

# Montville Community Booklet

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Parks & Recreation

Senior & Social Services

Youth Services

January- April 2011

## Important Contact Information



**Montville Parks & Recreation Department**  
**310 Norwich - New London Tpke.**  
**Uncasville, CT 06382**  
**(860) 848-3030 Fax: (860) 848-8703**

### 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 or by mail; receipts will be mailed promptly. Registration forms can be located on our website at [www.townofmontville.org](http://www.townofmontville.org). Simply go to Departments & Services then to “Parks & Recreation” and find the forms needed.

**Refunds:** Full refund for any program canceled by the Recreation Department. Participants withdrawing from a program are entitled to a refund of fifty percent (50%) of the program fee, if withdrawing within seven (7) business days of registration. Otherwise, the registration fee is non-refundable.

**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.

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

**Photo Policy:** Any photograph taken of any participants of the Montville Parks & Recreation Department programs or activities may be used for publication or advertising materials such as brochures and flyers. 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 Ext. 321  
Administrative Assistant - Carol Bunnell Ext. 322

### Parks & Recreation Commission Members

Stanley Gwudz - Chairman  
Eileen Cicchese – Vice Chairman  
Nancy delaCruz - Secretary  
Joseph Berardy – Member  
Jasen Clark - Member  
Scott LaVallie – Member  
Keri Lawton - Member  
Laura Tanner - Member

The Parks & Recreation Commission meet the 3<sup>rd</sup> Wednesday of each month at 7:00 PM in Room 203 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 - John Guetens .... (860) 848-1101  
[www.montvilleamerican.org](http://www.montvilleamerican.org)  
Montville Babe Ruth – Kerry Meng ... (860) 303-6781  
Youth Football – Bill Clark ..... montvillefootball.com  
Football Cheerleading - Danielle Longton.... (860) 848-4173  
Montville Youth Soccer – Matt Beaupre ... (860) 848-0121  
[www.montvillesoccer.com](http://www.montvillesoccer.com) or [beaupre21@yahoo.com](mailto:beaupre21@yahoo.com)

### **Camp Oakdale Pavilions and Fair Oaks School Rentals**

Have your next get together at one of our facilities. These are great places to hold your event. Contact our office for availability and fees.

### **Weather Cancellations**

In case of inclement weather, cancellations will be broadcast on Channel 8, Channel 3, several local radio stations. You can also call the office at (860) 848-3030 Ext. 321 and 322.

### **Volunteers & Instructors**

Do you have a special skill or a craft you would like to share with others? We are always looking for new ideas! Contact the Montville Parks & Rec Dept at (860)848-3030 Ext 321 or 322 today.

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## Community Bulletin Board

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### Easter Egg Hunt

For Ages up to 8 years old

Saturday, April 16th at 1pm.

Rain Date April 17<sup>th</sup> at 1pm.

Location: Camp Oakdale Ball Fields on  
Meetinghouse Lane

The Easter Bunny will be there, and so  
should you!

Montville Youth Services will be part  
of the fun again this year too!

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### Be sure to look for Summer Camp

information early May



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Volleyball – Open to all Montville Residents  
ages 16 and up. Please join us on Thursday  
evenings from 6pm – 8pm at Tyl Middle  
School Gymnasium. This program will run  
until February 24<sup>th</sup>. No session on December  
23<sup>rd</sup> or 31<sup>st</sup>.

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Dear Members of the Montville Community,

Unfortunately due to an unanticipated problem with the most recent publisher of the Montville Community Booklet, winter/spring 2011 edition, we will be unable to mail booklets to all of our Montville residents' homes. But we are doing our best to get the information to all of you despite the glitches we have encountered. For more information please view Channel 22 or contact the Youth Services Department, The Parks & Recreation Department, or the Senior & Social Services Department. Please feel free to contact my office anytime, and remember to stay tuned to all of Montville's happenings through the town website [www.townofmontville.org](http://www.townofmontville.org). Have a safe & happy winter & spring season.

Sincerely,  
Joseph W. Jaskiewicz  
Mayor, Town of Montville

Montville Residents;

Now that winter is upon us and the holiday season has ended, let's keep the fun going. I hope that you give the Parks and Recreation, Youth Services Bureau and the Senior Center departments an opportunity to help you make the best of your winter season by staying active. You will find some new and some old favorites listed in the pages of our brochure that will entertain you, keep you healthy, challenge you mind and just plain have some fun. You can also visit our web site for additional information on what is happening in our great town.

