

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
Member.....Irene 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**

February 2025



Annual Valentine's Day Lunch & Bingo! *-Intergenerational Event-*



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

Friday, February 14th
10 AM—1PM
FREE

Come and join us for our annual Valentine's Day Luncheon & Bingo with the kids from Tyl Middle School! We will have plenty of fun rafflesto win during the event!



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

-In The Event of Inclement Weather-

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

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; 10—12 PM | Art & Craft Room |
| Zentangle | Tuesdays; 2- 4 PM | Hall |
| Drawing | Wednesdays; 10—12 PM | Arts & Craft Room |
| Drawing | Wednesdays; 11:30—2:30 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 | Mondays, Tuesdays 9-11 AM | Computer Lab |
| Card Games | Fridays; 12:30 or anytime! | Hall |



-Friday on the Bus- **Alice in the Village**

When: Friday, February 7th

Alice in the Village is a unique and immersive retail shop inspired by the classic Lewis Carroll tale "Alice in Wonderland". A whimsical wonderland experience complete with the famous Alice falling down the rabbit hole awaits! At the "EatMe!/DrinkMe!" counter, you can choose from over 80 different kinds of teas. Make sure to pick a mini-treat to go with your tea! From macrons to scones— you will find something you love! At the shop you can find a variety of unique items— books, stationary, china, toys and more!



Join Our New Email List

Please send your full name (first and last), phone number, birthday and email address to 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!

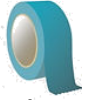
Please put "Add to Email List" as the email subject!

Program Highlights



Craft Brainstorming Event

When: Monday, February 10th at 1 PM
Where: Craft Room



Members of the Montville Senior Center will brainstorm different crafts that will take place throughout the year. Come make your voice and ideas heard during our craft brainstorming event!

Fondue Afternoon

When: Wednesday, February 19th from 2:30—3:30 PM



Join us for a fun and tasty afternoon as we enjoy chocolate fondue! We will have a fondue station where you can dip fruits and goodies. Bring a friend and enjoy a sweet afternoon with good company!

Please sign up on the bulletin board if you plan to attend this program



Once-a-Month BINGO

Starts Friday, February 28th
1—3 PM

Cost: \$5.00 Donation Request



Come have fun with us as we start up our once-a-month bingo! Come have goodies and coffee, all while enjoying the company of good friends and a chance to win a monetary prize! The bus is available for this program.

Please call, email or sign up on the bulletin board if you plan to attend!

-New Ongoing Program-
Every Wednesday; 5:30 PM—6:30 PM
Starts February 5th

Sound Healing with Misty!

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.

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



Dinner & Movie

Friday, February 21st at 3 PM

Menu: Spaghetti & Meatballs

Movie: Grease

\$5 suggested Donation



Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

Please note: these events (dinner & movie, special dinners, etc. are fundraisers for the Center to be able to offer so much for free.



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
\$1.00 DONATION REQUEST**

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.

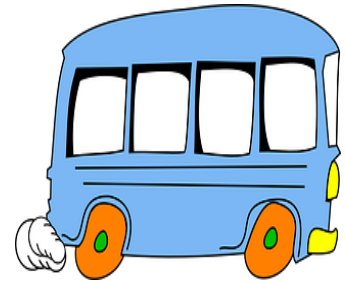
Bus Rides

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

February 7th– Alice in the Village* at Mystic Village
 February 14th– Shopping at Clinton Outlets
 February 21st– The Cheesecake Factory in West Hartford
 February 28th– Bingo @ the Montville Senior Center



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!

Dues Are Due!

\$25 for in-town residents

\$50 for out-of-town residents

Make sure to stop by the Montville Senior Center to renew your membership for 2025! Membership must be paid and active in order to join any of our programs, including lunch.

Membership dues are used to fund many of our free programs, so out of respect to others, you must be a member to sign up and join any of our senior center programs.

Any senior facing hardship with an inability to pay, please see the Director as she is happy to make arrangements.

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! - Kathleen Doherty-Peck



A NOTE FROM YOUR LIAISON:

I hope everyone is staying warm and safe during these bitterly cold days and safe from the mishaps from the snow! Don't forget to apply for heating assistance through our Senior & Social Services Department, they have many avenues to use for you. I look forward to seeing you all at the special events and I am very excited to see more programs and services coming your way! As always, please reach out with any questions or concerns.

~ Liaison Billy Caron

A Message From The Mayor's Office

Dear Montville Seniors,

Welcome to the month of February! This month will kickoff with a bus trip to Alice in the Village at Mystic Village on Friday, February 7th and a Craft Brainstorming workshop on Monday, February 10th at 1:00pm. Also, our new ongoing program with Misty from Sound Healing starts February 5th and it will continue every Wednesday from 5:30-6:30pm.

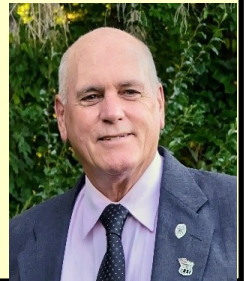
For Valentine's Day we will have our annual Valentine's Day luncheon from 10 AM to 1 PM with some visitors from Tyl Middle School joining us to play bingo. There will also be plenty of raffles contributing to this event.

Our Senior Center strives to equip our seniors with lots of activities to take advantage of so be sure to have fun and enjoy! There will be a Fondue Afternoon with treats, a Dinner and Movie date, and a trip to the Cheesecake Factory in West Hartford toward the end of the month so don't forget to mark your calendar. Please know that the Senior Center bus will also be available to and from the Senior Center as our once-a-month bingo begins again on February 28th from 1-3:00pm.

Thank you all and enjoy the month of February as the days begin to get longer!

Warm wishes,

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.