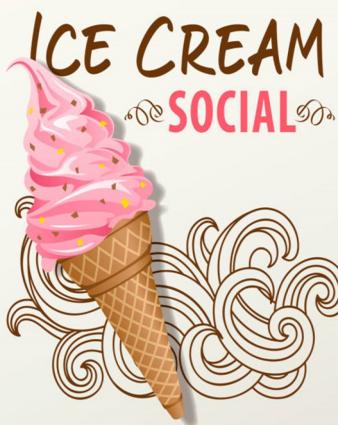


The Loop

July, August & September 2023



Join us for an old fashioned ice cream social

July 13

1pm- 2:30pm

Preregister by
July 10

ADA BEACH DAY at Waterford Beach

July 26, 2023 11:30 AM–1:30 PM

Celebrate the signing of the Americans with Disabilities Act. Waterford Beach is proud of its commitment to those with disabilities, featuring accessible bathrooms, Mobi-chairs and accessible beach walk. Join Senior Services for lunch and fun as we enjoy our beautiful town beach! Must preregister by July 19.

In this issue...

Senior Citizens Commission.....	Page 2	Café Programs.....	Page 7
Messages from Senior Services Leadership	Page 3	Cards, Games and Social Services.....	Page 8
Wellness Programs.....	Page 4	Social Services.....	Page 9
Support Groups.....	Page 5	Exercise Classes.....	Page 10
Enrichment Programs and Groups...	Page 6	Registration Form.....	Page 11

WATERFORD SENIOR SERVICES

24 ROPE FERRY RD, WATERFORD, CT 06385

860.444.5839



SENIOR CITIZENS COMMISSION



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

Dr. Dan Rissi
Senior Citizens
Commission

Rick Beaney
Senior Citizens
Commission
New Appointment

MAIN STAFF

Name	Title	Email	Phone #
Dani Gorman	Human Services Administrator	DGorman@WaterfordCT.org	860.444.5839 EX. 2753
Terry Wheeler	Assistant Director	TWheeler@WaterfordCT.org	860.444.5839 EX.2754
Heidi McSwain	Human Services Coordinator	HMcSwain@WaterfordCT.org	860.444.5839 EX. 2572
Donna Payne	Senior Services Assistant	DPayne@WaterfordCT.org	860.444.5839 EX. 2768
Meaghan Lineburgh	Senior Services Technician	MLineburgh@WaterfordCT.org	860.444.5839 EX. 2764
Jen Bracciale	Instructor WSS	JBracciale@WaterfordCT.org	860.444.5839 EX. 2839
Joseph Trelli	Program Coordinator WYFS	JTrelli@WaterfordCT.org	860.444.5848 EX.2616
Andy Staunton	LCSW, Contract Clinician WYFS/WSS	Stauntonandrew8@gmail.com	860.444.5848

ADDITIONAL STAFF

Name	Title	Name	Title
Barry Niestat	Café Manager	Paul Berman	Van Driver WSS
Amanda Goodhind	Enrollment Clerk	Tricia Duford	Van Driver WSS
Anne Ogden	Volunteer Food Bank Coordinator	Ruth Menghi	Van Driver WSS
Lou Montalvo	Substitute Driver WSS	Colleen Lineburgh	Substitute Driver WSS
John Frascarelli	Substitute Driver WSS	Jamie Regan	Custodial Services

MESSAGE FROM FIRST SELECTMAN ROB BRULE



As the spring season comes to a close, it is with great excitement that we welcome the summer season. Waterford enjoys 4 beautiful seasons, but our coastal address makes it the perfect place to enjoy summer weather. Our newly constructed ADA pathways and restrooms at Waterford Beach continue to be a source of pride. I have been working closely with Senior Services to ensure the community center is a reliable place to escape the heat of summer and continue as a town cooling station. I remain committed to the Town Center Ad-Hoc Committee, chaired by Mim Wagner, to ensure ADA accessible pathways connect the community center, library, restrooms and the town center playground and to be sure the pond is dredged responsibly. The staff, the Commission and the entire town is committed to supporting you. I will continue to provide meals through my Waterford Cares initiative. Finally, please feel free to call me anytime at 860.444.5834 if you have any questions or ideas, I am here for you.

