

Your source for news and info from the Groton Senior Center!

Accredited by 
National Institute of
Senior Centers

DISCOVER 55+

Groton Senior Center | 102 Newtown Rd., Groton, CT 06340 | 860-441-6785 | GrotonRec.com/Seniors

 Follow us at [Facebook.com/GrotonSC](https://www.facebook.com/GrotonSC)

July/August 2017

Open to Residents & Non-Residents Ages 55+!

PARKS MAKE LIFE BETTER!

July is Parks and Recreation Month! Play is a vital part of our mental wellbeing, physical health and personal interactions. During Park and Recreation Month, the Groton Senior Center challenges you to get your play on! Whether it's trying a new sport, exploring a trail, Zumba class, meeting friends on the playground, playing cards in the park, or discovering nature – parks and play go hand in hand.



Poquonnock Plains Park, Route 1



FREE COFFEE!

Enjoy free coffee all day long in the cafe from June 1 to September 1. Compliments of Club 55!

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FROM THE SUPERVISOR

Thank you to everyone who completed the Men's Survey over the past few months! The staff has gone over your responses and is incorporating some great new ideas into our programming. Be sure to look in upcoming issues of Discover 55+ for what's new, including more history programs with Senior Learning Network, cooking classes, a HAM radio program, and more. Keep your ideas coming!

The Center has also listened to our very passionate group of Pickleball players and is working on creating courts at the Fitch Middle School gym as an alternative location to play during the week. We love your enthusiasm!

As the weather heats up, it's always cool here at the Groton Senior Center! Stop by for the air conditioning, take a new class, and have some lunch in the cafe. Thanks for being part of our community!



Mary Jo Riley
Senior Center Supervisor

CENTER SPOTLIGHT

Staff Update

You may have seen a new face in the Coastal Café. Richard Kilborne. Richard is from the TVCCA Senior Employment Program and is learning about Food Service at the senior center. Richard lives in Groton but was originally brought up just outside of New York City in New Jersey. You will notice that he doesn't have a typical New Jersey accent that is because he had worked in radio and had to work on speaking without it. Richard worked in the Hartford area and came to Groton because of work. He has three grown sons. One of his favorite pastimes is reading so you will see him at the library if not here at the senior center. When asked about working at the senior center, Richard responded "I am learning a lot about food service. The work is satisfying. It feels good to feel helpful and I enjoy working with everyone".



Cooking with Kids

presented by Food for your Soul, LLC

A series of cooking classes with instructor Erika Gradecki that take part in two classes per topic. Erika is a Grasso Tech Culinary Arts graduate with food safety certification. She has worked nearly a decade in the food industry, in both restaurants and catering. Her specialties are international cuisine, plate presentation, and table displays.

Children under age 16 must be accompanied by an adult.

Fee: \$20/Resident, \$30/non-resident

Register at GrotonRec.com/Discover55 or visit the front desk.

Chef Jr. Kids Cooking Camp - Part 1

July 7 & 12, 5:30-7:30 p.m.

A summer cooking boot camp for kids!

Chef Jr. Kids Cooking Camp - Part 2

July 19 & 26, 5:30-7:30 p.m.

Part 2 of the summer cooking boot camp for kids!

The Flavors of Summer

August 2 & 9, 5:30-7:30 p.m.

Create great summer dishes that incorporate in season fruits and veggies.

Survival Cooking

August 16 & 23, 5:30-7:30 p.m.

Learn quick and easy ways to cook without electricity. Perfect for camping or if you lose power!

New to the Groton Senior Center?
Let us show you around!
Our volunteer Senior Ambassadors will be offering tours on
Thursdays and Fridays at 10:00 a.m. Call ahead and we'll
reserve a spot for you!



- Hearing testing
- Digital hearing aids
- Hearing aid service and repair
- Accessories and batteries

Call today to schedule a **FREE** appointment!



SARA ANDREOZZI
Hearing Instrument Specialist,
CT License #438,
RI License #275

GROTON
441 Long Hill Rd.
(860) 204-8365



www.Beltone.com

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- **NEW!** The Groton Senior Center now has an
- Information Line! You can call to check on the status
- of classes, trips, or anything happening at the Center.
- This number will be used for information only and will
- not take messages. Call before you Go!

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Info Line

(860) 445-2989

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SPECIAL EVENTS

Summer Registration dates:
 ▪ Residents – June 5
 ▪ Non residents – June 12

JULY



Great American Picnic Tuesday, July 18 5-7 p.m.

\$10 Club Members, \$15 non-members
 Enjoy a delicious menu of grilled hamburgers, BBQ chicken legs, BBQ pork ribs, coleslaw, potato salad, macaroni salad, black bean & corn salad, watermelon, lemonade, and coffee. Performance by Rhode Island Rednecks.

