

# 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  
Member .....Karen Perkins  
Member ..... Lou Ziegler  
Member .....Mary Adams  
Member.....Irene Taylor  
Member .....Lyndsey O'Brien  
Town Council Liaison .....Billy Caron  
Police Liaison.....Lt. Radford

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

January 2025

## **Winter BBQ**

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



Friday, January 17th  
1:00 PM



*\$8.00 Suggested Donation*

Menu: Hotdogs, Hamburgers, Salads, Root Beer  
Floats

Entertainment: Country Duo

Kick off 2025 with us here at the Montville Senior Center with an awesome winter BBQ! We're bringing a center favorite event inside where we'll enjoy everything we did during the summer (*minus the weather!*) Join us for a fantastic afternoon with great food, entertainment and friends!



Sign up on the bulletin board, by calling (860)848-0422, emailing [cperkins@montville-ct.org](mailto:cperkins@montville-ct.org), or stopping by the office!

## EXERCISE & HEALTH CLASSES

All exercise classes are FREE for members! Call (860)848-0422 to register or for more information!

Class	Day & Time	Location
Country Line Dancing	Mondays; 9:15—10:15 AM	Hall
Zumba	Mondays; 5—6 PM	Hall
Meditation	Wednesdays; 10—11 AM	Hall
Line & Country Dancing	Wednesday; 1:15—2:15 PM	Hall
Sound Healing	Thursdays; 10—11 AM	Hall
Strength Training	Thursdays; 2-3 PM	Hall
Mindful Drumming	Fridays; 10:15—11 AM	Hall
Cardio & Strength Training	TBD	Hall
Tai Chi	TBD	Hall
Yoga	TBD	Hall
Zumba Chair	TBD	Hall

## ART, CRAFT & HOBBY CLASSES

All craft and hobby classes are FREE for members! Call (860)848-0422 to register or for more information!

Class	Day & Time	Location
Painting	Mondays; 9– 11 AM	Art & Craft Room
Zentangle	Tuesdays; 2– 4 PM	Hall
Drawing	Wednesdays; 10—12 PM	Arts & Craft Room
Drawing	Wednesdays; 1– 3 PM	Arts & Craft Room
Painting	Thursdays; 10—12 PM	Arts & Crafts Room
Painting	Thursdays; 12:30—2:30 PM	Arts & Crafts Room
Creative Writing	TBD	Arts & Craft Room
Computer Classes	TBD	Computer Lab
Card Games	Fridays; 12:30 or anytime!	Hall

### **Join Our New Email List– Starts 2025**

Please send your full name (first and last), phone number, birthday and email address to [Montvilleseniors@montville-ct.org](mailto:Montvilleseniors@montville-ct.org) to be added to our email list! Starting in 2025, we will be emailing out all of the happenings at the Montville Senior Center. Anything from new programs, classes, important information, reminders, and newsletters will be sent out through our email list!

Please put "Add to Email List" as the email subject!

### **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!

Please tune into Channel 3 News, Channel 8 News, Channel 30, Channel 61 and WICH radio for cancellations/ closure of Senior Center/ programs.

## Program Highlights

### Navigating Dental Insurance for Seniors in 2025

By: Dr. Brandon Patel  
Wednesday, January 8th  
1:00-2:00 PM  
FREE!



Do you have questions about your dental insurance? Do you feel like your dental coverage is minimal, with huge out of pocket copays? Join us as Dr. Brandon Patel from Uncasville Dental Associates and Saybrook

Family Dental gives us an informative presentation! This presentation will go over the different options you have, the different plans available, and ways you can save money. There will be a Q & A session following the presentation.

### ESSENTIAL OILS PROGRAM-NEW!

Thursday, January 23rd  
5:30 PM  
FREE!



Experience the goodness of non-toxic remedies utilizing one of the best therapeutic grade oils available. Create your own take home item to give as a gift or keep for yourself. We will start with the basics, lemon, lavender and peppermint. You will make your own body scrub to take with you. You will also receive samples of each oil. Participants must register by calling or stopping by the office.

### FRAUD PREVENTION

Sponsored by Liberty Bank  
Wednesday, January 15th  
1:00 PM  
FREE!



Fraud Prevention: This program raises awareness among older adults and their caregivers on how to prevent fraud, scams, and other elder financial exploitation. It also encourages advanced planning and informed financial decision-making to be prepared and protected from Fraudsters.

### The Viking World Presentation & Dinner

Virtual Presentation  
@ Montville Senior Center  
Tuesday, January 21st  
3:00 PM  
FREE!