I greatly appreciate the hundreds of volunteers that take the time to make the programs and events in our community such a success. Because of your efforts we are a great place to live and work. In closing, I want to thank everyone for your positive support of all of our programs and events. As always I want to thank our advertisers who make this brochure possible.

Enjoy the New Year and Have Fun!

Pete Bushway  
Parks & Recreation Director

## **Zumba Exercise Class**

Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...UNTIL NOW!

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! Zumba is exercise in disguise and is great for participants of any fitness levels, background or age. Every class feels like a party.

Classes will run in six-week increments, they will be held at the Montville High School Gym

Minimum of 10 participants needed

Fee: Residents/\$45 Non-Residents/\$55

Instructors: Katie & Julie

Sessions:

### **Monday Evenings Program #2217G**

1/24 – 3/14

6:30 pm – 7:30 pm

Class will not meet on 1/31 (New Years Eve)  
and 2/21 (Due to Presidents Day)

### **Wednesday Evenings Program #2217H**

1/19 – 2/23

6:30 pm – 7:30 pm

#



## **Let's Play Golf!**

Open to Youth and Adults ages 8 to adult.  
Five one-hour lessons will include all facets of the game, including basic rules and etiquette.

Covers grip stance, posture, backswing, follow thru, sand shots, downswing, chipping and putting.

Lessons will also cover information regarding equipment.

Lessons will be held Great Brook Golf Center, Route 184, Groton Center, with Chris Hedden. Clubs required are 3-Wood, 7-Iron, Pitching Wedge and Putter.

Equipment will be made available if needed.

Each person buys a small basket of golf balls for each lesson.

Classes will begin in April 2011

**\* Please, notice our new classes for Women Only!**

Fees: Residents - \$85/ Non -Residents - \$95

### **Schedule as Follows:**

Adult	4/7/11 – 5/5/11	Thursday 5PM – 6PM	Program #1501A
*Women Only	4/1/11 – 4/29/11	Friday 11AM – 12PM	Program #1501D
*Women Only	5/3/11 – 5/31/11	Tuesday 6PM – 7PM	Program #1501E
Youth	4/2/11 – 4/30/11	Saturday 11AM – 12PM	Program #1501G
Youth	4/3/11 – 5/8/11	Sunday 11AM – 12PM	Program #1501H



## **Yoga**

### **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  
Program #2216C**

Class: Wednesdays, March 2<sup>nd</sup> – May 11<sup>th</sup>  
**No class on April 20<sup>th</sup>**  
**(School Closed for Spring Break)**

Time: 5:30 pm – 6:45 pm

Instructor: Rosemary Gentile

Fee: \$85/Residents \$95/Non-Residents

Location: Murphy Elementary School Cafeteria

## MAD SCIENCE CLASSES



Classes for ages K – Grade 5  
Program will be held at Fair Oaks School in Oakdale, Rm # 6  
Time: 9:30 – 10:30am  
Session will be held in Four-week increments

Minimum of 8 participants needed  
Maximum class size 20 participants

Instructed by the Mad Science Staff

Fee: \$60/Resident \$65/Non-Resident

### Session One Program # 1900A (Jan 29<sup>th</sup> – Feb 19<sup>th</sup>)

**UNDER PRESSURE:** Join Bernoulli and Newton as we take this exciting look at the science behind aerodynamics and the properties of air... under pressure. Use a vortex generator to create air pockets with a punch, and levitate ping-pong balls in defiance of gravity!

**CHE-MYSTERY:** Eliminate the mystery in chemistry! Explore one of the most exciting and fundamental sciences as you grow a crazy crystal garden and make your own “chemical” soda pop!

**“CURRENT” EVENTS:** Take a tour on the electron freeway! Conductors, insulators, transistors, and other elements in the world of circuit electricity introduce themselves to you via the tingle in your fingertips and the twinkle in your eye...

**“FUN”- FUNDAMENTAL FORCES:** Gravity... Inertia... Centripetal force... who could ever imagine that an introduction to physics could be so much fun? We'll experience these awesome forces for ourselves and build some cool devices to watch them at work!

