

Groton Senior Center **Class Descriptions**

Fitness Programs – The Fitness 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 small Qi Gong classes to large Cardio Sculpt classes.

Arthritis Foundation Exercise Program- This exercise program focuses on joint health and the fitness needs of people with joint disease.

Bowling – This is league ten pin bowling. Beginners to experienced are welcome. The goal is to have fun and meet new people. Held at Groton's Holiday Bowl.

Cardio Fit– This is a moderate to moderately heavy low impact aerobics program. Exercises focus on the major muscle groups and strengthening the heart and lungs. 25 to 30 minutes of aerobic work is done.

Cardio Sculpt – This program offers 15 to 20 minutes of aerobic work with a focus on specific exercises to strengthen and sculpt. Day and evening available.

Fitness Room – This is a non-monitored room with stationary bikes, treadmills, Airdyne bikes, recumbent bike and Cardioglide. In order to use the room, a physician clearance form is required and appointments with our personal trainer orient the client to the fitness equipment and develop an exercise plan. There is a fee for the orientation with a trainer and then an annual fee due every July 1 or upon completion of training to use the Fitness Room. *Not open to non-residents.*

The fitness room is open 7:30 AM to 6 PM on Monday through Friday.

Pickleball – this court game is a cross between tennis, badminton and table tennis. Paddles are used to hit a whiffle ball across the net. Monday 5pm, Tues/Thursday 1pm

National Senior Health and Fitness Day – Held the last Wednesday of every May, a Raffle Walk is held at Poquonnock Plains Park. Participants receive a raffle ticket for every lap that they complete. Tickets are pulled for prizes such as t-shirts, water bottles, pedometers, etc.

Stretching, Strengthening and Balance - This program focuses on muscular strength and endurance and flexibility with a goal of improving fitness level and balance. Joint health and safety and fall prevention included. Chairs are used.

Qi Gong – Sometimes spelled Chi Kung, these ancient self-healing practices emphasize deep breathing, focusing the mind and healthy postural alignment in order to increase energy (or Qi) and promote its natural flow through the body. Relieves stress.

Tai Chi- Originally a martial art 700 years young, this practice is well established to promote balance, flexibility, range of motion, grace, increased energy and relaxation. Immune system function is also enhanced. Creates mind-body harmony.

Walking Program- One day per week participants are led in warm ups and cool downs and in walking the halls of the center (1 lap = 1/10 mile). Participants are encouraged to walk additional days during the week.

Wii Bowling – Instead of wooden lanes and pins, seniors hit the virtual lanes using Nintendo's Wii Game System. No heavy balls to lift and throw and no special bowling shoes. You pick up your Wii-mote and simulate the throwing of a bowling ball. While holding the control in your hand, you target the electronic game's screen in hopes of completing a strike or a spare. The bowling noises generating from the game encourage participants to continue to play more and it adds to the excitement.

The Wii Bowling Class is designed to encourage everyone to get active and stay healthy, something the Nintendo Wii set out to do when it entered the U.S. gaming market almost two years ago.

Yoga-Simple yoga poses are used to focus on relaxation and flexibility.

Zumba Gold – Latin inspired dance/fitness class geared for persons 50 years and older

Line Dancing- This program offers a variety of country line dancing steps and music.

Swingin' Stars- A performing dance group that consists of a variety of choreographed dances and styles. Need approval of instructor to participate.

Tap Dancing – Basic tap dancing with some experience. Need approval of instructor to participate.

Music Programs –The music programs at the center provide an opportunity for seniors to develop their skills in music whether it is learning to read music, sing in harmony or learning to play piano. The choruses also take a leadership role in the community by going out to entertain at adult day centers, nursing facilities and schools.

Piano Lessons - Private lessons for beginners through advanced students.

Silvertones Chorus - Sing contemporary songs and oldies from memory. A mixed chorus with a beautiful, harmonious sound. Perform at center and other sites.

Sunshine Chorus - This chorus takes you down memory lane and brings 'sunshine' to any gathering. Perform at center and other sites.

Education/Enrichment – Programs in this category provide seniors with time to learn new skills in the areas of the arts, technology, health and more. Through education the

seniors develop and help maintain their mental abilities as well as support their self-esteem and creative needs. Class sizes are small to medium.

