

JULY 2023

Discover 55+

Your source for news & info from Thrive55+

THRIVE55+ ACTIVE LIVING CENTER

FOR THOSE 55+ IN GROTON AND
SURROUNDING TOWNS.

OPEN WEEKDAYS AT 8:30 AM

102 Newtown Road,
Groton, CT 06340

Main Phone 860-441-6785

Fax..... 860-441-6789

Call Before You Go...860-445-2989

<https://www.groton-ct.gov>

<https://grotonct.myrec.com>



THRIVE55+
Active Living Center
Powered by Groton Senior Center



McLews Breakfast Friday, July 21 8:45 am

Let us gather for breakfast! Enjoy a hot breakfast while socializing with other great people. Also, learn how to protect yourself from SCAMS with GPD Officer Afifi.

Mmm mmm — Cinnamon Raisin French toast, Sausage patty, Hash Brown Patty, Pastry, Fruit cup, Apple juice, Coffee.

We also give out door prizes!

Cost is \$12 per person
Register by Tuesday, July 18
\$3 late fee if after July 18



Thrive55+ Active Living Center is one of the first-ever recipients of the Connecticut Age Well Collaborative's Wellspring Award. Kathy and Tomi represented the entire staff of Thrive 55+ in Hartford and received the inaugural Wellspring Award from the Connecticut Age Well Collaborative. (Read more on page 3)

GREAT AMERICAN PICNIC WEDNESDAY, JULY 12TH 11:30 AM – 1:00 PM

\$20 CLUB 55 MEMBERS

\$25 NON MEMBERS

**GRILLED BEEF BURGERS,
SALMON BURGERS, HOT
DOGS, POTATO SALAD,
CHICKEN MACARONI SALAD,
COLESLAW, FRUIT,
APPLE PIE, PUNCH AND COFFEE**

**LIVE ENTERTAINMENT BY
FRANK AND PHIL**

REGISTER BY JULY 7



2023 SUMMER SESSION

FROM THE DESK OF MARY JO RILEY- THRIVE55+ SUPERVISOR

READ ME - I think this should be on the front of all the newsletters. There is so much going on every month that is new or different and staff hate to have anyone miss out. So, get a pen or highlighter out and read the newsletter and mark what you want to attend! We don't want anyone missing out!

Two things happened in the end of April we hope everyone recognizes. Kathy and Tomi represented the entire staff of Thrive 55+ in Hartford and received the inaugural Wellspring Award from the Connecticut Age Well Collaborative. Thrive 55+ Active Living Center is one of the first-ever recipients of the Connecticut Age Well Collaborative's Wellspring Award for fostering aging, dementia and disability inclusivity in Connecticut.

Thrive55+ is celebrated for creating long-term, systemic community impact going beyond the provision of individual services and supports. Thrive55+ was recognized for developing a new brand identity that reflects the efforts to promote the healthy and vibrant lifestyles of its members and the staff efforts to help older adults thrive in the community and for its programming for individuals with dementia and socialization issues and their families. Representative Bumgardner was there to greet staff and read the proclamation from Governor Lamont.



Thrive55+ also played host to the Town's annual Arbor Day event. Staff wrote an AARP Livable Communities grant with the goal of replacing some of the 30 trees that died on the property due to the Emerald Boring Beetle. Ten trees were replaced by this grant. Not only did AARP representatives come to the tree planting but Director Mark Berry, Representative Andre Bumgardner, Town Councilors Jones and Jacome attended along with Thrive 55+ staff and 25 participants. Councilor Jones read a proclamation honoring Arbor Day from the Town Council and everyone had an opportunity to shovel some dirt to plant a new tree.



JULY VOLUNTEER OF THE MONTH: LEE DENSMORE

Lee is a very caring volunteer and she is always willing to help others in need. She is very committed to volunteering in Discover Connections and is such an asset to our group. Thank you for all that you do Lee, you are absolutely amazing!

Lee started volunteering with us in 2018 when someone recommended the Discover Connection program for her husband who was diagnosed with Dementia/Alzheimer's. "Discover Connections was a Godsend, staff were wonderful with him." He loved going there. When Lee came to pick him up all he would say on the way home was "that was nice, that was nice, I had a good time. Those people are nice."

