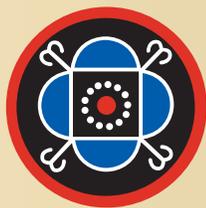


The  
**Montville**  
*Community Booklet*  
Winter/Spring 2019



*Proud of our longstanding  
partnership with the  
Town of Montville*



Mohegan  
Tribe



13 Crow Hill Road  
Uncasville, CT 06382  
<https://mohegan.nsn.us>



## Mayor's Corner



Dear Montville families and residents:

Happy 2019 everyone! As we prepare for the winter season, and look forward to a new spring, I encourage all of you to keep informed about the diverse array of our programs, services, and events by reading the Montville Community Booklet; a publication created especially for Montville's residents!

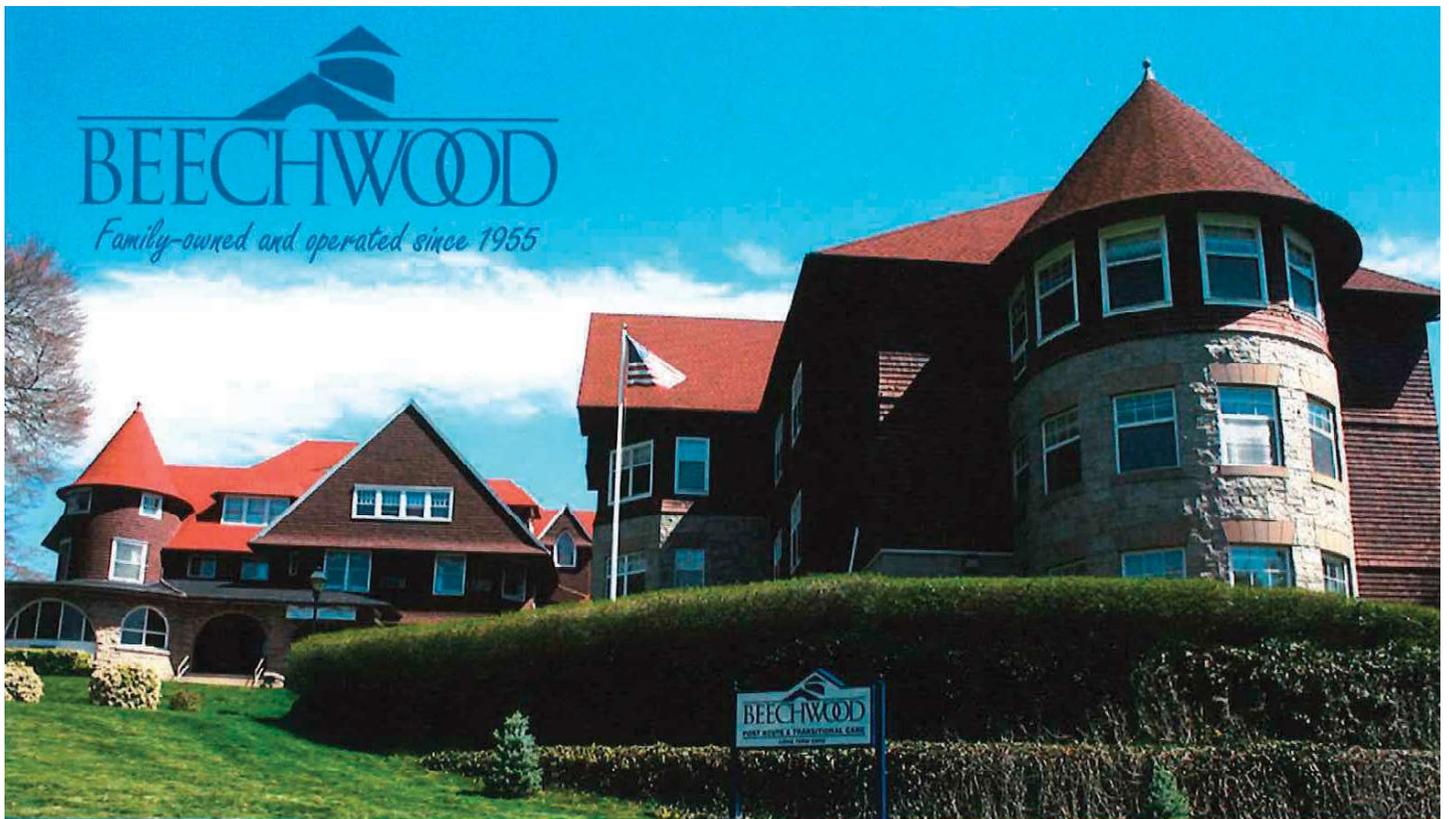
Each month throughout 2018 the Route 32 corridor looked more vibrant and bustling with business! If we continue to create opportunities, and remain open to having discussions with developers and other businesses in our commitment to positive growth and economic development in our local area, Montville will become more economically stable! I wish you all a safe winter season, and a happy spring. Please

be sure to stay tuned to the Town of Montville's website for important information, event highlights and updates: [www.townofmontville.org](http://www.townofmontville.org) and as always, please remember that my door remains open.

Sincerely,

*Ron McDaniel*

Ronald K. McDaniel  
Mayor, Town of Montville



860.442.4363  
[beechwoodrehab.net](http://beechwoodrehab.net)

Beechwood Post-Acute & Transitional Care  
Long Term Care

31 Vauxhall St  
New London, CT

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*Celebrating 150 Years!*

**Dime Bank**  
150 Years  
1869 - 2019  
MEMBER FDIC

Colchester | East Lyme | Ledyard | Montville  
Norwich: Corporate | Broadway | Norwichtown  
Taftville | New London: In Shaw's Cove | In ShopRite  
Stonington Borough | Westerly, RI

860.848.0659 | [dime-bank.com](http://dime-bank.com)    

# Montville Community Bulletin Board

## Thank You

Montville Senior & Social Services would like to give a huge "THANK YOU" to all of the wonderful Town Departments, Businesses, and Organizations that helped us make the past Holiday Seasons enjoyable, and in some cases even possible, for so many of our Montville individuals, families with children, and seniors! We had a tremendous amount of support and donations that allowed us to provide Food Baskets and Toy Baskets for our residents in need! Thank you all for the hard work, efforts, and generosity; your support is not only appreciated, it's treasured!

## Thank You, Montville Stop & Shop

We would like to give another shout out to The Montville STOP & SHOP; they are very generous to the Town of Montville Department of Senior & Social Services throughout the entire year! They donate daily day-old bread and bakery items, collect food throughout the week and month, special holiday collections and generous monetary donations every year! Thank you to all of the hard employees, managers, and head manager of Montville Stop & Shop for your continued generosity to the Montville Senior & Social Services Department and thank you to the customers of Stop & Shop for your generosity in purchasing the items we need for our residents! Thank you for the community spirit!



## Annual Easter Egg Hunt

For Ages up to 10 years old  
Saturday, April 13th at 1pm.  
Rain Date will be Sunday, April 14th at 1 pm.  
Location: Camp Oakdale Ball Fields on Meetinghouse Lane  
The Easter Bunny will be there, and so should you!  
Presented by Parks & Recreation and our local Oxoboxo Masons

## Flashlight Easter Egg Hunt

For ages 11 to 16 years old  
Saturday, April 13th at 7:30 PM  
Location: Camp Oakdale Ball Fields on Meetinghouse Lane  
Bring your flashlight and something to collect your eggs.  
Registration limited to the first 50 registered.  
Registration begins Thursday, March 25th and remain open until filled.  
Register by calling our office at 860-848-6780  
Co-sponsored by Atlantic Broadband and the Oxoboxo Masons

## Summer Camp Counselor Applications

Applications will be available beginning March 1st and close on April 12th. Interviews will begin April 16th to April 18th or until all positions are filled whichever comes first. Applications are submitted using the Town of Montville Application for Employment located on the Town's website under Human Resources.

