



The Loop

January, February, March 2024



Tuesday Morning Coffee Talk

Say hello to Senior Services Staff and meet other seniors in the Community Center Lobby,

Tuesday mornings

8:30AM-10:30AM

\$2 (suggested donation) for muffin and coffee.

Senior Citizens Commission and Senior

Services Staff

Page 2

Senior Services Endowment Fund

Page 3

Health, Sports and Wellness Programs

Page 4

Support Groups, Tax and Medicare Help

Page 5

Enrichment Programs and Groups

Page 6

Café Programs

Page 7

Cards, Games
Human Services

Page 8

Trips, Evening Workshops

Page 9

Fitness and Dance Classes

Page 10

Registration Form

Page 11

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

SENIOR SERVICES TEAM



Rob Brule
Waterford First Selectman
rbrule@waterfordct.org
860-444-5834 x2557



Dani Gorman
Human Services
Administrator
dgorman@waterfordct.org
860-444-5839 x2753



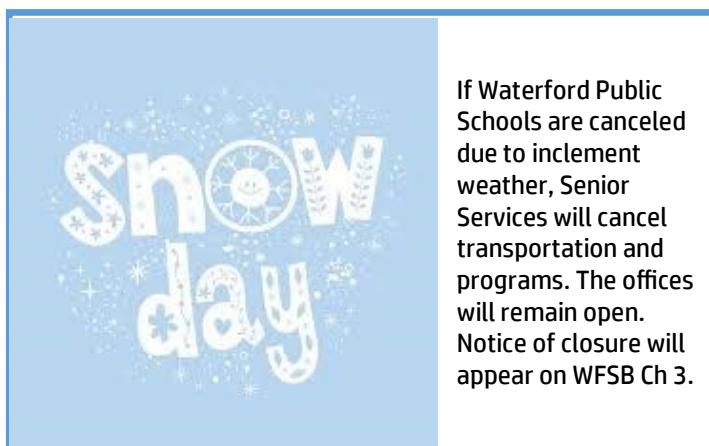
Terry Wheeler
Assistant Director of
Senior Services
twheeler@waterfordct.org
860-444-5839 x2754

OFFICE TEAM

Name	Title	Email	Phone #
Heidi McSwain	Human Services Coordinator	hmcswain@waterfordct.org	860.444.5839 EX. 2572
Meaghan Lineburgh	Senior Services Assistant	mlineburgh@waterfordct.org	860.444.5839 EX. 2764
Jennifer Bracciale	Instructor WSS	jbracciale@waterfordct.org	860.444.5839
Michael Buscetto	Office Support Technician	mbuscetto@waterfordct.org	860.444.5848

SENIOR SERVICES STAFF

Name	Title	Name	Title
Barry Neistat	Café Manager	Ruth Menghi	Van Driver WSS
Anne Ogden	Volunteer Food Bank Coordinator	Patricia Duford	Van Driver WSS
John Frascarelli	Van Driver WSS	Jay Wheeler	Substitute Van Driver
Lou Montalvo	Substitute Driver WSS	Colleen Lineburgh	Substitute Driver WSS
Jamie Reagan	Custodial Services	Andy Staunton	LCSW Contract Clinician



Senior Services Coffee Club
Help provide refreshments to our patrons.
Support your senior services by becoming a Coffee Club sponsor with a \$20 donation.

Angelika Nevrodis
Paul Majeski
Judi Goldberg
Vic Gaska

thank you.





The Senior Citizens Commission established an Endowment Fund in 2007 through the Community Foundation of Eastern Connecticut to provide critical program funding for seniors who are struggling financially or at risk of falling into economic insecurity as they age. Funded entirely by donations, the Endowment has provided qualified seniors with the help they need to feel safe and comfortable in their homes, as well as remain active and connected to our community.

The Endowment Fund assists with:

- Home improvement projects and repairs deemed necessary for health and safety reasons
- Home heating oil or propane
- Paying for medications
- Personal care items or devices
- Home chore services in extenuating circumstances when there is a threat to health, safety or the threat of an eviction
- Transportation services to necessary medical appointments that are outside the location range provided by Waterford Senior Services or ECTC
- Open Doors Memory-care program

Every donation serves to support aging safely, remaining engaged, and, whenever possible, independent. Please help us to continue to provide Waterford's most vulnerable seniors with the services they need. A monetary gift in the amount of your choosing will enhance the lives of Waterford's seniors.

How to Give:

- * Visit our town website under Waterford Senior Services Endowment Fund
- * mail or in person in our offices at the Waterford Community Center, 24 Rope Ferry Road, Waterford

~ Thank you for supporting our long-standing mission to improve the quality of life for those who need us most.

