

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 - Senior & Social Services Assistant

Robin Washington - Social Services Assistant

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 Monica McNeil
Member Irene Taylor
Town Council Liaison Billy Caron
Police Liaison Lt. Dave Radford

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

MAY 2020

As many of you know, due to the Coronavirus Covid 19— the Montville Senior Center has been closed and will remain closed until further notice.



We are providing Food Basket & Hygiene supplies to our seniors and those with compromised immune systems, along with daily lunches. Anyone of our senior interested in signing up for this program, please call the Center.

- We have an outdoor Food Bank in front of the Senior Center Wednesday, Thursday, & Friday from 1:00-3:00 PM for those who are able to come out. We have prepared food baskets, frozen meats, bread, produce, dairy, desserts, and many more items on differing days.
- We are continuing to provide medical rides to critical appointments only and we will also pick-up prescriptions if needed.
- We have a Health & Wellness program going on Monday—Friday. Our instructor is sending out a video each day on an important health tip and exercises you can do at home to stay active. This is going over very well. Not only are seniors enjoying the videos, but they get a friendly face to look forward to each day!
- We will keep everyone up on changes and if there is a need, office staff are still in the building for seniors to contact!
- Please call us at #860-848-0422 for info / details!

Dinner & A Movie

FRIDAY: to be announced
3:00 PM
\$5.00 Donation



DINNER: to be announced
MOVIE: to be announced

Come join everyone for a great FRIDAY afternoon: delicious dinner, great friends, and an enjoyable movie! Wonderful way to spend the afternoon and support the senior center! Please sign up if you plan to attend!

NEW PROGRAM

Badminton

Fridays, start date: TBA
10:00-12:00 Noon

Come join the Center for some fun, indoor badminton class! Easy to learn, fun to do, and FREE! Instructor will go over the rules and break groups up into teams. Come and have some fun while getting exercise and staying in shape! Please call or come in to sign up on bulletin board if you would like to participate. No equipment needed; Comfortable clothing and sneakers.



BINGOcize

Thursday: to be announced
Time: TBA

Do you want to have some fun playing BINGO, win some prizes, and learn some health tips along the way! Come join us for this fun way to get and stay healthy while playing BINGO! Please call to sign up on bulletin board if you plan to attend.

New Exercise Class

Starting on Monday, date to be announced from 9:00-10:00 AM cardio exercise class—please sign up on the bulletin board. AM. Please wear comfortable clothing and sneakers. Classes are FREE!

Walking Class

Tues, Wed, Thurs
3:30-4:30 PM
FREE

Come join us for our “walking class” which is modeled after the Arthritis Foundation’s Walking With Ease Program. Great way to get and stay healthy & fit!

Cooped Up With Caitlin

Join us daily with the Cooped Up With Caitlin videos, which are informational as well as fun! Caitlin shares her knowledge of health & wellness with easy to do at home exercises in an effort to keep all of our seniors safe & healthy! If you would like to join us and receive a daily video (Monday—Friday) please email the Director, with a quick message that you want to join and we will add you to the email list! We have received tons of positive feedback from this program—not only keeping our seniors moving and exercising safely, but having a daily connection to a familiar face during this time of self-quarantine! Have some fun while staying healthy & home—join Cooped Up With Caitlin. To join, email Kathie at :

kpeck@montville-ct.org

WORD SEARCH

- May
- Mother's Day
- Special
- Comforting
- Armed Forces Day
- Decoration Day
- Celebrate
- Salute
- Branches
- Older Americans
- Service
- Memorial Day
- Freedom
- Country
- Parade
- Honor

M O T H E S P E C D E C Y A R A T I O K
 A R M A I R D N A X E L A R M E D F R O
 C O U N T S O L D E R A M E R I C A N S
 E S E H C N A R B B R A C H E S F O R C
 L Y S A L U E L T C O M F O R T I N G E
 E A R M E D F O U C D A E Y M W I L L L
 B D O M L D E R A T M E R U I I C A N E
 R S R E H T O R B Y E L S I M S O T H B
 A E R M B A R N C H E I S F R T E E D R
 Y C E O F I T E H I C K T H E A M Y A C
 A R M R R Y O R M H I S A C T N A I N O
 D O E I E G K L A E I K E A D D O U C Y
 N F B A E H E L B A M G A N S S I T R M
 O D R L D T L H F E N B E R E H D T S I
 I E P D M T O E C I V R E S R O N E A C
 T M A A E L I Z E W E H H R I U I S O H
 A R O Y M S H O N H T D I S O T S I D A
 R A R M O A O N D O W H A C W O U L D E
 O R A R E H N A M O T H E R S D A Y C L
 C M D I A E O V E H I S B A A C K B E A
 E C E L E B R A T E L A I C E P S A U S
 D F C O U N Y F O R C E S H O N R I S A

Bonus

- On May 10, 1908 the first of **THIS** day _____ was observed.
- On May 13, 1959 this show _____ with Milton Berle, last aired on NBC-TV.
- On May 25, 1962, this group _____ released this hit song _____.