Registration is required!



AUGUST

Friday, August 4: The Community Room will be closed for the Entertainment Showcase. Breakfast & lunch will still be available!

Beach Party Boogie Tuesday, August 15 5-7 p.m.



Beef ribs, grilled pork chops, baked cod, monaco blend mixed vegetables, citrus cous cous salad , cranberry walnut chicken salad, rolls, ice cream sandwiches, sea breeze punch, coffee.

Music by DJ Gabe DelaCruz!

\$10 Club Members, \$15 non-members




McLew's Breakfast
 Friday, July 28 - 8:40 a.m.
 French toast, bacon, home fries, fruit cup, Danish, OJ, French vanilla coffee
 \$5 per person

Tell your friends you're here



facebook
 Facebook.com/GrotonSC

WHAT'S IT WORTH?

a Community Antiques Appraisal Event

**Saturday, July 15
 9 a.m. - 12 p.m.**

SEE BACK PAGE FOR MORE INFO!

Groton City Farmers' Market
 Bringing the farm to the city



Field of Greens Farmers' Market
 Washington Park
 (Mitchell/Meridian St.)

Tuesdays 3 to 6pm
 July 11, - October 31, 2017

For information call 860-625-4896
www.fog.newlondonfarmersmarket.com
 EBT/SNAP and WIC Cards welcome - Credit Cards accepted



Senior Day: August 29

PLEASE CALL TO REGISTER FOR EVENTS!
 (860) 441-6785

TRIPS & TRAVEL

We offer day and extended trips around the US and abroad. Great for singles, couples, families - there's something for everyone and all ages. Trips are open to the public. Check back often to see new trips added!

EXTENDED TRIPS

Rocking Horse Ranch

September 11 – 15 • 5 Days

Hawaiian Adventure

Three Islands featuring Oahu, Kauai and Maui

October 5 – October 14 • 10 Days

Spotlight on South Dakota

The Black Hills & The Badlands

October 6 – 12 • 7 Days



Payment must be made upon registering for a day trip. No refunds unless your spot can be filled.
To see all our upcoming trips, please visit GrotonRec.com/Trips or call the main desk at (860) 441-6785 for more information.

DAY TRIPS

Watch Hill Lighthouse Cruise with Cross Sound Ferry

Thursday, July 27

Enjoy views of ten lighthouses from New London to Watch Hill. We depart from the Groton Senior Center at 11:30 a.m. for a 2 hour cruise aboard the fast ferry -Sea Jet.

Fee: \$28/resident, \$38/non-resident

New York Yankees vs. Boston Red Sox

Saturday, August 12

Travel to Yankee Stadium to watch this rivalry game in style! A 2-hour luxury dining pregame experience in the Audi Yankees Club, then we are seated in section 129, coach bus transportation, driver gratuity, parking fee all included. We depart from the Groton Senior Center at 11:00 a.m.

Fee: \$215/resident, \$225/non-resident



Ellis Island and Stature of Liberty

Tuesday, September 26

Join us for a roundtrip ferry from Liberty Park, NJ to Ellis Island Immigration Museum and Statue of Liberty Island - two of the most visited spots in NYC. Enjoy a new audio tour while visiting each island. This tour includes: Deluxe Motor coach, roundtrip ferry from Liberty Park, NJ to Ellis Island Immigration Museum and Statue of Liberty Island, audio guide for both islands, Lunch on own on Liberty Island and also includes gratuities for driver and tour guide. Depart: 6:00 a.m. Groton Senior Center, Estimated Return: 8:30 p.m.

Fee: \$94/resident, \$104/non-resident

Medicare Plans Confusing?

You're not alone!

Call **Beverly P. Goodrich Insurance**
for a **FREE** in-home consultation!

860-526-4257

BeverlyGoodrich@Comcast.net

Licensed certified insurance broker

OATS Outdoor Active & Traveling Seniors

For more information about OATS group excursions, please contact Cindy Morrison at CMorrison@groton-ct.gov or (860) 441-6623

Haley Farm Hike
Monday, July 10 - 10 a.m.

Groton Utilities Hike
Tuesday, August 22 - 8:30 a.m.

OUT AND ABOUT



The OATS group toured the Groton New London Airport on Wednesday, May 17.



About 60 vendors shared great information at the Active Living Expo on Wednesday, May 24



MUSIC, ARTS & ENRICHMENT

Learn a new hobby or improve your favorite skills with the Groton Senior Center's Music, Arts, and Enrichment programs for all skill and ability levels.

