

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.
Jenniffer 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

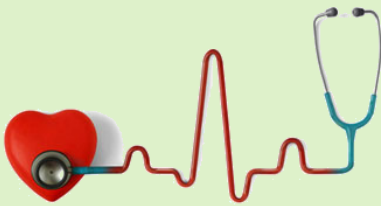
**Meetings First Wednesday of the Month in the
Senior Center Library at 10:00am**

April 2025

Annual Health Fair

Montville Senior Center
Friday, April 11th, 2025

1 PM
FREE!



Health Screenings
Health Information
Blood Pressure Testing
Hearing Tests

Financial Information
Goodie Bags
Food and Beverages
Community Business Booths
& More!



We will have multiple booths ranging from health, rehab, financial, and senior help businesses as well as Montville's own Police Department and Social Services

Come visit us and learn about information that will
benefit you for years to come!

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; 10 AM—11 AM	Hall
Strength Training	Thursdays; 2-3 PM	Hall
Mindful Drumming	Fridays; 10:15—11 AM	Hall
Tai Chi	Tuesdays at 2:45	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	Mondays; 10 AM– 11 AM	Computer Lab
Computer Class	Mondays, 11 AM—12 PM	Computer Lab
Computer Class	Tuesdays; 10 AM—11 AM	Computer Lab
Computer Class	Tuesdays; 11 AM—12 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

Friday, April 4th
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 cperkins@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

Cupcake, Cookie, Cake Decorating

Wednesday, April 9th at 1:00 PM

Free for members



Join us for an exciting new monthly program– Dessert Decorating! Each month we will have a professional dessert decorator teach us how to decorate tasty treats! This month we will be decorating cupcakes. We will be decorating varying desserts in the future. You can even bring in your own cakes for a special occasion! Sign up on the or call (860)848-0422

Pressed Nature Picture Craft

Monday, April 14th at 1 PM

Free for members! (limited capacity)

Join us as Cathy leads us through a craft class where we will be pressing flowers to make a beautiful framed art piece!

Please sign up as there is limited capacity, sign up with Ruthie by calling (860)848-0422 or by stopping by the front desk!

Essential Oils Program

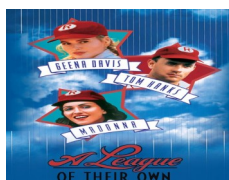
Thursday, April 17th at 5:30 PM
FREE for members (limited capacity)

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 come by the office, as there is limited capacity.

Dinner & Movie

Friday, April 25th at 3 PM
Menu: Roasted Turkey, 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."

Make sure to sign up on the bulletin board, calling (860)848-0422, or stop by the front office!

Virtual Tour- Live Walk in Tokyo & Dinner

Wednesday, April 2nd at 6:30 PM
Free for members!

Join us for a cherry blossom viewing walk in Tokyo, Japan. Since ancient times, the Japanese have anxiously awaited the arrival of cherry blossoms each year, and that time is now upon us! Our tour guide will stroll through beautiful blossom gardens and streets adorned with lovely pink flowers. He will also discuss the symbolism of cherry blossoms and their historical significance. We hope this tour provides you with an authentic Hanami experience from Japan!

We will also have a themed dinner to go along with our Japan tour! Make sure to sign up ASAP by calling, stopping by the front office, or signing up on the bulletin board!

Timeless Beauty—Make Up for Mature Women

Tuesday, April 29th at 1 PM
FREE for members (20 person capacity)

The 'Timeless Beauty, M4MW Forum' Is The Gateway For Mature Women & Women Of All Ages & Experience To Engage In A Supportive Environment & Explore Ways to Enhance Their Natural Beauty. Discover The Best Make-Up Techniques For Your Specific Concerns. Explore Makeup Products & Tools That Will Elevate Your Routine. Get 'In The Know' On The 'Must Haves' For A Versatile & Effective Makeup Kit. Participate In Interactive, 'Hands-On' Demonstrations & Leave With the Assurance That With A Little Practice, You Can Achieve Stunning Results For All Occasions & Celebrate Your Natural, Timeless Beauty.

Topics of discussion include...

- Keeping Your Makeup & Brushes Clean & Sanitary
- Using The Right Tool For The Right Application
- Explore Application Techniques
- Choosing The Right Concealer & Foundation For Your Skin Tone
- Interpreting Skin Tones & Color
- Contouring, Highlighting, Blushing
- Eye Shadow Color Rules & Application Advice
- Shaping & Correcting Brows
- Lip Color Rules & Advice & Reshaping
- Questions & Evaluation of Your Personal Makeup Collection
- ...& Much More!

Please bring a notebook and pen. Participants are Encouraged, BUT NOT required, to bring their personal Makeup and Brushes for a professional evaluation. Participants are Encouraged, BUT NOT required to attend Makeup Free.

There is limited capacity for this class– First come, first serve– Sign up with Ruthie in the front office or call (860)848-0422 to register.

Self-Care Services & Programs

COFFEE & PASTRIES DAILY (WHEN AVAILABLE) IN THE DINNING HALL 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

DONATIONS HELP SUPPORT THE ITEM NEEDED IN THE KITCHEN

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. This program is supported by the Town of Montville and Senior Resources with Title III funds made available under the Older Americans Act. Don't neglect your mind while taking care of your body! Call for de-

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 supported by the Town of Montville and Senior Resources with Title III funds made available under the Older Americans Act. This Program is free to Montville seniors, a \$10.00 donation is requested. Call Kathie for details and date

Massage Therapy

Fridays, by Appt.

