

Montville Senior Center News

TOWN OF MONTVILLE
DEPARTMENT OF SENIOR & SOCIAL SERVICES
 & THE MONTVILLE SENIOR CENTER
 KATHLEEN DOHERTY-PECK, DIRECTOR

860-848-0422

Monday - Friday 8:00 - 4:30 pm

Ruth Massey-Abruzzo - Senior Services/Center Assistant
 DeeAnn Morton - Social Services Assistant/Outreach

Montville Silver Times

Established December 1996



MONTVILLE COMMISSION ON AGING

Chairperson Kathie Doherty-Peck
 Member Mary Adams
 Member Margaret Skinner
 Member Lou Ziegler
 Member Gary Murphy
 Member Irene Taylor
 Town Council Liaison Billy Caron
 Police Liaison Lt. Radford

Meetings First Wednesday of the Month in the
 Senior Center Library at 9 am

AUGUST 2022

Virtual Real Time Tours

You have the opportunity to ask the tour guide questions—these are “real time” tours and are interactive. Please sign up on the bulletin board if you plan to attend. Authentic snacks served during the tours.

FREE **CANADA**

Wednesday, August 3rd
 3:30-4:30 PM



Come join us this month for two awesome “real time” tours. The first tour is in Canada and is a live walking tour of Banff & The Canadian Rockies. *“Banff—Canada’s first and most famous national park. Nestled in over 6000 square kilometers of majestic wilderne3ss, the Town of Banff helped to finance the trains which assured Canada’s creation. Every visit will be different according to time, light, wildlife and weather. We discuss the indigenous inhabitants. Geology, wildlife and the ‘need to reside’ permit which restricts Town from growing.”*



SAILING THE RIVER NILE

Tuesday, August 16th
 10:00-11:00 AM

Come join us as we take a trip up the Nile and watch the sun go down.

“We will travel by motor boat, taking a trip on the longest river in the world that has so much history sail on it is one on nearly everyone’s bucket list. You will get to see the difference between the East and West Banks of the Nile plus some of the wildlife that lives there.”

REIKI

Free

Wednesdays, by appointment
Please sign up in the front office.

REIKI is a method of natural healing based on the application of *Universal Life Force Energy*. REIKI is one of the more widely known forms of energy healing. Energy healing involves direct application of **CHI** for the purpose of strengthening the clients energy system (aura). This is a quiet, individualized program.

Free to our seniors, donations accepted.

ZENTANGLE

Tuesdays
2:00-4:00
FREE

(may purchase zentangle kits from instructor or bring your own)

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. Learn to relax (the “ZEN” part) while creating beautiful, repetitive, design work (the “TANGLE” part). You will learn a variety of patterns “tangles” and combine them in your own unique way. IT’s easy to learn, and the best part is that you don’t need to have any drawing skills to do this! Each intricate design is broken down in easy to follow steps that guarantee a successful and unique piece of art.

Dear Seniors,
Please remember to stay cool and safe during these hot summer months. The Senior Center is a great place to go during the heat of the day and our Fire Houses have offered residents a cool place to go as well. Always if you are in need, please reach out to Kathie, as the Director of Senior & Social Services, she works hard to try and assist all of our residents in need. Watch for the monthly newsletter and the bi-monthly flyer in The Day paper of special events planned for you this year! It is great to be almost back to our “normal”. I am here for any of you for your questions, concerns, and needs.

~ Liaison Billy Caron

REGIONAL EVENT IS BACK!!!

We will once again be holding our annual REGIONAL EVENT with 10 other senior centers on Thursday, September 22nd at the Groton Senior Center! \$10.00. Watch for details in our next monthly newsletter! We are getting back to ALL OF THE FUN!!!

TRIPS**Martha’s Vineyard**

Tuesday, August 16th

Free

First come, first served - Sign Up beginning Monday, August 1st.



Our first trip of the year will be to Martha’s Vineyard and is being sponsored by funds made available to the Town and approved through the Town Council. Tour includes: Martha Vineyards Island Tour, Shopping time in Edgartown, Island Queen Ferry, Delicious Bertucci’s Dinner, Luxury Silver Fox Coach.

We have a lot of new programs coming to the Montville Senior Center including one-day actives, additional classes, trips, and more coming in the next few months! Watch for details and always give us your input and ideas!

