

The Look

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Dear Friends;

The summer season brings many new and exciting opportunities at Senior Services for our residents. From the grand re-opening of the cafe, now called Daybreak Cafe, to a new walking club, the staff and Senior Citizens Commission have committed themselves to provide you with programs that connect you to others and fulfill your emotional, physical and social needs. It is a great time to visit the Community Center, get on one of our transportation vans to go shopping, or even sign up for Beach Day. Our Human Services Administrator, Dani Gorman and Assistant Director, Terry Wheeler are leading a team of staff members that are working hard to make Waterford Senior Services a department that always exceeds your expectations and I am certain they will. Enjoy the summer months, visit us when you can, and enjoy our programs and services. We care about you and always remember that "Waterford Cares."



-Rob Brule



WATERFORD SENIOR SERVICES
860.444.5839

JULY, AUGUST & SEPTEMBER

MORE FAMILIAR FACES



Carol Sanders
Senior Citizens
Commission
Chair



Joyce M. Vlaun
Senior Citizens
Commission
Vice-Chair



Kathleen McNamara
Senior Citizens
Commission
Vice-Chair



Anita Collins
Senior Citizens
Commission



Anne Darling
Senior Citizens
Commission



Dina Lopes
Senior Citizens
Commission



Jody Nazarchyk
Senior Citizens
Commission
New Appointment



Dr. Dan Rissi
Senior Citizens
Commission
New Appointment



Rob Brule
Waterford
First Selectman



Dani Gorman
Human Services
Administrator



Terry Wheeler
Asst. Director



Heidi McSwain
Human Services
Coordinator



Donna Payne
Senior Services
Assistant



Meaghan Lingburgh
Senior Services
Technician



Jen Bracciale
Instructor
WSS/WYFS



Joseph Trelli
Program
Coordinator



**Suzanne Bouffard
Mahon**
Café Manager



Andy Staunton
LCSW, Clinician
WYFS/WSS



Tricia Duford
Van Driver
WSS



Ruth Menghi
Van Driver
WSS



Paul Berman
Van Driver
WSS



Eileen Sullivan
Clerk
WYFS



Linda Geer
Receptionist
WYFS



Anne Ogden
Volunteer
Coordinator
Waterford Community
Food Bank

MESSAGE FROM DANI & WHEELER WELLNESS CORNER

Dear Friends;

This edition of The Loop provides many wonderful programs and services to sign-up for in the next few months. The Loop will now be sent out quarterly in the mail and program cycles are being shifted from longer cycles to shorter 8-10 week cycles to lower costs and increase registration options.

We are really moving forward in a positive direction in which Senior Services is not only restarting programs that you've always enjoyed, but introducing new services that we're certain will allow you to be social again as well as, feel emotionally and physically better. Our new assistant director Terry Wheeler and Human Services Coordinator Heidi McSwain are implementing programs that are innovative and based on your needs. Joe Trelle is getting ready to launch online registrations and payments this Fall and Donna Payne and Meghan Lineburgh are available to help you in every way possible.

Finally, we welcome Jen Bracciale as our new in-house instructor and I think you will all enjoy the classes you take with her. There are so many great things going on and we look forward to the time we will spend with you. Enjoy the warmer weather and the many programs offered in The Loop.

- *Dani*

WHEELER WELLNESS



CORNER

Water is essential to healthy bodily function, from lubricating our joints to pumping blood to our heart. Older adults are prone to becoming dehydrated due to a diminished sense of thirst and medications that can be dehydrating.

A study from the University of California, Los Angeles School of Nursing found that up to 40% of elderly people may be chronically under-hydrated. As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim

to drink 50 ounces of water each day (this equals about 6 ¼ 8 oz. glasses.)

A quick way to tell if you're drinking enough is to check the color of your urine. If it's pale in color and clear, you are likely well-hydrated. If it's dark-colored with amber or brown tones, you may be dehydrated. Check with your healthcare provider for additional tips on how to stay hydrated. Getting enough water each day is an easy, yet vitally important way to stay healthy and active as an older adult.