Word Search January

- March
- Day Light Sav-
ings
- Saint Patrick's
Day
- Palm Sunday
- Good Friday
- Easter
- Bunny
- Eggs
- Chocolate
- Spring
Flowers
- Season
- Weather
- Ides of March
- Pot of Gold
- Erin Go Braugh
- Ireland Forever

D Y A T I O N A L A N T H E M
 N D Y I R E L A N D F O R E V E R D R E
 S L I R E L A N D F O R E V E R D R E
 K I N G G O L D A Y I B
 C S G G E H I N G O L D A Y I B
 I H R I N O O D A Y I B
 M A R C H T P A L M S U N F H N R D
 H A C H O C O L A T E R C N T E L
 C A P L V R I I U E L
 R T T E X N N E D M B K G
 A N I R A G N G A Y S C O A
 M I E A G N G Y S T R P
 F P A L S H N O S T R P
 O S T T D B S E R
 S T R A R R N O C R
 E I C E I A A O I A
 D A O W A U S I A
 I L P O T O F G O L D A U S
 G O O D Y E A R P L A Y H O U S E A
 R F S M

Bonus

- On March 3, 1931 this song _____ became the official U.S. _____ . –
Star Spangled Banner / National Anthem
- On March 18, 1945 he _____ became the first NHLer to score 50 goals. –
Maurice "Rocket" Richard
- On March 27, 1955 he _____ made his network TV debut, on this show
 _____ . – **Steve McQueen / Goodyear Playhouse**

MONTVILLE SENIOR CENTER

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



MONTVILLE HEALTH SERVICES

- * **Monday** - Massage Therapy - Therapist Marie Arsenault
- * **Tuesday** - Blood Pressure / Sugar - COMING SOON
- * **Wednesday** - Podiatry - Dr. Thomas Walter
- * **Thursday** - Hearing Testing / Aide - Specialist Bob Sawyer
- * **Friday** - Healing Touch – Practitioner Cecelia Sullivan & 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 CITIZEN ORGANIZATION Board of Directors

The Montville Senior Citizens Club has a seven member Board of Directors.

Board members:

**Ann Edwards, Ellie Matajewski, Mary Adams, Irene Taylor, Louise Lamothe
Ann Sosin and Kathy MacNeil**

Club Meeting:

1st Friday of each month
10:00AM

(Unless Holiday, then following Friday)

MONTVILLE SENIOR CLUB NEWS

We hope to see everyone back soon.... The Montville Seniors Club is now collecting their 2020 Annual dues. The dues are \$10.00 and help support and pay for supplies at the Center as well as Club necessities. Please see Board Member and Dues Chair Mary Adams for membership payment and let's all look forward to a wonderful 2020 year!

Looking for a volunteer to help Membership Chair with duties.



