

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/Outreach Assistant

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

September 2022

Annual Fall Social

Friday, September 23rd

2:00 PM

\$8.00 donation

Entertainment, Raffles, & more

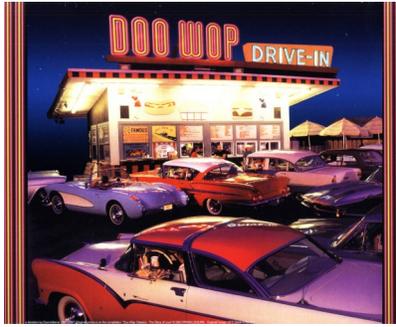
*MENU: Fall Inspired Appetizer, Slow
Roasted Turkey, Kathie's Savory Stuffing,
Potatoes, Vegetables, Dessert & more!*



Please join us for our annual Fall Social and help us bring in the new Season with a great Fall inspired theme! Our special events are always a great time, with great food and great people! These are our fundraisers so that we can provide all the many activities and programs for free to our seniors! We will have a wonderful menu with delicious food, some great entertainment, and many friends to enjoy the afternoon with! Come and have some fun with us and let's celebrate another beautiful Autumn in Connecticut while supporting our senior center! Please sign up on the bulletin board if you plan to attend. Bus is available.

REGIONAL EVENT IS BACK!!!

Thursday,
September 22, 2022
5:00 PM—7:30 PM
Groton Senior Center
\$10.00 ticket (limited
tickets available)



Entertainment by :
THE CORVETTRES DOO WOP REVIEW

Join us for our annual regional event, along with 10 other senior centers! This year's event will be an outdoor dance party. Food trucks will be available or you can bring your own dinner. Definitely bring our own lawn chair! See office for tickets and bus is available.



Dear Seniors,
We hope you enjoyed the Martha's Vineyard trip and are excited for the next one! Who doesn't love a FALL foliage trip—I hope you all enjoy! I am so happy to help and work with the Mohegan Tribe to have the SKYBOX concert fundraisers. I know this is a big help to Kathie in aiding her with continuing to provide programs at no charge to our seniors! This is a concept that is very important to us both! Watch for the monthly newsletter and the bi-monthly flyer in The Day paper of special events planned for you this year! I am also happy to be a part of the NEW BINGO machine and program starting in October and have pledged to Kathie for your first BINGO day, the \$100 grand prize! I know everyone is excited about getting BINGO going again and the new machine will be a welcomed addition to the game! The Montville Senior Center is one of the best around and that is because of Kathie, her staff, volunteers, and our senior residents, of this I'm sure!

~ Liaison Billy Caron

Virtual Real Time Tours

Cambodia

Tuesday, Sept. 6th
9:00 AM-10:00 AM.

Join us for “Siem Reap City evening virtual tour by local foodie”. This tour is a special evening tour (Cambodia time) showing you a food experience while cross-path to this beautiful Siem Reap. Learn about the local culture while enjoying an authentic Cambodian breakfast during your time (our time!)



&

Canada

Wednesday, Sept. 28th
4:00 PM-5:00 PM.

Come join this real time tour and walk the cedar boardwalk through this ancient forest of Cathedral Grove. You can ask questions to the live tour guide while enjoying an authentic Canadian meal.



Dime Bank

SCAM Alert Program

Friday, September 16th
10:00 AM

Come and join us for a presentation by DIME BANK on all of the latest SCAMS affecting our seniors and residents across the country! Don't fall victim to identity theft or financial!

Learn ways to keep yourself and loved ones safe from SCAMS!



WORD SEARCH

- September
- Labor Day
- Workers
- Observance
- Monday
- Hard Working
- American Spirit
- Unions
- Honor
- Patriot Day
- Remembrance
- Prayer
- Victims
- Terrorist Attacks
- Resolution
- Proclaimed
- Fall

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S	R	M	N	D	A	Y	H	A	R	D	W	O	L	K	I	N	G	A	M	E	R
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M	A	O	Y	T	E	R	R	O	S	T	A	I	R	D	N	A	X	E	L	A	U

BONUS

On September 2, 1941 the Academy _____ copyrighted this? _____
 On September 17, 1948, he _____ was named Rookie of the Year by Sporting News.
 On September 26, 1960, the longest speech in UN (General Assembly) history was given by _____.
 (4 hours, 29 minutes)



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

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Bonus
 On August 9, 1930, she _____ de-
 puted in Max Fleischers animat-
 ed cartoon _____. (hint:) -Betty
Boop / Dizzy Dishes
 August 13, 1981 was the date of the

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** - 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 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

If you are new to the Montville Senior Center, the Senior Club is collecting dues for the 2022 calendar year. 2022 dues are \$10.00. Dues help the Center with kitchen supplies and other necessities. 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

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
TUESDAY	ZUMBA	5:00—6:00 PM	HALL
	WALKING / BETTER HEALTH.....	DAILY.....	CENTER OR VIRTUAL
	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
WEDNESDAY	CREATIVE WRITING.....	To be announced.....	ARTS & CRAFTS
	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
	CHORUS	To Be announced	HALL
	BOWLING	9:30 AM	HOLIDAY BOWL
THURSDAY	CARD PLAYING.....	various times.....	HALL
	DRAWING	10-12:00 & 1:00-3:00 PM	ARTS AND CRAFTS ROOM
	MEDITATION	10:00—11:00 AM	HALL
	STRENGTH TRAINING	3:00— 4:00 PM	HALL
	REIKI.....	BY APPOINTMENT.....	HEALTH CLINIC
	FRIDAY	PAINTING	10-12 PM
PAINTING		12:30-2:30 PM	ARTS AND CRAFTS ROOM
FRIDAY	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**

**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:

montvilleseiors@montville-ct.org

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. 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.