Arts n' Crafts – Paint, sew, bead, glue and generally have a good time. Easy to follow instruction and good company. Must be capable of working independently.

AARP Driving Course – this course reviews and reinforces safe driving skills.

Art Workshops – Offered through the Mystic Arts Center, a variety of afternoon workshops are offered to explore all areas of creative and fine art. Workshops include watercolor, Zentangle, mixed media and more. All levels of ability can attend.

Beginning Sewing – This class provides instruction in basic sewing skills including seams, hems, working with a pattern and sewing on buttons. Students do individual projects based on goals they want to attain.

Boomers Program – These evening lecture series explore everything from finances, living wills and health topics to gardening, the stars and planets and local authors. The program focuses on areas of interest to draw in the baby boomer generation.

Card Making – Create personalized cards using cut shapes, stamps and more for holidays, special events or different seasons.

Ceramics – Paint and glaze your choice of ceramic greenware. Items will be fired in kilns at the center. Items to fit all abilities from beginner to advanced.

Computer Learning Center – The center offers all levels of classes for both PC and Apple computers, provides low cost maintenance of computers, new technology classes in photo shop, e-readers and more. Offsite lab at Mystic River Congregate Housing also available.

Jewelry Making – Participants create all types of jewelry using different methods including wire wrap.

Knitting and Crochet Group - This group makes items for people in the community who are in need. Learn from each other new & old techniques.

Life Stories – This group meets and discusses their life and records some of their stories to share.

Live Well Program – this evidence based program educates participants in ways to manage their chronic illness and gain support through other participants. Small groups.

Matter of Balance – this evidence based program educates participants in ways to reduce their risk of falls. Small groups.

Mind Aerobics - Mind Aerobics is a thought-provoking, memory strengthening class that meets once a week for one hour. Students are given exercises to stimulate all areas of the brain, focusing on creative thinking, lifelong learning, logical and analytical problems, memory skills, and the 7 fields of knowledge (history, literature, visual arts, science, music, philosophy, and religion). Field trips to places of interest are also included.

Quilting – The quilting class provides a fun learning environment for all abilities. All types of quilting are offered. Personal projects can be completed as well as projects which are used for donations.

Plastic Canvas – Needlepoint on plastic canvas for beginners through experienced. Personal choice of projects.

Scrapbooking – Dig out all of those precious photos and preserve them in a special way. All skill levels, everyone helps each other.

Senior Beat – This monthly cable access television show focuses on senior issues of all types including financial, legal, health and recreation. Aired on the town's cable access channel.

Trips Program – Day and overnight trips are planned locally as well as nationally and abroad to meet the variety of individual needs for travel.

Groton Regional Theater – This local theater group produces shows that are held at the senior center and utilizes multigenerational talent for the shows, seniors for ushers and to run the concession stand. Profits from the shows are donated back to program in the town and to the center.

Cards/Games – A variety of choices for group play and individual play. Promotes mental stimulation and provides for socialization. Research has shown that Bingo and other games are good for the brain. They stimulate memory, attention skills and have great social interaction which works on many parts of the brain. Our games programs include a variety of levels from basic to more challenging options.

Bingo – Bingo is a simple game but at the Senior Center, it is played with simple bingo and gradually going into more difficult and challenging options. Think of this as Bingo Aerobics for the mind. Every Thursday, second Monday evening and 3rd Friday evening.

Duplicate Bridge – Clients brush up on bidding and play. They try new conventions and practice for their next tournament. Meet new and experienced duplicate players for fun and relaxation.

Instructional Bridge - For beginner to intermediate players. Participants are encouraged to come and learn more about the game and enjoy time to play.

Mah Jong – A Chinese tile game. Beginners and novices are welcome as well as experienced players. Facilitated by volunteers.

Pinochle – Single deck pinochle with 4 persons to a table is played. Small cash prizes are given to first, second and third place finishers. Pinochle meets every Wednesday afternoon and the first and third Monday evening each month.

Pool Pals – Offered at the Groton Regency Retirement Center, seniors are able to go and play on their own or with residents, whom they encourage to join in on a friendly game of billiards.