You're Our Cup of Tea!



A Valentine's Day Friendship Tea on Wednesday, February 14, 1PM - 2:30PM

Assorted Teas, Coffee, and Sweets

Free event for Waterford Seniors, but you must sign up ahead of time.



PIZZA AND A MOVIE

Wednesday, January 17 11:30AM

2 Slices of Cheese Pizza, popcorn, and a beverage. Tickets: \$6
OPPENHEIMER Rated R

Health, Sports and Wellness Programs



Monday Mindful Meditation with Terry

A meditation class in which a variety of techniques will be explored—including breathwork, guided visualization, energy balancing, affirmations, mudras and more. You will leave the class feeling peaceful, relaxed and connected.

Monday February 12, 2024

11:15AM – 12PM

No fee, but preregistration is necessary.

Pickleball Lessons with Coach K

Intro to Pickleball -Thursdays 10AM -11AM

Get started in one of the fastest growing sports in America. For those with little to no experience. January 11– March 21 \$55

Beginner/Intermediate Pickleball—

Tuesdays 10 AM -11AM. For those who already know most of the rules of the game, proper positioning and scoring. Increase skill level on fundamental strokes and shots, improve match play in a fun atmosphere.

January 9 – March 19 \$55

Indoor Pickleball OPEN PLAY

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

Fridays 9:45AM -11:45AM

\$10 Winter session fee January–March

Advanced Beginners/Intermediates

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

\$10 Winter session fee January–March

In our OPEN PLAY programs players are required to play with all skill levels within that category. Must be registered with Senior Services.

Table Tennis OPEN PLAY

In our OPEN PLAY programs players are required to play with all skill levels within that category.

Must be registered with Senior Services.

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

\$10 Winter session fee January–March

Foot Clinic with Dr. Walter, PDM

Podiatry evaluation and nail cutting, by appointment.

Fridays, 9:00 AM -11:45 AM

January 19, February 16, March 15

Suggested donation is \$10

Cash or check only

Registration forms need to be filled on first visit

This program is supported by Senior Resources Agency on Aging with Title III funds made available under the Older Americans Act

Drop In Blood Pressure Checks

The first three Wednesdays of the month

11:45AM—1:00PM

Wellness Check Up - By appointment

January 31, February 28,

March 27

10:00AM to 12:00PM



Meals on Wheels Meals on Wheels drivers are friendly visitors who deliver nutritious meals right to homebound Waterford residents' doorstep. Must be 60+. Call TVCCA to make a referral 860-886-1720.

Transportation We provide curb to curb transportation to Waterford residents who are 60+ and to disabled residents. Our service area includes Waterford, East Lyme and New London. The service is free of charge.

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 and 3rd Thursday of the month, 10:00 AM – 11:00 AM

January 4, 18, February 1, 15, March 7, 21

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.

January 23 – Evaluation day- 9:30 AM-10:30AM

Classes: Jan 30 – March 26 Fee: \$90.00

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 and 4th Tuesday of the month, 9:30 AM - 10:30 AM

January 9, 23, February 13, 27, March 12, 26

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. Complimentary full breakfast.

Upcoming Dates: 1/9, 2/13, 3/12



Filomena's

262 Boston Post Road

Waterford, CT

AARP Tax Preparation Help

AARP Tax-Aide volunteers will provide free tax preparation assistance with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are trained and IRS certified each year to ensure they're up to date with the latest changes and additions to the tax code.

We will begin scheduling appointments Tuesday, January 23 at 9AM.

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

Faux Topiary Craft Workshop

Make a realistic, easy, fresh and modern faux topiary using artificial greens. Learn to "age" a terracotta pot for your beautiful topiary.

Wednesday, March 20

10AM–12 PM

Fee: \$12/

\$15 non-resident

Instructor:

Jennifer Bracciale



Winter Book Discussion

Last Day by Luanne Rice

A young mother's murder, her sister's search to know what happened, a valuable painting stolen not once but twice, and four women who have been best friends since childhood. Lee Child says: "lovely, lyrical, and lethal."

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

Refreshments.

Friday, March 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.

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

Wednesdays, 1PM - 3PM

Celebrity MakeUp Artist & Educator

Joby Rogers Presents.....

MAKEUP FOR MATURE WOMEN

This 2.5 hour forum for mature women and women of all ages and experience to learn how to create a makeup style to compliment their personal features and skin tone. Explore products, tools and must-haves for your personal makeup collection. Participate in hands-on makeup demonstrations that help you perfect your personal appearance for all occasions. Don't forget a notebook and pen. Bring your makeup and brushes for a personal evaluation, if desired. Space is limited. Refreshments. Fee: \$15

Thursday, February 29 1PM

Café Programs



Good Luck Luncheon

Wednesday, March 6
12PM-2PM

Celebrate all things Irish!