### Session Two Program #1900B (Feb 26<sup>th</sup> – Mar 19<sup>th</sup>)

**WACKY WAVES:** Create your own multi-density wave bottles while learning about water, waves and the environment. Simulate the effects of an ocean oil spill and develop creative techniques to clean it up!

**SCIENCE OF MAGIC:** Magic? No... It's science! You'll learn the secrets behind famous magic tricks that you can recreate for yourself! Mother Nature has some tricks of her own, and we'd like to show you what's up her sleeve!

**STUNT PLANES & GLIDERS:** The Wright Brothers would be proud as we follow in their footsteps and learn the fundamental principles of flight. Build a “football” glider, control surfaces and your very own loop-flying stunt plane. You'll be a Top Gun after this class!

**SUPER STRUCTURES:** Discover the strengths of triangles, cylinders and arches. Learn how combinations of these shapes make for sturdy homes and skyscrapers! Use teamwork to build your own super structures as well as an earthquake-proof building!

### Session Three Program #1900C Mar 26<sup>th</sup> – Apr 16<sup>th</sup>)

This class will consist of any four of the N.A.S.A Programs chosen by Montville Parks & Recreation: Rocket Science, Space Travel, Space Technology and Living in Space.

**Please specify on your registration form which Session/Program # you will be taking.**

## Gymnastics



For ages 18 months through adult, this popular program runs in eight-week increments throughout the year. This program places emphasis on instruction rather than competition.

Instruction by ABC Gymnastics Staff

Fee for Residents is \$50 and Non-Residents \$60

**Please notice slight increase in Resident Fee**

Schedule as Follows:

**Start/End Date Session & Time Program #**

**Thursday 1/27/11 – 3/17/11**

**No class on the following days:**

18 Months – 3 Yrs	3:50 – 4:20 PM	#2101A
Ages Four – Six	4:20 – 5:00 PM	#2102A
Beginner's	5:00 – 6:00 PM	#2104A
18 Months – 3 Yrs	6:00 – 6:30 PM	#2101B
Advanced/Interm	6:30 – 7:30 PM	#2103A

## Judo

For ages five through adult.

This program continues to be a favorite.

Sessions run in ten-week increments throughout the year.

**Program Fee: \$25/Residents & \$30/Non-Residents**

Schedule as Follows:

### **Monday**

2/28/11 – 5/9/11 Beg Ages 5-8

6 - 7 PM Program #1201C

**No Class on 4/18 Due to Spring Vacation**

### **Tuesday**

3/1/11 – 5/10/11 Beg Ages 9 – Adult

6 – 7:30 PM Program #1202C

**No Class on 4/19 Due to Spring Vacation**

### **Wednesday**

2/23/11 – 5/4/11 Inter Ages 9 – Adult

6 – 7:30 PM Program #1204C

**No Class on 4/20 Due to Spring Vacation**

### **Friday**

2/25/11 – 5/6/11 Inter Ages 5-9

6 – 7 PM Program # 1205C

**No Class on 4/22 Due to Good Friday**

### **Friday**

2/25/11 – 5/6/11 Advanced

7-8:30 PM Program # 1206C

**No Class on 4/22 Due to Good Friday**

# Dance



Sessions will run from  
Saturday, March 26<sup>th</sup> through Saturday, May 14<sup>th</sup>

Fee:  
Residents \$35.00  
Non-Residents \$40.00

Registration opens Monday, March 7<sup>th</sup>

**Instructor Lana Davison**

Schedule as Follows:

Dance class for ages three and up. This program introduces dance instruction to students beginning their dance experience. The program runs for eight weeks. Fundamentals and terminology of dance are learned leading to a future recital dance performance.

Classes will be held at the Fair Oaks School in Oakdale in Classroom #7

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

Program #2209M	3 Yrs Old/Intro to Dance Ballet	9:30 AM – 10:15 AM
Program #2209N	4Yrs Old/Combo Class Tap/Ballet	10:15 AM – 11:00 AM
Program #2209O	5 Yrs Old/ Combo Class Tap/Ballet	11:00 AM – 11:45 AM
Program #2209P	6 Yrs and Up Beginner Tap	11:45 AM – 12:30 PM
Program #2209Q	6 Yrs and Up Beginner Jazz/Hip Hop	12:30 PM – 1:15 PM
Program #2209RL	6 Yrs and Up Beginner Ballet	1:15 PM – 2:00 PM