## Genco Automotive Keys and Remotes

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JONATHAN GENESKY - OWNER

# MONTVILLE SENIOR & SOCIAL SERVICES DEPARTMENT

Dear Montville Community Friends,

Winter is certainly here, though hopefully our spring is right around the corner! As always, the Montville Senior Center is a busy place all year long! Come and check out our programs and services, enjoy socializing with other seniors, participate in the ones you want, suggest ones you are looking for, and reap the benefits of all we have to offer! Learning something new, getting and/or staying healthy physically and mentally, enjoying games, having breakfast, a great lunch and special dinners & entertainment, are just a few of the things we have going on! Our programs and services are FREE to our Montville seniors 60+!!! You can't beat that! So look through the booklet for all of our great programs and come down and meet some wonderful people! The Montville Senior Center is always growing - in every way possible! Our Montville Social Services is a great resource for so many of our residents in town who are having a

difficult time meeting basic needs or facing crisis/hardships. We offer many programs to help our residents in need. Please look through the booklet for some of our services and always call if you are in need; we will do our best to help however we can! Often, people do not realize all we have to offer, until it is needed! We are here for those in need! We are very thankful to the Montville community for their continued generosity and support of our office and

our services, without which we would not be able to do all we do!



Sincerely,  
Kathleen Doherty-Peck,  
Director of Senior & Social  
Services  
Montville Senior Center

## Senior & Social Services Staff

Kathleen Doherty-Peck, Director  
Robin Washington, Social Services Asst.  
Ruth Massey-Abruzzo, Senior Center Asst.  
Larry Antoniac, Bus Driver  
Mary DeWolf, Lunch Coordinator  
John Spinnato, MedRIDE I Driver  
Paul Bychowsky, MedRIDE I Driver  
Katie Thompson, MedRIDE I Driver  
Tom Gingerella, MedRIDE II Driver  
Harry Mars, MedRIDE II Driver

## MONTVILLE SENIOR & SOCIAL SERVICES DEPARTMENT

### SOCIAL SERVICES PROGRAMS

Office Hours: Monday – Friday  
From 8:30 – 3:00

*The Social Services Office is dedicated to supporting the individuals, families, and seniors of our Town in need. We work hard to ensure we are doing all we can to help our Montville residents facing difficult situations and hard times by providing immediate assistance and crisis intervention. We strongly enforce the privacy and confidentiality of our clients.*

### SUPPORT SERVICES

Our Better Health / Mental Health Services will be available to our residents on a weekly basis. Designed to help those in need feel good, deal with life's changes, depression, addiction, and address other mental health needs. The Better Health Program, will provide a licensed clinician to work one-on-one with our residents along with facilitating group support services. Our program will be available for seniors at the Center and our under 60 residents in the Social Services Office. This valuable program will be FREE to our Montville residents! Call Kathie the Director @ 860-848-0422 for details.



## The Montville Republican Town Committee

*The Montville Republican Town  
Committee proudly supports our  
Montville Seniors, families and youth!*

Thank you for making Montville  
such a great place to live and thank  
you for your contributions to our  
community!

We appreciate and value all of you!

The Montville Republican Town  
Committee is proud to sponsor the  
Montville Community Booklet for all of  
our residents.

### Town of Montville

Billy Caron, Town Councilor



I am proud to be a life-long resident of our great Town and a continual supporter of our seniors, children, individual residents, as well as all of our Veterans & Hidden Heroes. I believe when we all pitch in, we make our Town even better! It is my privilege to sponsor this Montville Community Booklet once again; I hope you all enjoy this great resource for all of our residents.

Montville Town Hall

310 Norwich-New London Tpke.  
Uncasville, Connecticut 06382

cell: (860) 608-0969

email: billyclb@aol.com



## JAMES BERNARDO LAND SURVEYING LLC

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Phone: 860-447-0236

E-mail: jim@jbsurvey.com

www.JBSurvey.com



## EASTER BASKETS

If you are in need of an Easter Basket for your child, please contact the Social Services Office. Call 860-848-8820 and specify the age and gender of your child and/or children! We will provide Easter baskets filled for your child / children and hope to help make Easter special for your family! Please sign up by Friday, April 12th – Baskets will be distributed the week of Monday, April 15th – Thursday, April 18th.



## GRIEF SUPPORT SERVICES

We are offering Grief Support Services Program for residents once a week, in the Social Services building, every Friday. The program is provided by certified staff and the services are private and confidential, free, and available to those seeking assistance. This is a great service for those who are having a difficult time dealing with the death of a loved one, the loss due to addiction, and the many facets of grief. Please stop in or call for details.

## APPLICATION & REFERRAL ASSISTANCE

The Department of Senior & Social Services offers application and/or referral assistance for many State and Federal & local Programs. Some applications can be confusing and intimidating. Let us help you. We can help you fill out the application, gather info needed to accompany application. Many programs are available for our residents in need, call for an apt and let us help you. Any questions or for more information, please call for appointment. 848-8820.

8 The Montville Community Booklet

## FREE INCOME TAX ASSISTANCE & BUDGETING PROGRAM

The Montville Social Services Department will try to offer FREE Income Tax Assistance and Budgeting Program to our Montville Residents, should the program be available again. If possible, program will be offered at the end of January, beginning of February. Please call the office to sign up for this valuable service! Assistance will be given by appointment. Don't miss out, please call Robin @ 860-848-8820.

## COMPUTER SERVICES

We have a computer for clients to use located in the Social Services Building. If you need access to a computer for job search, unemployment benefits, apartment rentals, etc. or maybe you need to update and print your resume? Please come in and utilize this wonderful service.

## INTERVIEW ATTIRE PROGRAM

We have a new program, our Interview Attire Program that is full of the appropriate clothing needed to make your first impression a good one when going on a job interview! "You never get a second chance to make a first impression!" Come to the Social Services Building and ask about our Interview Attire Program! Robin will try to help to make sure you put your best foot forward and hopefully the opportunity of landing that job! If you would like to donate to this program, please bring items to the Social Services Building.

## MONTVILLE SOCIAL SERVICES JOB BANK

If you are unemployed or underemployed, come and register with our Social Services Office for our "JOB BANK" program. This program has been very helpful to those seeking employment as we are often sent employment opportunities from local businesses and we are continually working on details to help our clients and contacting those in our community in need of employees. Call Robin @ 860-848-8820 for details.

## ENERGY ASSISTANCE

The Senior & Social Services Offices are still taking applications for Energy Assistance. Assistance began in November and the program runs until March 15, 2019. The Town of Montville Senior & Social Services Department has a partnership with various energy organizations and can take application directly for each program. Please call for you appointment. All income/assets from current year are needed. Please do not miss out on these programs, call to see if you qualify and/or to make an appointment!

