HAPPY NEW YEAR!!

THE SENIOR CENTER WILL BE CLOSED ON MONDAY, JANUARY 2nd AND MONDAY, JANUARY 16th IN OBSERVANCE OF NEW YEAR'S DAY AND MARTIN LUTHER KING JR DAY.

MEMBERSHIP MEETING
WEDNESDAY, January 4th @ 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 handcrafted all occasion cards for membership meeting in November.

MEMBERSHIP DUES ARE NOW DUE AND CONTINUE TO BE $3.00

TVCCA CAFÉ MEALS are served Tuesday to Friday at the Center. $3.00 donation requested. You must be 60 yrs old.

MONDAY BISTRO LUNCHES! 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, Social 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 mileage reimbursement for travel to medical appointments. Call for information and registration.

PLEASE NOTICE A DATE CHANGE

TAI CHI TIME CHANGE
Tai Chi will start on January 5th. Classes now start at 3:00. This is the first class of a 12 week session. This class is 1 hour.

FOOTCARE CLINIC WITH DR. WALTERS
Wednesday, January 25th, 2017
Transportation is available—call for an appointment.

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.

AARP TAX PREPARATION
Appointments begin February 8th
Please call the senior center to schedule your appointment.

Andrea Deedy from TVCCA will be here on January 26th at 11:00 am to discuss TAPAS — What is it?

FOXWOODS BINGO!!
Thursday, January 19th Self pay admission.
Admission starts at $15.00. This does not include specials or quickies. Please sign up!!
Another trip to Foxwoods is scheduled for February, 16th. Same as above, Please sign up.

BLUEBERRY PANCAKE SUPPER
Monday, January 30th at 4:30 pm
Golden delicious pancakes, sausage and homefries. Dessert will be a surprise!!! Cost is $5.00

QUOTE:
Say what you mean, mean what you say…
Or don't say any thing at all.
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 Woitkiewitz
Tuesday, January 17th 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
3:00 to 4:00 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.

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

CAREGIVER’S SUPPORT GROUP
NOTE THAT THIS MEETING WILL BE THE FIRST TUESDAY OF THE MONTH!!!! TUESDAY, JANUARY 3RD — 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, January 18th, 4-5 p.m. Behind St. Mary’s School. Every third Wednesday of the month.
Bring your own bags!!

UPCOMING EVENTS

IMPORTANT NOTICE!!
February we will be starting new hours at the senior center. Monday thru Thursday 8:00—3:15 pm.
Friday 8:00 to 12:15 pm. Stay tuned for programming changes!!

FEBRUARY FLING
Dinner and dancing with Mike Minarsky from Wolverine Radio.
FRIDAY, FEBRUARY 10TH

Cold & Flu season is upon us. If you are not feeling well or have a bad cold, please stay home and rest until you recover. Wash your hands frequently to stop the spread of germs. Let’s all have a happy, healthy new year!!