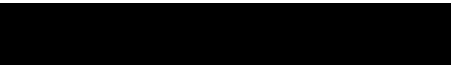
WORD SEARCH

- August
- Heat Wave
- Vacation
- Barbeque
- Picnic
- Swim Suit
- Swimming Pool
- Watermelon
- Beach Ball
- Life Guards
- Sea Shells
- Splash
- Air Conditioner
- Cool
- Lotion
- Sand

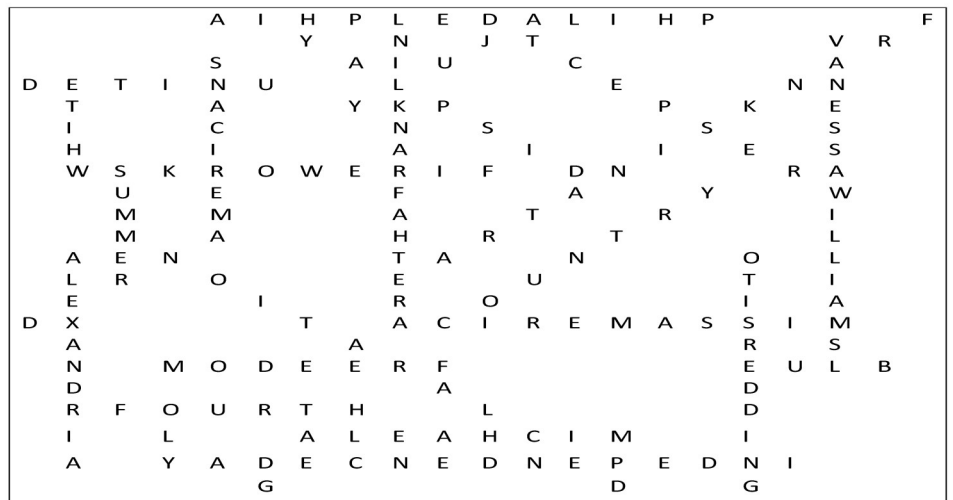


Bonus

- On August 9, 1930, she _____ depicted in Max Fleischer’s animated cartoon _____. (hint:)
- August 13, 1981 was the date of the last broadcast of this show _____ on CBS-TV. (hint: Goodnight ?)
- On August 26, 1929, the first of these US _____ was built. (hint: wheeeee)



- July
- Fireworks
- Independence Day
- Summer Declaration
- American Philadelphia
- Freedom Country
- Display
- Flag
- Red
- White
- Blue
- Fourth
- United
- Ice Cream



Bonus

- On July 13, 1939 he _____ made his recording debut. (Hint: Blue Eyes) - **Frank Sinatra**
- On July 20, 1984 she _____ was asked to resign from this _____ coveted “crown”. – **Vanessa Williams / Miss America**
- On July _____, 1965, he _____ recorded this hit _____, later made famous by her _____. (Hint: something we all deserve!) - **Otis Redding / Respect / Aretha Franklin**

MONTVILLE SENIOR CENTER

SENIOR CENTER DIRECTOR: KATHLEEN PECK
12 MAPLE AVENUE, UNCASVILLE • PHONE 848-0422



MONTVILLE HEALTH SERVICES

- * **Monday** - to be announced
- * **Tuesday** - to be announced
- * **Wednesday** - To be announced
- * **Thursday** - Podiatry - Dr. Thomas Walter
- * **Friday** - Support Groups & Mental Health Counseling—UCFS & Massage Therapy - Therapist Marie Arsenault

Screenings are FREE to our Montville Seniors, Donations are accepted. Call for info / details of each of our Health Services @ 860-848-0422.

Definition of A Senior Center

A Senior Center is a community focal point where older persons (as individuals or in groups) come together for services and/or activities which enhance their dignity, reflect their experience and skills, support their independence, encourage their involvement in and with the Center and community, and respond to their diverse needs and interests. The primary role of the Center is to meet these needs by linking participants with resources offered by other agencies and offering services/activities within the Center. Senior Citizen Centers strive to fulfill the wide-ranging needs of the older community by providing a variety of services/activities to a wide spectrum of older people from young-old and healthy to the very old and at risk, addressing the needs of this population through general and specialized programs. These programs cover such areas as creative arts, education, health, leadership development, nutrition, recreation, social and other support services. The Center also serves as a resource for the entire community for information on aging and support for family caregivers, training professionals and lay leaders and students, and for development of innovative approaches to aid pressing aging issues. We welcome all Montville Senior Citizens to the Center.