Social Scene – These are events often attached to meals that are offered to provide socialization and entertainment for seniors. Most events have a meal or food attached to them. These include the afternoon teas, monthly birthday/anniversary parties, special breakfasts, club gatherings, dinner and movie nights, annual Gnog Show (formerly Gong Show), annual Great American Picnic, Luau, Thanksgiving Dinner, Holiday dinner and Rotary dinners. A regional dinner dance is held annually also to allow for socializing with friends from the other towns in the county.

Community Service Programs – These programs offer the seniors an opportunity to take a leadership role in community involvement either through sponsoring a community event or by participating in the community event.

Achievement Awards – This senior citizen club event provides scholarships based on personal achievements to Groton high school seniors. A senior committee sends out applications and reviews returned applications and select the winners.

Christmas Day Dinner – Held for seniors who do not have family and would be alone on Christmas, this dinner is sponsored by the center and the Groton Regional Theater. Food donations provide the meal and volunteers run the event. Prizes are donated for Bingo games held after dinner.

Community Services Fair – This event brings local vendors, banks, health institutions and senior service providers to the center for an annual information fair. Approximately 80 vendors attend and over 300 seniors.

Groton Senior Citizens Club 55 – This senior club has been running since 1968. The club raises funds for altruistic projects in the town of Groton and at the center. Funds have been raised for AEDs to be placed at town buildings, for scholarships, for fitness equipment at the center, for the local skate board park, for human services in town, for fuel assistance for seniors and more. The club also sponsors social events at the center.

Elegant Dinner Delivery – this program is to promote socialization for homebound seniors. A homebound senior or one who could use a bit of a lift is asked to invite a friend for lunch at their home. The center then arranges for two meals to be donated by

a local restaurant for the senior and their guest. A volunteer delivers the meal and sets the table up with a china place setting and a gift for the senior and their friend. Later the china is picked up by a center driver to come back for the next time. So many local restaurants are so willing to help with this program that they only have to do this once a year.

4th of July Parade and Holiday Lights Parade – The seniors participate in these annual community parades. They arrive early to decorate a fancy car or the center van which is then driven in the community parades. The seniors also give out candy to children during the parade.

Club 55 Annual Holiday Dinner – This annual dinner to celebrate the holidays is a club event. During the dinner, the club raffles off gift cards to raise funds for their current projects. Participants at the dinner are also asked to bring a food donation for the local food locker.

Fall Raffle – the Groton Senior Citizens Club 55 holds an annual fundraising raffle locally. Funds go to support their altruistic community projects like fuel assistance and scholarships.

Rotary Dinners – The Groton Rotary Club holds 3 dinners each year for seniors. The seniors pay a small portion of the cost which goes to support the Rotary Club's high school scholarship program.

Health Services – These services are provided to help seniors age at home and stay as well as possible. Everyone is encouraged to take advantage of the programs.

Nurse Managed Wellness Clinic – A nurse from the Visiting Nurses Association of Southeastern Connecticut (VNA of SECT) is available every 3rd Wednesday of each month for questions regarding health and medication.

Blood Pressure Screenings – are offered in conjunction every Tuesday and Friday morning.

Foot Care Clinic – VNA nurse provides basic foot care and toe nail clipping for participants. Those with Diabetes or other circulatory conditions are referred to a physician. Offered every 2nd Tuesday and 3rd Wednesday.

Massage Therapy – a licensed therapeutic massage therapist provides this service to seniors. By appointment.

Healing Touch Therapy – This therapeutic approach to wellness addresses physical, mental, spiritual and emotional health. Healing Touch used along with other medical models is noninvasive and has no side effects. This therapy complements traditional approaches to health care and healing done lying down, sitting or reclining. By appointment.

Yale New Haven Hospital Mammography Screening – mobile unit comes once a year for digital screening.

Backus Mobile Screening Van – various health screenings are offered through Backus Hospital's mobile van including bone density, cholesterol, diabetic foot screenings and balance.

Flu Shot Clinics – Two annual sessions are held for flu and pneumonia shots for seniors. This is sponsored by the VNA of SECT.

Live Well Program – evidence based program on chronic disease self-management. Also included under Education/Enrichment as that is the forum they are offered.

Matter of Balance – An evidence based program on fall prevention. Also included under Education/Enrichment as that is the forum they are offered.

Physical Therapy Conversations – A local physical therapist discusses pertinent topics for seniors including joint health and replacements, osteoporosis, spinal and back issues and more. Small groups.