PROGRAM	CLASSROOM	TIME	DAY	FEE (Resident/Non-Res)
Beginning Sewing	CR3	5:30-7 PM	Wed July 5—Aug 23	\$8
Clayworks	CR4	10 AM 1 PM	Mon July 3—Aug 21 Thur July 6—Aug 24	\$28/\$38+ greenware \$28/\$38+ greenware
Oil Painting	CR4	9 AM—4 PM	Fri July 7+21 OR Aug 4+18	\$75/\$85
Piano Lessons	Music Rm	Call David Tubbs for an appointment! (860) 860-912-3129		
Quilting Bee	CR3	10 AM-12 PM	Fri July 5—Aug 25	\$8
Scrapbooking Bee	CR3	10 AM-3 PM	Tue July 11—Aug 29	\$8
Watercolor	CR3	1:30-3:30 PM or 6:00—8:00 PM	Tuesday July 11—Aug 29	\$200 + materials
Writing Group	CRC	1 PM	1st/3rd Wed July 5+19, Aug 2+16	FREE

MOVIES

Movies are shown the last **Wednesday** of the month at 1:00 p.m. Concession snacks will be available for purchase. Free punch! Registration is required. Please call 860-441-6785 to sign up.



July 26

Hidden Figures

The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. Starring Taraji P. Henson, Octavia Spencer, Janelle Monáe.

Rated PG



August 30

La La Land

A jazz pianist falls for an aspiring actress in Los Angeles. Starring Ryan Gosling and Emma Stone. *Rated PG-13*

GAMES & STRATEGY.....

The Groton Senior Center offers a variety of games for group play and individual play. Strategy games promote mental stimulation and socialization. Research has shown that Bingo and other games are good for the brain, stimulating memory and attention skills and facilitate social interaction. Our games programs include a variety of levels from basic to more challenging options.

PROGRAM	CLASSROOM	TIME	DAY	FEE (Resident/Non-Res)
Bingo	CR2	1- 3PM	Thur July 6, 13, 20, 27 Aug 3, 10, 17, 24	\$.50/Card
Bowling	Spare Time	12:30PM	Fri	Call 860-445-6500
Cribbage -play	CR1	10:30-11:30AM	Mon July 3—Aug 21	FREE
Cribbage—Instructional	CRC	10:30-11:30AM	Mon July 3—Aug 21	FREE max of 12
Games Night	CR1	6PM	1st/3rd Mon July 3, 17 Aug 7, 21	FREE
Mah Jongg	CR2	9:30AM	Mon/Fri July 3—Aug 25	\$8
Pinochle	CR1	12:30-3PM	Wed July 5—Aug 23	\$.75 RES / \$1 NR
Sanctioned Bridge	CR1	1-3PM	Fri July 7—Aug 25	\$7/week
Scrabble	Music Rm	11-12:30	Tues July 11—Aug 22	FREE
Wii Bowling	Tech Center	12:30-3PM	Wed July 5—Aug 23	\$8



WHAT IS BRIDGE?

Contract bridge, or simply bridge, is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games, particularly among seniors. The World Bridge Federation is the governing body for international competitive bridge, with numerous other bodies governing bridge at the regional level. Try it this summer here at the Groton Senior Center!

FITNESS & DANCE

The Fitness/Dance Programs at the Groton Senior Center promote and maintain the physical abilities of participants and also group classes offer a chance to socialize with other class members and provide mental stimulation through music and physical motion. Class sizes range from intimate Tai Chi classes to popular Cardio Sculpt classes.

PROGRAM	CLASSROOM	TIME	DAY	FEE (Resident/Non-Res)
Strength & Balance 1 (Arthritis Foundation)	ER2	10:15AM	Tue/Thu July 11—Aug 24	\$40/\$50
Cardio Fit	ER2	9AM	Tue/Thu July 6—Aug 24	\$40/\$50
Cardio Sculpt	ER2	9AM	Mon/Fri, Wed 9:15AM July 3—Aug 25	\$52/\$62
Evening Strength Training	ER2	5-6PM	Mon/Wed July 3—Aug 23	\$60/\$70
Fitness Center Membership	Fitness Center	7 AM—7 PM	Mon-Fri	\$72 (Resident Only)
Heart Healthy Fitness	ER2	4-5PM	Mon/Wed/Fri July 3—Aug 25	\$72/\$82
Line Dancing	ER1	10:30AM	Mon July 3—Aug 21	\$30/\$40
Pickleball	ER1&2	CALL AHEAD	M/Tu/Thur	\$37/year \$12/session
Stretch, Strength & Balance	ER2	10:15AM	Mon/Wed/Fri July 3—Aug 25	\$52/\$62
Tai Chi	ER1	11:30-12:30 PM 2PM	Thur July 6—Aug 24 Tue July 11—Aug 22	\$24/\$34 \$24/\$34
Yoga	ER2	8AM	Wed July 5—Aug 23	\$24/\$34
Zumba Gold	ER2	11:45AM 5PM	Wed July 5—Aug 23 Tue July 11—AUG 22 OR Thur July 6—Aug 24	\$24/\$34
Zumba Gold Toning	ER1	Noon 6:10 PM	Friday July 7—Aug 25 Monday July 3—Aug 21	\$24/\$34



