

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
Jenniffer Adams— Social Services Specialist

Montville Silver Times

Established December 1996



MONTVILLE COMMISSION ON AGING

Chairperson Kathie Doherty-Peck
Member Mary Adams
MemberMargaret Skinner
Member Lou Ziegler
MemberGary Murphy
MemberIrene Taylor
MemberKaren Perkins
Town Council LiaisonBilly Caron
Police Liaison.....Lt. Radford

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

NOVEMBER 2023



HOT HOME-COOKED **THANSGIVING 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 Thanksgiving Hot Home-Cooked Dinner. Enjoy a wonderful Baked Turkey Dinner with all the fixings! Dinners will be delivered on Wednesday, November 22nd. 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 Monday, Nov. 20th. #860-848-0422



THANSGIVING 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 15h. Our Baskets will be distributed on Saturday, November 18th from 9:00 – 12:00 a.m. **Must sign up to receive a basket.**

We are working on our senior center email list. Please keep them coming. For those who have sent in our email address, you will be receiving an email by the end of the **YEAR** and then on a regular basis. You can continue to send them to my email—**kpeck@montville-ct.org** or Caitlin's email listed below.

Please email Caitlin, our **Virtual Program Leader**, your email address to get on our list of virtual programs, events, newsletter & more!
Email Caitlin at:
montvilleseniors@montville-ct.org

CHORUS **SING-A-LONG**



If you are like me and cant hold a tune but absolutely love to sing—or you are blessed with an absolutely beautiful voice and want to enjoy sitting with friends while making new ones; come join our wonderful group on Monday and Thursday from 12:30-2:00 pm. There is no judgement, no pressure, just a lovely group that enjoys singing along to some of the greats and favorites of the group!

Dear Seniors,
I hope you all enjoyed the Halloween Party at the Senior Center and we are looking forward to the Thanksgiving Dinner, which is right around the corner. Don't miss out on all of the great events that our Senior Center Director and her staff put on for all of our seniors! I know that Kathie is looking to include even more programs with the state funds made available to each Center. I look forward to exploring new ideas with Kathie and bring so much to all of you!
~ Liaison Billy Caron

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!

CHOICES

Every Wednesday by appointment

We have our wonderful Choices Benefits Specialist, Nancy, helping our Montville seniors have knowledge of all the available programs and services from Federal, State, and local programs that they might qualify for. This is a wonderful help to our seniors. If you have questions on insurance, assistance, etc. Nancy can help with this Benefits Check Program.

Please call the Center to sign up for an appointment with Nancy at #860-848-0422

Bus Trip to NYC Decorated for Christmas!



Saturday, December 2nd

The bus will leave the Montville Senior Center at 7:00.

Once we arrive in NYC, the day is yours to explore, shop, eat, or go to a museum, play or tour.

There's ice skating and the Christmas Tree will be up/decorated in Rockefeller Center! You can also enjoy the Holiday Bazaar in Bryant Park (behind the Public Library).

Christmas Dinner

Friday, December 8th

1:00 PM

\$8.00 donation request

Menu: Baked Ham, Roasted Potatoes, applesauce

Veggies, Desserts, & more!

Raffles 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!

MONTVILLE SENIOR CENTER

SENIOR CENTER DIRECTOR: KATHLEEN PECK

12 MAPLE AVENUE, UNCASVILLE • PHONE 848-0422



MONTVILLE HEALTH SERVICES

- * **Monday** - to be announced
- * **Tuesday** - Facials w/ Dori
- * **Wednesday** - REIKI
- * **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. Into 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) Though most folks have not had any issues, few have made indirect comments so I wanted to remind everyone the Montville is one of the only centers in our area and very few throughout our state that does not charge for most of our classes and 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

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
	ZUMBA	5:00—6:00 PM	HALL
	WALKING / BETTER HEALTH.....	DAILY.....	CENTER OR VIRTUAL
TUESDAY	MINI-FACIALS	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
	CREATIVE WRITING	To be announced	ARTS & CRAFTS
	COMPUTER CLASS	To be announced	COMPUTER ROOM
WEDNESDAY	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
	MEDITATION	10:00—11:00 AM	HALL
	STRENGTH TRAINING.....	3:00— 4:00 PM.....	HALL
	REIKI.....	BY APPOINTMENT.....	HEALTH CLINIC
THURSDAY	PAINTING	10-12 PM	ARTS & CRAFTS ROOM
	PAINTING	12:30-2:30 PM	ARTS & CRAFTS ROOM
	BINGO	9:30 AM—11:00 AM.....	HALL
	HEALTHY STRETCHING.....	2:00 - 3:00 PM	HALL
FRIDAY	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



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

If you were not able to join us at the Veterans Fundraising Event last week and would still like to contribute—We still have T-shirts available for those interested to support the **Montville Senior & Social Services Veterans Fund**. This fund is used to help any of our Montville Veterans in need.



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 \$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.