- *Terry*

NEW AND UPCOMING PROGRAMS



Foot Care Clinic

Foot Care Clinic

Thursdays Jul 21, 2022 9:00 AM—12:00pm

Once a month we will be holding a Foot Care Clinic with Dr. Thomas Walter DPM. Please call to schedule your appointment!

Preregistration is required.

Please call Senior Services to schedule.

Out To Lunch To with Jen

Senior Bus Transportation provided or meet us there!

Separate check to be issued.

Tuesday, Jul 12, 2022

11:30 AM—1:30 PM

Join Jen for Lunch at **Filomena's** Restaurant! Wonderful food and even more wonderful people! Transportation will be provided to those who need it!

Wednesday, Aug 17, 2022

11:30 AM—1:30 PM

Join Jen at **Captain Scotts** in New London for an afternoon by the water. Transportation provided to those who need it.

Call or stop by to register. 860.444.5839



National Senior Services Month Luncheon

Wednesday, Sep 28, 2022, 12:00 PM—3:00 PM

Celebrate our Senior Center with a lunch catered by Grasso Tech and live entertainment. Ticket price \$14.00 per person. Transportation provided to those who need it. **Stop in to Senior Services to purchase a ticket!**

Gardening Club

Tuesdays

Jul 12, 2022 –Aug 23, 2022 11:00 AM–12:00 PM

Learn or share your gardening tips to cultivate a vegetable and herb garden on our patio. Club members will be able to take home what grows.

\$10.00 per person.

Call or stop in to our offices to register



NEW AND UPCOMING PROGRAMS



5 O'clock Somewhere

Wednesdays Jul 20, 2022

5:00 PM—8:00 PM A New Senior Services Program that brings seniors (age 50 and up) together in the early evening for easy and relaxing fun. From a lively game of Trivia, to social meet-ups at regional concerts in the park, you won't be bored and you'll definitely have fun. We'll make sure of it. For those of us on the staff in this age group, we're coming along too so grab your

partner, friends, and loved ones who are 50 and older to join us 5 O'clock somewhere...we might even get in some games of bowling and volleyball. **Preregistration is required.**

Scan This QR Code to see the next scheduled event!



**WALKING
CUB**

Walking Club

Thursdays July 14, 2022–Aug 25, 2022

9:30 AM–10:30 AM

Keep moving with Jen! A supervised walking program with gentle stretches. Indoor and outdoor. Walk at your own pace! \$5.00 per person **Register at Senior Services \$5.00 per person. Comfy walking shoes recommended.**

Beach Day!

Friday, Sep 16, 2022

10:00 AM—12:30 PM

Enjoy a fun morning at Waterford Beach with Jen! Shade, chairs and lunch provided. Preregistration required, \$7.00 per person. Rain date September 19th! **Preregistration Required \$7.00 per person.**



ice cream social



Ice Cream Social

Aug 17, 2022 1:30 PM–3:00 PM

Join us for an **FREE** old fashioned ice cream social!

Meet new friends and make your own sundae with all the toppings!

DAYBREAK CAFÉ!

Tuesdays, 8:30 AM–11:00 AM

Join Senior Services on Tuesday Mornings for our Daybreak Café. With special Muffin of the Day and Coffee Service provided by our Café Manager Suzanne Bouffard Mahon. **Come sit, enjoy and have a cup of joe. \$2.00 for Muffin and Coffee Service. Daybreak rises on July 12th!**



Lunch at Daybreak Café

Thursdays 12:00 PM-1:30 PM

Enjoy lunch with friends at the Daybreak Café. Every Thursday the Daybreak Café will offer in house meals prepared by Café Manager Suzanne Bouffard Mahon. Keep an eye on the horizon for exciting menus coming soon!

Call or Stop in to senior Services to buy a ticket \$6.00 per person and reserve your table.