Featuring a Traditional Corned Beef and Cabbage Dinner (Catered by Mr. G's)

Ticket: \$15.00 (Tickets must be purchased by February 28)

Entertainment! Games! Prizes!

CAFÉ LUNCH

Gather together with friends to share a warm winter meal. Chat with friends and Senior Services staff members.

Wednesdays February 21, March 27

Menus to be announced

Ticket \$7

Head over to BINGO following lunch if you choose



Must preregister by the Monday prior to the lunch.

CONTINENTAL BREAKFAST in the LOBBY

- Tues., Jan 16 Winter Warm Up Breakfast
- Tues., March 19 Bunny Breakfast

Join us for an assortment of seasonal bakery pastries, fruit, yogurt, juice, coffee, tea. Piano music and a sing-a-long.

9AM—10:30AM

Tickets: \$5, must be preregistered.

STORYTELLING With Dr. John Melmed

Dr. Melmed has 27 years in public speaking and storytelling.

*Toastmasters Best Humorous Speech 3x Winner
Toastmasters Best International Speech*

Toastmaster of the Year

He has spoken for the FDA, the DOD, NYU, George Washington U, U of Maryland

Menu: Chicken Salad on a bed of Mixed Greens with Raspberry Vinaigrette, Roll, Dessert

Thursday, March 21 **12PM-3PM**

LUNCH AND LEARN

Thursday, January 11, 12PM

Sustainability Presentation with Hayley Wheeler, UConn Eco-symposium 2023 Student Director. She will share several ways for us to live in a way that increases our health and the health of our planet.

Menu: Meatball Grinder (Nana's Byrek),

Dessert

\$6 register by January 9

Wednesday, January 24, 12PM

Senior Resources' Claudia Mejia, Registered Dietician, will discuss Healthy Eating in the New Year! Strategies and tips on how to eat healthy, control weight, and manage health issues such as high blood pressure, and high cholesterol through diet.

Menu: Cranberry Apple Chicken Salad

Wrap with lettuce (Ivy's), Chips, Dessert

\$6 register by Jan 19.

Thursday, February 8, 12PM

Eastern Connecticut Transportation Consortium, Inc. (ECTC) or "Dial A Ride" with Barbara Currier. Learn how to register for the Municipal Grant Senior Transportation program, the Caregiver Mileage reimbursement procedure and the voucher program for senior medical rides.

Menu: Chicken Noodle Soup, Salad,

Dessert

\$6 register by Feb 5

Cards and Games

BINGO

Wednesdays 12:45- 2:30 PM

- January 10
- January 31
- February 7
- February 21 (*Lunch)
- March 13
- March 27 (*Lunch)

\$5.00 per 10 game package

*Option to attend Café Lunch before Bingo

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
**Learn to play with an instructor during this time!
- **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
**Learn to play with an instructor during this time!

If you'd like to play but don't know how- CALL Senior Services- we have volunteers ready to teach you!!

NEW!! Indoor Cornhole Fridays 9AM -10AM

Cornhole Game: Play America's favorite lawn game in our gymnasium. Cornhole is a lawn game in which players take turns tossing bags of corn kernels at a raised platform with a hole. Easy and fun to play. As we age, vision, depth perception, balance, and coordination can decline. Keep active, meet friends, and increase hand-eye coordination and balance. Free. Sign up required. Facilitated by Dan Spellman.

Human Services

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

Intro to Medicare Presentation- Turning

65?

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

Tuesday February 27, 5:30 PM to 7:30 PM

With Laura Crews from Senior Resources

TVCCA Energy Assistance

This program helps low and middle income families and individuals pay for their home heating bills.

Income limits: \$41,533 for household of 1
\$54,338 for household of 2

Call for your appointment 860-444-5839
For more information or to apply online visit:
**TVCCA.org/energy-assistance or call
TVCCA at 860-425-6681**

Trips

Senior Services Daytrips:

Matilda at The Garde Arts Center

BROADWAY KIDS AND COMPANY's production of MATILDA The Musical Friday, January 5th at the Garde Arts 10AM -12PM

Meet us there or schedule transportation on our van (seats are limited.)

Our special ticket rate: \$12

You must be registered with us by December 21.

OUT TO LUNCH

Join Jen and/or Terry & other Seniors for lunch and lively conversation while we meet up at area restaurants. Separate checks will be issued, choose what you like. Transportation is available.