Sessions will run from  
Saturday, January 29<sup>th</sup> through Saturday, March 19<sup>th</sup>

Fee:  
Residents \$35.00  
Non-Residents \$40.00

**Please make sure to check availability of all dance classes prior to registration with the Parks & Recreation office.**

Registration opens Monday, January 10<sup>th</sup>

Schedule as Follows:

Program #2209G	3 Yrs Old/Intro to Dance Ballet	9:30 AM – 10:15 AM
Program #2209H	4Yrs Old/Combo Class Tap/Ballet	10:15 AM – 11:00 AM
Program #2209I	5 Yrs Old/ Combo Class Tap/Ballet	11:00 AM – 11:45 AM
Program #2209J	6 Yrs and Up Beginner Tap	11:45 AM – 12:30 PM
Program #2209K	6 Yrs and Up Beginner Jazz/Hip Hop	12:30 PM – 1:15 PM
Program #2209L	6 Yrs and Up Beginner Ballet	1:15 PM – 2:00 PM



**Montville Parks & Recreation Department**  
**310 Norwich- New London Tpke.**  
**Uncasville, CT 06382**  
**Phone (860) 848-3030 Ext. 321,322**  
**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 SENIOR & SOCIAL SERVICES**

Senior & Social Services Department Staff

**Kathleen Doherty-Peck, *Director***  
Senior & Social Services **860-848-0422**

**Danielle Stauble, *Assistant II***  
Social Services Office **860-848-8820**

**Ruth Massey-Abruzzo, *Assistant III***  
Senior Center Office **860-848-0422**

**Larry Antoniac, Bus Driver**  
**Cathy Turner, MedRIDE**  
**Betty Piasik, MedRIDE**  
**Gail Majewski, MedRIDE II**  
**Charles Ennis, MedRIDE II**  
**Irene Taylor, Kitchen Server**

**Senior Citizens Club Officers**  
**Janet Eccleston, President**  
**Sandy Stauffer, Vice President**  
**Paul Schwell, Asst. Vice President**  
**Helen Thomas, Secretary**  
**Virginia Dufresne, Asst. Secretary**  
**Ginny Marion, Asst. Treasurer**  
**Beverly Mattison, Trustee**  
**Bob Bergdoll, Trustee**  
**Geri Buffington, Trustee**

**Commission on Aging**  
**Kathie Doherty-Peck, Chairperson**  
**Monica MacNeil, Vice Chairperson**  
**Lou Ziegler, Member**  
**Charlie O'Bday, Member**  
**William Caron, Town Council Liason**  
**Mary Jurczyk, Member**  
**John Geary, Member**

Montville Residents:

As we welcome in the New Year – I wish you all the best! I hope the New Year brings much happiness and great health for all! Once again, I am very happy to work once again with our Montville Youth Services Department and the Montville Parks & Rec Department to get our information to you! I am proud that our Senior & Social Services Department offers many programs and services to our residents, most FREE of charge! We are starting new classes beginning in January and will offer even more this spring. I look forward to continuing our extensive schedule of activities as well as looking for new and beneficial ones to offer each of the populations I serve. As always, if there is a program or service you are interested in or you have a need to be met, please let us know!

Happy New Year,  
***Kathleen Doherty-Peck***  
Director of Senior & Social Services  
Montville Senior Center  
Town of Montville

## **MONTVILLE SENIOR CENTER PROGRAMS**

### **SENIOR SERVICES / PROGRAMS**

**\*NEW PROGRAM \***

#### **ZUMBA GOLD**

Classes starting Tuesday, January 4<sup>th</sup> from 1:00 – 1:45, every Tuesday. No need to sign up – just wear comfortable clothing and sneakers and have some fun! Come and join us for a new exercise program – ZUMBA GOLD – specifically designed for senior citizens. Zumba Gold is the lower impact, easy-to-follow, Latin-inspired dance fitness class that will help keep you health while having lots of fun!

#### **ENHANCED BENEFIT PROGRAM**

Offered every third and fourth Wednesday of the month at the Center, by appointment from 1:00 – 3:00. The Enhanced Benefit Program is a program our social



worker uses to see what/all of the state/federal programs you might qualify for. Information on your current income is needed. This is done with confidentiality and privacy for you! Our social worker is funded by grant funds made available by Senior Resources with Title III funds.