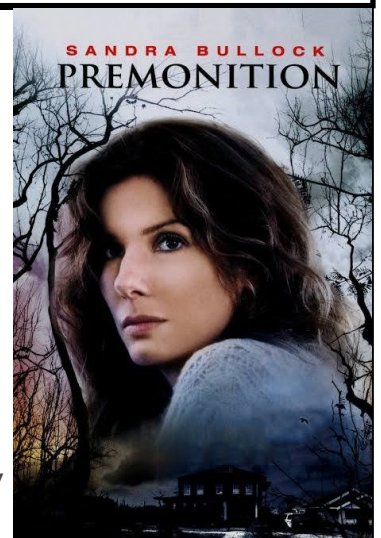


Join us in this talk to find out about all the different places in the world the Vikings went to and settled. The Norse had a deep impact in the development of more European societies than most people realize, but they also reached other continents and diverse societies. Discover them all with us. We will also be enjoying a delicious meal during the presentation, inspired by the Vikings!

### Dinner & Movie

*Friday, January 31st at 3 PM*  
*Menu: Meatloaf and Mashed Potatoes*  
*Movie: Premonition*  
*\$5 suggested Donation*

Linda Hanson (Sandra Bullock) has an idyllic life, until one day she receives word that her husband (Julian McMahon) has died in an auto accident. However, when Linda wakes up the next morning and finds Jim beside her, she assumes she has just had an unusually vivid dream. Soon she finds out that what she experienced was not a dream, and she must battle time and destiny to save her family.



## Self-Care Services & Programs

**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**

### 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! Call for details and/or an appointment! A suggested donation of \$1.00 per visit is appreciated! Thank you!

### MINI-FACIALS By Dori

Tuesdays by appointment  
FREE!

Call the last Monday of the Month to sign up for your mini-facials! Free to our seniors (please feel free to tip). Our licensed and certified service providers are paid for through fundraising and grants! Come and enjoy a wonderful mini-facial from Dori from Doris's Lash and Spa. Get special relaxing and healthy treatment for yourself – you do not know what you are missing until you try it! PROMISE!

### Reiki

Wednesdays, by Appt.

REIKI is a method of natural healing based on the application of Universal Life Force Energy. REIKI is one of the more widely known forms of energy healing. Energy healing involves direct application of CHI for the purpose of strengthening the client's energy system (aura). This is a quiet, individualized program. Free to our seniors, donations accepted.

### Podiatry

Once a month on a Thursday; Call to make an appt.

We have a wonderful Podiatrist, DR. Thomas Walter, come to our Center once a month on Thursdays to perform routine foot care. Not a service normally covered by Medicare unless you are a Diabetic, Dr. Walter will perform routine foot care for a cost less than a regular office visit. This Program is free to Montville seniors, a \$10.00 donation is requested, not required. Call Kathie for details and date of next visit.

### Massage Therapy

Fridays, by Appt.

MASSAGE THERAPY Offered on Fridays, Marie, our Massage Therapist offers Massage Therapy and the many health benefits it provides (relief from arthritis, circulation, aids in digestion, anxiety, along with many other benefits). Appts are free to Montville seniors. Sign up is first come, first serve – one appt per month per senior as the schedule fills up and we have a waiting list each month. Call last Monday of the month to sign up.

## Bus Rides

**SENIOR BUS SCHEDULE – Subject to Change**  
**Call #860-848-0422 or stop by the office for reservations**

Monday	Tuesday	Wednesday	Thursday	Friday
-Senior Center -NL/WTFD Area Shopping	-Senior Center -Shopping -Banking	-Senior Center -Norwich Shopping Area	-Senior Center -Shopping -Banking	-Senior Center -Special Trips

### FRIDAYS ON THE BUS

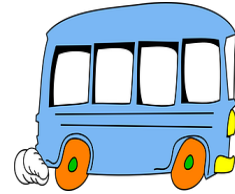
January 3rd– Lisbon Shopping Center

January 10th– Mohegan Sun

January 17th– Winter Barbecue at Montville Senior Center

January 24th– New Britain Museum of American Art (admission included, lunch on your own)

January 31st– The Shack in East Lyme for Breakfast– back to the Center for Dinner & Movie



## Transportation

### 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.

## Assistance

### 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 heat with your heating costs this winter season.

### Homemaker Program

The Montville Senior Center Homemaker Program proposes to provide FREE in-home services to our seniors in the Town of Montville. Seniors will get an initial overall cleaning and then weekly or bi-weekly maintenance cleaning. Seniors who are physically or financially unable to afford this type of service would qualify for this program. Please call Kathie at (860)848-0422.

### Equipment Closet

The Senior Center has medical equipment (i.e. wheelchairs, walkers, shower seats, commodes, etc.) available for our Montville residents on a loan basis. The equipment can be borrowed for any length of time and returned whenever you're finished. This is a FREE program, however, and release form must be signed. Don't purchase the item that you may need temporarily– come and borrow from the equipment closet!