## COMMODITY SUPPLEMENTAL FOOD PROGRAM FOR SENIORS

As members of the Gemma Moran Food Center, the Montville Senior & Social Services Department is able to participate in a commodities program for our elderly, 60+. If you are a senior in the Town of Montville and your annual income is \$15,301 (for family of one) and \$20,709 (family of two) you can qualify for this great program! Once a month the Food Center will deliver a box of food filled with great staples (juice, cereal, pasta, powdered milk, & much more) along with a block of cheese to the Montville Food Bank for distribution. You must fill out an application (myself and staff can help with that). Redetermination is only twice a year – food boxes are distributed monthly! If interested in this great program, please call Robin @ 860-848-8820 or Kathie @860-848-0422.

## FOOD BANK

The Department of Senior & Social Services, @ 848-8820 has a fully stocked Food Pantry located in the Social Services Building open Monday – Friday from 8:30 – 3:00 p.m. (10:30 on Monday mornings as that is our donations pick-up day) or by appt by calling Kathie the Director @ 848-0422. We are presently providing between 3,500 – 4,000 meals a month to Montville families in need. Canned goods, pasta, cereal, and rice along with frozen meats and breads (when available). You are welcome to come on a **WEEKLY** basis to supplement your food needs. We also provide emergency services. Come to the food bank, it is here to help you!

## CLOTHING BANK

Do you need that power outfit for your job or a job interview? Or do you need clothes for every day wear? Come to the Montville Senior & Social Services Clothing Bank. We have a seasonally stocked clothing bank located in the Social Services Building. We have everything from men's, women's, and children's clothing to baby's clothes available. Walk-ins welcome Tuesday – Friday from 8:00 – 4:00 p.m. Let us help you!

## HYGIENE BANK

The Department of Senior & Social Services has a hygiene bank available to help those in need. Soap, shampoo, toothpaste, toilet tissue are just a few of the items we have regularly in stock to help our needy individuals and families in town. Our Hygiene Bank is located in the Social Services Building - walk-ins are welcome.

## PROM PROGRAM

Do you have a prom gown or brides maid dress at home you would like to donate to a Montville High School young lady? Our very successful "Prom Program" has provided many dresses to the young ladies of MHA in past years! We have some wonderful students from the high school that would very much like to attend PROM but some cannot because of the high cost of prom gowns. Please consider donating your gown (we also accept dresses for Homecoming!), costume jewelry and shoes to our Social Services Office. We work very closely with the High School to try to afford seniors the opportunity to attend prom! Also accepted are monetary donations or certificates for tuxedo rentals for some of the boys be afforded the opportunity to attend as well! We have sent many young men to Prom with a tux! This is a great program to help the students attend a monumental event in their lives! Please watch for details of our **ANNUAL PROM DRESS FASHION SHOW BRUNCH!** Brunch will be held in March or April, students models dresses, tuxes, and suits and help raise funds for the program!





## SENIOR SERVICES / CENTER PROGRAMS

*The Montville Senior Center / Office is dedicated to supporting our elderly population in Town by offering numerous programs and services to benefit our seniors physically, emotionally, mentally, socially, and more and parallel the growth of the population! We work hard to provide a Center that is truly invaluable to our community and one our seniors can be proud of! It is with honor that we succeed in our endeavors!*



### EVENING PAINTING CLASS

We offer an evening painting class from 4:30 – 6:30 PM, FREE, to our Montville seniors. You MUST register for the program during regular office hours. Classes will run on a 6 week schedule. Painting supplies (canvas, paint, brushes, etc. - \$15 for 6 weeks, will be supplied) Please call for details!

### ZENTANGLE

(Materials can be purchased for \$10.00 KITS or you can bring your own)

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. Learn to relax (the “ZEN” part) while creating beautiful, repetitive, design work (the “TANGLE” part). You will start by using 3 ½ inch square paper “tiles”. You will learn a variety of “tangles” (patterns) and combine them in your own unique way. IT’s easy to learn, and the best part is that you don’t need to have any drawing skills to do this! Each intricate design is broken down in easy to follow steps that guarantee a successful and unique piece. Please register in front office during regular office hours.

### FINANCIAL WORKSHOPS

QUARTERLY (DAY & EVENING PROGRAM)

We will continue to offer a **FREE** Financial Workshop Program. One day time program and one evening program, quarterly - Q & A available at each workshop. Workshop will be provided by licensed and certified Financial Planners from Doherty Financial Services. (There is NO selling at these workshops). DFS is the “first and only independent Financial Planning Firm in Montville”. Topics will include: Annuities, Long Term Care, Investments (stocks, bonds, and mutual funds), Retirement, estate planning & more. Please watch for details on the March date, time, and topic! Please call and offer suggestions on the topics you are interested in!

## **MONTVILLE SENIOR CENTER COMMUNITY GARDEN**

The Montville Senior Center has a Community Garden at the Senior Center. The Senior Center Garden Committee and Director oversee the program. Garden beds are available for those in our community who would like to purchase and maintain a garden. The garden space will allow you a chance to do gardening and supplement your household grocery budget with healthy food. It will also be a chance to allow you to give back to the community. Gardens are available for \$10.00 per year and ¼ of harvest, which is to be donated to the Montville Social Services Office. If you have a green thumb, or even if you don't but would like to have fun in a garden of your own, call Kathie @ 860-848-0422 at the Center for details, rules and registration, and "purchase" your very own garden!

## **HEALTH PROGRAMS**

### **PODIATRIST**

We have a wonderful Podiatrist, DR. Thomas Walter, come to our Center once a month on Wednesday 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. Funding for the program is provided by Title III funds made available through the Area Agency on Aging and the Town of Montville. Call Kathie for details and date of next visit.

### **HEALTH CLINIC**

We offer a Health Clinic at the Senior Center on Tuesdays from 8:30 – 10:00 a.m. We have a visiting nurse from Masonicare come weekly to the Center to perform blood pressure, blood sugar, and anemia screenings every week. All services at the Clinic are FREE – donation box is available for contributions. Call Kathie @ 848-0422 for details.

### **MASSAGE THERAPY**

Massage Therapy offers many health benefits (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. Don't miss out on this wonderful program. Call to sign up.

### **MedRIDES and MedRIDES II**

The Town of Montville Department of Senior & Social

Services offers MedRIDE, a FREE transportation for any/all medical appointments for our senior residents. Doctor appointments, hospital tests & screenings, therapy, pharmacies, dentists, etc. Any medical related appointment. Call Ruthie @ 848-0422 for details and to schedule appointments. This program is free for our Montville Seniors; a donation box is located on the van for contributions. This program is supported by the Town of Montville and the Eastern Connecticut Area Agency on Aging with Title III funds made available under the Older Americans Act. MedRIDES II is the same type of medical transportation program though it is a joint effort between the Town of Montville and the City of Norwich. Funds are provided by the State of Connecticut. Driver is located out of the Montville Senior Center. Appointments need to be made by calling the Norwich Senior Center at 889-5960

### **EQUIPMENT PROGRAM**

The Montville Senior Center has medical equipment (i.e. wheel chairs, 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 finished. FREE program, a release form must be signed. Don't purchase the item that you may need temporarily – come and borrow from the "equipment closet"! Call 860-848-0422 for details.

### **ALZHEIMER'S SUPPORT GROUP**

We have an Alzheimer's support group here at the Senior Center on the first Friday of every month at 10:00 a.m. Come get the support you need, you do not have to handle issues alone! Confidential.