Having her husband in this program was great for her too since it gave her a couple hours twice a week to plan errands, lunches or just de-compress. After her husband's passing she knew she wanted to get more involved in giving back some of the same respite to new families struggling with the same issues.

Not one to sit still, Lee still work part-time with my Income Tax Business to fill what she calls the boring months in the winter. The rest of the year she keeps busy gardening and spending time with family and friends.



ADVANCED PLANNING PANEL PRESENTATION

Tuesday, July 25 - 2:30 – 5:00 pm

Please join us for a professional and very informative panel presentation with Attorney April E. Brodeur, Brodeur Law Firm, LLC of Mystic, Middletown along with Stephen King of Mystic Funeral Home and others. Despite the heavy topic it is one we all need to know more about. **REGISTRATION REQUIRED.**

JULY 2023 HIGHLIGHTS

- **Tuesday, July 4 - Center Closed**
- Monday July 10 - Dementia Friends Program at 10:00 am
- Monday, July 10 - Volunteer Meeting 12:00 pm
- Tuesday, July 11 - Dining Out at The Spot 5:00 pm (see page 10)
- Wednesday, July 12 - Great American Picnic (see cover)
- Wednesday July 12 - Book Talk with Featured Artist at 1:00pm (see below)
- Friday, July 14 - Savvy Saving Seniors with Heather Sawyer of William Pitt Sotheby's 11am
- Tuesday, July 18 - Outdoor Concert: Honey and Bear 5:00-6:30 pm (see below)
- Wednesday, July 19 - Bea Smith Clothing Sale 10 am to 2 pm
- Wednesday, July 19 - Common Sense Medicare education session at 11:00am
- Wednesday, July 19 - Master Gardener – Square Foot gardening (see below)
- Friday, July 21 - Mc Lew's Breakfast (see cover)
- Tuesday, July 25 - Advanced Planning presentation 2:30 – 5:00 pm (see page 3)
- Tuesday, July 25 - Deeding Your Home to Your Children 11:00 am
- Friday, July 28 – Mystic Schooners baseball game at Dodd Stadium (see page 8)



TUESDAYS ABOUT FIVE - OUTDOOR CONCERT TUESDAY, JULY 18TH 5:00-6:30 PM

Honey and Bear, come enjoy folk music from yester year. Our Outdoor Concert is free and open to the public. Please bring a chair or blanket and a picnic dinner if you like!

ERIC BLEIMEISTER OF CARE PARTNERS OF CT

COMMON SENSE MEDICARE EDUCATION SESSION

WEDNESDAY, JULY 19 AT 11:00 AM

Commercial advertisements regarding Medicare and Medicare insurance plans can be overwhelming for Connecticut seniors. Care Partners of CT has common sense educational meetings addressing the current situation which cover enrollment windows, eligibility, the different parts of Medicare, the associated costs, and the types of medigap plans in a clear and concise language. Even if you're already on Medicare, it never hurts to get a check-up. These seminars are ideal for pre-retirees and seniors who want to learn more about their post-employer sponsored healthcare coverage options.

It's important to keep in mind that Medicare coverages change annually, and it's always a good idea to stay up-to-date with regular check-ups. Be sure to register for this presentation.

SQUARE FOOT GARDENING – WITH UCONN MASTER GARDENER

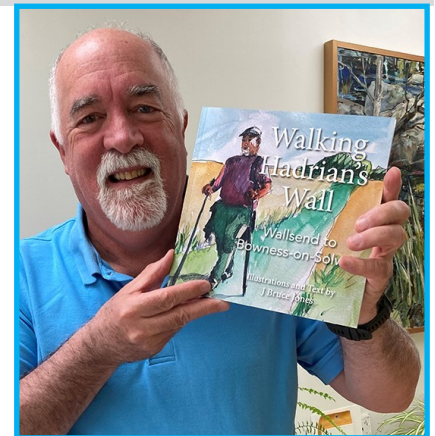
WEDNESDAY, JULY 19TH AT 1:00 PM

The Square Foot Gardening method in the 1970's to saves gardeners time, effort, tools, space and water. Schools across the nation and international humanitarian groups around the world are using the Square Foot Gardening method making inroads against poverty and hunger, and food insecurity. Come learn more with us! Must register by July 17.