-Rob

MESSAGE FROM SENIOR CITIZENS COMMISSION CHAIR CAROL SANDERS



On behalf of the Senior Citizens Commission we wish you a Happy Summer! We are working hard to bring you programs that reflect your needs. Please use our new suggestion box and cards to help plan our spaces, programs and give us your input on new equipment. Commission meetings are the 4th Tuesday of the month. We encourage you to attend a meeting to let your voice be heard. I'd also like to welcome Rick Beaney, a lifelong Waterford resident, as the newest member of the commission. He has consistently been committed to serving our town and its residents.

-Carol

A MESSAGE FROM HUMAN SERVICES ADMINISTRATOR DANI GORMAN



Summer is finally here and this summer is extra special to me because my oldest son will be getting married. My family and I looking forward to spending time with the people we love and celebrating this very special occasion. With the warmer weather, Senior Services has many wonderful opportunities for you to engage in our programs. I also wanted to take a moment to let you know that volunteers are always needed at Senior Services! Volunteering is a wonderful way to meet new people and serve your community. Helping others kindles happiness, as many studies have demonstrated. Do you have a skill or interest to share? We have luncheons, health clinics, special events, and enrichment programs that could use you! We'd love to talk about how you can get involved. When you find the right fit, you'll enrich the lives of others, and your life will be made better by the experience! Happy summer everyone!

- Dani

A MESSAGE FROM ASSISTANT DIRECTOR TERRY WHEELER



This summer promises to be full of fun in the sun! Keep up to date with our programs by following us on the town website, waterfordct.org under Senior Services, on our Facebook page, or Instagram. Social isolation is an epidemic in the older adult population. Our programs are designed to help you form connections within our community, and embrace the opportunities to continue to grow and change. Mindful meditation is a big part of self-care. Join me for my classes to find your center, reduce stress, and heal yourself. Here's to sunny days!

-Terry

Summer Concerts at Waterford Beach Meet Up

Come hang with us at the Recreation and Parks Summer Concert Series: Wednesdays, 6pm– 8 pm.

Enjoy the great bands with friends and Senior Services staff! We will meet on the following dates:

July 12: Azalea Drive August 2: Sugar August 16: Fusion

Health and Wellness Programs



Walking Meditation with Terry at Harkness Memorial Park

Walking meditation, or **Kinhin**, is a meditation technique that involves walking while meditating. It is an active way to incorporate mindfulness into everyday life. This is not a fitness walking class, we will be using mindful techniques while strolling. Please wear appropriate gear for the weather.

Wednesday, August 30, 10:00 AM to 11:00 AM

We will meet in Harkness parking lot (transportation available)
Free, Preregistration is required.

Fitness Room

Set up an appointment through Senior Services to learn how to use the equipment:

Tues/Thurs: 10AM-12PM

Gym Hours: Monday- Friday 8am-8pm, Saturday 8am-12pm

Fill out a waiver at Recreation and Parks. Open to Waterford residents only. As always, check with your doctor before trying new exercises.

NEW! Drumming Circle

A fun hand drumming program to energize and relieve stress while connecting with other older adults. Sessions will be held the first Wednesday of the month from **3-4 pm.**

July 5, August 2, September 6

Led by Doug Sabino. Limited to 15 participants. Free, but you must preregister.

Indoor Paddle Programs

Ping Pong

Mondays/Wednesdays/Thursdays/Fridays
1:00pm—3:00pm

Pickleball for Beginners This group is for those who are relatively new to the sport and/or have been playing for less than a year.

Fridays 9:45AM—11:45AM

Pickleball

**Mondays/Tuesdays/Fridays
11:45AM—2:15PM**

Podiatry Clinic with Dr. T. Walter, PDM

Foot care, nail cutting and consultations with the doctor. Non-diabetics only.

Fridays, 9:00 AM-11:45 AM on the following dates:

July 21, August 18, September 22

\$45.00 first visit/\$35.00 thereafter.

No insurance accepted. Cash or check only

By appointment.