MONTVILLE SENIOR CITIZENS ORGANIZATION NEWS

Watch for details on the changes being made with the senior club and working in combination with the Senior Center. In the past there was a great deal of confusion as to the membership of the senior center and how that did not include membership of the senior club and vice versa. Going forward, it will be one in the same. Membership for 2023 will be automatically inclusion to both. Watch for details.

MONTVILLE SENIOR CLUB NEWS

The Senior Club is collecting dues for the 2022 calendar year. 2022 dues will remain at the \$10.00 annually. Dues help the Center with kitchen supplies and other necessities. The Club Board will meet soon to decide on best way to move forward and what the Club will be looking to do for future endeavors.



SAVE AND DISPLAY IN APPROPRIATE PLACE

ACTIVITIES AT THE SENIOR CENTER

MONDAY	COUNTRY LINE DANCING	9:15-10:15 AM	HALL
	QUILTING CLASS.....	1:00-2:00 PM	HALL
	COMPUTER CLASS	To be announced	COMPUTER ROOM
	PAINTING CLASS.....	10-12:00 PM	ARTS AND CRAFTS ROOM
	ARTS & CRAFTS	To be announced	ARTS & CRAFTS ROOM
	CARDIO & STRENGTH TRAINING	3:00-4:00 PM	HALL
	ZUMBA	5:30—6:30 PM	HALL
TUESDAY	PAINTING	4:30-6:30	ARTS AND CRAFTS ROOM
	HEALTH CLINIC	To be announced	HEALTH CLINIC
	TAI CHI.....	11:30—12:30 AM.....	HALL
	YOGA.....	To be announced.....	HALL
	ZENTANGLE.....	2:00-4:00 PM	HALL
	CREATIVE WRITING.....	To be announced	ARTS & CRAFTS
	COMPUTER CLASS.....	To be announced	COMPUTER ROOM
WEDNESDAY.	SPECIAL ARTS & CRAFTS.....	12:30-2:00 PM	ARTS & CRAFTS ROOM
	LINE & COUNTRY DANCING	1:15—2:15 PM.....	HALL
	CHORUS	To Be announced	HALL
	BOWLING	9:30 AM	HOLIDAY BOWL
	CARD PLAYING.....	January	HALL
	DRAWING	10-12:00 & 1:00-3:00 PM	ARTS AND CRAFTS ROOM
	MEDITATION	10:00—11:00 AM	HALL
THURSDAY	STRENGTH TRAINING	3:00— 4:00 PM	HALL
	PAINTING	10-12 PM	ARTS AND CRAFTS ROOM
	PAINTING	12:30-2:30 PM	ARTS AND CRAFTS ROOM
	HEALTHY STRETCHING	2:00 - 3:00 PM	HALL
FRIDAY	ZENTANGLE.....	4:30—6:30 PM	HALL
	CARD PLAYING.....	12:30 PM	HALL
	SPECIAL EVENTS	2:00—?	AS LISTED
	GROUP	3:00—4:00 PM.....	LIBRARY
	MASSAGE THERAPY.....	by appointment	HEALTH CLINIC

**COFFEE & PASTRIES DAILY (WHEN AVAILABLE)
IN THE DINNING HALL FROM 9:00-11:00 AM**

**LUNCH DAILY IN THE DINNING HALL FROM 11:00—12:30 PM
NO APPOINTMENT NECESSARY—\$1.00 DONATION REQUEST**

SENIOR BUS SCHEDULE – Subject to Change

Call #860-848-0422 for reservations

MONDAY	Senior Center, N.L. / Waterford area Shopping
TUESDAY	Senior Center, Shopping, Banking
WEDNESDAY	Senior Center, Norwich area Shopping
THURSDAY	Senior Center, Shopping, Banking
FRIDAY	Senior Center or Special Trips



MEDITATION CLASS*Wednesdays at 10:00 AM*

Deep Breathing, Aromatherapy, Guided Meditation, and Mindfulness Discussions. This is a great way to start the day! There are many health benefits to Meditation: Detoxification of body, de-stressing, increased cardiovascular capacity, regulate weight, improved posture, help with anxiety, depression, heart disease, high blood pressure & more! Classes are on-going—you can join at any time, please call for details.

seniorcenterct.org**Seniorcenterct.org**

This one resource has the unique benefit of one events calendar as well as news, photos, trip and program information from nine communities right at your fingertips.