FEATURED ARTIST OF THE MONTH — BRUCE JONES

Bruce is an author, graphic designer, and traveler. His latest book is [Walking Hadrian's Wall, Wallsend to Bowness-on-Solway](#). In this book Bruce takes you on his journey, in 2022, of walking 84 miles, end-to-end, along Hadrian's Wall near the English/Scottish border. His book contains 48 original watercolor illustrations and text.

Bruce is married and lives with his wife, Louise in Mystic/Groton, where he is also a Town Councillor. Bruce is active with Groton Open Space Association and other volunteer organizations. With two grown daughters, he plays the ukulele and practices Tai Chi when he gets a chance. [Walking Hadrian's Wall](#) is available on Amazon in paperback.



BOOK TALK WITH AUTHOR BRUCE JONES WEDNESDAY, JULY 12TH

Please join us at **1:00 pm** in the Artists Nook here at Thrive 55+. Free and open to the public. Author Bruce Jones will discuss his book [Walking Hadrian's Wall, Wallsend to Bowness-on-Solway](#).

2023 SUMMER SESSION ~ JULY 10 – SEPTEMBER 2

O.A.T.S. (OUTDOOR ACTIVE THRIVING SENIORS)

A hearty group of cool people with a shared interest of being outdoors and local adventure who happen to be 55 and older.



THRIVE55+
Active Living Center
Powered by Groton Senior Center



July /August - Kayaking in Beebe Cove and Beyond (see insert)

All OATS outings require that you sign up prior.



Everyone needs to register for all Thrive 55+ programs/classes. This is in case a program is cancelled.



CORNHOLE PROGRAM MONDAYS 1-3 PM

Corn hole is a fun game we play weekly inside our main room here. It is best described as a “lawn game” in which players toss beanbags toward a slanted platform with the aim of passing the beanbag through a hole in the center of the platform.

FITNESS & DANCE

PROGRAM	CLASSROOM	TIME	DAY	FEE (RES/NON-RES)
Boom Mind	ER	9:00– 10:00	T & TH	 \$50/60
Cardio Sculpt	ER	9:00 - 10:00 am	M, W, F	\$64/74
Line Dancing	ER	11:00 am -12:00 pm	Thursday	\$40/\$50
Pickleball	ER	M W F 1:00-4:00 pm Tues & Thu 12- 4 pm	M– F	\$3 /Drop in Annual Fee \$37
Pickleball – Lessons	ER1&2	12:00-1:00 pm	Monday <i>no lessons 8/20-9/4</i>	\$10 / 4 weeks
Stretch, Strength & Balance	ER	10:15 -11:15 am	M W F	\$64/74
Tai Chi	ER(T) /MR (F)	10:30 – 11:30 am	Tues OR Fri	\$32/\$42
Tai Chi beginner	MR	10:15-11:15	Thurs	\$32
Walk With Ease	MR	11:30-12:30 pm	M & W	\$26/36
Yoga - Gentle	MR	8:30 - 9:30 am	W	 \$32/\$42
Yoga - Gentle Flow II	MR	9:00— 10:00 am	Saturday	\$32/42
Yoga -Strength	MR	8:30 – 9:30 am	Monday	\$32/\$42
Zumba Gold Toning	ER	4:00– 5:00 pm	Monday	\$32/42
Zumba Gold	ER	5:00 pm 11:45 am	Tuesday Friday	\$32/\$42
Zumba Gold – Seated	MR	10:15 –11:00	Monday	\$32/\$42
ANNUAL MEMBERSHIP OF FITNESS CENTER	Fitness Center	8:00 am - 6:30 pm 8:00 am - 4:30 pm	M, T, W, Th F	\$72 res (\$82 1st yr) \$82 non-res (\$92 1st yr)
DROP IN FITNESS PASS	Any fitness class	N/A	M, T, W, Th, F	\$5/day 5 pack \$25/10 pk \$50