Daybreak Café Lunch Edition:

July

- 7/14- Spinach & Feta Quiche, mixed Green Salad w/ dressing
- 7/21- Egg Salad on Croissant, chips, Dessert
- 7/28- Grilled Cheese & Ham on a Hard Roll, Pickle, Dessert

August

- 8/4- Roast Beef on Hard Roll, Chips, Dessert
- 8/11- Hot Dog, Chips, Watermelon
- 8/18- Veggie Roll, Tomato Basil Soup, Dessert
- 8/25- Chicken Salad on Croissant

September

- 9/1-Turkey Sandwich, Pickle, Chips
- 9/8- Chef's Salad, Roll, Dessert
- 9/15- Salami w/ Provolone Grinder, Chips
- 9/22- Eggplant Parm w/ Pasta, Garlic Bread, Salad

Special Events

- 7/13- Bingo Lunch: Tuna Sandwich, Chips, Brownies w/Lemon Water & Ginger Ale
- 8/10- Bingo Lunch: Hamburger, Pasta Salad, Desert
- 8/17- Ice Cream Social
- 9/14-Bingo Lunch: Slice of Cheese Pizza, Salad, Dessert
- 9/28- Senior Center Luncheon Grasso Catering

ON GOING PROGRAMS

New Players Always Welcome!

Canasta, Pinochle, Pitch, Bridge, Cribbage...name a game and we can find you a match! Our card and game players are always looking for new players. Join in! Meet new people and have fun! These card games are open to all and free of charge.

Sign-up by phone, or stop by to register.



BINGO

\$5 per 10 game package

Dates: Weds 7/26, 8/10, 9/14

Doors open at noon. Games start at 12:45

Sign-up by phone or stop by to register.

BUNCO

\$2 per Game

Every Friday at 1pm

Sign-up by phone or stop by to register.



LUNCH &

BINGO

Lunch & Bingo

Join us for lunch before BINGO with lunch provided by our Cafe Manager Suzanne!

Weds 7/26, 8/10, 9/14

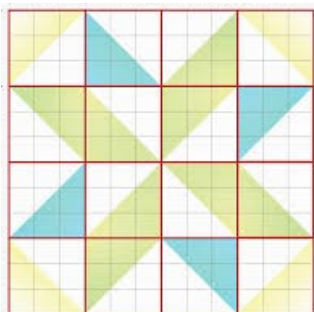
Stop in to by the ticket!

\$5.00 per person



Blood Pressure Checks on Wednesdays

11:45am-1pm with Nurse Judy checking on your Blood Pressure regularly can help doctors make an earlier diagnosis, give you feedback about how you're doing and help reinforce any efforts you are making to be healthy. This is a great opportunity to check your heart. Nurse Judy will also be here for our **Nurse Managed Clinic** that runs the last Wednesday of every month.



Quilting Group

The Quilting Group is looking for new members! They meet on Mondays at 1pm for an afternoon of making beautiful quilts! These wonderful quilts are will be on display throughout the community!

Sign-up by phone or stop by to register.

Transportation Services

We continue to offer curb to curb transportation services with Senior Services Vans and medical rides through our partnership with ECTC.

Call to setup a ride: 860.444.5839



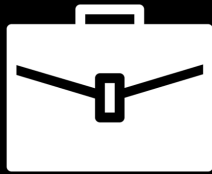
HUMAN SERVICES PROGRAMS & SUPPORT GROUPS

Loss of a Loved One Support Group

Starting in July this support group is offered to all Waterford residents that have lost a loved one. Led by clinician Andy Staunton LCSW. This group will meet on the first Thursday of the month from 10am-11am. Sign-up by phone, or stop by to register.



CASE



MANAGEMENT

Case Management Services

Staff members are available to individuals or couples who need assistance accessing the services and resources they need to age safely. Sign-up by phone, or stop by to register.

Mental Health Services

Free mental health services are available. Our clinician Andy Staunton LCSW, is available to meet with seniors for counseling weekly. If you're struggling with managing emotions, lost a loved one, caring for a loved one or have fears about your health, please call us for a confidential screening at (860) 444.5839



Know of a homebound senior who needs help with meal preparation? The Meals on Wheels program may be right for them. Our Meals on Wheels drivers are friendly visitors who deliver nutritious meals right to your doorstep! To start the process, call TVCCA to make a referral: 860-886-1720 Ex 4

Thank you, Mark Hansen, Nicholas Gauthier, Shauna Zito-Hannah and James Cawley for all that you do in support of this program!