SAVE AND DISPLAY IN APPROPRIATE PLACE

ACTIVITIES AT THE SENIOR CENTER

| | | | |
|--------------------------|----------------------------------|-------------------------------|----------------------|
| MONDAY | LINE DANCING..... | (to be announced) | HALL |
| | COUNTRY WESTERN DANCING | 3:15-4:15 PM | HALL |
| | SPECIAL ARTS & CRAFTS..... | PER SET TIME | ARTS AND CRAFTS ROOM |
| | COMPUTER CLASS | 9-10AM & 11-12 PM | COMPUTER ROOM |
| | TAI CHI..... | 10:30-11:45 AM | HALL |
| | PAINTING CLASS..... | 10-12:00 PM | ARTS AND CRAFTS ROOM |
| | MASSAGE THERAPY..... | by appointment | HEALTH CLINIC |
| | ARTS & CRAFTS | 12:30—4:00 PM | ARTS & CRAFTS ROOM |
| | CARDIO & STRENGTH TRAINING | 5:30-6:30 PM | HALL |
| | PAINTING | 4:30-6:30 | ARTS AND CRAFTS ROOM |
| TUESDAY | HEALTH CLINIC | (to be announced)..... | HEALTH CLINIC |
| | YOGA..... | 9:15-10:15 AM | HALL |
| | CREATIVE WRITING..... | 10:30-11:30 AM | ARTS & CRAFTS |
| | COMPUTER CLASS | 1:00-2:00 PM | COMPUTER ROOM |
| | ARTS & CRAFTS | 12:30-2:00 PM | ARTS & CRAFTS ROOM |
| | ART PROGRAM..... | TO BE DETERMINED | HALL |
| | WALKING PROGRAM | 3:30-4:30 | HALL & OUTSIDE |
| WEDNESDAY | CHORUS..... | 9:30-11:00 AM | HALL |
| | BOWLING | 9:30 AM | HOLIDAY BOWL |
| | CARD PLAYING..... | 12:30 PM | HALL |
| | DRAWING | 10-12:00 & 1:00-3:00 PM | ARTS AND CRAFTS ROOM |
| | STRENGTH TRAINING | 2:30 - 3:30 PM | HALL |
| | ZUMBA | 5:30—6:30 PM | HALL |
| | WALKING PROGRAM | 3:30-4:30..... | HALL & OUTSIDE |
| | THURSDAY | LINE & COUNTRY DANCING | 9:30-10:30 AM |
| BINGO..... | | 12:30-2:30 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 |
| WALKING PROGRAM | | 3:30-4:30..... | HALL & OUTSIDE |
| FRIDAY | CARD PLAYING..... | 12:30 PM | HALL |
| | HEALING TOUCH | BY APPOINTMENT | HEALTH CLINIC |
| | SPECIAL EVENTS | 2:00—? | AS LISTED |
| | BADMINTON | 10:00-2:00 PM | HALL |

LUNCH DAILY IN THE DINNING HALL FROM 11:00—12:15 PM

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.

Quote Quiz

Answer to last month's quiz –
- **Marcel Proust**

Who said the following?

"The whole problem with the world is that fools and fanatics are always so certain of themselves, but wiser people so full of doubts."

Hearing Clinic

Thursday: to be announced

Please sign up on board for appointment

- 1) Hearing Screening
- 2) Hearing Aid Cleaning & Screening
- 3) Ear Wax Screening

Call 860-848-0422 for info / sign up

Alzheimer's Support Group

Private and confidential, come to the Montville Senior Center Library on the **FIRST FRIDAY** of the month at 10:00 a.m. for an Alzheimer's Support Group. You do not have to handle issues alone!



The Montville Senior Center has appx. 500 seniors that come through the Senior Center on a weekly basis! We have lots of programs and activities—come join us! If there is something you are interested in, let us know!

Montville Senior Club Meeting

Fridays: to be announced
10:00 AM

Speaker: to be announced

The Senior Club holds their monthly meeting on the first Friday of the month at 10:00am. (Unless Holiday or special event, in which it will be held the following Friday) Coffee & goodies will be available before and after meeting.

IT'S ON.....

Special BINGO

Sponsored by the Club
Fridays: to be announced
12:30– 2:30 PM
Cost: \$5.00



Come and have some fun with the always popular Special BINGO! Snacks and beverages provided and lots of fun with some great people! Come on down and join us or BIN-



Bereavement Support

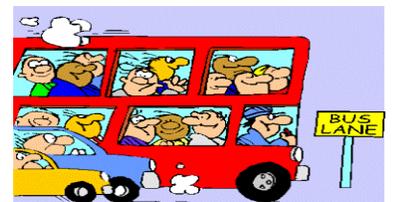
GRIEF SUPPORT GROUP

Every Friday from 3:00—4:00 PM at the Montville Senior Center.

Did you lose a loved one?
Husband, child, friend?
Join us!

Come and join this FREE confidential support group for grief. This program is supported in part by Title III funds received from Senior Resources, Area Agency on Aging. Donations accepted.

FRIDAYS ON THE BUS



- Friday, May 1stCenter closed—no bus
- Friday, May 8thCenter closed—no bus
- Friday, May 15thCenter closed—no bus
- Friday, May 22ndCenter closed—no bus
- Friday, May 29thCenter closed—no bus

MONTVILLE MEDRIDES

MedRIDE I (critical appointments only at this time)

Free Transportation Program for Montville Seniors

The Montville Senior Center Med RIDE 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 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 (critical appointments only at this time)

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 889-5960 for your appointment.

Please tune into Channel 3 News, Channel 8 News, and Channel 61 for cancellations/ closure of Senior Center/ programs.



BETTER HEALTH PROGRAM

(This program is being provided via phone call—please call if interested)

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!

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 appt 860-848-0422. **(Please call Doctor if having issue—home visits possible)**