### 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.

### ENERGY PROGRAM

The Energy Programs for residents in Connecticut started in November and will run until the end of March. Please call for updated income guidelines and remember, there are different energy programs available, Please do not go without! All current documentation needed: all income and assets per household. Please call Kathie to set up an appointment to see if you qualify! Don't miss this chance, especially during these tough economic times.

## HEALTH PROGRAMS

### 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.

### HEALTH CLINIC

We offer a Health Clinic at the Senior Center on Tuesdays from 9:00 – 11:00 a.m. We have a visiting nurse come 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.

### 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.

### EQUIPMENT PROGRAM

The Department of Senior and Social Services 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. No charge for the program, a release form must be signed.

Call Ruthie @ 848-0422 for details.

### MASSAGE THERAPY

We have a certified, licensed massage therapist come to the Center every Monday to perform massage therapy for our seniors. Many health benefits (relief from arthritis, circulation, aids in digestion, etc.)

Appointments are free to Montville seniors. Sign up is first come, first serve – one appointment 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. Sign up on the bulletin board. Call Kathie @ 848-0422 for details.

### TUINA THERAPY

We have a certified, licensed Tuina Therapist come to the Center every Friday to perform Tuina therapy for our seniors. Tuina is a Chinese form of massage manipulation and it is the oldest healing art form for humans. It involves massage and a type of acupressure and has many, many health benefits. Tuina Therapy is by appointment only so come on down to the Center or call for your appointment. Remember – all of our programs are free to our seniors and many, such as the

Tuina Therapy, are crucial for our health and well-being!

### **GAP PROGRAM**

The Montville Commission on Aging is proud to offer the Montville Guardian Angel Protection Program (GAP). The program is free for Montville seniors and disabled residents. The GAP Program is a daily reassurance telephone "call" program which can call participants at their designated date/time to detect if the person is "okay." Call for details and/or to sign up for this very beneficial program. You can sign up at the Senior Center 848-0422 or Fire Marshal's Office 848-3030 x 381.

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

We have an Alzheimer's support group here at the Senior Center on the first Thursday of every month at 9:00 a.m. Come get the support you need, you do not have to handle issues alone! 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!

### **OTHER HEALTH BENEFITS**

Did you know that taking an art class, computer class, or creative writing class can have very real and measurable health benefits to you? Yes, exercise classes are important and we offer many of those as well to keep you active, healthy, and fit. But exercising the mind is just as important. Participating in educational, recreational, and social programs and services offer a tremendous amount of health benefits to people of all ages. So come on down and try! If you don't see a program that interests you, let me know! Always looking for new ideas!

### **BALLROOM DANCING**

We offer a Ballroom Dancing Class on Wednesdays from 2:15 – 3:15. Classes are once again FREE to our Montville Seniors. Classes run for 8-week sessions. If interested, please call or sign up in the front office. Look for some of our other Dance Classes to be starting soon!

### **CARDIO EXERCISE**

We have Cardio Exercise classes, which are geared toward the senior population, twice a week at the senior center. Classes are free. Wear loose and comfortable clothing and sneakers. Monday's class is at 10:30 a.m., Friday's class is at 9:00 a.m. Don't be afraid to join

and take charge of your health! Go at your own pace! Classes are on-going; you can join at any time!

### **TAI CHI**

We have Tai Chi classes at the Senior Center on Tuesdays at 12:30. 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!

### **PILATES**

We offer PILATES classes on Wednesdays from 1:00 – 2:00 p.m. Classes are free! Great form of exercise and strength training. Wear comfortable clothing and sneakers. Classes are on-going; you can join at any time!

### **LINE & COUNTRY DANCING**

Come to the Center and have some fun! Line & Country Dancing taught on Monday's from 3:00 – 4:00 p.m. and Thursday mornings from 9:30 – 11:00 a.m. Get some great exercise while having fun dancing!

### **Wii BOWLING**

Wii Bowling League is going on. Come and play at a time that works best for you! See the front office for what is available! If you have never played, come see Kathie and she will get you started. Wii Games can be played standing up or sitting down. (Don't let a wheelchair or walker keep you from playing!) Don't miss all the fun.

