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

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 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 APRIL.



FOOTCARE CLINIC WITH DR. WALTER

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

Call for an appointment

Tuesday, May 28th

TVCCA ENERGY ASSISTANCE

LAST DAY TO APPLY FOR ENERGY ASSISTANCE IS MAY 1ST.

BLOOD PRESSURE CLINICS

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

MOBILE FOOD PANTRY

Wednesday, April 17th , 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, April 25th 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, April 2nd 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

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. It’s an open forum. We share tips on planning a healthy menu, exercise and other great ideas. For this meeting please share a healthy lunch idea. Please join us.

Wednesday, April 24th at 12:15 pm.

QUOTE: