

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
Secretary.....Deb Suarez
MemberKaren Perkins
Member Lou Ziegler
MemberMary Adams
MemberIrene Taylor
MemberLyndsey O'Brien
Town Council LiaisonBilly Caron
Police Liaison.....Lt. Radford

**Meetings First Wednesday of the Month in the
Senior Center Library at 10:00am**

December 2024



MONTVILLE SENIOR CENTER ANNUAL



CHRISTMAS PARTY

Friday, December 6th

1:00 PM

Cost: \$8.00 Donation

Christmas Party

***Menu: Slow Roasted Pork Loin, Potatoes, Applesauce,
Veggies, Dessert & More!***

**SANTA & MRS. CLAUS * MHS STUDENT CHOIR
& RAFFLES TOO!**

Let's have some at the Center! Come and enjoy a Christmas celebration, enjoy the season and have a wonderful afternoon with friends! Don't miss out, some great food and raffles too!

Please stop by or call (860)848-0422! Bus is available.



New Class
STRENGTH TRAINING

W/ Bethany Nadow
 Thursdays
 2:00-3:00
 FREE

Join us on Thursdays with our new Strength Training Class. Please wear comfortable clothing and foot ware. These classes are geared toward our senior population, you can go at your own pace. Come and build strength to help you stay and maintain a healthy life while having fun socializing with friends and peers. All seniors must register in the front office when joining the Center. Classes are on-going and you may join at any time.



FRIDAYS ON THE BUS

December 6th-

Senior Center Christmas Party

December 13th-

West Cornwall Bridge—Shopping / Lunch

December 20th-

Mohegan Sun

December 27th-

Lisbon Shopping



A NOTE FROM YOUR LIAISON:

I hope everyone is doing well as we head into our winter and cold seasons! Remember to reach out for assistance for heating and any other services that might be available to you. Our senior center not only provides a tremendous amount of enjoyable programs, but also offers a great deal of social service assistance for our elderly residents in need. I hope you all enjoy your Thanksgiving Dinner at the Center and with loved ones, please feel free to contact me with any questions or concerns

~ Liaison Billy Caron

Did you know that the programs, classes, services, and activities at the Montville Senior Center are **FREE** to our seniors?

This is done to afford every senior the opportunity to participate and benefit from all of we have to offer. As the first Director of the Montville Senior Center, this was always important for me to implement and maintain. This is only possible due to the many grants that I write, our fundraising, and donations we receive. Please note that the regular and special dinners are fundraising efforts to help off-set the costs of all of the instructors, supplies, & more for you. A huge **THANK YOU** to my awesome staff & volunteers, who work tirelessly on all of our events for our seniors to enjoy! Montville has the best seniors & community!

THANK YOU



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

Who's Who at the Montville Senior Center

Meet: Ed McKeon



Ed Mc Keon is a familiar smiling face around the senior center three or four days a week. He attends several classes and loves the fellowship and making friends there. He has lived with his wife in Uncasville for many years living on property once owned by Rev. Samuel Occum, a native Indian of the Mohegan tribe. The house where Ed and his wife Cynthia live was built in 1840.

"I was born in Springfield, Mass. In 1955. I lived there until I was 12 years old and then we moved to Conn.

My strongest childhood memory is going to the Big E when I was young and having a gondola ride. I was up there yelling at the top of my lungs and my parents didn't even know where I was. I was throw 'in pennies down but they didn't look up. It so happens when my ride was ending my parents were right there!"

"When I was 16 yrs. Old I got my first job cooking in the Terrace Restaurant at Bradley Airport. I have been cooking ever since! I love to cook. I took my training at the Sheraton Corporation in Hartford working in the Sheraton Hotel and became a chef at age 21."

Ed soon met the love of his life!

"She was working for my brother at a restaurant in Glastonbury and they hung out together. One day my brother brought her home to meet our family. I liked her right away. Cynthia was the only woman I could ever trust. So I married her. We have been happy ever since!"

"Did you ever have a cooking casualty?" I ask Ed.

"I have!", he answered quickly. "It was when I was cooking a whole pig! The head fell off and dropped down causing a massive fire. "

"Have you traveled anywhere?" I ask

"Oh yes, my wife loves to travel. We've been to Alaska, Italy and Canada. My wife's been to Australia."

Ed used to coach Little League at the field on Gallivan Lane in Uncasville.

"I enjoy making silver spoons and mobiles and going to craft fairs. "

"My favorite quote? It was my boss's quote. I used to hate it but now I use it with my boys all the time. "It is what it is!"

"I used to work at the Niantic Women's Prison. I worked there over 30 years.

A good lesson in life I like to remember is, treat others like you want to be treated."

-Interview by Maren Schober

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

MONDAY	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	to be announced	HALL
	ZUMBA	5:00—6:00 PM	HALL
TUESDAY	WALKING / BETTER HEALTH.....	DAILY	CENTER OR VIRTUAL
	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
WEDNESDAY	ZENTANGLE	2:00-4:00 PM	HALL
	CREATIVE WRITING	To be announced	ARTS & CRAFTS
	COMPUTER CLASS	To be announced	COMPUTER ROOM
	SPECIAL ARTS & CRAFTS	1:00-3:30	ARTS & CRAFTS ROOM
	LINE & COUNTRY DANCING	1:15—2:15 PM	HALL
THURSDAY	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
FRIDAY	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
	ZUMBA CHAIR.....	TO BE ANNOUNCED.....	HALL
FRIDAY	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

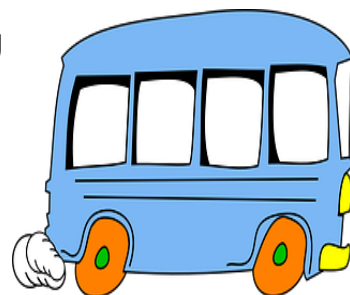
COFFEE & PASTRIES DAILY (WHEN AVAILABLE)
IN THE DINNING HALL FROM 9:00-11:00 AM -\$1.00 DONATION REQUEST

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 Message From The Mayor's Office

Dear Montville Seniors,

As we enter the last month of the year 2024, I'd like to take a moment to reflect on the outpour of support that our Seniors have given to the Town of Montville community. By your coming together and getting involved in the programs at the Center, we are able to add more exciting new programs starting in the new year! I sincerely thank you for your active involvement and participation in the programs at our Center and I look forward to your continued support as we move forward.



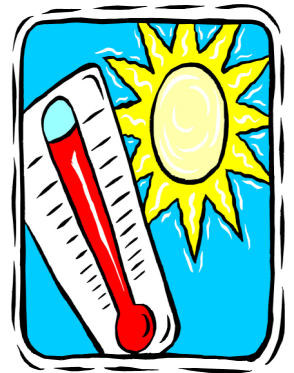
December is the time of year when we all come together to celebrate our Christmas party and meet up with Mr. and Mrs. Santa Claus from the North Pole. To join in the fun, we will also have a sing-along with the Montville Highschool Choir during our Holiday Parade on December 8th. Don't forget to bundle up as the weather begins to get chilly, please remember to be safe in your travels. For those who need to apply for heating assistance, applications will be available soon.

Thank you,

Leonard (Lenny) Bunnell, Sr., Mayor

Energy Assistance

If you would like to sign-up for Energy Assistance, please call the Center at #860-848-0422 or Social Services #860-848-8820 for your appointment.



Documentation needed: all (current) income, name, DOB, SS # for everyone in the home, heating source & company with Acct#, and most recent Electric Bill. Don't miss out on the opportunity to get a little help with your heating costs this winter season.

JANUARY 2025 WILL BE CHOCK FULL OF NEW PROGRAMS, SERVICES, AND MORE! PLEASE WATCH FOR OUR JANUARY NEWSLETTER 2025 PROMISES TO BE A GREAT YEAR!

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!

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 \$5.00 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.