2023 SUMMER SESSION ~ JULY 10 – SEPTEMBER 2

MUSIC, ARTS & ENTERTAINMENT

PROGRAM	CLASSROOM	TIME	DAY	FEE (RES/NON-RES)
Acrylic Painting w KLH	CR4	5:30-7:30 pm	Wednesday	\$60/70
Beginning Sewing	CR3	1:00– 3:00 pm	Wednesday	\$8.00
Ceramics (paint pottery)	CR4	10:00 -11:30 am 1:00 - 3:00 pm	Monday Thursday	\$32/\$42+greenware
Discover Connections	CRB	9:30 am-12:00 pm	Tuesday & Thursday	\$30
Discover Connections Ext	CRB	10:00 am– 12:00 pm	Wednesday	\$15
Learn To Draw	CR4	2:00-5:00 pm	Wednesdays	\$80/90
Oil Painting	CR4	9:00 am -12:00 pm	Tuesday	\$80/90
Quilting Bee	CR3	10:00 am- 12:00 pm	Friday	\$8.00
Watercolor	CR4	9:00-11:00 am	Saturday	\$80/90
Zentangle Group	CR1	1:00 - 3:00 pm	Thursday	Free

GAME AND STRATEGY

Bingo	CRB	1:00-3:00 pm	Thursday	\$.50 per card
Bowling	Groton Bowling	12:30 pm	Friday	Call 860-445-6500
Bridge - Sanctioned	CR1	1:00 - 3:00 pm	Friday	\$7/week
Chess	CR2	9:00 am – 12:00 pm	Thursday	Free
Cornhole	Main room	1:00-3:00 pm	Monday	\$8.00
Cribbage - Play	CR1	10:00 am-12:00 pm	Monday	Free
Mah Jongg –Play	CR2	9:30-11:30 am	Mon and Fri	\$ 8
Beginner Mah Jongg	CR2	10:00am – 12:00pm	Tuesday	\$15
Pinochle	CR1	12:15 - 3:00 pm	Wednesday	Free
Pitch	Main Room	8:30 am	Tuesdays	Free
Wii Bowling	Tech Center	12:30 - 3:00 pm	Wednesday	\$8.00

TECHNOLOGY FOR YOU We do ONE-ON-ONE appointments for anyone 55 plus. We listen to your needs and work at your pace. Please call 860-445-1057 so we can schedule an appointment- you are important to us. See insert for more Tech Center news for YOU!

**Now recruiting any APPLE (iPhone, iPad, Mac) savvy volunteers!*



TECHY TEENS PROGRAM MONDAYS 11:00 AM-1:00 PM JUNE 26-AUGUST 7, 2023 **WITH GROTON PUBLIC LIBRARY TEENScape**

Let our Techy Teens teach you high-tech tricks. Technology help on topics ranging from smartphones & tablets, basic computer skills, eBooks, emails, social media, streaming services and more!

TECH TALK PROGRAM - THURSDAYS AT 9–10 AM

Please join Wally for weekly insights on current tech trends or concerns
Drop in! What topic shall we cover? Let us know!

2023—2024 EXTENDED TRIPS

Our extended trips are usually for those 21 and older and not just for Groton residents. Visit us at Thrive55+ to get the detailed flyers on any of these fabulous trips. Would you rather get an electronic version? Contact Cindy. Ready to book one of these trips? Schedule a meeting. Call 860-441-6623 or email colsen@groton-ct.gov

PAINTED CANYONS OF THE WEST FEATURING UTAH'S FIVE NATIONAL PARKS SEPTEMBER 17 — 25, 2023

Colorado National Monument, Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Utah's Scenic Byway 24, Capitol Reef National Park, Grand Staircase-Escalante National Monument, Bryce Canyon National Park, Zion National Park, Las Vegas <https://gateway.gocollette.com/link/1097829>

CHRISTMAS ON THE DANUBE FEATURING A 6-NIGHT DANUBE RIVER CRUISE

DEPARTING: SUNDAY, DECEMBER 3, 2023

Seat reduction date has passed; space will be available on a first come, first serve basis.