Blood Pressure Check

Wednesdays

11:45am—1:00pm

Wellness Check Up

By appointment

July 26, August 30, September 27

10:00am to 12:00pm by appointment

with Nurse Judy from VNA of SE CT

Meals on Wheels: Meals on Wheels



drivers are friendly visitors who deliver nutritious meals right to homebound Waterford residents' (60+) doorstep. Call TVCCA to make a referral

860-886-1720.

Transportation: Residents of Waterford can book Senior Services' vans for local doctor appointments, shopping and pharmacies. ECTC provides medical rides to NL County and Westerly. Call 860-444-5839 for more information.

Support Groups

Loss of A Loved One Support Group

Emotional support for those who have experienced loss held in a non-judgmental, safe environment. Help the healing process by sharing your story and learning from other's experiences. Discover coping skills to help you through your journey.

This group meets the 1st Thursday of the month, 10:00 AM—11:00 AM



July 6, August 3,
September 7

Andy Staunton, LCSW
Preregistration is necessary.

Open Doors Memory Care:

A program for those with mild to mid-stage memory loss, dementia or cognitive challenges. Providing socialization and activities in a welcoming environment where they will experience success. Call to request an enrollment packet or to learn more about Open Doors. Classes are on Tuesdays 9:30 AM-12:00 PM. July 11—Evaluation day 9:30 AM-10:30AM Classes: July 18—September 18 (no classes 8/29, 9/5) \$90.00

Facilitator: Jennifer Bracciale

Registration and evaluation are required.

Caregiver Support Group

Meet with other caregivers who are taking care of a spouse, parent, sibling, child or grandchild. Express feelings and thoughts, share ideas and suggestions, belong to a safe, supportive community who can relate to you. This group meets the 2nd Tuesday of the month, 1:00 PM - 2:00 PM

July 11, August 8, September 12

Andy Staunton, LCSW

Preregistration is necessary.

Veterans Coffeehouse at Filomena's

The coffeehouse meets the second Tuesday of each month, 9am-11am. It is open to all veterans to meet and connect with one another, while providing information regarding veterans benefits.

Upcoming Dates: 7/11, 8/8, 9/12



Filomena's

262 Boston Post Road

Waterford, CT

Medicare Counseling

Free, unbiased, one-on-one benefits counseling with a CT Choices Certified Counselor on all parts of Medicare: Original Medicare (Parts A and B) Medicare Advantage (Part C) Medicare Supplement, Prescription Drug Coverage (Part D)

Medicare Savings Program application assistance available.

Wednesdays 10am- 2pm, by appointment.

Preregistration required 860-444-5839



Enrichment Programs and Groups

Driftwood Wind Chime Workshop

Make a beautiful seaside driftwood wind chime with shells and sea glass.

Wednesday, August 9, 10AM-12PM

Fee: \$10

Instructor: Jen Bracciale

Paint A Sunset Art Class

With local artist

Christine Mercado

Learn how to paint a sunset with acrylics.

**Wednesday September 13
10AM to 12PM**

Fee: \$8.00

Instructor: Jen Bracciale



Summer Book Discussion

The Mother In Law by Sally Hepworth.

People Magazine's "People Pick"

Entertainment Weekly's "MUST List"

O Magazine's "15 Best Beach Books of the Year So Far"

Waterford Public Library will have books on hold for us. We will notify you when the books are ready to be picked up.

September 8, 10:30AM-12:30PM

Knitting and Crocheting Club

Whether you're renewing your love of knitting or crocheting, or this is the first time you're trying it, this is the group for you! Experienced members are ready and willing to teach you, provide tips and discuss projects.

Wednesdays 10AM to 12PM

Waterford Quilting Volunteers

Our quilters make quilts for sick and hospitalized preemies, babies and children as well as veterans. They have donated to organizations such as Shriner's Hospital, Hole in the Wall, L&M Hospital, and CT VA Hospital. Our talented quilters will teach you to quilt. Join this worthwhile cause and make new friends! Embroiderers welcome!

- ♦ **Monday group meets 1pm to 3pm**
- ♦ **Wednesday group meets on the 1st and 3rd Wednesdays, 10 am-2 pm**

Technology Tutor

Would you like help with your computer, phone or tablet? Make a free, one-on-one appointment with Gaile.

Wednesdays, 1PM - 3PM

Learn how to follow Senior Services on Facebook, get notifications from the town website or put books on hold at the library and much more!