### **HOSPICE SUPPORT GROUP**

We have a volunteer from the Hospice Association that comes to facilitate a Hospice support group and activities. Please call the Center for next date and time. Confidential.

### **HEARING CLINIC**

We have a free hearing clinic on the second Thursday of the month (by appointment). Free hearing screening, hearing aid cleaning and screening and minimal ear wax removal. Call for details and/or to sign up!

### **ENHANCED BENEFIT PROGRAM**

Offered by appointment at the Center, call to see what Federal, State, or local program you might qualify for. The Enhanced Benefit Program is a program our Director uses to see what program a

senior in our Town might qualify for. Information on your current income is needed. This is done with confidentiality and privacy for you!

## MEDICARE

New to Medicare? Not sure what it covers or what other coverage you need? How about prescriptions? If you need assistance in understanding Medicare A, B, C & D, please call for an appointment! Kathie will sit down and explain each of these points, what is covered and what is not, what is available for Medigaps (supplemental insurance), etc. Don't try to navigate Medicare alone if you have having trouble, help is available! Call 860-848-0422 for appointment.

## APPLICATION ASSISTANCE

There are many programs and services available to our elderly population. Some are local, some State, and some Federal. Many times the applications for these programs and/or services can be quite lengthy and challenging for our seniors. If you need help in filling out these applications or you have questions on what service is available for you, please call Kathie at the Senior Center to make an appointment. Let's sit down and go over help, services & programs that might be available to you.

# EXERCISE PROGRAMS

## LINE DANCE CLASS

Mondays from 9:00 – 10:00 AM Classes are on-going, you can join at any time! Come get or stay in shape and healthy!!!! Line Dancing is a great form of exercise to help with heart health, weight control, and so much more! Classes are free, wear comfortable clothing and sneakers, and have some fun!

## STRENGTH TRAINING

Every Wednesday from 2:30 – 3:30 PM Strength training increases muscle mass and also strengthens your bones, helps with weight management, provides relief from arthritis pain, lowers risk of injury, and improves cardiac health. You will be safely guided, by an ACE certified personal trainer, through a variety of exercise designed to increase muscular strength, range of motion, and flexibility required for everyday living at its best." No need to sign up; just wear comfortable clothing and sneakers and come on down and take charge of your health.

## HEALTHY STRETCH

Every Thursday from 3:00 – 4:00 PM  
FREE

"As we age our muscles become shorter and lose their elasticity. Aging can affect the structure of our bones and muscles causing pain and decreased range of motion in the shoulders, spine, and hips. Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life. Class is for anyone seeking to achieve the many benefits of stretching." Please wear comfortable clothing and sneakers to participate in class. Must be a registered member of the Center!

## ZUMBA GOLD – Night Class

Classes are every Wednesday evening from 5:30 – 6:30PM – FREE and open to Montville seniors! Wear comfortable clothing and sneakers! Get healthy while having some fun! Zumba Gold is geared toward seniors and is a fun Latin-inspired exercise program. Must register during day time hours in front office.

## CARDIO EXERCISE

We are looking to start another Cardio Exercise class, which are geared toward the senior population, once a week at the senior center (to add to our extensive list of exercise programs). Classes will be free. Wear loose and comfortable clothing and sneakers. Don't be afraid to join and take charge of your health!

## TAI CHI

We have Tai Chi classes at the Senior Center on Mondays, 10:30 – 11:45. Tai Chi is a slow paced, low impact martial art exercise. Classes run for 10-week sessions. You can join within the first few weeks of a session. Classes are free.



## YOGA

One of our most popular classes! –YOGA Classes are every Tuesday from 9:15 – 10:15 a.m. Classes are Free. Wear comfortable clothing, sneakers or socks are permitted. Classes are designed for seniors. Don't forget – take charge of your health!

## LINE & COUNTRY DANCING

Come to the Center and have some fun! Line & Country Dancing taught on Monday's from 3:15 – 4:15 p.m. and Thursday mornings from 9:30 – 10:30 a.m. Get some great exercise while having fun dancing! Wear comfortable clothing.

## DINNER & A MOVIE

Once a month on a Friday, we offer Dinner & a Movie at the Center. Great way to start the weekend off! Dinner is served and movie starts at 3:00, and is generally over about 5:00 p.m. Socialize with friends, have a great meal and enjoy a movie. \$5.00 donation request. Free door prize as well! Call for details @ 848-0422 and come and have some fun.

## BUCK-A-BOWL LUNCHEON

**THIS PROGRAM IS A HUGE SUCCESS! YOU GET A DELICIOUS LUNCH, GREAT COMPANY, AND MORE ALL FOR A \$1.00 DONATION REQUEST! OUR BUCK-A-BOWL**

Lunch program is very popular! Sponsored by the Montville Senior Center, we offer a luncheon special Monday - Friday. Soups, stews, pasta, salad, sandwiches, and more! \$1.00 donation request. No need to sign up. Lunch is 11:00- 12:15 or while supplies last! Come on down and have lunch with us! The Montville Senior Center is Food Safety Certified and Licensed by Uncas Health District.

## PAINTING CLASSES

We offer three painting classes at the Senior Center. Mondays from 10:00 – 12:00 noon and Thursdays, two sessions: 10:00 – 12:00 noon and 12:30 – 2:30 p.m. Even if you have never picked up a paintbrush before – come on down. Come on down and get your name on the list, classes fill up fast, limited to eight people per class. You will love to learn and learn to love painting!

## DRAWING CLASSES

Drawing classes are offered at the Center on Wednesdays. Two sessions to choose from: 10:00 – 12:00 noon or 1:00 – 3:00 p.m. Come and learn techniques and develop your skills. Our Art classes are a great deal of fun. No experience necessary.

## ZENTANGLE

Thursdays 4:30-6:30 - FREE

(Materials can be purchased for \$10.00 KITS or you can bring your own)

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. Learn to relax (the "ZEN" part) while creating beautiful, repetitive, design work (the "TANGLE" part). You will start by using 3 ½ inch square paper "tiles". You will learn a variety of "tangles" (patterns) and combine them in your own unique way. IT's easy to learn, and the best part is that you don't need to have any drawing skills to do this! Each intricate design is broken down in easy to follow steps that guarantee a successful and unique piece. Please register in front office during regular office hours.

## COMPUTER CLASSES

Classes are offered on Mondays: 9:00 – 10:00 and 11:00 – 12:00, Tuesdays: 1:00 – 2:00 p.m. Classes run for four-week sessions, though you are welcome to join at any time. Class topics change every four weeks. We have offered Beginners, Word, Excel, Internet, Photo, Free Forum, etc. Please contact Kathie if there is a specific program you are interested in. The Computer room is open and available at all other times and days that our Center is open for senior residents to come in and utilize and enjoy!

## CREATIVE WRITING CLASSES

We offer Creative Writing Classes which run on 8 week sessions. They are once a week at the Center on Tuesdays at 10:30 – 11:30 a.m. You can join at the beginning of each session. Classes are very enjoyable.

## CHORUS

Come and join a Senior Chorus if you like to sing! Wednesdays, 9:30 – 11:00 AM. ALL are welcome! Don't think you have the best singing voice – NO PROBLEM – it's all for fun and enjoyment! Come join a great group of people – no experience necessary! Have some fun and sing with us!