Veteran's Coffeehouse at Filomena's

Meets monthly the second Tuesday of each month from 9-11am. Open to all veterans to meet, socialize and connect with one another. This is a free program for all veterans.

Upcoming Dates: July 12th, August 9th, and September 13th

SUMMER AND FALL TRIPS

Ocean House Tour in Watch Hill RI



Tuesday Sep 20, 2022

11:00 AM-4:00 PM

Spend the day in Watch Hill, with stops at the oldest Carousel in the United States, enjoy lunch in town on your own and concluding with a tour of the historic Ocean House Resort. Seats are limited, \$10 per person.

**Preregistration Required-
\$10.00 per person**

Upcoming Trips to be on the lookout for

**Jul 13 – Charles Riverboat Cruise
Boston @\$127 per person**

**Jul 27 – Whale Watch –
Boston @ \$126 per person**

**Aug 17 Providence Italian Style
@ \$130 per person**

**Oct 5 – Cathedral of the Pines &
Covered Bridges of NH
@ \$120 per person**

**Oct 20 – Jack O Lantern
Spectacular Providence @ \$89
per person**

**Oct 26-28 – Lancaster, PA @ \$
585 per person double
occupancy
Friendship Tours – 10 seats each**

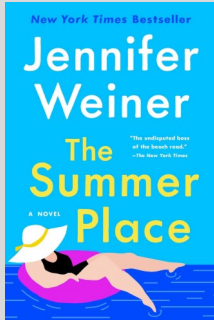
**Nov 16 – Woodbury Commons,
NY @ \$ 55 per person**

**Dec 3 – New York City on Own
\$ 70 per person**

**Dec 7 – Newport Playhouse
Price TBD**

STAFF SUMMER READING PICKS

DANI'S PAGE TURNER:



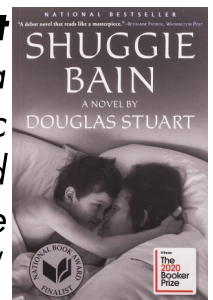
The Summer Place by Jennifer Weiner

"When the wedding day arrives, lovers are revealed as their true selves, misunderstandings take on a life of their own, and secrets come to light. There are confrontations and revelations that will touch each member of the extended family, ensuring that nothing will ever be the same."

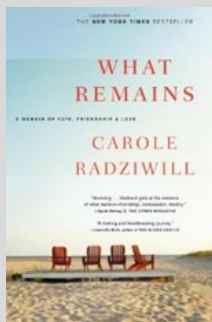
TERRY'S CHOICE:

Shuggie Bain by Douglas Stuart

"Shuggie Bain is the unforgettable story of young Hugh "Shuggie" Bain, a sweet and lonely boy who spends his 1980s childhood in run-down public housing in Glasgow, Scotland. Thatcher's policies have put husbands and sons out of work, and the city's notorious drugs epidemic is waiting in the wings."



HEIDI'S READ:



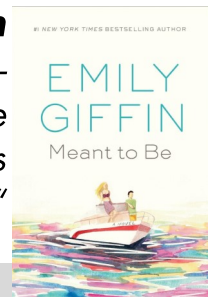
What Remains by Carole Radziwill

What Remains is a vivid and haunting memoir about a girl from a working-class town who becomes an award-winning television producer and marries a prince, Anthony Radziwill. Carole grew up in a small suburb with a large, eccentric cast of characters.

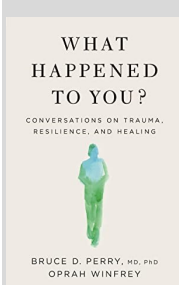
MEAGHAN'S PICK :

Meant to Be by Emily Giffin

"In 1967, after Joseph S. Kingsley, Jr. is killed in a tragic accident, his charismatic son inherits the weight of that legacy. But Joe III is a free spirit—and a little bit reckless. Despite his best intentions, he has trouble meeting the expectations of a nation, as well as those of his exacting mother, Dottie."