Lighthouse Cruise on the Cross Sound Ferry

Lights and Sights Cruise

Thursday, September 28, 1:30PM-4:00PM (Cruise departs at 2 PM, you must be at departure gate for 1:30PM) Cruise is approximately 2 hours. **Tickets: \$33**

We will cruise out of New London Harbor paralleling the coast to explore mansions and ritzy waterfronts from Watch Hill, RI to Fishers Island NY. The trip includes a narrator offering insight and entertainment. Stops at 9 different lighthouses. Enclosed air conditioned decks as well as an open air deck. The vessel has a snack bar offering food and drink, restrooms onboard. Senior Services staff member will accompany you on this adventure.

Departs from the Cross Sound Ferry docks, 2 Ferry Street, New London LIMITED paid parking at the terminal, other garage options are nearby. Transportation through Senior Services van subject to availability.

Café Programs

National Senior Center Month Luncheon

Wednesday, September 20 12PM–2PM

September is National Senior Center Month. Join us as we gather to celebrate Waterford Senior Services!

Menu: Huey's Love Salad and Garlic Bread, Dessert

More details to come!

Tickets: \$10.00 (Tickets must be purchased by September 13)

Tuesday Morning Coffee Talk

Say hello to Senior Services Staff, meet other seniors, and get information on upcoming programs. We meet in the Community Center Lobby every Tuesday morning. \$2 suggested donation for muffin and coffee. 8:30-10:30AM



Join us for a special Tuesday Morning Coffee Talk, September 26
Continental breakfast in the Dining Room.
Ticket \$5. Details to come!

CAFÉ LUNCH

Gather together with friends to share a summertime meal. Chat with friends and Senior Services staff members. July 12, August 2, September 6, 12PM

Menus to be announced

Ticket \$6

Head over to BINGO following lunch if you choose



COFFEE CLUB

Help provide refreshments to our patrons. Support your Senior Services by becoming a Coffee Sponsor with a \$20 donation. Spring donors: Vic Gaska, Paul Majeski *thank you~*

LUNCH AND LEARN

Smart Home Technology Workshops geared toward older adults. Learn how to make technology work for you. A 3 part series— come to one or all three!

Menus- TBA

Tickets- \$6.00 each

Thursdays 12PM–1:30PM

August 10: Smart Home Technology & Entertainment for older adults

August 31: Smart Home Comfort and Convenience for older adults

September 14: Smart Home Safety & Security for older adults

PIZZA AND A MOVIE

2 Slices of Cheese Pizza, popcorn, and a beverage.

Movie to be announced

Tickets: \$6.00

Thursday, August 24 12PM

Preregistration is required.

Join Jen for lunch and lively conversation. Separate checks will be issued, Transportation is available.



Captain Scott's:

Thursday, August 17,

11:30 AM to 1:30 PM Reserve your seat by August 10, please.

Coffee with a Cop

Enjoy free coffee & pastries as you meet Waterford Police Officers and first responders to ask questions and share what's on your mind.

Monday, July 24, 8:30AM–10:30AM

Officer Eric Fredricks, K-9 Hodges & friends will greet us in the Community Center Lobby. Preregistration is helpful.

Cards and Games

BINGO

- July 12 (*Lunch)
- August 2 (*Lunch)
- August 16
- September 6 (*Lunch)
- September 27

(*option to purchase a Bingo Lunch ticket)
Wednesdays, 12:00 PM to 2:30 PM
\$5.00 per 10 game package

Must preregister

BUNCO



Fridays 1:00PM to 3:00PM

Brain Flex: Puzzles, games and more.

Thursdays 10:30AM-11:30AM

Card Groups

- **Mahjongg** Mondays/Thursdays 10AM-12PM
- **Casual Bridge** Mondays/Wednesdays 9AM-12PM
- **Cribbage** Tuesdays and Fridays 8:30 AM to 9:30 AM
- **Canasta** Thursdays 12:30 PM to 3:00 PM
- **Pinochle** Tuesdays and Fridays 12:15 PM-3:00 PM
- **Pitch** Tuesdays 9:30 AM to 10:30 AM

Social Services

Medicare Savings Program Presentation

Join us for this informative presentation to see if you may be eligible for the Medicare Savings Program. The MSP pays for your Part B premium, coinsurance, deductibles and Medicare Part A, when needed.

