

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**

May 2025

Older Americans Month Luncheon

Montville Senior Center

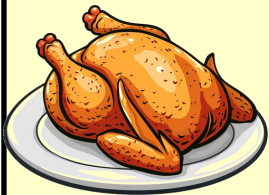
12 Maple Avenue

Friday, May 30th
1 PM

Free for members



Join us for our celebration of Older Americans!
We will have a delicious lunch and fun raffles
that anyone can win!



"Pick-Your-Own" Buffet Dinner
Grilled Steak, Baked Cod, Roasted Chicken
With Veggies, Rolls, Salads, & More!

Make sure to sign up on the bulletin board, by calling (860)848-0422, email
cperkins@montville-ct.org or stopping by the front office!

To participate in any program, you must have an active membership with the Montville
Senior Center. To register for a program, please call (860)848-0422, email
cperkins@montville-ct.org, stop by the front desk, or sign up on the bulletin board.

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
Tai Chi	Tuesdays at 2:45	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

ART, CRAFT & HOBBY CLASSES

All craft and hobby classes are FREE for members!

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
Card Games	Fridays; 12:30 or anytime!	Hall

Veteran Representative Resource **Every First Tuesday of the Month**

Tuesday, May 6th from 2-4 PM

A representative from Veteran Affairs will be here every first Tuesday of the month to help with any Veteran in need. The rep will be here to go over benefits, paperwork, and help you find resources that you are entitled to!

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!

To participate in any program, you must have an active membership with the Montville Senior Center. To register for a program, please call (860)848-0422, email cperkins@montville-ct.org, stop by the front desk, or sign up on the bulletin board.

Program Highlights



Once-a-Month BINGO

Friday, May 2nd
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.

Rock Painting Craft

Monday, May 5th and 19th at 1 PM
2-part class

Free for members! (limited capacity)

Join us as Cathy leads us through another awesome craft class! This month we will be doing rock painting! These will be perfect for gifting or decorating your garden! This is a 2-part class and registration is required.

AARP Driving Course

Tuesday, May 6th from 12– 4 PM

Cost: \$20 for AARP members, \$25 for non-AARP members. (check or money order ONLY, made payable to AARP)

AARP will be here to hold their Safe Driving Course. The AARP Smart Driver™ course will help you refresh your driving skills, and may even help you save on your auto insurance!

Dinner & Movie

Friday, May 9th at 3 PM

Menu: Chicken, Stuffing, Potatoes, and More!

Movie: A War with Grandpa
(yes—this is the correct movie!)



\$5 suggested Donation

“Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession: his bedroom. Peter will stop at nothing to get his room back, scheming with friends to devise a series of pranks to drive him out. However, grandpa doesn't give up easily, and it turns into an all-out war between the two.”



Dessert Decorating

Wednesday, May 14th at 1 PM
Free for members!

Join us for our 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 continuing this

program with varying desserts to decorate in the future.



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!

Virtual Presentation

"Footsteps of Jesus in the Holy Lands"

Wednesday, May 14th at 3 PM

Free for members!

Join us for a virtual world presentation and a themed snack! Our virtual tour guide Ramzi will provide a virtual presentation from across the world!

We will start from Nazareth (The annunciation story) to Bethlehem where Jesus was born. Bethlehem Nativity Church where Jesus was born. The escape to Egypt and return to Nazareth. Explore the sea of Galilee where Jesus lived and did the miracles. The baptism of Jesus at the Jordan River, Jericho and Bethany. Jerusalem: Mount of olives (The Gethsemane) and the via dolorosa street (The way of the cross) and The holy Sepulcher church.

New to Medicare 101

Monday, May 19th at 1 PM

Free for members!

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.



Historical Lecture with the Bow Tie Historian

"The Sinking of the Andrea Doria"

Thursday, May 29th at 4 PM

Free for members!

The Andrea Doria was more than just a ship to the Italians. She was a glamorous symbol of her post war rebirth. A floating ambassador of how well the little Mediterranean country had rebounded. Her accident on a warm July night in 1956 and subsequent sinking shocked the world and devastated her home country. The disaster captivated the world and showed that even with modern technology, the Atlantic was still a dangerous place.



Indoor Craft & Yard Sale

Saturday, June 14th

9 AM—1 PM

Montville Senior Center

\$25 per table purchased

Breakfast Sandwiches, Kathie's Clam Chowder, Hot Dogs & more



Who doesn't love a yard and craft sale? We're bringing the yard/craft sale indoors at the Montville Senior Center! Do you have a garage/closet full of stuff that is still good, but you don't need anymore? Are you a crafty person who wants to spread joy through crafts? Make sure to join us for our indoor yard and craft sale! We'll be "selling" 4x6 tables for \$25 each, where you can bring any of your stuff to sell! Table set up will begin at 8 AM and doors will open at 9 AM. There will also be breakfast and lunch available for a donation! If you are interested in purchasing a table, please contact Caitlin or Kathie at (860)88-0422 or email cperkins@montville-ct.org.

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 (NOT REQUIRED—FUNDS NEEDED AND USED FOR 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 \$5.00 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 \$15.00 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

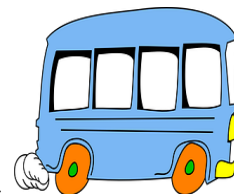
May 2nd– Bingo @ MSC

May 9th– Mohegan Sun for shopping and lunch!

May 16th– Shopping at Clinton Outlets, Lunch at Log Cabin Restaurant

May 23rd– Lunch at Captain Scott's!

May 30th– Older Americans Month Luncheon @ MSC



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!

MONTVILLE SENIOR CENTER

SENIOR CENTER DIRECTOR: KATHLEEN PECK

12 MAPLE AVENUE, UNCASVILLE • PHONE 848-0422

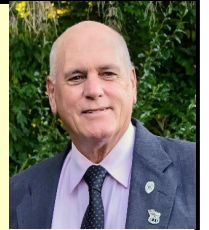


A NOTE FROM YOUR LIAISON:

I'm sure you are all as happy as I am to have the warm weather starting! Though we had a mild winter in comparison to others, there is something about the warm weather that brightens everyone's day. I am delighted to see all of the new programs and activities at our Center. The Director, her staff and volunteers are doing a fantastic job bringing more and more to our seniors and such a variety! I hope you all take advantage of all there is going on! As always, please contact me with any concerns. ~ Liaison Billy Caron

Office

A Message From The Mayor's



Dear Montville Seniors,

We've got a full lineup of activities this May! Join us for **Monthly Bingo** on Friday, May 2 at 1 PM, and don't miss the creative fun of **Rock Painting** on May 5 & 19 at 1 PM (space is limited). On Tuesday, May 6, we'll host the **AARP Driving Course** from 12–4 PM, and a **Veteran Affairs Representative** is available from 2–4 PM to assist with paperwork and benefits—offered every first Tuesday of the month. Other highlights include **Dinner & a Movie** featuring 'A War with Grandpa' on May 9 at 3 PM, a **Dessert Decorating** session and a **Virtual Tour of the Holy Land** on May 14, a "**New to Medicare**" **Presentation** on May 19, and a fascinating **Historical Lecture on "The Sinking of the Andrea Doria"** on May 29. We'll wrap up the month with our **Older Americans Month Luncheon** on Friday, May 30 at 1 PM. Hope to see you there!

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.