

# 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.

Jennifer 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**

**July 2024**

## **July's BBQ at the Montville Senior Center!**

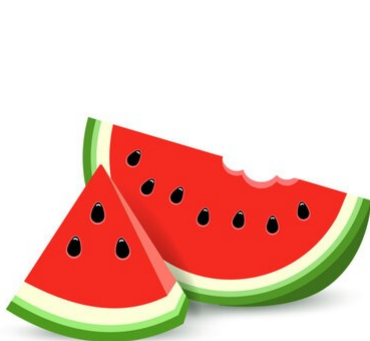
Where: 12 Maple Avenue, Uncasville, CT 06382

When: Friday, July 19th at 1 PM

Cost: \$8.00 donation

Menu: BBQ Chicken, Mac & Cheese, Salad and Watermelon!

Come join us for part 2 of our ANNUAL SUMERTIME  
BBQ! Join us for an afternoon of great food entertainment  
with GREAT people!



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

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

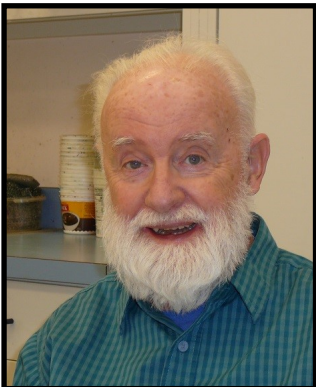
### Meet: Tom Shewan

"I am a music fanatic!"

Tom is an outgoing and friendly senior in Montville. "I was born in Halifax, Nova Scotia," Tom starts in, "and I was the first child in the family to be born in a hospital! Tom's wife, Laurene Jones Melgey, gives some added information about Tom's heritage. "s Tom was born in Nova Scotia,



we were surprised to discover that some of his ancestors lived in Montville (then Mohegan), as early as the 1600's! Eventually Col. Robert Denison, Jr. led a group of New London County men to Nova Scotia to claim land in 1759-1760. About 3000 people relocated there and are known as New England Planters to Nova Scotia. Some of Denison's children are buried about 6 miles from our home! Because of Tom's ancient CT roots, he is actually related to some of my family and friends!" As a young child Tom moved with his family from Nova Scotia to Bridgeport, Conn. The year was 1952. "First my aunt and uncle moved to Bridgeport Conn from Nova Scotia and then my grandmother moved to Bridgeport. So when my parents moved to Bridgeport there were already family members there." For a period of years Tom's grandmother took Tom back to Nova Scotia. There he spent his summers walking in the woods, fishing, swimming and enjoying a variety of water sports. Tom graduated from Southbury High School and entered Western Conn. State College in Danbury majoring in History and Liberal Arts. "For many years I worked for the State as a supervising custodian in the Cochran Building at Fairfield State Hospital for the mentally ill. The hospital had 2 ½ miles of underground tunnels that had to be kept clean. Those tunnels were built to move patients back and forth between buildings in bad weather along with moving cleaning supplies, laundry and food. The tunnels were also a way to keep the patients from escaping as there was only one entrance and one exit!" Tom and Laurene moved to the Hillcrest Community in Montville in 2008 following Tom's retirement from work. "I met my wife through a Christian dating site in 2001" Tom shares with a wide smile. From 2010-2015 I was a substitute teacher in Montville." Tom has had many travel adventures. "I have traveled to the Grand Canyon, England, Croatia and Italy. It was in Italy that due to an airplane screw up Laurene was separated from her luggage! She had to wear my blue slippers for evening entire. You can imagine how happy she was to get her suitcases returned after six days." "I also had the wonderful experience of going on a two week mission trip in Russia in 1997. We stayed at youth camps. This was sponsored by the Grace Evangelical Free Church of Stamford." "My strongest childhood memory is music!" Tom declares enthusiastically. My parents always played music in the house using their record changer. I am a music fanatic! Downstairs



in our basement I sing and listen to all kinds of music." Tom enjoys his life with Laurene at Hillcrest. Playing the games of Bocci and Corn Hole are some of his favorite pastimes along with walking. Tom has been active in taking stands for world peace. One thing he knows for sure is, "Blessed are the peace makers."

- Interviewed by Maren Schober

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**

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

### A MESSAGE FROM YOUR MAYOR



Our town values our Seniors and I hope that you are all taking full advantage of the variety of events and programs that we have coming up in July. Live music will be added to our 2<sup>nd</sup> BBQ on Friday, July 19<sup>th</sup> at 1:00pm. On Friday, July 26<sup>th</sup> at 3:00pm our dinner will be Shepherd's Pie and the movie being shown is 'The Hustle with Anne Hathaway'. Also, find out how to get routine dental care at a lower cost when Uncasville Dental visits us on July 2<sup>nd</sup> at 1:00pm. Please note that with the rise in recent temperatures, the Center is also a great place to keep cool and hydrated. We welcome all of our Seniors to come and enjoy our cool atmosphere!

Sincerely,  
Leonard (Lenny) Bunnell,  
Mayor



## Need Dental Help?

**Date: Tuesday, July 2nd at 1 PM**  
**Time: 9:45 AM**  
**Cost: FREE**



By: Dr. Brandon Patel, PhD

Do you have questions about your dental insurance? Do you feel like your dental coverage is minimal, with huge out of pocket copays? In this presentation, I will discuss the different dental options that seniors have available to them. Unfortunately, Medicare does not cover dental procedures unless you select a Medicare Advantage plan (Part C coverage). This lecture will focus on the different Part C options patients have available to them, along with discussing the pros and cons of Medicare supplemental coverage plans. Even if you do not qualify for or choose to forgo part C coverage, there are options to help reduce your dental bill.

## Dinner & Movie

**When: Friday, July 26th at 3 PM**

**Menu: Shepard's Pie & Sides**

**Movie: The Hustle**

**Cost: \$5.00**

**Starring Anne Hathaway and Rebel Wilson**



"Josephine Chesterfield is a glamorous, seductive British woman who has a penchant for defrauding gullible men out of their money. Into her well-ordered, meticulous world comes Penny Rust, a cunning and fun-loving Australian woman who lives to swindle unsuspecting marks. Despite their different methods, the two grifters soon join forces for the ultimate score -- a young and naive tech billionaire in the South of France."

## 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
- \* **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

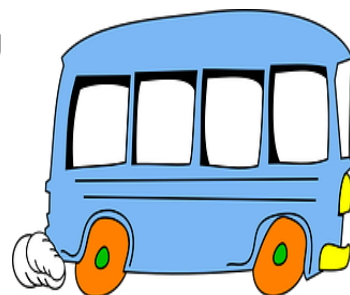
**COFFEE & PASTRIES DAILY (WHEN AVAILABLE)**  
**IN THE DINNING HALL FROM 9:00-11:00 AM -\$1.00 DONATION REQUEST**

**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



### A Note From Your Liaison:

The summer heat can be brutal, please make sure to take all precautions, stay hydrated, and come to the Center to cool off during peak heating hours! I am excited for all of the plans ahead for our Montville Seniors and look forward to sharing many memories with you all! I am very excited to be able to offer our seniors a few more FREE trips this year and know you will all have a great time! As always, please reach out with any questions or concerns.

-Billy Caron, Liaison

### **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!*

### **Fridays on the Bus**

*Fri. July 5th—CLOSED*

*Fri. July 12th—Flowers & Berry Picking*

*Fri. July 19th—Senior Center BBQ*

*Fri. July 26th—Mohegan Sun*

### *NEW PROGRAM*

## ***“SOUND HEALING”***

*THURSDAYS 10:00 AM (TENTATIVE)*

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.