**Wednesday, September 27,
2023 at 11:00AM.**

Email
twheeler@waterfordct.org
with questions.



Waterford Community Food Bank

Providing emergency food assistance to Waterford residents in need. Sign up by calling 860.444.5848. Food donations are accepted. Call ahead to drop off. Hours: 8:30AM-4:00PM. Located at 200 Boston Post Road.

Farmers Market Coupons

SFMNP coupons will be available after July 1 at Senior Services. You may be eligible if you are 60+, or disabled living in senior housing and meet income eligibility requirements. Monthly income must be \$2,248.00 or less.

Intro to Medicare Presentation

New to medicare? Turning 65? Medicare is health insurance for people 65 or older. You're first eligible to sign up for Medicare 3 months before you turn 65. This presentation will teach you about Medicare, how to sign up, and your coverage options.

Thursday, July 13th 5:30 PM to 7:30 PM

With Laura Crews Senior Resources
Email twheeler@waterfordct.org with questions
Free, unbiased counseling on health insurance options.

Connecticut's Renters' Rebate Program

Current Waterford residents 65+ as of 12/31/22, or totally and permanently disabled residents 18+ who paid rent in CT in 2022.

Appointments being scheduled:

July 11 at Twin Haven

July 19 in office for those not in housing

Program ends October 1, 2023

Trips

Friendship Tours Daytrips:

Shades of Buble' Aqua Turf Club-8/10

A three man tribute to Michael Buble', featuring swinging standards and his pop hits. Coffee and donuts and Lunch included. 10AM-5PM
\$122.00 per person Register by July 7

Spirit of Boston Luncheon Cruise 8/24

Enjoy a 2 hour Boston Harbor cruise and a luncheon buffet. Time to shop at Quincy Market afterwards. 8:30AM-6:30PM
\$158.00 per person. Register by Jul 24

Ellis Island & Statue of Liberty 9/12

Ellis Island immigration museum and Statue of Liberty Museum with a stop at Teardrop Russian Memorial.

6:30AM - 7:30PM

Register by August 11



\$116 per person

Salem & Marblehead, MA 9/26

Lunch at Hawthorne Hotel and guided tour of Salem and Marblehead. Free time for shopping on Pickering Wharf.

Tuesday September 26, 8:15 AM to 7:45 PM

\$135 per person. Register by August 15

Made in Vermont, Country Shopping In Southern Vermont 10/5

Shop for Vermont Cheese, at The Vermont Country Store and a Maple Syrup Farm. Lunch at The Marina in Brattleboro included.

7:15AM—7:15PM

\$137.00 per person. Register by August 31

Cranberry Bog Tour 10/24

Harvest Season Bog Tour, Wareham, MA with lunch at Mezza Luna in Buzzards Bay. Wright's Dairy Farms ice cream and baked goods. Please dress appropriately for wet, muddy areas.

\$137 per person.

Register by September 19

A Taste of Italian New York! 11/4

Visit 3 New York Food "Hot Spots" Zabar's Gourmet Market, Carmine's for lunch, Arthur Avenue— Little Italy in the Bronx. 7:45AM- 8PM
\$147 per person. Register by September 22

Newport Playhouse Cabaret 11/16

Presents "Miracle on South Division Street" 9:45AM- 5:30PM

\$115.00 per person, includes show, lunch, bus and driver tip Register by 10/9

Radio City Christmas Spectacular 12/2

Starring the world famous Rockettes. Time to grab a bite to eat before the show. 3rd Mezzanine seating, no intermission. 1 pm show 6:45AM-8PM, 90 min show. Depart NY at 4PM
\$ 238 per person. Full pymt due 10/2

Collette Travel Overnight Vacations:

Tropical Costa Rica

San Jose, Coffee Plantation, Cano Negro Refuge, Arenal Volcano, Lake Arenal Cruise, Farm Tour, Monteverde Cloud Forest

\$2,929 (double occupancy)

March 21-29, 2024

Join us for a travel presentation at Senior Services Thursday, September 7 at 5:30 pm

Mackinac Island

Chicago, Millennium Park, Frederik Meijer Gardens & Sculpture Park, Mackinac Island, Grand Hotel, Frankenmuth, Henry Ford Museum & Greenfield Village

\$4,029 (double occupancy)

June 14-22, 2024

Register by December 14, 2023

For more information contact
twheeler@waterfordct.org



Fitness and Dance Classes Summer 2023

A Matter of Balance

**Tuesdays 1-2 p.m.
July 18-Sept 26**

Taught by our Master Trainer Michele Flowers. This class will help decrease the fear of falling by improving strength, coordination and balance.

