

# 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 & Social Services Asst.  
Jenniffer Adams— Social Services Specialist

*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  
Member .....Karen Perkins  
Town Council Liaison .....Billy Caron  
Police Liaison.....Lt. Radford

Meetings First Wednesday of the Month in the  
Senior Center Library at 10:00am

June 2024

## Country BBQ at the Montville Senior Center!

Where: 12 Maple Avenue, Uncasville, CT 06382

When: Friday, June 21st at 1 PM

Cost: \$8.00 donation

Menu: BBQ Chicken, Salads, Beans, Desserts & more  
& Entertainment



Come join us for our 1st  
ANNUAL SUMERTIME BBQ!  
Join us for an afternoon of great  
food and great entertainment  
with GREAT people!



Sign up on the bulletin board at  
the senior center or call Ruthie at  
(860)848-0422! We hope to see  
you there!

## Who's Who At the Montville Senior Center!



### Meet: Peggy Ryan

Peggy sits before me vibrant and alive dressed in her spotted leopard print hat, vest, blouse and skirt. About twenty silver bangles adorn her arm and a large vintage ring covers her left hand. Eager to share her life's journey with me, I would never guess that I am talking with a lady 90 years old. Never. "I was born in Florence, Colorado into a large family of four sisters and one brother. I was the

youngest. My father, John Gilmour, loved all animals. White doves loved my dad and they just found him where he was! They flocked to him and were his pets! Dad was also a radio man in the Navy. I was only seven years old when he died of tuberculosis. Standing outside his hospital I felt so sad that I was not allowed to visit him." "My happiest childhood memory was visiting Mission Beach in San Diego. It was here that I and my sisters and brother built sand castles and searched for sand dollars and sea shells. Another favorite memory is in Encanto, San Diego wandering through beautiful fields of lupine, golden violets and Indian Paint Brush." When Peggy was a senior in high school her mother Della remarried and moved with her family to Oregon.. Peggy was unhappy to move but she soon graduated from high school. Her first job was as a Gal Friday at the City Fuel Co. Other interesting jobs include being a riveter and a radio announcer in Decatur, Alabama at AJF. "I got married and had two children. Years later I married again and had three more children." "I come from a large family and drove all over this country visiting them. I have been to every state in this country with the exception of Alaska and Hawaii." Everyone in Montville seems to know Peggy. "I was a volunteer reader in all the schools and would bring to the children my small collections of things to pass around. Sometimes I meet one of the children in town all grown up. 'I remember you, Mrs. Ryan and loved what you brought to us. Now I do the same thing in the schools.' This makes me feel so good! I don't collect things any more, I collect friends." Peggy is known in her neighborhood as the witch! "Every Halloween I dress up as a witch and sit on my son's front porch. When the children come up I give them a big cackle and they love that! I have been doing that for 60 years!" Peggy brought dancing around the Maypole to town children! She also organized a Red Hat group that goes out to lunch once a month wearing red and purple hats. New members are welcome! "In January my family planned a surprise 90<sup>th</sup> birthday party for me at the VFW in town." Peggy has 5 children, 6 grandchildren and 22 great grandchildren! She loves writing poetry and hopes to publish her poems soon. Two of her paintings are in the Montville Town Hall. Her greatest adventure was climbing up Mount St. Helens in Washington within two weeks after the volcanic eruption in 1980 and collecting black rocks to give away to her friends. In my photo of Peggy you will see Peggy holding a painting she made of her great granddaughter Kaelyn who is eating blueberries right from the bush. "I love the ocean, sand and shells" Peggy tells me. I could sit for hours outside looking at the trees. Everyone seems so focused on money. I love all of nature. It is this that feeds my soul."

- Interviewed by Maren Schober

### FRIDAYS ON THE BUS



June 7th— Foxwoods  
June 14th — Scott's Orchard– Strawberry Picking  
June 21st— Senior Center BBQ!  
June 28th— Skipper's Seafood Restaurant & Stop at Pasta Vita

PLEASE continue to send your request to the Center's email—which is our **Virtual Program Leader**, Caitlin, and your email address will be on our list of current virtual programs, events, our newsletter & more! Our special events and new classes and programs as well.

