

# 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 ..... Lyndsey O'Brien  
Member ..... Lou Ziegler  
Member ..... Deb Suarez  
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

**October 2024**

*5<sup>th</sup> Annual Michael C. Doherty*

# Veterans Fundraising Event



*Montville Senior Center*  
*12 Maple Avenue*  
*Uncasville, CT 06382*

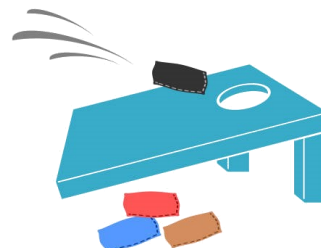


**Saturday, October 26<sup>th</sup> 10:00 am – 2:00 pm**

IN THE SENIOR CENTER PARKING LOT!

(PARKING IS AT TOWN HALL and SAINT JOHN'S CHURCH)

**Donatello's with a Twist, Mr. Hot Dog, Sweet Truck Raffles, Cornhole**  
**Tournament, Live Music, Children's Games & more!**



**WE WILL HAVE COLLECTION AREAS SET UP TO ACCEPT DONATIONS, SELL T-SHIRTS  
& RAFFLES WITH ALL FUNDS GOING TO OUR MONTVILLE VETERANS FUND – 100%  
OF FUNDS ARE USED TO HELP LOCAL VETERANS IN NEED!**

**CALL FOR DETAILS!**

There will be tables with information, raffles, and games by the Montville VFW, Montville American Legion, and the Montville Sons of Veterans.

*This event is weather permitting, decision on event will be made the day prior for ample notice.*

### What To Do In An Active Shooter Situation

When: Friday, October 4th at 1 PM

Cost: Free

It's always better to be safe than sorry. Join us at the Montville Senior Center as the Montville Police Department gives a presentation on what to do in a situation where you have an active threat. Please sign up by calling the Montville Senior Center, or on the bulletin board if you plan to attend.

### Garden Rocks Craft Class

When: Tuesday, October 8th at 1 PM

Cost: Free



Join us at the Montville Senior Center as we paint garden rocks in this awesome craft class. Come paint garden rocks with cute designs, images, or positive messages! You can keep them to decorate your own garden, or sprinkle them where ever you want to bring a smile to someone's face! Sign up by calling the Montville Senior Center, or through the bulletin board.

### STOPPING SCAMS

When: Wednesday, October 9th at 1 PM

Cost: Free



With scams becoming an ongoing and increasingly problematic reoccurrence, it's important for us to do our part in staying informed. Charter Oak Credit Union will be leading a presentation to teach us all about scams- from the most common scam to how to avoid them, including common banking scams. Sign up by calling the Montville Senior Center, or through the bulletin board.

### Winter-Themed Decorations

When: Tuesday, October 22nd at 1 PM

Cost: \$5 for supplies



Come have fun while making beautiful winter-themed decorations, perfect for yourself, or for gifting! Make sure to sign up as there is a limited capacity.



### FRIDAYS ON THE BUS



Oct 4th— Program @ MTVSC; Free Root Beer Floats

October 11th— Fall Social @ MTV SC

October 18th— Holmberg Orchard; Pumpkin Picking

October 25th— Clyde's Cider Mill

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](mailto:montvilleseniors@montville-ct.org)**

### **A NOTE FROM YOUR LIAISON:**

I am wishing everyone a wonderful Fall Season with comfortable weather and all the scents and colors Autumn brings. Don't forget to apply for the hearing programs that are so helpful to many of our seniors and I hope to see you all at the OPEN HOUSE of our Social Services building! Something we can all be proud of!

-Liaison Billy Caron

### **Who's Who At The Montville Senior Center?**

#### **Meet Hilda Deem!**



Hilda is a delightful senior who has lived many years in Montville.



Read Hilda's story  
on page 6

# Annual Fall Social

*Where: 12 Maple Avenue, Uncasville, CT 06382*

*When: Friday, October 11th at 1 PM*

*Entertainer: Bob Hennessey*

*Dinner: Roasted Vegetable Soup, Baked Chicken, Veggies & Dessert*

*Cost: \$8.00 Donation Request*

Join us for another year of our annual Fall Social at the Montville Senior Center! We will have an autumn inspired lunch, and of course, raffles, games, and bingo! Make sure to join us as we will be giving out free prizes!



Please call or sign up on the bulletin board if you plan to attend.



## Dinner & Movie

*When: Friday, October 18th  
at 3 PM*

*Menu: Gourmet Chicken Pot Pie*

*Movie: Practical Magic*

*Cost: \$5.00 donation request*

Sally (Sandra Bullock) and Gillian Owens (Nicole Kidman), born into a magical family, have mostly avoided witchcraft themselves. But when Gillian's vicious boyfriend, Jimmy Angelov (Goran Visnjic), dies unexpectedly, the Owens sisters give themselves a crash course in hard magic. With policeman Gary Hallet (Aidan Quinn) growing suspicious, the girls struggle to resurrect Angelov -- and unwittingly inject his corpse with an evil spirit that threatens to end their family line.



