

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
Open - Social Services Assistant/Outreach

Montville Silver Times

Established December 1996



MONTVILLE COMMISSION ON AGING

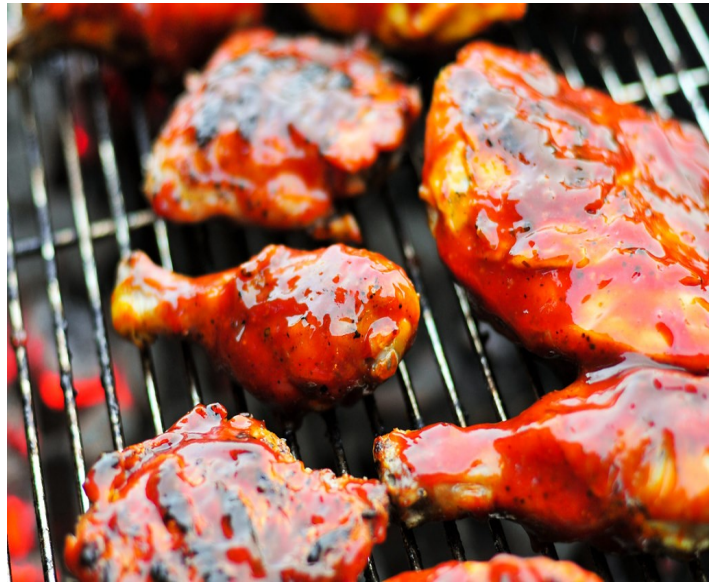
Chairperson Kathie Doherty-Peck
Member Mary Adams
Member Margaret Skinner
Member Lou Ziegler
Member Gary Murphy
Member Irene Taylor
Town Council Liaison Billy Caron
Police Liaison Lt. Radford

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

JULY 2023

SUMMER- TIME BBQ

Friday, July 14th
2:00 PM
\$8.00 donation
request



We will have great live music, raffles, friends, and great food! BBQ Chicken, Kathie's Clam Chowder, Salads & more! Music by our own Sing-a-Long Chorus! Don't miss out on our summertime fun! Bus is available, always a great time! Please sign up if you plan to attend.

TAI CHI

Come join us 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 program that still allows you the benefits of exercise for muscle strength, balance control, flexibility, relieves stress, improves mood

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.

VIRTUAL “REAL TIME” TOURS

Two Sides of the Golden Horn Istanbul, Turkey

**Wednesday,
July 26th
2:00 pm
FREE**



Come and join us for a tour to explore the ancient natural harbor of Constantinople, the GOLDEN HORN, and talk about the historical buildings we will see from a distance: Toipkapi Palace, Saint Sophia, the Galata Tower & so much more. We will also service a light meal or snack authentic to Istanbul, Turkey. Please sign up if you plan to attend.

Programs starting in August

- 1) Pickleball
- 2) Health / Walking Group
- 3) Badminton
- 4) Cake decorating

MEDITATION CLASS

Wednesdays at 10:00 AM

Deep Breathing, Aromatherapy, Guided Meditation, and Mindfulness Discussions. 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

TRIPS

September 2023 – Bronx Zoo! Tickets will get you into all areas of the zoo. They have plenty of seating around the zoo, the cable car trolley to take around and many other great programs. Watch for details of this great trip too. First day to sign up is August 1st. All trips are FREE to our Montville seniors and friends—sponsored by ARPA funds and committee

MINDFUL DRUMMING

Fridays 10:15—11:00

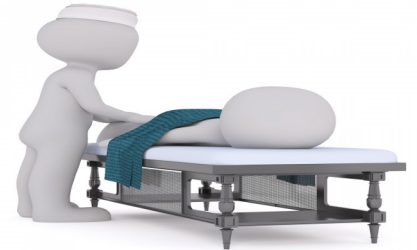
This new and exciting gentle fitness program is designed for older adults that are looking to have a good time getting active. It is a unique program that uses mindful movement through drumming to benefit both the mind and body. It's easy and fun to learn.

It assists in cardiovascular and muscle health. It also enhances mood, reduces stress and improves memory.

This is done while sitting in a chair utilizing drum sticks and accompanied by uplifting music. Dress comfortable, bring water and be ready to have lots of laughs!!!

ALL OF THESE PROGRAMS WILL BEGIN AT END OF JULY OR BEGINNING OF AUGUST—DAYS AND TIMES WILL BE LISTED NEXT MONTH. PLEASE CALL FOR DETAILS

MINI-FACIALS –FREE - start date to be announced. Sign up for your mini-facial and get the treatment of a life-time! Dori will provide our seniors with the



best facial and explain what she does and why, while you relax for this wonderful treatment. Details on the program and the benefits of facials will be posted soon!

MANICURES – FREE - start date to be announced. Sign up for a wonderful treatment and get the benefits and enjoyment of a manicure; walk away with beautiful nails and a relaxing treatment for yourself!

HAIR CARE – FREE -start date to be announced. Come to the Center and get a cut, blow out, and style from our licensed cosmetologist. Program will be starting in June or July – service will be by appointment, call to sign up.

MEET & GREET – I am working to put together a meet and greet for our seniors with our Town Police Officers and our Town Fire Companies. Dates and times will be announced. This will be a great opportunity for our seniors to get to know those who put their lives on the line every day and those we count on for our safety and well-being. Watch for details.



MONTVILLE SENIOR CENTER

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



MONTVILLE HEALTH SERVICES

- * **Monday** - Massager Therapy
- * **Tuesday** - To Be Announced
- * **Wednesday** - REIKI
- * **Thursday** - **PODIATRY**—Dr. Thomas Walter
- * **Friday** - 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 inclusive to both. Watch for details.

MONTVILLE SENIOR CLUB NEWS

2023 annual dues are being collected now. Dues are \$25.00. Reminder: 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) everything will remain free to members.

SAVE AND DISPLAY IN APPROPRIATE PLACE
ACTIVITIES AT THE SENIOR CENTER

MONDAY	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
TUESDAY	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
WEDNESDAY	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
THURSDAY	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
	FRIDAY	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



Instruction will be led by Tina Gifford. Certified Health Coach.

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.”

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!

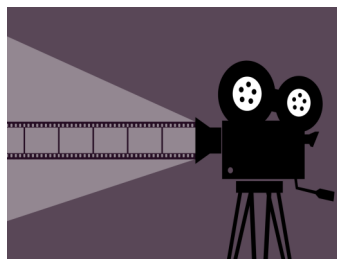
Monthly Dinner & A Movie

Friday,
 June 30th
 3:00 PM.
 \$5.00 donation

Dinner: Apple Stuffed Pork Loin w/
 sides and dessert, coffee

Movie: **Ticket to Paradise** w/George
 Clooney & Julia
 Roberts

Please sign up on
 the bulletin board
 if you plan to at-
 tend.



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

HEALTH & WELLNESS PROGRAM

Monday – Friday Videos

We are 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!

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



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 \$10.00 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.