Waterford 65+ Rate \$55

Resident under age 65 \$60
Non-Resident \$54
Class size: Min 12/Max 25
Instructor: Michele Flowers

Chair Yoga

**Thursdays 1-2pm
July 13 - Sept 22**

Experience the great physical and mental benefits of yoga without leaving a chair!

Waterford 65+ Rate \$ 48

Resident under age 65 \$ 53
Non-Resident \$ 58
Class size: Min 12/Max 20

Instructor: Michele Flowers
No class 9/8

Healthy Stretch

**Thursdays 11:30 am-12:30 pm
July 20-September 7**

Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life.

Waterford 65+ Rate \$ 28

Resident under age 65 \$ 33
Non-Resident \$ 38
Class size: Min 15/Max 20

Instructor: Lorraine Raimondi

Yoga

**Tuesdays 11:30AM – 12:30PM
July 18 - Sept 26**

Learn to use stretching and proper breathing techniques to promote relaxation, healing, and to increase flexibility.

Waterford 65+ Rate \$ 48

Resident under age 65 \$53
Non-Resident \$58
Class size: Min 12/Max 25
Instructor: Michele Flowers

Jazzmatazz

**Tap and Jazz
WEDNESDAYS**

**10:45 A.M. – 11:45 A.M.
September 6- September 27**

A combination of both jazz and tap are offered.

WATERFORD 65+ RATE \$19

**RESIDENT \$24
NON-RESIDENT \$29**
Class size: Min 12/Max 20

Instructor: Kristin Burrows

Line Dancing

Line dancing fun! Includes a mix of salsa, country, pop and more!

Mondays & Fridays

10 am -11am July 10-Sept 29 (no class 7/21, 8/7-8/18)

Waterford 65+ Rate – \$ 70 Resident under age 65 – \$ 75 Non Resident – \$80

Instructor: Georgene Foley-Didato

Zumba Gold



Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

Tuesdays, July 11 – September 19 12:00PM to 1:00PM

Waterford 65+ Rate: \$44.00 Resident Fee: \$49.00 Non-Resident Fee: \$54.00

Instructor: Colette Mercier

Strength Training

Instructor: Lorraine Raimondi

Increase muscular strength, range of motion and flexibility. All sessions are the same level.

7/18- 9/12 Tues/Thurs Strength A 9:00 AM-10:00AM , Strength B 10:15AM-11:15AM

Waterford 65+ Rate – \$58 Resident under age 65 – \$63 Non Resident – \$68

7/17-9/11 Mon/Wed Strength C (Virtual thru ZOOM) 9AM -10AM

Waterford 65+ Rate – \$ 52 Resident under age 65 – \$ 57 Non Resident – \$ 62

Registration Waiver

- **Registration Date for Waterford residents, Friday, June 16, 2023 – drop in, mail in or online.**
- **Non-residents may register beginning Friday, June 23, 2023.**

Make checks payable to the "Town of Waterford."

Exercise class registration and waiver

Participant name: _____ Date of Birth: _____

Email Address: _____

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.

Signature: _____ Date: _____

ADDRESS: _____ Check # _____

Amount _____

Phone # _____

Emergency Contact: _____

Phone: _____ **Alt phone:** _____

Registration information

Class:

1. _____ Price: _____
2. _____ _____
3. _____ _____ Total: _____

Checks, cash or credit/debit

A separate registration form is required for each participant.

TOWN OF WATERFORD Senior Services, 15 Rope Ferry Road, Waterford CT 06385

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

PRSR 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]
860.444.5948
15 Rope Ferry Rd, Waterford, CT
06385