JOE'S SELECTION:



What Happened to You? By Bruce D. Perry and Oprah Winfrey

"What Happened To You is Oprah's look into trauma, including how traumatic experiences affect our brains throughout our lives, what they mean about the way we handle stress, and why we need to see it as both a problem with our society and our brains if we want to get through it."

NEWS FROM THE WATERFORD PUBLIC LIBRARY



Discovery begins here.

Join us at the library as we celebrate this year's Summer Reading theme: *Read Beyond the Beaten Path!* Our adult summer reading program begins on Tuesday, July 5, read and log just 3 books of your choice by the program end date of August 20 and you can enter a raffle for a free prize basket that will include a gift certificate provided by Filomena's

restaurant. Reading 5 books, will earn you an entry into a second free raffle. Drawings will be held on Friday, August 26. You do not need to be present to win.

Friday evenings on our side lawn, we are offering a free *al fresco* Summer Concert Series. Bring your own chair or blanket and join us outdoors. Here's the line-up of great local musicians:

- July 8 at 7 pm: The Original Waterford Community Band Woodwind and Brass Ensembles and Trombone Quartet
- July 15 at 6 pm: Irish Tunes with troubadour Marc Bernier
- July 22 at 6 pm: ACT III featuring Carol Pollack & Al Dimmock playing an eclectic mix of jazz and R & B
- July 29 at 7 pm: The Original Waterford Community Band
- August 5 at 6 pm: The Rivergods playing their own heartfelt harmony-rich folky/rootsey/rockish music
- August 12 at 6 pm: The Howling Hound Dogs, an upbeat washboard band playing toe-tappin' swing
- The August 12 performance will be held on the Jordan Green as part of the Town celebration.

On Saturday, July 16, enjoy a performance by Movimiento Cultural Afro-Continental Performance celebrating Puerto Rico's African-based folklore, music and dance – featuring the bomba in the library's meeting room.

Other summer highlights for adults include a "Grab & Go" kit to create your own macramé mermaid keychain, an encore presentation of Wil Reed's *"The Granite Industry in Waterford"* lecture on Zoom, in-person presentations on: Kayaking, the importance of Dark Skies, Camp Cooking – Making a Vegetarian Burrito, an origami craft workshop and a lecture by the Waterford Land Trust.

Offsite, we will be exploring the stars at Waterford Beach on Monday, August 1 (raindate is August 2) and learning about Japanese Forest Bathing at the Avery Farm Nature Preserve on Saturday, August 20.

Pick-up a printed calendar or visit our website at www.waterfordpubliclibrary.org and click on the "calendar of events" link for more details and to register, when necessary, or call us at 860-444-5805, ext. 2.

Our annual *One Book, One Region* community read launches this summer around the inspiring biography, *Being Heumann* by Judy Heumann, an international disability rights activist. The library is hosting a book discussion on Tuesday, August 23. The author will be speaking in Palmer Hall at Connecticut College on Thursday, September 22. On Thursday, September 8, join us for a free screening of the Netflix documentary, *Crip Camp*, which follows Judy Heumann's important role in advocating for disability rights. The film will be shown at Mystic Luxury Cinemas.

We also have a full calendar of fun events for children and teens for when the grandchildren come to visit including our 2nd annual *Sunset Cinema* outdoor film series on Thursday nights. Stop in to pick up some beach reads, a DVD binge bag, or even a Wi-Fi hotspot for free internet access on demand. We look forward to seeing you at the library this summer!