The present email to send your information to is below:

**[montvilleseniors@montville-ct.org](mailto:montvilleseniors@montville-ct.org)**

Please include your first and last name, phone number and email address.

#### A NOTE FROM YOUR LIAISON:

I hope everyone is enjoying the warm weather we are having, in between the rainy days! I know there is a lot going on at the Center and I hope you are all making an effort to take part in some of the activities; there is definitely a little bit of everything for everyone! I am very happy to be able to help Kathie, and thank the Mohegan Tribe, for the concert to benefit all of the programs and services at the Senior Center. It is always a great time and the Dierks Bentley concert in the SKYBOX is a great way to raise funds to help the cost of instructors and programs at the Center. For those that can come, you are sure to enjoy yourself. As always, I am here for any questions or concerns.

~ Liaison Billy Caron



## Trip to the Montville Police Station

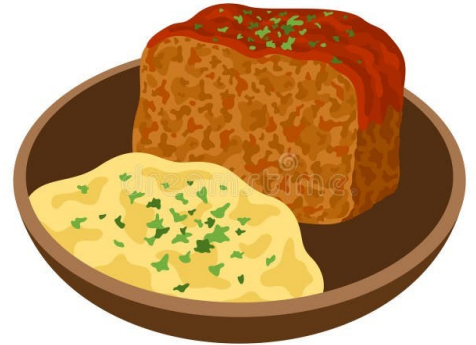
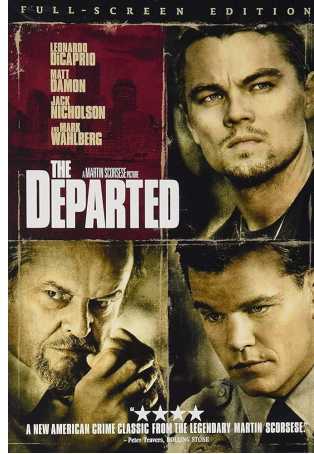
**Date: Tuesday, June 25th**  
**Time: 9:45 AM**  
**Cost: FREE**



Join us as we take a trip to visit and tour the Montville Police Station! You must sign up on the bulletin board at the senior center or by calling Ruthie at (860)848-0422.

## Dinner & Movie

**When: Friday, June 28th at 1 PM**  
**Menu: Homemade Meatloaf & Sides**  
**Movie: The Departed**  
**Cost: FREE**



"South Boston cop Billy Costigan (Leonardo DiCaprio) goes under cover to infiltrate the organization of gangland chief Frank Costello (Jack Nicholson). As Billy gains the mobster's trust, a career criminal named Colin Sullivan (Matt Damon) infiltrates the police department and reports on its activities to his syndicate bosses. When both organizations learn they have a mole in their midst, Billy and Colin must figure out each other's identities to save their own lives."

## Senior Center Fundraiser: Concert at Mohegan Sun

# “Dierks Bentley”

**In the Earth Skybox!**

**When: Saturday, August 10th, 2024**

**Cost: \$125.00 per ticket**



This includes: Pasta Buffet Dinner, open seating, private area (cash) bars, private bathrooms, and skybox show!

Join us for a fantastic night at the Mohegan Sun! Come for the show and enjoy all the extras! Food, bar, and bathroom all located in the skybox so no need to travel far.

Come get your tickets NOW by stopping at the Montville Senior Center. Tickets can be paid by cash or check, with checks made payable to “Montville Senior Center”. We will be selling until we run out so get yours soon! Call (860)848-0422 for more information!