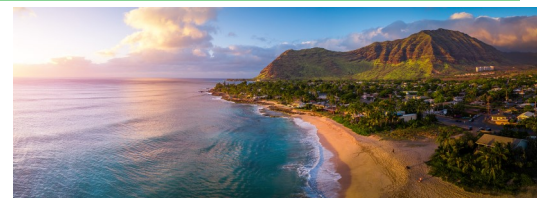
Highlights: Frankfurt, Würzburg, Nuremberg, 6-Night Danube River Cruise, Regensburg, Passau, Wachau Valley, Glühwein Party, Vienna, Hofburg Palace, Vienna Opera House, Christmas Markets.

Lower Outside Double \$3,328pp / Middle Outside Double \$3,728pp / Upper Outside Double \$4,028pp

HAWAIIAN ADVENTURE Jan 04 –13, 2024

<https://gateway.gocollette.com/link/1171288>

Waikiki Beach, Pearl Harbor, Iolani Palace, Hawai'i Volcanoes National Park, Kona Highlights, Iao Valley, Lahaina, Polynesian Luau
Double \$5,629pp Single \$7,329pp if booked prior to July 3, 2023.

**BLUEGRASS COUNTRY & SMOKY MOUNTAINS Apr 04-12, 2024 <https://gateway.gocollette.com/link/1171305>**

Churchill Downs, Kentucky Derby Museum, Old Louisville Walking Tour, Choice on Tour, Buffalo Trace Bourbon Distillery, Lexington Horse Farms, Great Smoky Mountains National Park, Asheville, Biltmore Estate
Double \$3,329pp Single \$4,229pp if booked before October 4, 2023.

ITALY'S TREASURES May 04– 15, 2024 <https://gateway.gocollette.com/link/1171290>

Italian Lakes Region, Stresa, Wine Tasting, Italian Riviera, Cinque Terre, Carrara Marble Quarries Off-Road Excursion, Tuscan Countryside, Italian Cooking Class, San Gimignano, Siena, Florence, Bologna, Venice
Double \$5,279pp Single \$6,179pp if booked before October 5, 2023.

AMERICA'S COWBOY COUNTRY Aug 22– 29, 2024 <https://gateway.gocollette.com/link/1171300>

Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Deadwood Buffalo Bill Center of the West, Yellowstone National Park, Jackson Hole, Grand Teton National Park Double
Double \$4,029pp Single \$5,029pp Triple \$3,799pp if booked before Feb. 22, 2024
[Trip presentation Sept. 7th Thursday, 4 pm - registration is needed](#)

MEMORIALS OF WORLD WAR II FEATURING THE 80TH ANNIVERSARY OF THE D-DAY LANDING

Sep 30- Oct 9, 2024 <https://gateway.gocollette.com/link/1171302>

London & Paris WWII-Focused City Tours, Portsmouth, The D-Day Story Museum, English Channel Crossing, Juno Beach, Caen Peace Memorial Museum, Arromanche-les-Baines, Longues-sur-Mer, Apple Cider Farm Visit, Normandy American Cemetery, Omaha Beach, Pointe du Hoc, Airborne Museum, Utah Beach, Giverny Gardens, Seine River Dinner Cruise. Double \$4,829pp Single \$5,829pp if booked before Feb. 1, 2024

[Trip presentation Sept. 7th Thursday, 4 pm - registration is needed](#)

Keep open for LPI ad

THRIVE 55+ SUMMER 2023

A DAY AT TANGLEWOOD — Boston Symphony Orchestra featuring Yo Yo Ma August 13, 2023

What's better than spending some time with music and friends? Experience an inspiring concert at Tanglewood, which is the summer home of the Boston Symphony Orchestra and the Boston Pops for over 75 years. Enjoy a music filled afternoon as Andris Nelsons conduct the Boston Symphony Orchestra, featuring noted American Cellist Yo-Yo Ma. Today they will be playing Julia Adolphe, Makeshift Castle, co-commissioned by the BSO and Gewandhaus orchestra; Cello Concerto No. 1 by Dmitri Shostakovich, and Petrushka by Igor Stravinsky.

Before the show, enjoy a delicious brunch at Shortstop Bar & Grill. The family-run and family-friendly restaurant in Westfield opened its doors to the public in December 2014. Our Brunch choices for today will include Home-made muffins, pastries, fresh cut fruit, mixed green salad, home fries, bacon, french toast, chicken francaise, and stuffed shells with pasta and seasonal veggies, all served buffet-style including coffee, tea, and orange juice.