Chris Johnson

Library Director

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:30 Cribbage 11:45- Pickle ball 1-Bunco 1-3 Ping Pong	2
4 Senior Services closed for July 4th 	5 8:30- Cribbage 8:30-11:00 Daybreak Café 9-10 Strength I 9:30- Pitch 10:15-Strength II 11:30- Yoga 12:30-Pinocle 1-2 A Matter of Balance	6 8:00-Pickleball 9:00-Strength Zoom 9:30-Casual Bridge 10-Quilting 11:45-1:00 Blood Pressure Checks 1-3 Ping Pong	7 9-10 Strength I 9:15-10:15 Zumba Gold 10:15-11:15 Strength II 11- Brain Flex 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 1-2 Chair Yoga 1-3 Ping Pong	8 8:30 Cribbage 11:45- Pickle ball 1-Bunco 1-3 Ping Pong	9
11 8:30 Spin Cycle 9:00 Strength Zoom 9:15 Zumba 9:30- Casual Bridge 11:45-Pickleball 1:00- Quilting 1-3 Ping Pong	12 8:30- Cribbage 8:30-11:00 Daybreak Café 9-10 Strength I 9-11 Veterans Coffee-house 9:30- Pitch 10-11 Gardening Club 10:15-Strength II 11:30- Yoga 11:30-1:30 Out to Lunch With Jen 12:30- Pinocle 1-2 A Matter of Balance 1-2 It takes a village	13 8:00-Pickleball 9:00-Strength Zoom 9:30-Casual Bridge 11:45-1:00 Blood Pressure Checks 12-2 Bingo Lunch 1-3 Ping pong	14 9-10 Strength Training 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 1-2 Chair Yoga	15 8:30 Cribbage 11:45- Pickle ball 1-Bunco 1-3 Ping Pong	16 10-12 Intergenerational Floral Arranging
18 9:30- Casual Bridge 9:00 Strength Zoom 9:15 Zumba 11:45-Pickleball 1:00- Quilting 1-3 Ping Pong	19 8:30- Cribbage 8:30- Spin Cycle 8:30-11:00 Daybreak Café 9-10 Strength I 9:30- Pitch 10-11 Gardening Club 10:15-Strength II 11:30- Yoga 12:30- Pinocle 1-2 A Matter of Balance	20 8:00-Pickleball 8:30-Spin Cycle 9-10 Strength Zoom 9:30-Casual Bridge 10-2 Quilting 11:45-1:00 Blood Pressure Checks 1-3 Ping Pong	21 9-10 Strength Training 9-4 Renters Rebate In Office 9-12 Foot Care Clinic 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 12:30 Canasta 1-2 Chair Yoga 1-3 Ping Pong	22 8:30 Cribbage 11:45- Pickle ball 1-Bunco 1-3 Ping Pong	23
25	26 8:30- Cribbage 9-10 Strength I 9:30- Pitch 10-11 Gardening Club 10:15-Strength II 11:30- Yoga 12:30- Pinocle 1-2 A Matter of Balance 1-2 It takes a village	27 8:00-Pickleball 8:30-Spin Cycle 9-10 Strength Zoom 9:30-Casual Bridge 10-12 Nurse Wellness 12:45-2 Bingo 1-3 Ping Pong	28 9-10 Strength Training 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 12:30 Canasta 1-2 Chair Yoga 1-3 Ping Pong	29 8:30 Cribbage 11:45- Pickle ball 1-Bunco 1-3 Ping Pong	30

