

# 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

**September 2024**

## Trip to Newport Playhouse

### *“Run for Your Wife”*

Thursday, October 3rd

Cost: FREE

“The story concerns bigamist John Smith, a London cab driver with two wives, two lives and a very precisely planned schedule for juggling them both, with one wife at a home in Streatham and another nearby at a home in Wimbledon.

Trouble brews when Smith is mugged and ends up in hospital, where both of his addresses surface, causing both the Streatham and Wimbledon police to investigate the case. His careful schedule upset, Smith becomes hopelessly entangled in his attempts to explain himself to his two wives and two suspicious police officers, with help from his lazy layabout neighbor upstairs in Wimbledon.”



Sign up for this trip begins on  
**Monday, September 9th at 10 AM.** To sign up  
for this trip, you must call the  
Senior Center at (860)848-0422 or  
stop in at the front desk!

## “Everbridge” Presentation- Stay Up To Date

*When: Wednesday, September 25th at 2 PM*  
*Cost: Free*

Do you want to stay up to date and in the know the moment something happens? Sign up for our Everbridge Presentation, led by the Montville Police Department! Everbridge is an emergency notification system that can help you become aware of emergencies/cancellations in your area. Anything from flooding to closures of the senior center- sign up to stay aware!

## AARP 55+ Alive Driver Safety Program

*When: Tuesday, September 3rd from 12– 4 PM*  
*Cost: \$20 AARP members, \$25 non-members*



Open to AARP members and nonmembers, the course helps drivers refine skills and develop defensive driving techniques. To register for this program, call the senior center at (860-)848-0422 or stop in at the front desk.



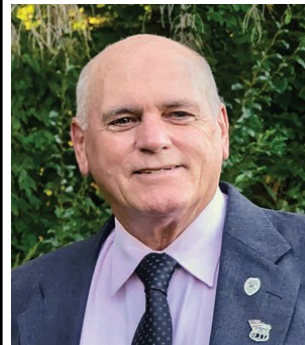
PLEASE continue to send your request to the Center's email—which is our **Virtual Program Leader**, Caitlin, and your email address will be on our list of current virtual programs, events, our newsletter & more! Our special events and new classes and programs as well. The present email to send your information to is below:  
**montvilleseniors@montville-ct.org**

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

## FRIDAYS ON THE BUS



September 6th— Holmberg's Or Apple Picking  
September 13th— Eastbrook Shopping Mall  
September 20th— Dinner & Show at Montville Senior Center  
September 27th— Captain Scott's



A MESSAGE  
FROM  
OUR MAYOR:

As we wrap up these last days of Summer, I hope that everyone is finding joy in participating in our Senior events! This coming September we have the Everbridge presentation which will introduce you to our Montville Citizen Alert System. Your safety is our number-one priority and I believe you will find this communication a valuable benefit for you and your family.

On Friday, September 20<sup>th</sup>, we will also have our dinner and movie night! Please be on the watch for our Veteran's Annual Fundraiser Event in October. We are always looking for ways to bring our Senior's together and to enhance your involvement in our community. You are all a very important part of this community and we couldn't thrive as we do, without you!!

## Dinner & Entertainment

*When: Friday, September 20th*

*1:00 PM*

*Entertainer: Judy Hall*

*Dinner: Baked Ham with Roasted Potatoes and Veggies*

*Cost: \$8.00 Donation Request*

Make sure to join us for this fantastic musical performance by Judy Hall, while enjoying a delicious hot meal!



## Dinner & Movie

*When: Friday, September 27th  
at 3 PM*



*Movie: My Cousin Vinny*

*Menu: Stuffed Chicken Breast,  
Potatoes, Veggies & Dessert*

*Movie:*

*Cost: \$5.00 donation request*

*Come join us for  
our monthly  
Dinner & A  
Movie and enjoy  
a Friday  
afternoon with  
some of  
wonderful  
seniors and have  
some fun with us!*



## Create-A-Card

*When: Monday, September 23rd  
from 1:00 PM—3:30 PM*

Have you ever wanted to add a personal touch to cards that store-bought ones just don't provide? Now you can! Join us for our create-a-card art class where participants will make their very own card with supplies all provided by the senior center! There is a limited capacity to the class, so make sure to sign up soon by calling the senior center at (860)848-0422 or by stopping by the front desk!

Make sure to keep a look out for next months newsletter for more information on some great programs!

Annual Fall Social – Friday, October 11<sup>th</sup> –  
1:00PM

Annual Halloween Party – Thursday, October  
31<sup>st</sup> at 1:00 PM

Fall-Themed Decorative Painting Ornament  
Craft Class

## 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 & Facials
- \* **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 .....	1:00-3:30 PM .....	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

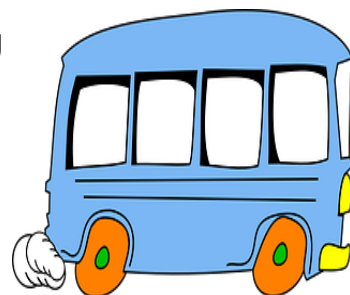
**COFFEE & PASTRIES DAILY (WHEN AVAILABLE)**  
**IN THE DINNING HALL FROM 9:00-11:00 AM -\$1.00 DONATION REQUEST**

**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



**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!*

*Look for next month's Who's Who At the Montville Senior Center*



*This is Maren Schober. She will be interviewing and writing personal profiles that will be featured in the Senior Center monthly newsletters as well as on the senior bulletin board. Maren worked as a journalist for the Resident Newspaper where she wrote similar articles and enjoyed it very much. This is a great way to get to know each other better at the senior center. Please leave your name in the office with Ruthie or Kathie if you would consider being interviewed for a Who's Who! It's fun to learn about each other!*

**NEW PROGRAM****"SOUND HEALING"***THURSDAYS 10:00 AM (TENATIVE)*

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!

The benefits can be felt after one session, although there are long term benefits from repeated sessions.

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
- inspires deep meditative states and deepen all spiritual work

**A Note From Your Liaison:**

I am very happy to share the news, along with your Director, of the grants received for our seniors in Town. As you know, Kathie works very hard to write many grants and she has been awarded approximately \$202,265.00 for programs for our Montville Seniors since July 1, 2024. This is something she does annually and we are all very proud of her work and grateful for her dedication! I would also like to remind our seniors that we still have more FREE TRIPS coming up for them, the next one in October, to help get our seniors out and enjoy a wonderful day! As always, please contact me with any questions or concerns. - Liaison Billy Caron

**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.