## Who's Who at the Montville Senior Center

### Meet: Tina Gifford

"Welcome everyone to our mindful drumming class. So good to see your smiling faces! Today starts our new song list for the month of December and we will be drumming to Christmas songs. Our first song is, "Rockin' Around The Christmas Tree" by Brenda Lee. This is easy going and simple. All it is....is 1...2...3..and 4 on the pad! 1...2...3..4...5..and 6 on the sides. Follow me...here we go!" And we're off! It is 10:15 Friday morning at the Montville Senior Center. We are seated in a big wide circle around Tina and there are anywhere between ten and twenty of us. Seated on comfortable padded chairs facing a second padded chair we are using the colorful drum sticks provided by Tina. Into our second year in the class, we are no longer scared to death. There is no such thing as making a mistake in this class. If something sounds "off" we are only "improvising". No problem.



"Our next song will be freestyle! Just follow the beat."

What?! Freestyle!!! You mean I'm on my own? How will I know how to drum to this? But that feeling of dread soon disappears as the beat begins. Somehow I know instinctively how I want to drum to this song. There is no right way to do this. I just tune into myself and find the beat. Freestyle. This has become a favorite time to all of us in the class and we smile at Tina in appreciation. She is setting us free to be ourselves. Just enjoy. What a gift. What a gift Tina Gifford is to us!

"I studied with Sean Fargo, a retired Buddhist monk in 2019," Tina tells me. "The content and mentorship occurred online, with several one on one classes with Sean and other mentors such as Dr. Gabor Mate and Byron Katie. This program is internationally accredited and it was an amazing experience. I was able to successfully complete this course by June 2019. It gave me a tremendous amount of knowledge of self and others while boosting my confidence, increasing my skills as a certified health coach, and also the credibility to go out and serve the community. I learned about the various emotions and how they can affect the body."

"I was tasked with a three day silent retreat," Tina continues, "to really get to know myself although it proved to be comfortable and warm. What a beautiful awakening it was. I am forever grateful for Sean's guidance. This is exactly what I am supposed to be doing. "Leading with Love", helping others navigate their best life with less stress."

Tina is a Montville girl, through and through. Born in New London she grew up in Montville and attended the town schools. Tina and Kathy Doherty-Peck graduated in the same high school class!

Tina's big love in school was cheer leading!



"I loved cheer leading and was there at all the school functions and community events."

"A big part of my life are my two grandchildren and I have nieces and nephews who are like my own children. I have two sons. All the children mean the world to me. And also the animals who have been in my life. I love them! When I am needed I take care of my neighbors pets and I take care of cats in my own home."

Tina can be found at the Montville Senior Center teaching the Mindful Meditation class Wednesday mornings at 10:00 and the drum class Friday mornings at 10:15. I leave you with Tina's favorite slogans. The first is "Always lead with love." The second one is, "Watch what you are saying because YOU are always listening."

- Interview by Maren Schober

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!

## MONTVILLE SENIOR CENTER

SENIOR CENTER DIRECTOR: KATHLEEN PECK

12 MAPLE AVENUE, UNCASVILLE • PHONE 848-0422



## A NOTE FROM YOUR LIAISON:

I hope everyone had a great holiday and great start off to the new year! I know the senior center has a lot of new programs coming soon! With so much to do, make sure to stop in and see Kathie and her wonderful staff to see all they have planned for you— including upcoming trips! Don't forget to apply for heating assistance as well; please stay safe and warm this season!

~ Liaison Billy Caron

## A Message From The Mayor's Office

Dear Montville Seniors,

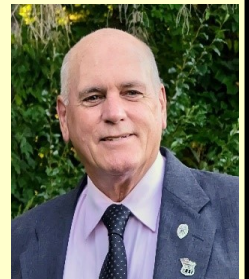
I hope that everyone was able to enjoy their holiday season and I wish you all a Happy New Year! I'd like to thank each and every one of you for your continued support in our programs at the Senior Center. We have some more exciting events planned for the start of the new year.

On January 8<sup>th</sup> at 1 PM we have a 'Navigating Dental Insurance for Seniors 2025' information session taking place and I'm also hoping that you are able to join us on January 17<sup>th</sup> at 1 PM for our Winter BBQ and entertainment. Find out how to protect yourselves during our Fraud Prevention session on January 15<sup>th</sup> at 1 PM. We also have "The Viking World" Presentation & Dinner on January 21<sup>st</sup> at 3 PM and learn the benefits of essential oils during our Essential Oil Program on January 23<sup>rd</sup> at 5:30 PM. The last Friday of the month is when we have our Dinner & Movie at 3 PM and we will be watching 'Premonition'.

As always, I thank you very much for your continued support and I wish everyone a safe and healthy new year!

Thank you,

Leonard (Lenny) Bunnell, Sr., Mayor



## 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.**