### **OTHER PROGRAMS**

#### **BUCK-A-BOWL LUNCHEON**

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! Bowls come with crackers, bread item, chips or something equivalent. Coffee & Tea available. \$1.00 donation request. No need to sign up. Lunch starts at 11:00 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.

### **DINNER & A MOVIE**

Once a month on a Tuesday, we offer Dinner & A Movie at the Center. Great way to spend a Tuesday, 3:00 – 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.

### **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.

### **COMPUTER CLASSES**

Computer classes are offered on Monday mornings: 9:00 – 10:00 and 11:00 – 12:00, Tuesday afternoons from 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. We will continue to add new programs. 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! Call Kathie for details.

### **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.

### **HAIR CUTS**

We have a licensed/insured professional hair stylist come to the Center every Thursday morning (by appointment) Very inexpensive and easy access to the Center. Our senior bus is available for the Thursday appointments! Call for details and/or to sign up.

### **OTHER CLASSES OF INTEREST**

We are always looking for new programs and projects at the Senior Center. Are you interested in a specific

type of class or activity and would like to see it at the Montville Senior Center? Let us know! We want your input and ideas! Call 848-0422.

***WATCH FOR OUR NEW DANCE CLASSES TO BE STARTING IN THE SPRING – CALL FOR DETAILS! 848-0422***

### **SPECIAL PROGRAMS**

- Our **WINTER BBQ** W/ SPECIAL ENTERTAINMENT BY **JOHN BANKER** will be held on Thursday, January 20<sup>th</sup> at 3:30. Let's bring a little summertime fun to cheer us up during these cold winter months! We will have hot dogs, hamburgers, salads & more! Don't forget some great entertainment and raffles too! Please sign up on the bulletin board if you plan to attend! Bus is available. Don't miss the fun!! Call for details!
- Our **Annual Valentine's Day Party** will be held on Monday, February 14<sup>th</sup> at 11:00 AM. You don't have to have a sweetheart to attend; we can all have fun together with a great meal and a great way to enjoy each others company! Our Valentine's Day Luncheon will consist of a delicious lunch menu, raffles, entertainment and more! Come and join us! Please sign up on the bulletin board if you plan to attend!
- **Annual Saint Patrick's Day Luncheon** at the Center will be held on Friday, March 18<sup>th</sup> at 12:00 noon! Special entertainment by Pierce Campbell (Irish Music Singer & Entertainer.) Enjoy the afternoon of Corned Beef and Cabbage, entertainment & games. Please sign up on the bulletin board if you plan to attend, call for details! Come have some fun!
- **Hawaiian Luau** will be held on Thursday, April 14<sup>th</sup> 4:00PM. Cost is an \$8.00 donation. Full Ham Dinner w/ pineapple, & more. Entertainment, Games, Door Prizes and Raffles too! Don't miss the fun– we like to eat well and enjoy ourselves, so come and see what the Center is all about and help us keep it going! Please sign up if you plan to attend.

### **TRIPS**

- **The Westchester Dinner Theatre** – February 24<sup>th</sup> - \$100.00 – Tours of Distinction – This Broadway Theatre is the area's favorite place for fabulous live performances and great food! Come and enjoy ***I Do, I Do!*** Your afternoon

includes a delicious; served lunch with entrees you choose when you arrive (ex. Chicken Marsala, Beef Stroganoff, Fillet of Sole with Crab Stuffing), Motor Coach Transportation, Luncheon, Show, & Driver's Gratuity. First Come, First Serve, bring your friends and have a ball! Call for details.

- **The Newport Playhouse & Cabaret**– March 31<sup>st</sup> - \$89.00 – Tours of Distinction – “Bermuda Avenue Triangle” a comedy about two widows whose daughters have moved them into a condo in Las Vegas! Trip includes: Motor coach Transportation, Lunch, Play, Cabaret, & Driver's Gratuity.
- **Connecticut Wine, Rail & Sail** – May - \$0.00 to be announced – Tours of Distinction – Taste the best of CT's farm products including our grapes during your tour & tasting at Bishops Orchard & Winery, then a delicious lunch at Oliver's Tavern in Essex, and then board the Valley Railroad Steam Train for an old-fashioned steam train ride along the riverbank. Visit gift shops or explore railroad with its exhibit of antique cars!
- Please see Community Bulletin Board section of this Booklet for collaborated trips available.
- PLEASE call or watch for our own Senior Center Bus special Trips including Mystery Trips! Always a lot of fun with great people! Call for details and/or to sign up but don't ask where the Mystery Trip is going!!!