## MONTVILLE SENIOR CENTER

**SENIOR CENTER DIRECTOR: KATHLEEN PECK**

12 MAPLE AVENUE, UNCASVILLE • PHONE 848-0422



## MONTVILLE HEALTH SERVICES

- \* **Monday** - Mental Health Services
- \* **Tuesday** - Facials w/ Dori, Mental Health Services
- \* **Wednesday** - REIKI & Facials
- \* **Thursday** - Podiatry - Dr. Thomas Walter
- \* **Friday** - Support Groups & Mental Health Counseling—UCFS & Massage Therapy - Therapist Marie Arsenault

SERVICES ARE FREE TO OUR MONTVILLE SENIORS. THE INSTRUCTORS OR CLINIANS ARE PAID FOR MOSTLY BY GRANTS AND FUNRAISERS. PLEASE NOTE THAT ALL OF OUR SPECAIL DINNERS AND LUNCH PROGRAMS ARE FUNDRAISERS FOR THE CENTER.

### 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.

### SENIOR CENTER MEMBERSHIP NEWS

The Montville Senior Center and the Montville Senior Club are now one entity. To make things much less complicated and more efficient, there is only one membership—the Montville SENIOR CENTER MEMBERSHIP. The annual membership dues are \$25.00. (I am certainly able to work with any senior that cannot afford the membership dues, please come see me—we can absolutely work this out in the privacy of my office) Though most folks have not had any issues, few have made indirect comments so I wanted to remind everyone that Montville is one of the only centers in our area and very few throughout our state that does not charge for any of our classes and most programs. I spend a great deal of time writing grants and my dedicated staff and volunteers work very hard on all of our fundraisers so that we can offer these programs for free. The dinners that we have and our lunch program are fundraisers so that all of our seniors can participate in the programs without concern of being able to afford them. For a quick breakdown of the cost:

**\$25.00 year = \$2.08 a month = \$0.48 a week = \$0.06 a day**

vs.

**Instructors for one month range between = \$200—\$1,000 (per classes or programs) we presently offer over 30 programs (and can participate in all or some or none) seniors can also come down for coffee & pastry every morning (no additional charge), lunch daily (\$1.00 donation request to help us off set items needed), socialization, health programs, computer use, library & more. Please feel free to contact me if the membership fee poses a hardship and I will always make sure to help. Also feel free to contact me with any questions.**

## ACTIVITIES AT THE SENIOR CENTER

<b>MONDAY</b>	COUNTRY LINE DANCING .....	9:15-10:15 AM .....	HALL
	PAINTING.....	9:00-11:00 AM.....	ARTS & CRAFTS ROOM
	ARTS & CRAFTS .....	To be announced .....	ARTS & CRAFTS ROOM
	CARDIO & STRENGTH TRAINING .....	3:00-4:00 PM .....	HALL
	ZUMBA .....	5:00—6:00 PM .....	HALL
	WALKING / BETTER HEALTH.....	DAILY.....	CENTER OR VIRTUAL
<b>TUESDAY</b>	MENTAL HEALTH SESSIONS.....	BY APPT.....	HEALTH CLINIC
	MINI-FACIALS.....	9:00- 1:00 PM.....	HEALTH CLINIC
	TAI CHI.....	TO BE ANNOUNCED.....	HALL
	YOGA.....	TO BE ANNOUNCED.....	HALL
	ZENTANGLE.....	2:00-4:00 PM .....	HALL
	CREATIVE WRITING.....	To be announced.....	ARTS & CRAFTS
<b>WEDNESDAY</b>	COMPUTER CLASS .....	To be announced.....	COMPUTER ROOM
	SPECIAL ARTS & CRAFTS.....	12:30-2:00 PM .....	ARTS & CRAFTS ROOM
	LINE & COUNTRY DANCING.....	1:15—2:15 PM .....	HALL
	BOWLING .....	9:30 AM .....	HOLIDAY BOWL
	CARD PLAYING.....	various times.....	HALL
	DRAWING.....	10-12:00 & 1:00-3:00 PM.....	ARTS & CRAFTS ROOM
<b>THURSDAY</b>	MEDITATION .....	10:00—11:00 AM .....	HALL
	STRENGTH TRAINING.....	3:00- 4:00 PM.....	HALL
	REIKI.....	BY APPOINTMENT.....	HEALTH CLINIC
	MINI-FACIALS.....	9:00-1:00 PM.....	HEALTH CLINIC
	PAINTING.....	10-12 PM .....	ARTS & CRAFTS ROOM
	PAINTING.....	12:30-2:30 PM .....	ARTS & CRAFTS ROOM
<b>FRIDAY</b>	ZUMBA CHAIR.....	TO BE ANNOUNCED.....	HALL
	HEALTHY STRETCHING.....	2:00 - 3:00 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