ONLINE REGISTRATION

See a program or event you want to try this summer? Check out our NEW online registration system! You can browse programs, register, and pay for the program of your choice online at **GrotonRec.com/Discover55** from your home or even your smart phone! And of course you can still visit the front desk to sign up as well. Give it a try and let us know what you think!

GrotonRec.com/Discover55

CLUB CORNER

Summer is here which means it's once again time for Club 55's Annual Great American Picnic! This celebration is open to all members and nonmembers to come and socialize and celebrate summer. This year Club 55 is change things up in August. The annual Luau is now going to be a Beach Party. So come in your shorts and be ready to dance to the Beach Boys!

It is also time to start thinking about club memberships. The annual membership drive begins on August 15 at the Beach Party. Club membership is only \$5 but that goes a long way to support the programs and services of the club. Members enjoy a reduced cost at club events, the opportunity to look early at the Flea Market and Bazaar and a say in the altruistic project the club supports. We encourage anyone over age 55 to consider joining the club for the 2017-2018 membership year.

Lastly, the club will be looking for people interested in being on the Board of Directors. Fall is when the club starts to recruit for officers for the next year so please, this summer while enjoying the club events, consider being on the board.



Marilyn Charette, Club 55 President, and Pat Hickey, Club Vice President attend the Active Living Expo on their shared birthday!

SENIOR LEARNING NETWORK

Imagine talking to a scientist from NASA or walking through the storage rooms of the Louvre with a curator. These are just two of the hundreds of enrichment programs that participants in the Senior Learning Network can enjoy. SLN provides distant learning opportunities for adults using interactive internet technology. Join us for one or all of the fascinating sessions we have planned! Presentations take place in Classroom 1 on our Smart TV. Topics and times are subject to change, based on presenter's availability. *\$2.00 donation per session requested.*

July

George Washington Carver

Provided by: George Washington Carver Monument

Tuesday, July 11, 1:30-2:30 p.m.

The young child known as the "Plant Doctor" tended his secret garden while observing the day-to-day operations of a 19th century farm. Nature and nurture ultimately influenced George on his quest for education to becoming a renowned agricultural scientist, educator, and humanitarian.

From A to Chimpanzee: B is for Behavior

Provided by: Chimp Haven

Thursday, July 20, 1:30-2:30 p.m.

Did you know we use behavior to understand how a chimpanzee is feeling? Participants will discover how we can better understand animals by observing their physical characteristics and behavior. They will also learn what the behaviorist does at Chimp Haven and what types of behaviors we see the chimpanzees exhibiting at Chimp Haven.

August

Invisible Ancestors: Ideas & Strategies for Recreating Their Stories

Provided by: Library of Congress

Tuesday, August 1, 1:30-2:30 p.m.

Many of our ancestors do not have compiled biographies and are invisible in the historical record, except through the census or other data collection entities. Learn ideas and strategies for recreating their life stories from the Library's online and physical collections of early travelogues, letters, diaries, other texts and printed ephemera, photographs, other visual media, and maps.

Library of Congress: Jefferson's Legacy to the Nation

Provided by: Library of Congress

Thursday, August 17, 1:30-2:30 p.m.

Learn the history of the Library of Congress.

The Groton Senior Center's presentation of Senior Learning Network programs is supported by grants from Senior Resources and Charter Oak Community Giving

TECHNOLOGY CENTER

Open Daily 8:30-11:30 AND Monday & Thursday 9:00-3:00

860-445-1057

www.gaclc.org

Here at the Technology Center, computer training is fun for both the students and volunteer teachers. Our goal is to smooth the pathway from computer literacy (knowing the basics) to fluency (using the computer as a tool for specific tasks) to mastery (using the computer to share knowledge and wisdom in one or more areas.) Everyone learns at their own pace. The Technology Center serves all students at their own pace along the pathway. Stop in and see us today!