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30- Spin Cycle 9:00 Strength Zoom 9:15 Zumba 9:30- Casual Bridge 11:45-Pickleball 1:00- Quilting 1-3 Ping Pong	2 8:30- Cribbage 9-10 Strength I 9-10 Gardening Club 9:30-Pitch 10:15-Strength II 11:30- Yoga 1-2 A Matter of Balance	3 8:00-Pickleball 8:30 Spin Cycle 9:00-Strength Zoom 9:30- Casual Bridge 10-Quilting 11:45-1:00 Blood Pressure Checks 1-3 Ping Pong	4 9-10 Strength I 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11- Brain Flex 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 12:30 Canasta 1-2 Chair Yoga 1-3 Ping Pong	5 8:30 Cribbage 11:45- Pickle ball 1-3 Ping Pong 1-Bunco
8 8:30- Spin Cycle 9:00 Strength Zoom 9:15 Zumba 9:30- Casual Bridge 11:45-Pickleball 1:00- Quilting 1-3 Ping Pong	9 8:30- Cribbage 9-11 Veterans Coffeehouse 9-10 Strength I 9:30-Pitch 10:15-Strength II 11:30- Yoga 1-2 A Matter of Balance 1-2 It takes a village	10 8:00- Pickleball 8:30- Spin Cycle 9:00 Strength Zoom 9:30 Casual Bridge 11:45-1:00 Blood Pressure Checks 12:45-2 Bingo+Lunch 1-3 Ping Pong	11 9-10 Strength I 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11- Brain Flex 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 12:30 Canasta 1-2 Chair Yoga 1-3 Ping Pong	12 8:30 Cribbage 11:45- Pickle ball 1-3 Ping Pong 1-Bunco
15 8:30- Spin Cycle 9:00 Strength Zoom 9:15 Zumba 9:30- Casual Bridge 11:45-Pickleball 1:00- Quilting 1-3 Ping Pong	16 8:30- Cribbage 9-10 Strength I 9:30-Pitch 10:15-Strength II 11:30- Yoga 1-2 A Matter of Balance	17 8:00- Pickleball 8:30- Spin Cycle 9:00 Strength Zoom 9:30 Casual Bridge 11:30-1:30 Out to Lunch with Jen 11:45-1:00 Blood Pressure Checks 1-3 Ping Pong 1:30-3:00 Ice Cream Social	18 9-10 Strength I 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11- Brain Flex 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 12:30 Canasta 1-2 Chair Yoga 1-3 Ping Pong	19 8:30 Cribbage 11:45- Pickle ball 1-3 Ping Pong 1-Bunco
22 8:30- Spin Cycle 9:00 Strength Zoom 9:15 Zumba 9:30- Casual Bridge 11:45-Pickleball 1:00- Quilting 1-3 Ping Pong	23 8:30- Cribbage 9-11 Veterans coffee House 9-10 Strength I 9:30-Pitch 10:15-Strength II 11:30- Yoga 1-2 A Matter of Balance 1-2 It takes a village	24 8:00- Pickleball 9:00 Strength Zoom 9:30 Casual Bridge 11:45-1:00 Blood Pressure Checks 12-2 Bingo Lunch 1-3 Ping Pong	25 9-10 Strength I 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11- Brain Flex 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 12:30 Canasta 1-2 Chair Yoga 1-3 Ping Pong	26 8:30 Cribbage 11:45- Pickle ball 1-3 Ping Pong 1-Bunco
29	30	31		
8:30- Spin Cycle 9:30- Casual Bridge 11:45-Pickleball 1:00- Quilting 1-3 Ping Pong	8:30- Cribbage 9-10 Strength I 9:30-Pitch 10:15-Strength II 11:30- Yoga 1-2 A Matter of Balance	8:00- Pickleball 9:00 Strength Zoom 9:30 Casual Bridge 10-12 Nurse Wellness 1-3 Ping Pong		