We have Reserved Rear Shed Seats for 2:30p performance of the Boston Symphony Orchestra- featuring Yo-Yo Ma. Listen to the sounds of the Boston Symphony Orchestra conducted by guest conductor Andris Nelsons. This concert features Yo-Yo Ma, famous cellist.

Reserved shed seats for the 2:30p performance. Time prior to show to enjoy the grounds — Please note; there are two prices: Shed \$190 resident/Lawn \$140 non-res. Trip is rain or shine. Tour Includes: Deluxe Motor coach bus transportation, Brunch at Shortstop Bar & Grill, Admission to Tanglewood, and All Gratuities to Driver. Times are approximate: Depart: 8:15 am Thrive 55+ of Groton, CT/ Estimated Return: 6:15 pm, Thrive 55+ of Groton

DINING OUT

- **Tuesday, July 11 -The Spot 5:00pm**
- **Tuesday, August 8 -Olive Garden 5:00 pm**

Dining Out is our way of giving back to the community that gives to us. An evening outing of dining, socializing, and enjoyment! Each month one special restaurant will be featured. Our van will pick you up or you can meet us there. Each person pays their own tab. Order a full entrée or just appetizers. **Registration required.**

MYSTIC SCHOONERS BASEBALL AT DODD STADIUM Friday, July 21 evening

Let us take you out to the ballgame! We venture from Thrive 55+ to Dodd Stadium in Norwich (let us do the driving) for a fun evening game of Mystic Schooners Baseball. The Mystic Schooners are a franchise in the New England Collegiate Baseball League (NECBL) and a 501c3. Let's support the home team as they play against Keene Swamp Bats in a 6:30 pm game. **Costs is \$7 per person**



August Artist of the Month — Irene Wadsworth



Visit our Artist Nook in August and view the lovely works of Irene. Sculptor, abstract painter, photographer and mixed media artist, her art is deeply influenced by nature and her environment. Her style of painting with glitter creates a whimsical, dream like quality.

Irene has worked as a volunteer, using art as therapy, for the transgender community for the past five years. She enjoys working with both the young, and the elderly, bringing communities together through the love of art.

Born in Michigan, but raised in CT into a military family, Irene has travelled the US, and once lived in Spain with her family. She holds a B.F.A in Fine Art with Art History concentration from Eastern Connecticut State University. While at Eastern, Irene worked for the Akus Gallery and learned to appreciate the other side to being an artist.

AUGUST 2023 HIGHLIGHTS

- Friday, August 4 - ENTERTAINMENT SHOWCASE (Community Room will be in use 8-3)
- Tuesday, August 8— Dining Out 5:00 pm
- Tuesday, August 8— Club 55 Meeting 12:30 pm
- Friday, August 11—McLews Breakfast (see back cover)
- Friday, August 11- Identity Theft for Older Adults with Heather Sawyer - 11am
- Monday, August 14 - Volunteer Meeting 12:00 pm
- Friday, August 18 - Celebration of Summer with Club 55 (see back cover)
- Friday, August 25 - Large Rock Calligraphy 9:30 to 11:30am must register
- Tuesday, August 29 - Estate Planning 101 at 11:00 am



Groton Diversity, Equity & Inclusion Collaborative will host a PRIDE PROM in August! Groton DEI is dedicated to creating and maintaining an environment that welcomes and celebrates Groton's diversity. Stay tuned!

Acrylic Painting with Kelly Luther Hall Wednesdays 5:30- 7:30 pm

Acrylic painting for basic beginners and beyond basic levels will explore methods and techniques for putting together successful acrylic paintings of a variety of subject matter while using some fun unique techniques. No experience is necessary. Age 14+ welcome. Cost is \$60 resident/ \$70 non resident for the 8 weeks session.

Watercolor with Dr. Michael Sullo Saturdays 9:00-11:00 am

An 6-week class for beginning watercolor students or students that have experience who would like to brush up on their skills. Each student will be responsible for their own supplies a list will be provided upon registration. Open to all ages 16 and up Cost is \$80 resident /\$90 non-resident for the 8 week session.

