

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 9:00am**

March 2025

Annual Saint Patrick's Day Dinner

Monday, March 17th at 1 PM

\$8.00 Suggested Donation



Join us for a delicious meal with all the staples of a classic St. Patrick's Day Dinner— come enjoy corned beef, cabbage, potatoes, carrots and soda bread! We will have special entertainment from Montville High's Josh Cushing, who will solo on piano and vocals. He will be bringing his passion for performing Irish tunes to us at the Montville Senior Center! Bring your "luck of the Irish" as we will also have door prizes! Make sure to mark it on your calendars as this is an event you won't want to miss!



To sign up for the St. Patrick's Day dinner, stop by the front office, sign up on the bulletin board, call Ruthie at (860)848-0422, or email cperkins@montville-ct.org. *Note— you must have an active 2025 membership to join our programs!*

-In The Event of Inclement Weather-

Please tune into Channel 3 News, Channel 8 News, Channel 30, Channel 61 and 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
Healthy Stretching	Mondays; 10:30 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	Wednesdays; 5:30—6:30 PM	Hall
Sound Healing	Thursdays; 11 AM– 12 PM	Hall
Strength Training	Thursdays; 2-3 PM	Hall
Mindful Drumming	Fridays; 10:15—11 AM	Hall
Tai Chi	Tuesdays at 2:45- Starts 3/11	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
Computer Class	Tuesdays; 10-11 AM	Computer Lab
Computer Class	Tuesdays; 12—1 PM	Computer Lab
Zentangle	Tuesdays; 2– 4 PM	Hall
Drawing	Wednesdays; 10—12 PM	Arts & Craft Room
Drawing	Wednesdays; 12:30—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
Card Games	Fridays; 12:30 or anytime!	Hall



Once-a-Month BINGO

Starts Friday, March 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!

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

Monday, March 3rd at 1 PM
FREE!

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!

Flower Pot Craft

Mondays, March 10th and 24th from 1-3 PM
Free! (limited capacity)

Join us as Cathy leads us through a painting craft class where we will be painting flower pots! You get to take these home when the class is over— just in time for Spring! Perfect for yourself or a gift! Make sure to sign up ASAP as there is limited capacity. sign up with Ruthie by calling (860)848-0422 or by stopping by the front desk!

St. Patrick's Day Celebration

(Rescheduled Valentine's Day)

Friday, March 14th from 10 AM to 1 PM
Free!

Come and join us for a luncheon & bingo with the kids from Tyl Middle School! We will have plenty of fun raffles to win during the event! If you are interested in signing up for this program, please call (860)848-0422, sign up on the bulletin, email cperkins@montville-ct.org, or stop by the front office!

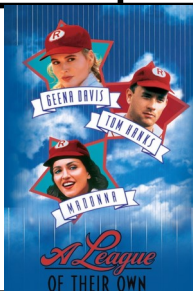
New to Medicare

Wednesday, March 26th at 1 PM
Free!

New to Medicare? Know your options! This topics in this presentation will include: Comprehensive overview of Medicare Parts A, B, C and D, What to know if you're still working and approaching 65, Enrollment process— how and when to enroll, various Medicare options available, tips on making Medicare affordable through assistance programs. If you are interested in signing up for this program, please call (860)848-0422, sign up on the bulletin, email cperkins@montville-ct.org, or stop by the front office!

Dinner & Movie

Friday, March 21st at 3 PM
Menu: Baked Ham, Baked Potatoes,
Veggies & More!
Movie: A League of Their Own
\$5 suggested Donation



"During World War II, sisters Dottie and Kit join the first female professional baseball league and struggle to help it succeed amid their own growing rivalry."

NEW CLASSES!

Tai Chi

Tuesdays Starting March 11th at 2:45 PM
(limited capacity)

Join us as we start our new Tai Chi program with instructor Ted LaFemina! Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Benefits can include: improved flexibility, balance, and strength, improved posture, increased vitality and focus, reduce the risk of falls and injury, pain management, improved immune function, and enhanced energy levels and stamina. This class has limited capacity, so make sure to sign up with Ruthie by calling (860)848-0422 or by stopping by the front desk!

Healthy Stretching

Mondays at 10:30 AM

Join us for that start of our new Healthy Stretching Class with instructor Melissa! Research has shown that stretching can help improve flexibility, and, as a result, the range of motion of your joints. Having improved flexibility can: improve performances in physical activity, decrease risk of injury, help joints move through their full range of motion, increase muscle blood flow, enable your muscles to work most effectively, and it can improve your ability to do daily activities.

Computer Skills Classes

Tuesdays, 10—11 AM and 12-1 PM

Join us for our new computer classes, starting March 4th! Deb Suarez will be here to lead us through the computer class. Come learn basic computer skills and answer any questions you may have! We are offering 2 different sessions on Tuesdays, 10— 11 AM and 12-1 PM. We will have different topics as we progress this class!