## **OTHER ACTIVITIES**

### **CHORUS**

The Montville Senior Chorus practices every Wednesday from 9:30 – 11:00 a.m. at the Senior Center. The Senior Chorus is always looking for new senior members! Come join a great group of people – no experience necessary! Have some fun and sing with us! Call Kathie @ 848-0422 for details.

### **ARTS & CRAFTS**

We have Arts & Crafts at the Senior Center on Tuesdays from 12:30 – 2:00 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. We have a great bunch of seniors in our Arts & Crafts programs, come and have some fun. Call Kathie @ 848-0422 for details.

### **SPECIAL ARTS & CRAFTS**

Listed in our monthly newsletter, we offer many special one-day arts & crafts programs. From rubber-stamping / personalized cards to gift jars. Some of our recent classes have included candy making (which has gone over very well) to heirloom recipe books. Check the monthly newsletter or the bulletin board for our next special arts & crafts programs. All programs free to our Montville seniors! Call Kathie @ 848-0422 for details.

### **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 2010 Senior Club dues are due every January, though you can join any time. Club membership is for seniors 60+. With your membership, you can attend Club meeting the first Friday of each month, receive a discounted price on annual Spring Fling and Christmas Party, attend the Club sponsored BBQ, and more! Your dues also help fund the Senior Center with supplies (i.e. paper goods, cable television, newspapers, etc.) So come on down and join the Senior Club here at the Senior Center! (Membership not required to come to the Senior Center!)

## **SOCIAL SERVICES PROGRAMS**

### **ENERGY ASSISTANCE**

It is that time of the year! The Senior & Social Services Offices will start taking applications for Energy Assistance beginning in October. The Town of Montville Senior & Social Services Department has a partnership with various energy organizations and can take application directly for each program. Income limits and dates for services will be announced. 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!

### **FOOD BANK**

The Department of Senior & Social Services has a fully stocked Food Pantry located in the Social Services Building open for walk-ins Tuesday – Friday from 8:00 – 4:00 p.m. or by appointment by calling Kathie the

Director @ 848-0422. We carry a regular supply of 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. Homebound residents can have groceries delivered. Call 848-8820 or 848-0422. We should not have any hungry residents in our Town, please come and let us help you! That is why we are here!

### **BUDGET CLASSES**

Back by popular demand - The Montville Social Services Office will host a **“How To Budget”** Program in March. Class is free and will be limited to size. Please call for details and/or to sign up for the program. Date and time will be announced in Feb.

### **Montville Social Services COOKING CLASS**

The Montville Social Services Office will continue to hold a FREE Cooking Classes for our residents three times a year. The Class is presented by UCONN SNAP. Come and learn to make health and delicious meals for you and your family with items from the Food Bank (or your own pantry). Class is free. Next class scheduled for April, date and time to be announced.

### **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 and walk-ins are welcome Tuesday – Friday from 8:00 – 4:00 p.m.

### **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 and gather information

needed to accompany application. There are many programs available for our residents in need, call for an appointment and let us help you. Any questions or for more information, please call for appointment. 848-8820.

### **EASTER BASKETS**

If you are in need of Easter Baskets for your children, please call the Director at 848-0422 to sign up for the program. We will provide an age appropriate basket for the children in your household. Last Day to sign up for the program is Friday, April 15<sup>th</sup>, baskets will be distributed the following week. Don't go without, let us help you during this Holiday with a wonderful Easter Basket.

**Montville Youth Service Bureau**  
289 Norwich New London Turnpike  
Uncasville, CT 06382  
Phone: (860) 848-7724  
Fax: (860)848-4058  
[www.montvilleyouth.org](http://www.montvilleyouth.org)

**STAFF:**

**Barbara Lockhart, B.A., M.S. Director**  
**Kimberly Grant, B.A.**  
**Program Developer**  
**Dianne Peltier,**  
**Administrative Assistant**  
**Darin D'Ammadio, LCSW**  
**Michael McLaughlin and Megan Ainslie, Program**  
**Assistants**  
**Jonathen Hudon Center Assistant**