## CRAFTS

We have Crafts at the Senior Center on Mondays from 12:30 – 3:00 P.M. and Tuesdays from 1:00 – 3:00 P.M. Come and learn new arts and skills or just come and have some fun with a great group of people. Materials provided by the many donations we receive.

## HAIR CUTS

We have a licensed/insured professional hair stylist come to the Center every Thursday morning (by appointment) Call for details or to sign up for apt.

## TRIPS

• Please call for details! We are partnering with the Ledyard Senior Center and will have our upcoming trips for the year posted!

## SPECIAL EVENTS

- Annual Valentine's Day Lunch & BINGO at the Center on Friday, February 15th. Come and join us for our annual Valentine's Day Lunch & BINGO with the kids from Tyl Middle School! Lunch, BINGO, raffles & fun! FREE! Must sign up if you plan to attend.
- Annual Saint Patrick's Day Dinner at the Center on Thursday, March 14th at 1:00 PM. Please join us for a delicious Saint Patrick's Day Meal with friends at the Center. Corned Beef & Cabbage, and great entertainment with Irish songs! Always a wonderful festive event! Come and join us! Bus is available!
- Annual Health Fair Come join us on Friday, April 12th from 1:00 – 3:00 for our Annual Health Fair! Great information, screenings, goody bags & more! Senior ID cards! FREE – don't miss this opportunity

to speak to health professionals and others relevant to the elderly population! Always fun!

## COMMISSION ON AGING

The Commission on Aging meets the first Wednesday of the month (excluding July, Aug, Dec) at 9:00 in the Library of the Senior Center to discuss the needs of the elderly population in the Town of Montville and the possible proposals for services to address said needs. The Commission welcomes input from the community and the public is welcome at the Commission meetings.

Kathie Doherty-Peck, Chairperson  
 Karen Doherty, Vice Chairperson  
 Monica MacNeil, Member  
 Mary Adams, Member  
 Margaret Skinner, Member  
 Lou Ziegler, Member  
 Irene Taylor, Member  
 Kathy Pollard, Town Council Liaison  
 Open, Police Liaison

## MONTVILLE SENIOR CLUB NEWS

### CLUB MEETINGS

The Montville Senior Citizens Club meets the first Friday of the month from 10:00 – 11:00 a.m. (unless holiday, meeting will be on following Friday) Goodies & coffee offered. Speakers / entertainment at most meetings. Club business to follow speakers. Come on down members!

### CLUB DUES

Your 2019 Senior Club dues are due every January! Club membership is for seniors 60+ and this year the dues are \$10.00. Membership includes Club meetings and annual events throughout the year. Your dues also help fund the Senior Center with supplies (i.e. paper goods, cable television, newspapers, etc. - Membership not required to come to the Senior Center!)

### SPECIAL BINGO

Sponsored by the Senior Club

12:30 – 2:30 PM

First Friday of each month

Cost: \$5.00 donation

Come and have some fun with the always popular Special BINGO! Snacks and beverages provided and lots of fun with some great people! Come on down for BINGO! The more, the merrier!



**EXTRA SPECIAL BINGO**

Once-a-Month on a Tuesday

2:00 – 4:00 PM

Cost: \$5.00 donation

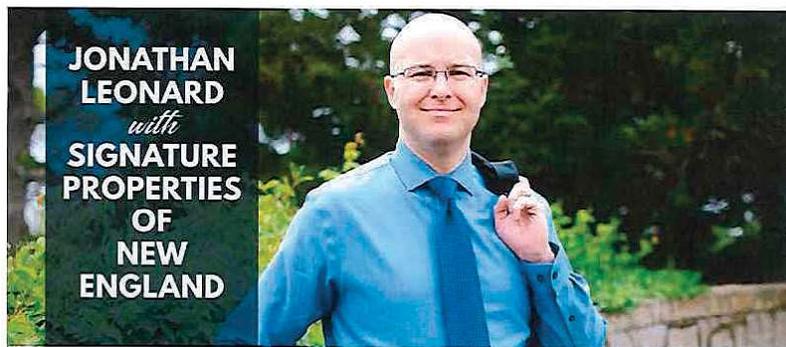
Come and join the fun, have goodies & coffee, and a chance to win at BINGO while enjoying the company of your friends! Bus is available.



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**WANT MORE INFO? CONTACT ME!**

Jonathan Leonard  
860-625-7831  
leonardj@propertiesct.com





**IMPORTANT CONTACT INFORMATION**

Montville Parks & Recreation Department  
310 Norwich - New London Tpke.  
Uncasville, CT 06382  
(860) 848-6780 Fax: (860) 848-8703

**Director’s Welcome.**



Happy New Year everyone.

With winter upon us, don’t let the weather keep you from being active. Getting outside for a walk or play with family and friends helps to invigorate you. As with all things, moderation is the key.

Drive patiently and courteously and walk toward traffic so they can see you and you can see them as the streets get narrower with the snow. Stay safe and join us in a program or two. Thank you for such a successful 2018 and our best to your family for a great 2019.

Pete Bushway, CPRP  
Director

**Registration Information**

Register for all Parks & Recreation programs at our office located at the above address. Office hours are 8:00 am – 4:30 pm. Payment is due upon registration. Checks can be made payable to Montville Parks & Recreation. Register in person, online or by mail; receipts will be mailed promptly. Program and registration information can be located on Town’s website at [www.townofmontville.org](http://www.townofmontville.org). Simply go to Departments & Services, “Parks & Recreation”, and then WebTrac icon for all program information.

**Refunds:** Full refunds will be given for any program canceled by the Recreation Department. Participants withdrawing from a program are entitled to a one hundred percent (100%) refund if canceled prior to the first meeting of each program. A refund of fifty percent (50%) of the program fee will be given after the first meeting of the program. The Parks &

Recreation Director, at his discretion, may arrange for other refund options on a case-by-case basis.

**Over/Under Enrollment Policy:** Programs have a minimum and maximum enrollment. If the class does not reach the minimum size required, the class will be canceled. A waiting list may be established for fully enrolled programs. One week prior to the start of a class is when it is determined whether to cancel a class or not. Please don’t wait until the last minute to register.

**\*Disclaimer –** All program dates and times are subject to change due to instructors and Parks & Recreation schedule.

**Photo Policy:** Photographs taken of any participant in the Montville Parks & Recreation Department programs or activities may be used for publication or advertising materials such as Facebook and print media. Any participant not wishing to have a photograph of them used must submit in writing not to be photographed at the time of registration

**Department Staff:**

Recreation Director – Peter Bushway  
Administrative Assistant - Carol Bunnell

**Parks & Recreation Commission Members**

- Karen Perkins – Chair
- Danielle Butzgy– Member
- Matthew Beaupre - Secretary
- Dawn Penman– Member
- Joseph Berardy – Member
- Jennifer Hajj– Member
- Rachel Belardo- Member
- Kristin Ventresca- Member
- Mark Bushwack - Member
- Jeff Rogers – Commission Liaison

The Parks & Recreation Commission meets the 3rd Wednesday of each month at 6:30 PM in Council Chambers at the Montville Town Hall. Notification will be posted if there is a change in meeting location or time. All meetings are open to the public.