Restaurants:

Fillomena's Restaurant

262 Boston Post Rd, Waterford Thursday, January 25 12:00PM

Longhorn Steakhouse

Crystal Mall, Waterford Thursday, February 22 12:00PM

Workshops for Adult Children of and Older Adults: Planning for the Future

Life Care Planning

A Workshop on advance care planning. Planning for the end of life can be difficult. By deciding what end-of-life care best suits your needs when you are healthy, you can help those close to you make the right choices when the time comes. Pizza and beverages

Wednesday, January 31 5:30PM - 7PM

Andy Staunton, LCSW WYFS/WSS
Preregistration is helpful.

Trips

Collette Travel Overnight Vacations:

Mackinac Island

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

\$4,029 (double occupancy)

June 14-22, 2024

Price held until December 14, 2023

After that we can check on pricing

Iceland's Magical Northern Lights

Reykjavik, Northern Lights Cruise, Golden Circle, Skaftafell National Park, Jokulsarlon Glacial Lagoon, Glaciers, Blue Lagoon hot springs....

\$3,529 per person (double occupancy)

November 5-11, 2024

Croatia & Its Islands

Zagreb, Stone Gate, Cathedral of St. James, Krka National Park, Adriatic Cruise, Bisevo Blue Cave, Vis, Mljet National Park, Dubrovnik. Trogir....

\$5,679 per person (double occupancy)

April 22- May 3, 2024



Estate Planning Workshop

Information on probate matters. Estates, wills, trusts, conservatorships and more. The tools to implement an effective course of action in the event of incapacity or the passing of a family member. Minimize confusion over plans, assets and desires of the family member. Pizza and beverages.

Wednesday, March 20 5:30PM - 7PM

District of NL/Waterford Probate Judge, Hon. Matthew Greene. Preregistration is helpful.

Fitness and Dance Classes Winter 2024

Chair Yoga

Thursdays 1PM- 2PM
January 18- March 28
(no class Feb 29)

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

Waterford Resident 65+ -\$42
Resident under age 65 -\$47
Non-Resident -\$52

Instructor: Michele Flowers

Yoga

Tuesdays 11:30AM -12:30PM
January 16—March 19

Stretching and proper breathing techniques are used to promote relaxation, healing and to increase flexibility.

Waterford Resident 65+ -\$42
Resident under age 65 -\$47
Non-Resident -\$52

Instructor: Michele Flowers

Cycle Class

Thursdays 5:30PM - 6:30PM
January 11 - March 21

A modified spin class for 50+, those with injuries, or beginners. Space is limited to 10 spots.

Waterford Resident 65+ -\$60
Resident under age 65 -\$65
Non-Resident -\$70

Instructor: Carlye Anderson

Strength Training

Increase strength, range of motion and flexibility. All sessions are the same level.
January 9- March 28 Tuesdays and Thursdays

Strength Session A 9:00 AM -10:00AM

Strength Session B 10:15AM -11:15AM

Waterford Resident 65+ -\$70

Resident under age 65 -\$75 Non-resident -\$80

Strength Session C (ZOOM) 9:00AM -10:00AM

January 8 - March 27 Monday and Wednesday
(No classes 1/15, 1/19 for holidays)

Waterford Resident 65+ -\$70

Resident under age 65 -\$75 Non-resident -\$80

No classes Jan 31- Feb 8

Instructor: Lorraine Raimondi

Healthy Stretch

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

Thursdays 11:30 AM - 12:30 PM

January 11- March 28

(no class Feb 1, Feb 8)

Waterford Resident 65+ -\$35

Resident under age 65 -\$40

Non-Resident -\$45

Instructor: Lorraine Raimondi

Tap and Jazz Mix Dance Class

Wednesdays 10:45AM – 11:45AM
January 17 - March 20 (no class March 6)

A lively combination of jazz and tap. Suitable for beginners as well as experienced dancers.

Waterford Resident 65+ -\$45 Resident under age 65 -\$50 Non-resident -\$55

Instructor: Kristin Burrows



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 January 9 - March 19 9:30AM -10:15AM

Waterford Resident 65+ -\$44.00 Resident under age 65 -\$49.00 Non-Resident -\$54.00

Instructor: Colette Mercier

Line Dancing

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

Mondays & Fridays 10AM -11AM

January 8 - March 22 (no class Jan 15 or Feb 19, due to the holidays)

Waterford Resident 65+ -\$70 Resident under age 65 -\$75 Non-resident -\$80

Instructor: Georgene Foley-Didato

Registration Waiver

- **Registration Date for Waterford residents, Thursday, December 21, 2023 – drop in, mail in or online**
- **Non-residents may register beginning Thursday, December 28, 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: _____ Price: _____
1. _____
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 Gorham
[DGoorham@waterfordct.org]
860.444.5948
15 Rope Ferry Rd, Waterford, CT
06385