Oil Painting Class with Dr. Michael Sullo Tuesdays 9:00-12:00

An experienced class \$80 resident /\$90 non-resident for the 6 week session.

Drawing with Dr. Michael Sullo Wednesdays 2:00 – 5:00

Cost is \$80 resident /\$90 non-resident for the 6 week session

Expressive Art Thursdays, 1:00- 2:30

This group will offer an opportunity to make friends, socialize and share the common interest of art! Be creative and make projects that you will get to take home and enjoy. This program is supported by Senior Resources: Area Agency on Aging with Title III funds made available under the Older Americans Act. Cost: Suggested Donation: Age 55 -59 \$28/60 + \$14

Let's Get Artsy!

AUGUST VOLUNTEER OF THE MONTH – CAROL CASSIDY



Carol is an asset to the center, she volunteers in The Cove and is also a front desk volunteer. She is enthusiastic, organized and is willing to share her ideas and lend a hand whenever she can.

How did she become a Thrive 55+ volunteer? Since she was already enrolled in the Stretch, Strength and Balance class, she thought “why not volunteer before class.” It's important for her to feel a part of something bigger than herself. With that thought, she began volunteering with our center in fall 2021.

She keeps coming to Thrive55+ because she loves the great people who come here. “Social contacts are important -- they're essential to healthy aging. I've made friends here,” she says

She's the eldest of five siblings who grew up in Salem, MA, in a boys' home. A former teacher and administrator for almost four decades. Fun facts: she was a ski instructor, Adult Education Director, Master Gardener and a Noank Wooden Boat Association founder, she enjoys doing crossword puzzles with my Sweetie, reading two or three books a week, watercolor painting and daily meditation.

Poetry, Prayers & the Arts for Healing Humanity Mondays 9:00 - 9:45 am

Everyone is welcome to share poems, prayers and some form of the Arts expressing peace or peacefulness. We'll also talk about positive, non- political news events or actions or occurrences in our everyday lives that show kindness, compassion, oneness of humanity, caring, etc are growing into our culture. *Peace is Possible !*

REGISTRATION AND COMING UP

2023 SUMMER SESSION ~ JULY 10 – SEPTEMBER 2

Registration Deadline -

Please register before the first week of class. Classes not meeting the minimum will be cancelled for the session.

2023 FALL 1 SESSION ~ SEPTEMBER 5– OCTOBER 28

REGISTRATION BEGINS:

AUGUST 7 RESIDENTS AUGUST 14 NON-RESIDENT IN PERSON

You can register in person OR register ONLINE at

<https://grotonct.myrec.com/info/default.aspx>

*Non residents may sign up **online** 2 days after residents registration begins & in person the week after residents.

REGISTRATION AND REFUNDS

Payments for all programs, events & trips are due at the time of registration. Registrations will not be taken without payment.

No refunds for programs will be made after the second meeting of a program. A \$2.00 fee is charged to process a refund. No fee is charged if the class is cancelled. For Meal Events, no refund will be given after the last date for registration (due to food having been purchased for the event). A refund will be given if staff find a person to replace you. For Day Trips, a refund will only be given if a person can replace you.

THRIVE55+ STAFF

FRONT DESK /MAIN LINE	860-441-6785
Mary Jo Riley, Thrive55+ Supervisor	860-441-6636
Lamont Hill, Food Service Supervisor	860-441-6771
Kathy Williams, Program Supervisor	860-441-6795
Cindy Olsen, Program Supervisor	860-441-6623
Tomi Stanley, Program Supervisor	860-441-6782
Jennifer Meakem, Office Assistant II	860-441-6658
Kirsti Zarn, Office Assistant II	860-441-6785

COMING UP

PET EXPO	SEPTEMBER
ART WITH PURPOSE	SEPTEMBER
HARVEST BAZAAR	OCTOBER
LUMINARIA WALK	OCTOBER
CHILI COOKOFF	OCTOBER



THRIVE55+
Active Living Center
Powered by Groton Senior Center

CLUB 55

Club 55 celebrated 50 years of service to our Groton community at its January meeting and has been hard at work ever since. Many of the projects and events require detailed planning but the results are worth it. The mission of Club 55 is to provide our 55+ community with the opportunity for social, recreational activities as well as community service that makes life meaningful and demonstrates the valuable contribution of seniors to our community.