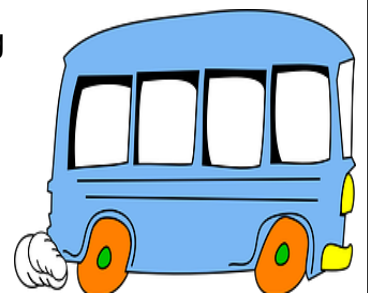
**COFFEE & PASTRIES DAILY (WHEN AVAILABLE)  
IN THE DINNING HALL FROM 9:00-11:00 AM -\$1.00 DONATION REQUEST**

**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**

*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, trips and program information from nine communities right at your fingertips.*

*Take a look and see what is going on at your Center and the ones in our area!*

*Look for next month's Who's Who At the Montville Senior Center*



*This is Maren Schober. She will be interviewing and writing personal profiles that will be featured in the Senior Center monthly newsletters as well as on the senior bulletin board. Maren worked as a journalist for the Resident Newspaper where she wrote similar articles and enjoyed it very much. This is a great way to get to know each other better at the senior center. Please leave your name in the office with Ruthie or Kathie if you would consider being interviewed for a Who's Who! It's fun to learn about each other!*

*NEW PROGRAM****"SOUND HEALING"****THURSDAYS 10:00 AM (TENATIVE)*

Come check out this increasingly popular sound healing session! Misty brings her talents to the Montville Senior Center, to help our seniors heal through sound. This is something you won't want to miss out on!

Please join us as Misty, a certified sound healer, guides us through a sound healing meditation that provides a wonderful opportunity for deep healing and relaxation. Sound healing has been scientifically researched and acclaimed as a gentle and effective tool for mind-body wellness. It has been proven to facilitate concentration, relaxation, creativity, and pain management. The benefits can be felt after one session, although there are long term benefits from repeated sessions.

Participants will remain seated in a position that is most comfortable for them. This may mean in chairs or lying down. If you choose the latter, please bring a yoga mat as well as 2 blankets and 2 pillows for comfort and support. With the room dimly lit, we will begin a short meditation to settle in and quiet the mind before we relax to the sounds of the frame drum, quartz crystal singing bowls, koshi chimes, and more. This is truly a beautiful way to calm the nervous system, connect with self, and gain clarity of our inner being.

Sound healing benefits:

- reduces stress and anxiety
- lowers blood pressure
- increases circulation and blood flow
- balances both hemispheres of the brain
- increases mental and emotional clarity
- brings deep relaxation and eases pain
- improves quality of sleep
- increases ability to concentrate
- inspires deep meditative states and deepen all spiritual work



## MONTVILLE MEDRIDES

### MedRIDE

#### Free Transportation Program

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. Donation requests of \$1.00 per ride can be deposited in the lockbox on the van.

### 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

Available 4 days a week—call and come down to meet Michelle. Our new clinician for our mental health one-on-one services and group therapy! The Montville Senior & Social services is offering a FREE Mental Health Services at both the Montville Senior Center and Montville Social Services. Many people find the holidays difficult, or suffer from depression, have anxiety, addictions or just need someone to talk to. Mental Health is a very important part of health care. Don't neglect your mind while taking care of your body! This program at the Center is made possible with a grant received from Senior Resources with Title III funds made available under the Older Americans Act. Call for details and/or an appointment! A suggested donation of \$1.00 per visit is appreciated!

## 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.