**Montville Police Department**

- (Non-Emergency)..... (860) 848-7510
- Raymond Hill Library ..... (860) 848-9943
- Montville Public Works..... (860) 848-7473
- Montville Town Hall ..... (860) 848-3030
- [www.townofmontville.org](http://www.townofmontville.org)
- Montville Animal Control ..... (860) 848-3529
- Transfer Station ..... (860) 848-0401

## Other Program Opportunities:

Little League - .....www.montvillellb.org  
 Youth Football ..... montvillefootball.com  
 Youth Cheerleading.....montvillefootball.com  
 Montville Youth Soccer.....www.montvillesoccer.org  
 Montville Youth Wrestling – find them on Facebook  
 @Montville Youth Wrestling  
 Montville Youth Lacrosse.....montvillelacrosse.org

Camp Oakdale Pavilions and Fair Oaks Rentals  
 Have your next get together at one of our facilities.  
 These are great places to hold your event. Contact  
 the Parks & Recreation office for availability and  
 fees.

## Weather Cancellations

In case of inclement weather, cancellations will be  
 posted on our Facebook page, aired on Channel 3  
 and several local radio stations, you can also call the  
 office at (860) 848-6780 during office hours.



## Dance

Instructor Lana Davison

Dance class for ages three and up. This program  
 introduces instruction to students in their dance  
 experience. Fundamentals and terminology of  
 dance are learned leading to a future recital dance  
 performance in June.

**This program session runs for eight weeks**

Classes are held at the Fair Oaks Community Center  
 located at 836 Old Colchester Road, Oakdale

**Level 1** - Classes are for children age five and in  
 kindergarten and up. Dance level is beginner to two  
 years of dance in that subject.

**Level 2** - Classes are for children eight years and up  
 with the minimum 2 years of dance in subject level.  
 Classes are continuous learning from Level 1 and at  
 a faster pace than Level 1 classes.

**Level 3 & 4** - To take these classes you must have  
 prior experience before entering. Classes are age  
 restricted.

**Miss Lana reserves the right to move children to  
 another level based upon skill and experience.**

**Clothing and shoes for classes are as follows:**

**3 year olds** - Wear pink ballet slippers, any leotard of  
 choice or flexible clothing.

**4 year olds** - Wear black tap shoes and pink ballet  
 slippers any leotard of choice or flexible clothing.

**Ballet classes** - Wear pink ballet slippers, leotards of  
 choice and tights. Ballet skirts are permitted.

**Jazz/Hip Hop** - Wear black jazz shoes or black ballet  
 slippers, leotard of choice or flexible clothing.

**Level 1 Tap** - Wear black tap shoes, leotard of  
 choice, or any flexible clothing.

**Level 2 Tap** - Wear black tap shoes with  
 soundboards; must buy these from a dance supplier.  
 Mary Jane or tie up may be worn, leotard of choice  
 or flexible clothing.

**No dresses, jeans or outside clothing allowed for  
 classes. Please have a bag for children to change  
 shoes during class.**

Tap shoes can be found at Allaboutdance.com or  
 discountdance.com Again there are local stores in  
 area that sell shoes and leotards.

## SATURDAY CLASSES

**Minimum of Six per Class  
 Maximum of Twelve per Class**

**Sessions will run from  
 Saturday, January 12 – March 2**

**Fee: Residents \$47.00  
 Non-Residents \$52.00**

Program #112021A	Intro to Dance, Creative Dance, Ballet 3 yr olds	9:30 am – 10:15 am
Program #112021B	Combo Class Tap/ Ballet 4 yr olds	10:15 am – 11:00 am
Program #112021C	Level 1 Ballet 5 yr and up	11:00 am – 11:45 am
Program #112021D	Level 1 Jazz/Hip Hop 5 yr and up	11:45 am – 12:30 pm
Program #112021E	Level 1 Tap 5 yr and up	12:30 pm – 1:15 pm

## MONDAY CLASSES

Minimum of Six per Class  
Maximum of Twelve per Class

Sessions will run from  
Mondays, January 14- March 4

Program #112022A	Tap/Ballet Combo 4 yr olds	4:15 pm – 5:00 pm
Program #112022B	Ballet Level 3 Past Experience Needed 8 yrs & up	5:00 pm – 5:45 pm
Program #112022C	Tap Level 3 8 yr & up Fast Paced	5:45 pm – 6:30 pm
Program #112022D	Jazz/Hip Hop Fast paced 8 yr & up	6:30 pm – 7:15 pm
Program #112022E	Adult Tap 16 yrs & up	7:15 pm – 8:00 pm

## TUESDAY CLASSES

Minimum of Six per Class  
Maximum of Twelve per Class

Sessions will run from  
Tuesdays, January 15 – March 5

Program #112025F	Tap Class Level 4 12 yr and up	5:45 pm – 6:30 pm
Program #112025G	Jazz/Hip Hop Level 4 12 yr and up	6:30 pm – 7:15 pm
Program #112025H	Lyrical Class 10 yr and up	7:15 pm – 8:30 pm

## WEDNESDAY CLASSES

Minimum of Six per Class  
Maximum of Twelve per Class

Sessions will run from  
Wednesdays, January 16 – March 6

Program #112024J	Ballet Class Level 2 7 yr and up	5:00 pm – 5:45 pm
Program #112024K	Tap Class Level 2 7 yr and up	5:45 pm – 6:30 pm
Program #112024L	Jazz/Hip Hop Level 2 7 yr and up	6:30 pm – 7:15 pm

## THURSDAY CLASSES

Minimum of Six per Class  
Maximum of Twelve per Class

Sessions will run from  
Thursdays, January 10 – February 28

Program #112023L	3 yr old Intro to Dance, Creative Dance & Ballet	4:15 pm – 5:00 pm
Program #112023I	Ballet Class Level 1 5 yr and up	5:00 pm – 5:45 pm
Program #112023J	Tap Class Level 1 5 yr and up	5:45 pm – 6:30 pm
Program #112023K	Jazz/Hip Hop Level 1 5 yr and up	6:30 pm – 7:15 pm

## New London County Judo



For ages five through adult.  
This program continues to be a favorite.  
Sessions are ten weeks long

**Program Fee:**  
\$30/Residents & \$35/Non-Residents

Schedule as Follows:  
Mondays  
March 4th to May 13th  
No class April 15th

**Beg Ages 5 to 8 years**  
Two times to choose from:  
4:30 – 5:30 PM Program #171051F

**Beg/Inter Ages 9 to Adult**  
6:30 – 8:00 PM Program #171051G

**Fridays**  
March 1st to May 10th  
No class April 19th  
**Inter Ages 9 and under**  
6 – 7 PM Program # 171051H

**Advanced**  
12 years and under  
7-8:00 PM Program # 171051I

13 years and older  
7-8:30 PM Program #171051J

# Gymnastics



**18 Months – 3 Yrs** - Program specifically designed for parent/child interaction. Explore a wide range of special motor skills with a clear emphasis on movement, music and balance.\*

**Ages Four – Five** - Child must be able to follow basic instructions such as standing in line. Designed to refine motor skills, learn the basics, develop better coordination and socialization skills.\*

**Beginners** - Recreational beginner program for young gymnast with a desire to learn gymnastics, the objective is specifically to improve tumbling, strength, increase flexibility, skill development and build self-esteem. Ages 5 years & up.\*

**Intermediate** – Program for gymnastics continues to improve their tumbling, flexibility and strength. Must be able to do a bridge kick over, backbend and front support and chin old on bars. Progression from beginners. Ages 7 years and up. Will be evaluated by Coach to make sure this is the appropriate class.