## Annual Halloween Party

*When: Thursday, October 31<sup>st</sup>  
at 1:00 PM.*

*Cost: Free*



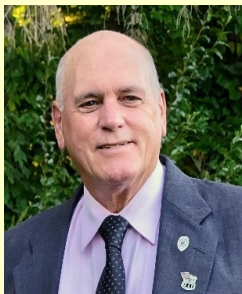
Get in the holiday spirit with us this year for Halloween at our Annual Halloween Party!

Join us for lunch, games, raffles, prizes and more! Make sure to come in costume to get a prize!



(costumes are not mandatory, but they are fun!)

## A Message From The Mayor's Office



October is going to be a very exciting month with all of the activity we have going on at the Senior Center. The first Friday in October, which is 10/4, at 1:00 PM we will host the Montville Police Active Shooter Presentation which will accompany Root Beer Floats! On Friday, Oct. 11th at 1:00 PM is our Annual Fall Social which will feature a full AUTUMN inspired meal with entertainment. Friday, 10/18 we have another dinner and movie night. We also invite all Seniors to attend our annual Halloween Party on October 31<sup>st</sup> at 1:00 PM but before that, we would also like to invite you all to our big Veterans Event Fundraiser to help support our Veterans! This yearly event will have live bands, food trucks, raffles, Cornhole Tournament and even a Bounce House for the kids at. This big event will be held on Saturday, October 26<sup>th</sup> 10-2PM in the Senior Parking Lot. I hope that you have a very enjoyable time.



## 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 .....	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 DINING 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



## **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!*

## **NEW CLASSES START- ING**

*We have our new  
**Strength Training Class**  
starting on Thursday, Oc-  
tober 3rd from 2:00—  
3:00pm.*

**FREE**

*Come join us for our very popular  
Strength Training Class. Please wear  
comfortable clothing and shoes. Come  
have some fun while getting / staying  
healthy and joining in with friends!*



*Our New Computer Lab is  
finally up and running, availa-  
ble for our seniors to use dai-  
ly now! Classes will be  
starting soon!*

### **Who's Who At The Montville Senior Center?**

#### **Meet Hilda Deem!**

Hilda is a delightful senior who has lived many years in Montville.

"I was born in 1931 and grew up on a farm in Harrisville, West Virginia. I had three brothers and two sisters and I was born next to the last child, my little sister. Although my father died in an accident when I was three years old, I had a happy childhood. We had no money but we did have a barn and raised chickens, cows and sheep!"

Her favorite childhood activity?

"The creek! We had a creek not far from us and we kids and other neighboring children played in the creek every summer. I didn't like to swim but loved getting wet!"

Hilda went through the sixth grade with her brothers and sisters in a one room school house!

"We walked 1 ½ miles to the school house and when the snows came we walked through snow up to our knees."

"There were no snow plows to clear the way?" I interject.

"What! Are you kidding?" (much laughter) "No we never heard of snow plows in those days! My brothers left the house early to get to the school to make sure we had plenty of coal to feed the coal stove. But of course you had to sit next to the coal stove to keep warm. Most of us were sitting away from the stove and we put our coats on sometimes to keep warm."

"Once I learned how to read, I read all the time. My favorite book was called 'Lida Of The Pine. I can't tell you how many times I read that book and I told my granddaughter about it. She went online and found the book and gave it to me! I also liked the book named 'Freckles'. It was written by Gene Stratton-Porter which sounds like a man's name. She used a man's name because she didn't think a book written by a woman would be accepted!"

"We had no indoor toilets at school or at home. One day at school a dog came onto the school property and bit my sister. It was found out the dog had rabies so my sister had to have 14 rabies shots!"

Hilda went to a school for the 7<sup>th</sup> and 8<sup>th</sup> grade before going to the Senior High School in Harrisville.

"What do you remember about your years in the high school" I ask her.

"That I was scared to death! It was a huge change."

She met her future husband in the 9<sup>th</sup> grade.

"His name was Herman Ray Deem. We dated and courted and one day he said to me, 'Herman Ray and Hilda Fay rhyme. I wonder how it will sound when they both have the name Deem!' That is how he proposed to me!"

Ray joined the navy and when he became stationed in Groton, Ray and Hilda and their three children moved to Montville. They have lived in Montville since 1963.

Hilda is very grateful for the Montville Senior Center!

"I used to take the aerobic class but more recently I use their van to take me to doctor appointments and to Stop & Shop."

Hilda closes with her favorite quote:

"I never worry when the Lord asks me to do something new, because even if he asks me to step out into the dark, he'll either give me something to stand on, or teach me how to fly."

## 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.