How does Club 55 do this? Annual Club 55 dues, fund-raising activities, contributions, and support from the Thrive 55+ Active Living Center staff provide the money and technical assistance needed to carry out the Club's annual agenda. **Club 55 meetings are held monthly on the second Tuesday of the month at 12:30 pm. We look forward to seeing you.**

Tuesday, July 11 and Tuesday, August 8

Each year Club 55 gives out Achievement Awards to Groton High School Seniors. This is an award and not a scholarship, therefore the student can use the money for school related items including but not exclusive to tuition. This year Club 55 added an award for an adult who is returning school to further their education. College is important for many reasons, including increased career stability and satisfaction, and the ability to make an impact on your community. With more and more careers requiring advanced education, a college degree can be critical to your success in today's workforce.

The club is proud to announce the winners of the **2023 Achievement Awards:**

- Club 55 \$1000 Award – Madison Porter
- Club 55 \$500 Awards – Ryan Greene, Emily Wallis
- Marilyn Charette Memorial Award for Health Professions – Jennifer Meakem
- Colleen Post Memorial Award – Greyson Demmons

Join us! Club 55 dues are \$5.00 for 12 months of membership and entitle you to the discounts shown above. Stop by the front desk for a membership application.

AUG 2023

Discover 55+

Your source for news and info from Thrive55+



THRIVE55+
Active Living Center
Powered by Groton Senior Center

THRIVE55+ ACTIVE LIVING CENTER

FOR THOSE 55+ IN GROTON AND
SURROUNDING TOWNS

OPEN WEEKDAYS AT 8:30 AM

102 Newtown Road,
Groton, CT 06340

Main Phone 860-441-6785

Fax..... 860-441-6789

<https://www.groton-ct.gov>

<https://grotonct.myrec.com>

AGING MASTERY PROGRAM

THURSDAY AFTERNOONS 1:00 -2:30 PM

JULY 20 THROUGH SEPTEMBER 21

Developed by the National Council on Aging, AMP offers 10 core sessions, each 90 minutes in length. Participants must be 55+. Our AMP classes are part of a continuous program that is best if you can participate in most of the sessions. Participants must register for this FREE 10 week program by July 14.

The program is about empowering people to make and maintain small but impactful changes as we continue to age. Utilizing evidence-informed materials, expert speakers, discussion and peer support to build skills and tools to manage health, outlook, maintain economic security and contribute to society.

Topics to be covered:

- | | |
|---|---------------------|
| -Navigating Longer Lives | - Financial Fitness |
| -Gratitude and Mindfulness | - Nutrition |
| -Exercise and Sleep | -Falls Prevention |
| -Healthy Eating and Hydration | -Advanced Planning |
| -Creativity & Learning/Legacy & Purpose | |

CELEBRATION OF SUMMER WITH CLUB 55

FRIDAY, AUGUST 18TH

5:00 PM – DINNER 6:00 PM - CONCERT

Our delicious summer menu will be Pork Ribs, Baked Haddock, Baked Sweet Potato, Creamed Green Bean and Potatoes, Corn on the Cob, Apple Dumpling, Punch/Coffee.

Live entertainment following with The Bodega Band, come enjoy an evening of jazz, blues, classic rock and country covers with a good dose of originals mixed in!

\$18 Club 55 Member \$23 Non-member



MCLEWS BREAKFAST

Friday, August 11, 2023 8:45 am

Let us gather for breakfast! Enjoy a hot breakfast while socializing with other great people. Plus, door prizes!

Mmm mmm — Apple Pancakes, Bacon, Scrambled, Eggs, Fruit Cup Fruit Cup, Pastry, Orange Juice, Coffee.

Cost is \$12 per person Register by Tuesday, August 7th

Call for ARTIST for our upcoming ART WITH PURPOSE FUNDRAISER in September

We invite local artists to display your talents for a great cause! Giving you the much-deserved exposure of your piece(s) and a place to display your work all while giving to an incredible cause.

Interested? Please contact KWilliams@groton-ct.gov or TStanley@groton-ct.gov or 860-441-6785