PLEASE CALL TO REGISTER - (860) 441-6623

TECH TALK WITH DICK & WALLY

Thursdays, 9-10 a.m., Cost: \$1

July 6	Email Options	August 3	Pictures
July 13	Free Malware & Virus Protection	August 10	Calendar
July 20	Saving Options	August 17	Files & Folders
July 27	Q&A	August 24	Online Tutorials
		August 31	Preferences & Options

One On One Computer / Technology HELP for YOU!

We can schedule appointments to help you with what you need - we are able to individualize to best suit you! Stop into our fantastic Computer Tech Center to schedule an appointment for help call 860-445-1057.

- Mondays 8:30 a.m. to 11:00 a.m. we have free Ipad /Iphone help.
- Tuesdays 1-2 p.m. we have FREE cell phone help with volunteers

One-on-One



Technology Help

NEW! DINING OUT

The community gives to the Groton Senior Center; Dining Out is our way of giving back to the community. Each month a Restaurant will be Featured. The senior van will pick you up or you can meet us there. Order a full entrée or just appetizers. An evening outing of dining, socializing, and enjoyment! Please join us on the 2nd Tuesday of the month for an enjoyable evening. Registration is required.

Monday July 17 - 9 a.m.

(lunch at 11:30)

**Par 4 Restaurant
at Shennecossett Golf Course**

Join us for the CT Senior PGA Open! For this special trip we will arrive early to watch the tournament and then enjoy lunch.

Address: 93 Plant St, Groton, CT 06340

Phone: (860) 446-9146

Menu: ShennyGolf.com

To register please call (860) 441-6785.

Tuesday, August 8 - 5 p.m.

The Bayou Smokehouse

Address: 214 CT-12, Groton, CT 06340

Phone: (860) 440-8776

Menu: thebayousmokehouse.com



IMPORTANT INFORMATION

Summer Registration dates:

- Residents – June 5
- Non residents – June 12

The Summer session runs July 3 through August 25

Fees - Non-residents pay an additional \$10 fee for most classes

No Class Dates - No classes will be held July 4.

Registration Deadline - Please register before the first week of classes. Any class not meeting minimum numbers will be cancelled for the session.

More information about Groton Senior Center's programs and services including transportation is available on the newsletter rack in The Cove or online at GrotonRec.com/Seniors.



CONTACT INFORMATION

GROTON SENIOR CENTER STAFF

Senior Center Front Desk	860-441-6785
Mary Jo Riley, Senior Center Supervisor	860-441-6636
Kathy Williams, Program Supervisor	860-441-6795
Cindy Morrison, Program Supervisor	860-441-6623
Lamont Hill, Food Service Supervisor	860-441-6771
Kirsti Zarn, Office Assistant II	860-441-6785
Jennifer Meakem, Office Assistant II	860-441-6785
Faith Richardson, Financial Assistant I	860-441-6695

Email: first initial and last name@groton-ct.gov

PARKS AND RECREATION COMMISSION

The Groton Parks and Recreation Commission serves as a liaison of the residents of the community for guiding the Parks and Recreation Department. The Commission wishes to provide you the opportunity to raise questions, ideas, or comments involving parks and recreation in Groton. Citizens are welcome to attend monthly meetings on the second Wednesday of each month at 7:00 p.m. at Groton Senior Center.

Jim Kamercia, Chair
kamercia@comcast.net

Jeff Zuliani, Vice Chair
jzuliani@gmail.com

June Evered, Member
juneathome@tvconnect.net

Jon Grossman, Secretary
soxfanjsmg@gmail.com

Scott Peirce, Member
ScottCT@comcast.net

Visit the NEW regional Senior Center website for lots of great information, news, and events!
SeniorCenterCT.org

COMING THIS FALL...

Active Aging Week
September 25-29

GROTON FALL FESTIVAL
OCTOBER 7
POQUONNOCK PLAINS PARK

Day trip to the Big E
September 15

and more!

Groton Senior Center
presents

WHAT'S IT WORTH?

a Community Antiques Appraisal Event

Bring your treasured antiques, family heirlooms, and vintage pieces for consultations with certified professional appraisers specializing in:
Stamps, Coins, Jewelry, Dolls, Art, and more!



Saturday, July 15
9 a.m. - 12 p.m.

Groton Senior Center
102 Newtown Road, Groton

Larry Shapiro
General Antiques

Eldred's Auctioneers
Art & Antiques

Calling All Dolls
Store & Hospital
Renee Silvester - Owner/Doll Doctor

Mike Westman
General Antiques

Pawcatuck Valley
Coin Club

Justine Demetrick
Jewelry & More

Will's Books

Nathan Liverant & Son, LLC
Furniture, Silver, Glass & More

Millers Stamp
Company

\$5 per item
(limit 2 items per person)