Self-Care Services & Programs

COFFEE & PASTRIES DAILY (WHEN AVAILABLE) IN THE DINNING HALL FROM 9:00-11:00 AM

\$1.00 DONATION REQUEST, NOT REQUIRED

LUNCH DAILY IN THE DINNING HALL FROM 11:00—12:30 PM

\$1.00 DONATION REQUEST

(DONTATIONS HELP OFF SET THE COST OF KITCHEN SUPPLIES)

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

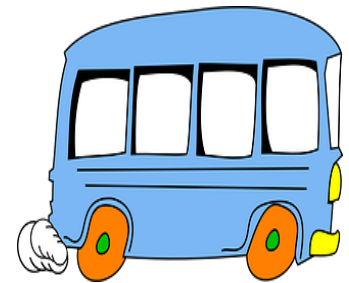
FRIDAYS ON THE BUS

February 7th– Buckland Hills Mall

February 14th– St. Patrick's Day Celebration @ Montville SC

February 21st– The Harp & Dragon Irish Pub

February 28th– Once-a-month Bingo @ Montville SC



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: Chef Tom!

It's Friday, January 17th at 1:00 p.m. You are just in time for the Winter BBQ being served in the main room of the Montville Senior Center. Members and friends are arriving in the Center by vans and by car. Excitement is in the air anticipating the party. Come on in, and join the fun! There is plenty of room at the tables. Kathie, her staff, and many volunteers have worked hard to set up and the atmosphere is so inviting. Our new chef, Tom Gilson, is excited at the large crowd and he has been busy helping Kathie and her volunteers prepare the delicious looking entrees set out on the long tables. Hamburgers, hot dogs, rolls, condiments, two scrumptious looking macaroni casseroles, hot baked bean dish and garden salad. The dishes are served buffet style and we are ready to eat! Wait...who is that serving in the food line as well? Isn't that our own director, Kathie Doherty-Peck? We are thankful to her and for all the volunteers pitching in to make this meal and party possible! She is very grateful to her staff and all the volunteers and she is very "thrilled to add Chef Tom to our great team!"



Our seniors hold their raffle tickets in their hands eager to hear their numbers called. Kathie welcomes us all. This is why she and her team work so hard, so the seniors can come to the Center and enjoy themselves and have the benefit of friends and fun.

The musicians start the entertainment and they are an instant hit. They are the COUNTRY DUO, one playing the guitar and the other a banjo and sometimes the violin. Boy are they good! The next thing you know we are all singing along and enjoying it so much. The songs take us back in time. Waaaaay back! "Trailer's for sale or rent...rooms to let, 50 cents. No phone, no pool, no pets...I ain't got no cigarettes!" The room is filled with laughter and fun as we sing "King Of The Road" by Roger Miller.

Wait a second...isn't that Cheryl and Chris up there dancing around? What is that thing they are holding between them? It's Cheryl's long scarf! It's a scarf dance! What fun.

When the party ends we are well satisfied with the delicious dishes made by our new chef and we are hoarse from all the singing. Most of all we are happy and enjoying our friends, old and new.

We are grateful to all the volunteer workers and we especially welcome Chef Tom to our kitchen and hearts.

Tom started working at the Montville Senior Center in December.

"Julia Childs has greatly inspired me to want to be a cook in my career! I first met Julia Childs by watching her on the PBS shows with my parents when I was seven years old. I was born and brought up in Wallingford, Conn.

Once when I was a child, I was helping my mom in the kitchen and as I was chopping some stuff for her I started to sweep the extra food on the floor."

"What are you doing??!!" my mom asked.

"Cleaning off the counter."

"Onto the floor?"

"That's how Julia Child does it," I told her.

"Well, you're not Julia Child. Pick it up!"

"Later in life I met her and Jacques Pepin twice in New Haven where they were doing shows at the Long Wharf Theater. I also loved watching The Galloping Gourmet on TV".

"I have spent 46 years working in kitchens. I have taken courses at the Culinary Institute in NY and also at Johnson & Wales in Rhode Island. I have had other professional training as well."

We wish you all the best, Chef Tom!

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:

Here's hoping that March is much milder than our February has been. I am so happy to see all of the new programs added to the Montville Senior Center schedule. Kathie and her team really do a great job to offer so many programs and services to our Montville senior population. Please remember, I am always available for any questions or concerns!

~ Liaison Billy Caron

A Message From The Mayor's Office

Dear Montville Seniors,

March Events – Join the Fun!

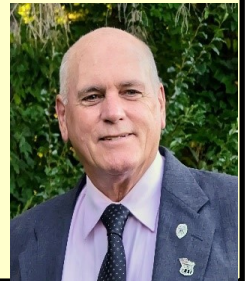
Spring is just around the corner, and we have a fantastic lineup of events planned for March! Kick off the month with our **Craft Brainstorming Event** on March 3rd, and don't miss out on **Flower Pot Painting** on March 10th and 24th. Looking for a way to stay active? Our **Tai Chi Class** begins on March 11th and will continue every Tuesday.

Celebrate St. Patrick's Day with us at our **St. Patrick's Day Celebration** on March 14th with the students from Tyl Middle School and a special **Saint Patrick's Day Dinner** on March 17th. On March 21st, enjoy a cozy **Dinner and Movie Night**, and on March 26th, join our **New to Medicare Program** for valuable information. We'll wrap up the month with our **Once-a-Month Bingo** on March 28th.

We look forward to seeing you at these events! Be sure to sign up early for those with limited spots.
Thank you,

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.