**COUNTRY LINE DANCING**

Come have some fun learning and dancing some country line dances! We will offer two Country Line Dancing Classes at the Center. Monday's from 9:15 AM-10:15 AM and Wednesday's from 1:15 – 2:15 PM. Enjoy some exercise while country line dancing and having fun, getting healthy, and socializing with other seniors! Free, wearing comfortable clothing and come have fun!

HEALTHY STRETCHING

Thursday's 2:00 – 3:00 PM “As we age our muscles become shorter and lose their elasticity. Aging can affect the structure of our bones and muscles causing pain and decreased range of motion in the shoulders, spine, and hips; Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life. Please wear comfortable clothing & sneakers. to participate in class!

Please email Caitlin, our **Virtual Program Leader**, your email address to get on our list of virtual programs, events, newsletter & more! Email Caitlin at:

montvilleseniors@montville-ct.org

ZUMBA

Join us for ZUMBA Class from 5:30 – 6:30 PM on Mondays. Must be 60+ to participate, please call the office during regular office hours to sign up! #860-848-0422. ZUMBA GOLD is specifically designed for senior citizens. Designed for seniors: Latin-inspired

BETTER HEALTH PROGRAM

Fridays from 8:00 – 4:00 PM—Designed to help those in need: deal with life's changes, depression, addiction, and other mental health needs. This Program provides a licensed clinician to work one-on-one with our residents and weekly group support services. This program is made possible with Title III funds under the Older Americans Act from Senior Resources. Call to sign up # 860-848-0422

STRENGTH TRAINING

Every Monday & Wednesday 3:00 – 4:00 PM Strength training increases muscle mass, helps strengthen your bones, weight management, relief from arthritis pain, lowers risk of injury, and improves cardiac health. You will be safely guided, by an ACE certified personal trainer, Wear comfortable clothing & sneakers and take charge of your health

TAI CHI

TUESDAYS AT 11:30AM—12:30PM. Come join us for a great form of exercise, beneficial for both the mind and body. This is an easy on the joints and body type of program that still allows you the benefits of exercise for muscle strength—have fun while getting and staying healthy! Classes are on-going: flexibility, relieves stress, improves mood and helps with sleep among other health benefits! Wear comfortable clothing and come join us!

MONTVILLE MEDRIDES

MedRIDE

Free Transportation Program—COVID SAFETY MEASURES IN PLACE

The Montville Senior Center Med RIDE I program is available to take seniors to any/all medical appointments. Doctor, pharmacy, hospital screenings & tests, dentists, etc. To make an appointment, call Kathie or Ruthie at the Senior Center 860-848-0422. It is best to schedule your appointment as soon as it is made to avoid any scheduling conflicts. This program is supported by the Town of Montville and Senior Resources with Title III funds made available under the Older Americans Act. Donations accepted.

MedRIDE II



COVID SAFETY MEASURES IN PLACE

Free Regional Transportation Program Montville & Norwich Seniors

If you are in need of medical transportation, call the new MedRIDE II program. WE can help. The town of Montville and City of Norwich have joined together and received a grant to help transport seniors to medically necessary appointments. Do you need to go to Yale, New Haven, Hartford Hospital or Farmington to a specialist? Let us take you! Call 860-889-5960 for your appointment.

Please tune into Channel 3 News, Channel 8 News, Channel 30, Channel 61 and WICH radio for cancellations/ closure of Senior Center/ programs.

BETTER HEALTH PROGRAM



The Montville Senior Center is offering a FREE Better Health, Mental Health, Program at the Montville Senior Center. Many people find the holidays difficult, or suffer from depression, have anxiety, or just need someone to talk to. Mental Health is a very important part of health care so you can be as healthy as possible! Don't neglect your mind while taking care of your body! Join a group for discussion sessions or sit down one-on-one with our licensed clinician to talk! This program is made possible with a grant received from Senior Resources with Title III funds made available under the Older Americans Act. Don't miss out on this great service! It's never too late to start to take care of yourself—mind, body, spirit! Call for details and/or an appointment! A suggested donation of \$1.00 per visit is appreciated! Thank you!

FOOT CARE PROGRAM

Come and get the Foot Care you need. Our On-A-Good-Foot Program can help. Foot care not covered by Medicare will be paid by a grant received from Senior Resources with Title III funds made available under the Older Americans Act. A suggested donation of \$6.00 is appreciated and helpful, not required. Dr. Thomas Walter, Podiatrist comes to our Center once a month to perform routine foot care. Call for an appointment and/or details 860-848-0422.