Nutrition Services – In addition to health services, the nutrition programs offer the opportunity for improved nutrition for participants and also in some cases a way to socialize with other seniors in small to large groups.

Groton Senior Center Snack Bar – offers a continental breakfast and hot and cold lunch items Monday through Friday at a low cost.

Meals On Wheels – Sponsored by Thames Valley Council for Community Action, the Federal Title III Meals on Wheels grant program has a site at the Groton Senior Center. Meals on Wheels program and is offered five days per week. MOW delivers a hot lunch, frozen dinners, frozen holiday meals, frozen weekend meals and emergency meals.

SNAP – Is the Senior Nutrition Awareness Program that is through the UCONN Cooperative and University of Rhode Island. This program provides a monthly newsletter, cooking programs and nutrition education.

Elegant Dinner Delivery – Local restaurants donate dinners which are brought to homebound seniors and set on an “elegant” table setting to have with a guest. Small gifts and information on the senior center are also given. Also described under Community Service Programs.

Rotary Club Dinners – Sponsored by the Groton Rotary, these social events are low-cost to seniors and help fund the Rotary's Scholarship program.

Human Service Programs – These programs also support seniors aging in place. They promote individual self-efficacy in making better choices and decisions about their individual needs.

CHOICES Counselor – CHOICES is the Connecticut Health insurance, Outreach and Information Counseling and Eligibility Screening program. The seniors have access to a CHOICES Counselor from the Senior Resources to discuss health insurance questions on the second and fourth Monday afternoons of each month. Appointments can be made to meet the counselor at the center.

Benefits Counselor – A benefits counselor using the Benefits Check Up program from Senior Resources is available the first and second Tuesday mornings each month.

Inclusion Program – Seniors who may need the assistance of someone while at the center but who can do activities of daily living are encouraged to participate through this program. An assessment is done of each individual by the VNA, Inclusion program and Social Services.

“Senior Aid” – This is a publication of the Groton Senior Center providing a list of Senior Center programs, Town of Groton services, senior housing and other services available to seniors. This document can be accessed through our website as well.

Outreach – The Program Supervisor at the center schedules visits to local senior housing and will go to an individual’s home to discuss the senior center and assist seniors in utilizing services. The “Inreach” Program is where seniors from local housing are brought to the center to have a tour and learn about the programs and services they can access.

“Sunnyside up at the Center” – A homebound newsletter that is delivered with the Meals-on-Wheels program to give the homebound encouragement, a puzzle to do and keep them aware of programs and services.

Annual Community Services Fair – This information fair has up to 80 businesses and services attend that focus on the needs of seniors.

Gatekeeper Program – This program is coordinated with the Groton Social Services Department. Drivers are trained to observe and report any concerns regarding seniors to the staff who will call for assistance by Social Services. Referrals are kept confidential.

Salon – A licensed hairdresser/manicurist offers a full range of services from wash and dries to haircuts, colors, perms and also manicures and pedicures. This service assists seniors who do not have transportation to a community salon. Primary benefit is improved self-esteem of seniors who use this service and overall well-being.

Transportation Services - These programs support aging in place and allow seniors to stay active in their community and at the center.

To and from the Center – transportation pick up is offered beginning at 8, 9, and 10 AM in the morning from the senior’s home. Seniors will be brought back to the home beginning at 1 PM. No fee is charged for this service. Transportation is also made available for evening programs and weekend special events.

To Medical Appointments – seniors may be brought to medical appointments from home or from the center. One appointment is allotted per day and transportation rotates the town where seniors will be taken to appointments. \$2.00 round trip

Volunteer Drivers – Volunteer drivers are available upon request when a senior is unable to use the Center’s transportation for medical appointments, nursing home visits due to overbooking or locations out of our service area.

Grocery Shopping – is available on Wednesday mornings and afternoons. Stores are rotated. \$2.00 fee

Municipal Medical Transportation – this is a grant funded program by the state DOT. Eastern Connecticut Transportation Consortium (ECTC) brokers transportation services for medical appointments for seniors and persons with disabilities. 13 free round trip rides are available per year. Caregiver Mileage Reimbursement program is available for family members or friends who drive seniors or persons with disabilities to medical appointments.

ADA Transportation – ECTC provides this transportation for any person with a disability to any location. \$2.50 one way fee.

Bank run – is offered every Friday morning to banks in Groton.