

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

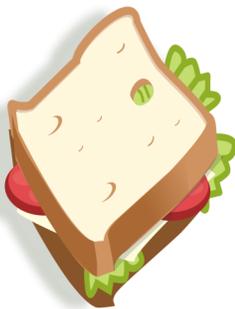


MONTVILLE COMMISSION ON AGING
 Chairperson Kathie Doherty-Peck
 Vice-Chairperson Karen Doherty
 Member Mary Adams
 Member Margaret Skinner
 Member Lou Ziegler
 Member Gary Murphy
 Member Irene Taylor
 Town Council Liaison Billy Caron
 Police Liaison Lt. Radford
Meetings First Wednesday of the Month in the Senior Center Library at 9 am

JANUARY 2022

DEPENDING ON THE CURRENT GUIDELINES FROM UNCAS HEALTH DISTRICT AND THE CDC:

Come join us for coffee & goodies in the morning, daily Monday—Friday from 8:30-11:00 AM beginning on Monday, January 24th (unless otherwise noted). We will once again offer our morning sunshine and socialization at the Center (safety precautions will remain in place).



Buck-a-Bowl is back! Come join us for our daily lunch program, no need to sign up, Monday—Friday serving from 11:00-12:30 PM, beginning Monday, January 24th. Join us for a delicious lunch while socializing and getting out and about. Safety precautions will remain in place until further notice. Daily lunches will be posted on the White Board in the dining hall (subject to change). We look forward to seeing everyone back for lunch!



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.

TAI CHI

Tai Chi classes are here! Come join us on Tuesday mornings from 10:00-11:00 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 will continue to 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 3:00 – 4:00 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!

ZOOM FITNESS & TRAVEL & MORE...

Want to participate in some of our Center programs from home? If you are home-bound, temporarily or permanently, you do not need to miss out on some of the activities and programs at the Center. We currently offer a few exercise programs but have added in more—through ZOOM! You can join in on some exercise classes, dance classes, soon to be crafts as well as educational and travel programs! Join us for some “real time” fun, from the safety and comfort of your home. Call for details and to sign up!

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

SENIOR CITIZEN ORGANIZATION Board of Directors

The Montville Senior Citizens Club has a
Board of Directors.

Board members:

**Bob Bergdoll, Ann Edwards,
Mary Adams, Irene Taylor,
Ann Sosin and Kathy MacNeil**

Club Meeting:
1st Friday of each month
10:00AM
(Unless Holiday, then following Friday)

MONTVILLE SENIOR CLUB NEWS

The Senior Club will
start collecting dues for
the 2022 calendar year.
We will begin holding
meetings again for the
2022 year beginning in
February. We look forward to meet-
ings starting up again and seeing
everyone back at the Center.
2022 dues will remain at the
\$10.00 annually.



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
	CARDIO & STRENGTH TRAINING	5:30-6:30 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.....	10:00—11:00 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

LUNCH DAILY IN THE DINNING HALL FROM 11:00—12:15 PM
NO APPOINTMENT NECESSARY—\$1.00 DONATION REQUEST

WE ARE HOPING TO START COFFEE SOCIALS AND LUNCHESES AGAIN IN JANUARY—PLEASE CALL / WATCH FOR INFORMATION AND DETAILS

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 5:30 – 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 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

We still have T-shirts available for those interested in helping to support the **Montville Senior & Social Services Veterans Fund**. This fund is used to help any of our Montville Veterans in need while we work to connect our Veterans and their families with other services. T-shirts are \$20.00 donation—please see front office.



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.