

# 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

**DECEMBER 2022**

## **HOT HOME-COOKED CHRISTMAS DINNER**

If you are a senior or disabled resident in the Town of Montville and will be spending the Holiday alone, please call and sign up for our Christmas Hot Home-Cooked Dinner. Enjoy a wonderful Baked Ham Dinner with all the fixings! Dinners will be delivered on Friday, December 23rd. Please let us help you enjoy the Holiday and sign up for a Hot Home-Cooked Meal! Last day to sign up for Dinner is Wednesday, December 21st. #860-848-0422



## **CHRISTMAS FOOD BASKET**

If you or someone you know is in need of a Holiday Food Basket with Turkey and all the fixings, plus many other food staples, please call the Montville Senior Center @ **#860-848-0422**. Please call to sign up for our FOOD Baskets for this Thanksgiving Holiday. Don't miss out, let us help you enjoy the holidays. Last day to sign up is Wednesday, November 16th. Our Baskets will be distributed on Saturday, November 17th from 9:00 – 12:00 a.m. **Must sign up to receive a basket.**



Thanksgiving Dinner  
Thursday, November 10th  
1:00 PM

\$8.00 donation request  
Menu: Baked Ham,  
Potatoes, Applesauce,  
Veggies, Desserts, &  
more!  
Entertainment and Raf-  
fles too



Come join us for your first Christmas Dinner of the Season at the Center! Please call or come in to sign up on the bulletin board if you plan to attend. Please note that the correct time of this event is 1:00PM. We hope to see you all here and enjoy good food with good friends!

### **TAI CHI**

Come join us on Tuesday mornings from 11:30-12:30 for a great form of exercise, which is 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, balance control, flexibility, relieves stress, improves mood and helps with sleep among other health benefits! Wear comfortable clothing and come and join us—have fun while getting and staying healthy! Classes are on-going.

### **STRENGTH TRAINING**

Every Monday & Wednesday 3:00 – 4:00 PM  
Strength training increases muscle mass, helps strengthen your bones, helps with weight management, provides relief from arthritis pain, lowers risk of injury, and improves cardiac health. You will be safely guided, by an ACE certified personal trainer, through a variety of exercise designed to increase muscular strength, range of motion, and flexibility required for everyday living at its best.” Wear comfortable clothing & sneakers and take charge of your health !

### **HEALTH & WELLNESS PROGRAM**

*Monday – Friday Videos*

We are still providing our Health & Wellness videos for those interested in staying active and healthy from home. The program is called *COOPED UP WITH CAITLIN* and videos are provided Monday – Friday and show you how to keep moving safely in your home! Working on different muscle groups, different areas of the body, etc. the videos will show you how to move throughout the home, using different furniture or household items to hold or hold on to while performing exercises to help keep your muscles and blood moving and flowing!

### **HEALTHY STRETCHING**

Every Thursday from 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. Class is for anyone seeking to achieve the many benefits of stretching.” Please wear comfortable clothing & sneakers to participate in class!

### **MEDITATION CLASS**

*Wednesdays  
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.



## 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** - REIKI
- \* **Thursday** - PODIATRY—Dr. Thomas Walter
- \* **Friday** - MASSAGE THERAPY W/Marie Arsenault & Support Groups & Mental Health Counseling—UCFS

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

### SENIOR CENTER & SENIOR CLUB 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

**2023 dues will be \$25.00. Just a reminder that there are no charges for programs and services throughout the year; classes and programs are free. Dinner are fundraisers to help us pay instructors. The Club and Center will be combining to make it easier for everyone. There will be one membership payment at the beginning of the year which will cover everyone's membership (Club and Center) and all programs and classes will remain free to members.**

**SAVE AND DISPLAY IN APPROPRIATE PLACE**

**ACTIVITIES AT THE SENIOR CENTER**

<b>MONDAY</b>	COUNTRY LINE DANCING .....	9:15-10:15 AM .....	HALL
	SPECIAL ARTS & CRAFTS .....	PER SET TIME .....	ARTS AND CRAFTS ROOM
	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
	STRENGTH TRAINING .....	3:00- 4:00PM .....	HALL
	ZUMBA .....	5:00-6:00 PM .....	HALL
<b>TUESDAY</b>	WALKING—BETTER HEALTH .....	DAILY .....	ZOOM
	HEALTH CLINIC .....	To be announced .....	HEALTH CLINIC
	TAI CHI .....	11:30—12:30 AM .....	HALL
	YOGA .....	To be announced .....	HALL
	CREATIVE WRITING .....	To be announced .....	ARTS & CRAFTS
	COMPUTER CLASS .....	To be announced .....	COMPUTER ROOM
	BINGO .....	January .....	HALL
<b>WEDNESDAY</b>	SPECIAL ARTS & CRAFTS .....	12:30-2:00 PM .....	ARTS & CRAFTS ROOM
	ART PROGRAM .....	TO BE DETERMINED .....	HALL
	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
<b>THURSDAY</b>	MEDITATION .....	10:00—11:00 AM .....	HALL
	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 .....	3:00 - 4:00 PM .....	HALL
	ZENTANGLE .....	4:30—6:30 PM .....	HALL
	<b>FRIDAY</b>	CARD PLAYING .....	12:30 PM .....
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**

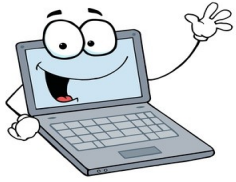
**SENIOR BUS SCHEDULE – Subject to Change**

**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



## **seniorcenterct.org**



**Seniorcenterct.org** allows the content of nine participating senior centers to be shared on one common website.

*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 on down and have some fun learning and dancing some country line dances! We will offer two Country Line Dancing Classes at the Center.



Come on Monday mornings from 9:15-10:15 AM and Wednesday afternoons from 1:15 – 2:15 PM and enjoy some exercise with country line dancing while having fun, getting healthy, and socializing with other seniors! Free, wearing comfortable clothing and come have fun!

## **GRIEF SUPPORT GROUP**

Facilitated by UCFS and our Better Health Clinician, we have a once a week Grief Support Group. We are providing this service in person once again. This is a free program. Are you sad or suffering the loss of a loved one? Spouse, child, friend, or pet? Sometimes it is very difficult to deal with such loss. Join this confidential and private grief support group and learn coping techniques and ways to help you deal with your loss. Support group is on-going, please sign up by calling the office at #860-848-0422. No need to speak in the group if you are not comfortable, you will still take away ways to cope with loss!

## **ZUMBA**

Join us for ZUMBA Class from 5:00 – 6:00 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 and now you get to do in the privacy of your own home – staying safe while staying active. Zumba Gold is the lower impact, easy-to-follow, Latin-inspired dance fitness class that will help keep you healthy & happy while having lots of fun!

## **BETTER HEALTH PROGRAM**

*Fridays*  
8:00 – 4:00 PM

Designed to help those in need: deal with life's changes, depression, addiction, and address other mental health needs. The Better Health Program, provides a licensed clinician to work one-on-one with our residents and offer our weekly group support services. This valuable program is FREE to our Montville residents! This program is made possible with Title III funds under the Older Americans Act from Senior Resources. Donations accepted. Please call for information and/or to sign up # 860-848-0422

## ***Virtual Real Time Tours***

Our next tour is scheduled for Tuesday, December 6th from 10:00 AM-11:00 AM and we will visit Norway.



Join us for a “real time” trip to learn and see Norway. Learn about the local culture while enjoying an authentic light Norwegian Breakfast during your tour time (our time!) Please sign up on bulletin board.

## 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! 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.