**Advanced** - Program for advanced gymnasts who want to build on their tumbling, strength, flexibility and skill development. Must be able to do a back hand spring, pullover and back hip circle on bars. Should have strong confidence on bars and beam  
Progression from Intermediate.

**\*All programs are run by ABC's Gymnastics Stars staff, all USA Gymnastic Certified.**

**Fee for Residents is \$55 and Non-Residents \$65**  
Minimum of five required for each class

**Wednesday**  
**Meets January 16 – March 6**

Ages Four – Five	4:20 – 5:00 PM	#112102A
Beginners	5:00 – 6:00 PM	#112102B
Intermediate	6:00 – 7:00 PM	#112102C
Advanced II (invite only)	7:00 - 8:00 PM	#112102D

**Thursday**  
**January 17 – March 7**

18 Months – 3 Yrs	3:50 – 4:20 PM	#112102E
Ages Four – Five	4:20 – 5:00PM	#112102F
Beginners	5:00 – 6:00 PM	#112102G
Intermediate	6:00 – 7:00 PM	#112102H
Advanced	7:00 – 8:00 PM	#112102I

## NEXT SESSIONS

**Wednesday**  
**March 13 – May 8**  
**No Class April 17**

Ages Four – Five	4:20 – 5:00 PM	#112102J
Beginners	5:00 – 6:00 PM	#112102K
Intermediate	6:00 – 7:00 PM	#112102L
Advanced II (invite only)	7:00 - 8:00 PM	#112102M

**Thursday**  
**March 14 – May 9**  
**No Class April 18**

18 Months – 3 Yrs	3:50 – 4:20 PM	#112102N
Ages Four – Six	4:20 – 5:00PM	#112102O
Beginners	5:00 – 6:00 PM	#112102P
Intermediate	6:00 – 7:00 PM	#112102Q
Advanced	7:00 – 8:00 PM	#112102R

## Traditional Shotokan Karate-Do

This class explores the fundamental principles of traditional Japanese Karate. Character development

*continued on next page*

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for all students will be stressed. Respect for self and other is at the heart of all training. Control is a focal point for all decisions made, both physically and mentally. Students will learn strong stances, good posture and correct form of basic techniques according to the *Japan Karate Association*.

Students will develop balance, coordination, speed, focus and control through spirited training of blocks, punches, kicks and strikes.

Instructor: Andrew Bakoledis, 24 years training 4th degree black belt. Additional Instructors: John Listorti & Abby Barrera.

All classes held at JKA Montville, LLC located at 1242 Old Colchester Rd – Oakdale Pizza Plaza

**Classes Begin week of January 18, 2019  
Eight- Week Sessions**

**Fee: Monday or Thursday Class:**  
Resident/\$60 Non-Resident/\$65

**Monday/Wednesday Class: or  
Tuesday/Friday Class:**  
Resident/\$90 Non-Resident/\$95

Deadline for all registrations is February 11

Program#	MON	TUES	WED	FRI	SIZE
#111061E Youth 1 Ages 4-5	5:00- 5:30pm				Min 4 max 8
#111061F #111061F Youth II Ages 5-9				4:45– 5:30pm	Min 4 max 8
#111061G Youth III Ages 6-12		5:30- 6:30pm		5:30 – 6:30pm	Min 2 max 12
#111061H Adults 10 & up	5:45- 7:30pm		5:45- 7:30pm		Min 2 max 8

\*Belt test and tournaments also\* through JKA Montville, LLC

Students will test for belt rank at end of each session. Students may also elect to participate at special training seminars and/or compete at special periodic events during session for an additional cost. Visit [www.jkamontville.com](http://www.jkamontville.com) for additional information.

## Adult Volleyball



Free Drop-In Program

The Montville Recreation Department will offer a Volleyball Program for men and women ages 16 and up. This is for all skill levels. The program is free of charge and runs on Wednesday evenings from 6:30 to 8:30 PM at the Tyl Middle School in Oakdale.

This program will run through the end of March at Tyl Middle School Gym (come ready to play). Anyone wishing to play must fill out a registration form and sign a waiver liability release form.

For more information  
Please, contact the Recreation Office

Dates: Now thru April 25th  
Program #363311C

## Moderate Level Hatha Yoga



This class includes postures to increase flexibility, strength and vitality. Breathing practices to still the mind, improve concentration and reduce stress, and deep relaxation to restore balance and rejuvenate. The hour and fifteen-minute class will include a short meditation at the end.

Please be sure to bring a comfortable pad, mat or towel for use on the floor.

Minimum of 10 participants needed  
Instructor: Rosemary Gentile  
Fee: \$90/Resident \$100/Non-Resident

Class: Wednesdays (10 weeks)  
Date: March 20th to June 5th  
No class 4/17 or 5/29  
Location: Murphy Elementary School Cafeteria  
Time: 5:30pm – 6:45pm

Program #143021F

**Montville Parks & Recreation Department**  
**310 Norwich- New London Tpke.**  
**Uncasville, CT 06382**  
**Phone (860) 848-6780**  
**Fax (860) 848-8703**

First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Email Address \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Other \_\_\_\_\_

Program Name \_\_\_\_\_ Code # \_\_\_\_\_ Cost \$ \_\_\_\_\_

Time \_\_\_\_\_ Day (s) \_\_\_\_\_ \*T-shirt Size (If Applicable) \_\_\_\_\_

Comments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement, In consideration of participating in the Montville Parks & Recreation Activities.

I, \_\_\_\_\_ represent \_\_\_\_\_  
**(Parent/Legal Guardian, Please Print)** **(Participant Name)**

and understand the nature of the Activity and that I he/she am/is qualified, in good health and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe I will immediately discontinue participation in the Activity.

I fully understand that certain Activity involves risk of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost and damages I incur as a result of my participation in the Activity.

I hereby release, discharge and covenant not to sue the Town of Montville and its respective administrators, directors, agents, officers, volunteers, employees, other participants, any sponsors, advertisers, and if applicable owners and lessors of premises on which the Activity takes place (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability and assumption of risk I, or anyone on my behalf makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage or cost, which may incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Parent/Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# Montville Youth Service Bureau

836 Old Colchester Road • Oakdale, CT 06370

Phone: (860) 848-7724 • Fax: (860)848-4058

[www.montvilleyouth.org](http://www.montvilleyouth.org)



Happy winter & spring seasons Montville!

Please join MYSB in celebrating the 2019 winter and spring seasons. 2018 was as busy as ever here at MYSB, and we hope that you kept updated by reading our newsletter, checking out our Facebook page, and of course reading the Montville

Community booklet, too!

We look forward to increasing & enhancing our good works & efforts, and creating new successes! Our heartfelt thanks to our kids & families, local & state officials, partner agencies, and our countless supporters; with your help we can continue to “Make A World of Difference” one effort, one project, one service, and one day at a time!”

I also would personally like to thank the MYSB Staff and Advisory Board for always putting their best foot forward, supporting me, each other, and all MYSB programs, services, kids & families every step of the way!

Please give us a call anytime 860-848-6747, or 860-848-7724; visit our website [www.montvilleyouth.org](http://www.montvilleyouth.org) or The MYSB Facebook Page & Twitter Account to catch up on all the happenings at MYSB! You can also visit [www.ctyouthservices.org](http://www.ctyouthservices.org) to learn more about the 100 YSBs thriving in over 145 communities across the State of Connecticut!