**Montville Youth Advisory Board:**

Daniel Dunn, Chairman  
William Caron, Town Council Liaison  
Leonard Bunnell  
Lori Comforti  
David Jetmore  
Robert Mitchell  
Karen Moorehead  
Susan Rickards  
Tim Shanahan  
Laura Tanner  
Marilyn Williams  
Kailah Pflugbeil

**MYSB Programs**

**After School Program**

**Grades 4<sup>th</sup> -12<sup>th</sup>**

**Monday – Friday**

**After School to 6 PM**

**Open to Montville Residents**

**Registration Required.**

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, outdoor recreational activities, computers, pool, air hockey, video game systems and much, much more. The After School Program provides students with trips and special activities throughout the year. Registration forms must be filled out and dropped off in person. Due to the increased interest in our After School Program, we have a waiting list in place. Applications are available on our website [www.montvilleyouth.org](http://www.montvilleyouth.org). Faxed copies of the application will not be accepted. If you would like more information you can stop down between the hours of 9 am and 2:30 pm.

Please contact Kim for more information.

**ASP EVENTS**

**MYSB Spirit Days**

**January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>**

**Monday, February 14<sup>th</sup>**

**Valentine's Day Social**

**March Madness Tournament**

**Monday, March 7<sup>th</sup> - 10<sup>th</sup>**

**Shamrock Shakes!**

**Thursday, March 17<sup>th</sup>**

**Kick Butt's Day**

**Wednesday, March 23<sup>rd</sup>**

**MYSB's All Play & No Work Day**

**Friday, April 15<sup>th</sup>**

**2 pm to 5 pm**

Hello Montville Residents & Families,

Welcome to the winter/spring 2011 edition of the Montville Community Booklet! AS the Mayor communicated we had an issue with the publisher of the booklet and will not be able to offer our community residents our traditional booklet. Though we are disappointed we still are able to offer all of you alternative ways to learn about our programs, events, & services. Please see Channel 22 for more information on how to obtain the most current booklet information, or call us @ 860- 848-7724! Hopefully we will have a new publisher in place for our summer edition of the booklet! Have a Wonderful Winter & Sensational Spring season!

Best Regards,

Barbara A. Lockhart, B.A., M. S.

Director of Youth Services, Town of Montville



**Turn OFF TV Week**  
**Monday, April 25<sup>th</sup> - 29<sup>th</sup>**

### **Montville Youth Action Council – MYAC**

MYAC's mission is to provide opportunities for Montville Youths, in grades 6<sup>th</sup> through 8<sup>th</sup> to develop and promote responsibility, leadership, interest in the community, empowerment and positive social development through active participation in the formation, coordination, and delivery of community service projects, as well as social and recreational activities. MYAC's passed projects include the Annual Penny Drive which has raised money for Habitat for Humanity, Hurricane Katrina Relief and Heifer International, Toiletry Drives, Cell Phone Drives, Doggie Donation Drives, Blood Drives and much, much more. For more information about MYAC contact Kim.

### **Hire-a-teen**

This job placement program matches youth with residents who need assistance with such things 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 persons interested in using the services provided as well as teens who are interested in being put on our Hire-a-teen list. For more information contact Dianne between the hours of 9 am and 2:30 pm.

### **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. Contact Barbara for more information.

### **Parent-Toddler Play Group**

**Birth to Five Years**

**Fair Oaks**

**Tuesdays and Fridays**

**10 AM to 11:30 AM**

MYSB sponsors the Parent Toddler Play Group. The program meets year round. Registration for the program is not required; stop in to Fair Oaks on Tuesdays or Fridays! For more information contact MYSB.

### **MYSB Center Rentals**

Please contact Dianne for details about Center Rentals.

### **Our Website!**

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

Throughout the year, our website has information about all the programs and activities listed as well as up-to-date information about everything we do!

On our website, you can download registration forms, flyers, and our monthly newsletter, The Youth Scoop. You can also view pictures from our activities, as well as contact the staff.

MYSB also posts helpful information for parents and youth!

Also, stay tuned to Channel 20 for information about any upcoming activity we have planned!

**MYSB is on Facebook! Like us and you'll have just another way to keep in touch with your Youth Service Bureau!!**

### **Upcoming MYSB Events:**

**Please Stay Tuned to [www.montvilleyouth.org](http://www.montvilleyouth.org) for information about upcoming Family Movie Nights, and much, much more!**