MASSAGE THERAPY Offered on Fridays & one Monday monthly. 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.

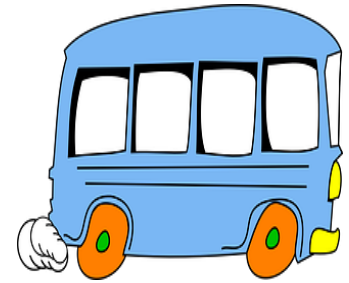
Bus Rides

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

April 4th– Senior Center for Lunch & BINGO
 April 11th– Annual Health Fair @ Montville Senior Center
 April 18th– Good Friday, Closed for Holiday
 April 25th– Buckland Hills Mall



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: Holly Alligood

Come along with me to the art room! I want you to meet someone. Something important is going on in here. It's Wednesday morning March 12 and the seniors in this class are busy working on their paintings. This is the acrylics painting class. The teacher, Holly Alligood, looks at each art work in progress and makes suggestions where needed. This class is all about choices and going at your own pace. There is no tension in this room. A peace and contentment fills the space. No stress. Each student is working on a painting of their own choice. I see country sides unfolding on canvas, red barns, the rocky coast of Maine coming alive. Over here is a painting bursting with bright colors and full of energy. I am drawn into the scene and don't want to leave.



Who is Holly and what is the story behind this soft spoken art teacher?

"I love what I do here in my art classes! I teach acrylics painting and drawing classes at the Center. My happiest moments are when I make a simple critique and their faces light up. They are gaining confidence in themselves as they create in class."

"I was born in San Diego, California but raised here in Connecticut. My dad was in the Navy and stationed here. We moved into a house in the Oakdale section of town when I was a young child and I went to elementary school at the Oakdale School."

"We moved to Waterford. It was at the Clark Lane Middle School that I found my love for arts. When Science, History or English needed a drawing or painting, I would be immersed in the project."

"I met my husband at the Waterford High and we were married my senior year when I was seventeen years old. I am still with the same wonderful man after 52 years of marriage, two daughters and five young grandchildren! In those younger years we really had to work to make ends meet and going to art school was out of reach. I was fortunate to get an apprenticeship job as a Dental Ceramist! I absolutely loved what I did which was creating exact crown and bridge work. I did this for 14 years. I totally enjoyed the creative work and helping people."

Holly put herself through art school at the Lyme Art Association, Lyme Academy and the Lyman Allyn Museum. She had private art teachers for years. She has exhibited her art works at the Lyme Association, Mystic and New London.

"I have worked in pastel, oil, ink and acrylics. Making greeting cards is one of my favorite things."

Holly also worked for many years at the Salem Town Hall as assistant Town Clerk.

"I finally retired from that job and when the opening came up at the Montville Senior Center I applied for the art teacher position. I thought to myself, perhaps I can give back to others some joy and teach them to draw and paint and tell their own stories with their art."

"One thing I have learned in life is be patient with yourself. Everyone is unique and art is doable. Give it a try and enjoy!"

Above all that I know is "God is the Greatest ARTIST!"

The beautiful paintings and pencil drawings that are coming to life in the Center's art room will be on exhibit at the annual art show in the Spring. Now you too can see these works of art, meet the artists and Holly herself. See you there!

-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!- ~ Kathleen Doherty-Peck, Director

MONTVILLE SENIOR CENTER

SENIOR CENTER DIRECTOR: KATHLEEN PECK

12 MAPLE AVENUE, UNCASVILLE • PHONE 848-0422



A NOTE FROM YOUR LIAISON:

I am always amazed at how much our Montville Senior Center has going on! Looking through the monthly newsletter and the Montville Community Booklet, I get a bigger picture of all of the great things we have in place for our senior population. I know your Director Kathie is very proud of this. I also know she gives a great deal of credit to her staff and her volunteers—all of who makes everything run so smoothly. I look forward to the upcoming surprise I know Kathie has in store for you! I will see you there! As always, please reach out to me with any questions or concerns!

~ Liaison Billy Caron

A Message From The Mayor's Office

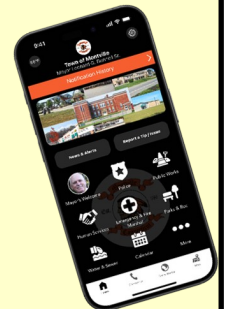
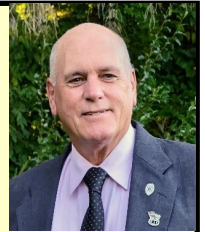
Dear Montville Seniors,

COMING SOON!!!

The Mayor's Office is excited to announce the coming of the new Town of Montville, CT APP! It's an all-in-one guide to everything happening in our town. Whether you are looking for local events, business updates, or community news, the app will have it all. With easy access to town services, up-to-date announcements and interactive features, staying connected to our community could never be easier. Key features will include: Event Calendar, Local Business Directory, Town Announcements, Interactive Maps and Direct Communication, all at your fingertips.

Please get ready for an exciting month filled with fun, creativity and wellness by exploring the other programs and events put together by our Senior Center and Social Services Director, Kathie Doherty-Peck. She goes above and beyond to keep your best interests at heart, always considering how to ensure that everyone's needs are met.

Mayor Leonard (Lenny) Bunnell, Sr.



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.