Warm Regards ~ *Barbara*

Barbara A. Lockhart, MS  
Director of Youth Services  
Juvenile Case Manager  
Town of Montville  
CYSA, Advocacy Chair

## Mission Statement

The Montville Youth Service Bureau is committed to the development and implementation of affordable, effective, accessible programs and support services.

## Our Vision

We are dedicated to achieving positive outcomes for the children, youth and families in the Montville Community, while promoting overall community health. We will accomplish our goals through positive programming, prevention initiatives, mental health services, collaboration and partnerships with the community and the provision of consistent, evidence-based and effective diversion based services.

## STAFF:

Barbara Lockhart, MS Director  
Kimberly Grant, BA  
Program Developer  
Dianne Peltier, Admin. Assistant  
Darin D’Ammadio, LCSW  
Sonja Campbell, Axel DeJesus,  
Brendan Rothholz & Alicia Seltzer, Program Assistants

## Montville Youth Advisory Board:

Daniel Dunn, Chairman  
Officer Karen Aleshire  
Daniel Boisvert  
Bethany Caron  
William Carlos  
Vouise Fonville  
Brienne Messer  
Susan Rickards  
Timothy Shanahan, Vice Chairman  
Caitlyn Withey, Youth Liaison  
Joe Rogulski, Town Council Liaison

## Montville Youth Service Bureau Programs After School Program

Grades: 4th -12th  
Monday – Friday  
After School until 6 PM  
Open to Montville Residents  
Registration Required.

The ASP is a fee based program.

**\*Due to the increased interest in our After School Program, there may be a waiting list in place. The 2018-2019 After School Program yearly registration fee is \$300. A \$75 non-refundable deposit is due at the time of registration in the program. (Parents whom have a child/children placed on the waiting list will not be required to pay the ASP fee until a spot opens in the After School Program.)**

The remainder of the balance is due 60 days from the original registration date. Parents with more than one child in the ASP will be afforded a tiered family payment plan.

Montville ASP operates as a latch key prevention program for Montville students in grades 4 – 12. Students who attend the After School Program can choose between a wide variety of recreational and educational activities. Such Activities include: supervised homework help, computer access, outdoor recreational activities, pool, air hockey, video game systems and much more. The After School Program offers students special activities throughout the year. Completed registration forms must be dropped off in person. All forms are available on our website [www.montvilleyouth.org](http://www.montvilleyouth.org). Faxed copies of the forms will not be accepted. If you would like more information, or to be placed on the waiting list, please contact us for more information.

## Summer Center 2019

Dates to be Announced

Tuesday-Wednesday-Thursday

8:30 am to 5 pm

Summer Center is open to all Montville Youth entering grade 7 and above. Program includes breakfast and lunch all three days, one trip per week, and special activities.

### Registration Information:

Registration for Summer Center 2019 is scheduled for **Monday, May 13th**.

Parent/Guardian must register their child; Proof of residency & a non-refundable deposit is required.

Total Cost: TBD

See Website & Facebook in March for more information.

## Montville Youth Action Council – MYAC Middle School & High School #YACAboutIt

Montville YAC's mission is to provide opportunities for Montville Youths, in grades 6 through 8, and grades 9 through 12, to develop and promote responsibility, cultivate leadership skills, develop an interest in the community, and foster empowerment and positive social development through active participation. This includes the formation, coordination, and delivery of community service projects, as well as social and recreational activities. The middle school program offers students an opportunity to “give back” to their community and beyond. The high school program offers students an opportunity to educate their school and community on issues that impact everyone. Montville YAC's past projects include a Police/Youth Memorial Bench Building Project, our Annual Penny Drive, which has raised over \$15,000 for local and national charities, Montville Green Out Day, and a “Wear Purple Day” for Healthy Relationships. Contact Kimberly for more information at (860)848-6746.

### 2019 Penny Drive

Stay tuned for our beneficiary!

Montville Youth Services & YAC will be collecting pennies (& other loose change) Beginning January 1st through May 10th!

Stay tuned for more information about how you can help!!

### Counseling and Referral

Confidential, short-term counseling is available to Montville youth and families, on a family income adjusted fee scale. Our counselors focus on personal needs and concerns, and the dynamics of relationships between parents and children, siblings, and peers. In addition we offer information and support to parents, children, and all family members. We also offer referrals for families and individuals who may require other services we cannot provide. Contact Barbara Lockhart at (860)848-6745 for more information on how to access our services.

### Hire-a-Teen

This job placement program matches youth with residents who need assistance with such tasks as yard work, housework, babysitting, mother's helper, elderly help, snow shoveling and pet

sitting. Participating communities include: Bozrah, Chesterfield, Montville, New London, Norwich, Salem, Quaker Hill, and Waterford. Applications need to be filled out and returned in person by anyone interested in utilizing the services and any youth who are interested in being part of our Hire-A-Teen Program.

For more information contact Dianne, (860)848-6747, between the hours of 9:00 am and 2:30 pm.

### Volunteers

Montville Youth Service Bureau welcomes energetic people to volunteer, during the school year, in our After School Program. We are looking for people to volunteer on our playground, arts and crafts projects and mentoring. We are also looking for local High School juniors and seniors who are willing to provide homework assistance to our participants. We ask our volunteers to make a commitment of at least one day a week throughout the school year. Please contact Kimberly, (860)848-6746 with any questions or if you are interested in giving back to your community.

### Internships & Service Learning

Opportunities for Internships and Service Learning are available for those that are pursuing their education in the fields of Human Services, Psychology, Sociology, Criminal Justice, Social Work, and Education. Please contact MYSB for more information about these invaluable career training opportunities.

## Parent-Toddler Play Group

Birth to Five Years

Tuesdays and Fridays

Montville Community Center

10:30 AM to Noon

Registration for is required.

MYSB sponsors a Parent Toddler Play Group which takes place at The Montville Community Center in Oakdale. This program is free for both residents and non-residents. The purpose of the program is to enhance social skill development, and provide and introduction to creative & education stimulations through free play. Parents must attend with child. Check our Facebook page, website or give us a call with questions.

## MYSB COMMUNITY EVENTS:

Community Conversation Series TBA

Beginning in 2019 Montville Youth Service Bureau in partnership with the Montville Public Schools

and SERAC will be hosting a series of community conversation surrounding topics and issues of concern relevant to families in our community. For more information about this series of events, please “Like” us on Facebook.

## Montville Youth Service Bureau

To access more information about our programs, events and helpful resources for families visit our website,

[www.montvilleyouth.org](http://www.montvilleyouth.org)

Our website has our registration forms, flyers and of course, our monthly newsletter, the “Youth Scoop!” For pictures and program information you can also “Like” us on Facebook and follow us on Instagram!

**@MontvilleYSB**

## Montville Cares!

The Town of Montville in Partnership with SERAC!

1 Word, 1 Voice, 1 Life

Be the 1 to start the conversation.

[www.preventsuicideCT.org](http://www.preventsuicideCT.org)

Suicide Hotline- 1800-273-8255

(Veterans press 1)

or text “Go” to 741-741

Help is available 24 hours a day/7 days a week

If you or someone you know is struggling with addiction, please call the National Addiction Hotline, available 24 hours a day/7 days a week

1-800-662-HELP (4357)

If you or someone you know is involved in an unhealthy relationship, please call the Safe Futures of New London Hotline for Domestic Violence and Sexual Assault, available 24 hours a day/7 days a week.

860-701-6000 or 860-701-6001