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9-10 Strength Training 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 12:30 Canasta 1-2 Chair Yoga 1-3 Ping Pong	2 8:30 Cribbage 11:45- Pickle ball 1-3 Ping Pong 1-Bunco
5 Labor Day! Senior Services Office Closed 	6 8:30- Cribbage 9-11 Veterans coffee House 9-10 Strength I 9:30-Pitch 10:15-Strength II 11:30- Yoga 1-2 A Matter of Balance 1-2 It takes a village	7 8:00- Pickleball 9:00 Strength Zoom 9:30 Casual Bridge 10 Quilting 11:45-1:00 Blood Pressure Checks 1-3 Ping Pong	8 9-10 Strength Training 9-12 Foot Care Clinic 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 12:30 Canasta 1-2 Chair Yoga 1-3 Ping Pong	9 8:30 Cribbage 11:45- Pickle ball 1-3 Ping Pong 1-Bunco
12 9:30- Casual Bridge 11:45-Pickleball 1:00- Quilting 1-3 Ping Pong	13 8:30- Cribbage 9-11 Veterans Coffeehouse 9-10 Strength I 9:30-Pitch 10:15-Strength II 11:30- Yoga 1-2 A Matter of Balance	14 8:30- Cribbage 9-10 Strength I 9:30-Pitch 10:15-Strength II 11:30- Yoga 12-2 BINGO Lunch 1-2 A Matter of Balance 11:45-1:00 Blood Pressure Checks 1-3 Ping Pong	15 9-10 Strength Training 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 12:30 Canasta 1-2 Chair Yoga 1-3 Ping Pong	16 8:30 Cribbage 10-12:30 Beach Day with Jen 11:45- Pickle ball 1-3 Ping Pong 1-Bunco
19 8:30- Spin Cycle 9:30- Casual Bridge 11:45-Pickleball 1:00- Quilting 1-3 Ping Pong	20 8:30- Cribbage 9-11 Veterans coffee House 9-10 Strength I 9:30-Pitch 10:15-Strength II 11:30- Yoga 1-2 A Matter of Balance 1-2 It takes a village	21 8:30- Cribbage 9-10 Strength I 9:30-Pitch 10:15-Strength II 11:30- Yoga 1-2 A Matter of Balance 11:45-1:00 Blood Pressure Checks 1-3 Ping Pong	22 9-10 Strength Training 9:15-10:15 Zumba Gold 9:30-10:30 Walking Club 10:15-11:15 Strength II 11:30-12:30 Healthy Stretch 12-1:30 Day Break Café Lunch 12:30 Canasta 1-2 Chair Yoga 1-3 Ping Pong	23 8:30 Cribbage 11:45- Pickle ball 1-3 Ping Pong 1-Bunco
26 8:30- Spin Cycle 9:30- Casual Bridge 11:45-Pickleball 1:00- Quilting 1-3 Ping Pong	27 8:30- Cribbage 9-10 Strength I 9:30-Pitch 10:15-Strength II 11:30- Yoga 1-2 A Matter of Balance	28 8:30- Cribbage 9-10 Strength I 9:30-Pitch 10-12 Nurse Wellness 10:15-Strength II 11:30- Yoga 12-3 Nation Senior Center Month Lunch 1-2 A Matter of Balance 1-3 Ping Pong	29	30

Program Registration and waiver

MAIL IN REGISTRATION ONLY! starts June 15, 2022 for residents, June 22nd for non-residents

Participant name: _____ Date of Birth _____

Email Address: _____

Phone Number: (_____) _____ - _____

In consideration for participation in the above-referenced program/activity sponsored by the Senior Services Department of the Town of Waterford, I hereby waive and release the Town of Waterford its agents, officers and employees, whether paid or voluntary, from and against any and all claims, suits, actions, damages, liabilities, costs, expenses and or judgments, including attorney's fees and court costs which may arise from my participation in the above-referenced program/activity or any illness or injury resulting there from, either directly or incidentally.

I hereby represent that I understand and am familiar with the nature and type of activity in which I will participate as part of the above-referenced program/activity. I further represent that I am in good physical and mental health condition and that I am unaware of any physical or other health condition that would affect my ability to participate in the referenced program/activity. I acknowledge that I will be solely responsible for the furnishing of necessary safeguards and appropriate equipment for protection against injury. I have read this document and understand and agree to its terms and conditions.

Name of Program(s)	Class Fee
Total:	

Signature: _____ Date: _____

Address _____ Check # _____

Emergency Contact: _____

Phone: _____

A separate registration form is required for each participant.

Make Checks Payable to: Town of Waterford, 15 Rope Ferry Road, Waterford CT 06385

PLEASE CUT ALONG LINE, FOLD AND MAIL IN SEPARATE ENVELOPE

Registration forms must be post-marked by June 15th

WATERFORD SENIOR SERVICES
15 ROPE FERRY ROAD
WATERFORD, CT 06385
ADDRESS SERVICE REQUESTED

PRSRT STANDARD
US POSTAGE
PAID
NEW LONDON CT
PERMIT NO 485

The Town of Waterford does not discriminate on the basis of race, color, national origin, gender, religion age or disability. Individuals with disabilities who require modifications to participate in Town of Waterford (TOW) sponsored programs and activities or to access TOW services or goods are asked to submit their request with 48 hours notice to the Town's ADA Coordinator. Reasonable modifications will be made on a case by case basis. Documentation may be required when requesting modifications.



The Town of Waterford complies with
The American with Disability Act.

Contact
Dani Gorman
[DGorman@Waterfordct.org]
860.444.5048
15 Rope Ferry Rd. Waterford, CT
06385

