

The Loop

April, May, June 2024



Senior Picnic 2024

Wednesday, June 26, 2024

12 PM–3 PM

Waterford Beach Park Pavilions

Chicken with all the Fixin's, Ice Cream,
Beverages, Music and Games!

Tickets: \$12

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SENIOR CITIZENS COMMISSION

Carol Sanders, Chairperson

Joyce M. Vlaun, Vice-Chairperson

Kathleen McNamara, Vice-Chairperson

Anita Collins

Anne Darling

Dina Lopes

Dr. Dan Rissi

Rick Beaney

SENIOR SERVICES ADMINISTRATION TEAM

Rob Brule	Dani Gorman	Terry Wheeler	Heidi McSwain
Waterford First Selectman	Human Services Administrator	Assistant Director	Human Services Coordinator
rbrule@waterfordct.org	dgorman@waterfordct.org	twheeler@waterfordct.org	hmcswain@waterfordct.org
860-444-5834 x2557	860-444-5839 x2753	860-444-5839 x2754	860.444.5839 x2572

OFFICE TEAM

Name	Title	Email	Phone #
Meaghan Lineburgh	Senior Services Assistant	mlineburgh@waterfordct.org	860.444.5839
Jennifer Bracciale	Instructor WSS	jbracciale@waterfordct.org	860.444.5839
Michael Buscetto	Office Support Technician	mbuscetto@waterfordct.org	860.444.5839

SENIOR SERVICES STAFF

Name	Title	Name	Title
Barry Neistat	Café Manager	Ruth Menghi	Van Driver WSS
Rick Beaney	Substitute Café Manager	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
Anne Ogden	Food Bank Volunteer	Andy Staunton	LCSW Contract Clinician

Waterford Senior Citizen Spring 2024 Pass



For Waterford High School Athletics, Drama and Dance

Valid for all home sporting events and show productions.

Excludes playoff and tournament events.

Available at Waterford Senior Services. ID required.

UConn Master Gardner Seed Program

UConn Ext. Master Gardner Program and Ocean State Job Lot will donate seed packets to Waterford Senior Services. The seeds will be in the lobby on a first come first served basis.



Happy Gardening!



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. Make checks payable to: Community Foundation of Eastern CT.

How to Give:

- * 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.

Waterford Senior Services ART SHOW

Categories will include:

Painting (Oil, Acrylic, Pen & Ink Wash)

Photography

Sculpture

Drawing (Pastel, Charcoal, Pen, Ink, Pencil)



Other categories for display only: Quilting, cross stitch, needlepoint, jewelry making, decorative painting & collage

Submit art work by Friday, May 3. Must be original artwork created in the years 2023– 2024.

Prize winners announced May 14. Artwork will be on display at the Community Center May 10– June 7.

Health, Sports and Wellness Programs



Monday Mindful Meditation with Terry

Two meditation workshops to relax your mind and renew your spirit. You will leave the class feeling peaceful, grounded and connected.

11:15AM – 12PM

Monday, April 29 Energy/Chakra Balancing Seated Meditation

Monday, May 20 Walking Meditation at Harkness Park

No fee, but preregistration is necessary.

Pickleball Lessons with Coach K

Intro to Pickleball

Get started in one of the fastest growing sports in America. For those with little to no experience.

Thursdays 9AM -10AM

April 11– June 13 \$55

Beginner/Intermediate Pickleball

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.

Thursdays 10:15 AM -11:15 AM

April 11 – June 13 \$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 Carol and Brenda help facilitate and provide instruction.

Fridays 9:45AM -11:45AM

\$10 Spring session fee April–June

Advanced Beginners/Intermediates

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

\$10 Spring session fee April–June

In our OPEN PLAY programs players are required to play with all skill levels within that category. Registration required. 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 Spring session fee April–June

Foot Clinic with Dr. Walter, PDM

Podiatry evaluation and nail cutting, by appointment.

Fridays, 9:00 AM –12 PM

April 26, May 17, June 21

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

April 24, May 29, June 26

10:00AM to 12:00PM

with Nurse Judy from VNA of SE CT

Indoor Cornhole:

WEDNESDAYS 9AM-10AM

Play America's favorite lawn game in our gymnasium. 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. Sign up required. Facilitated by volunteer, Dan Spellman. **Free.**

Support Groups and Support Programs

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

April 4, 18, May 2, 16, June 6, 20

Andy Staunton, LCSW

Preregistration is necessary

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

April 9, 23, May 14, 28, June 11, 25

Andy Staunton, LCSW

Preregistration is necessary.

Meals on Wheels Meals on Wheels drivers are friendly visitors who deliver nutritious meals right to homebound Waterford residents' doorsteps. 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.

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: 4/9, 5/14, 6/11



Filomena's
262 Boston Post Road
Waterford, CT

AARP Smart Driver Course

This course will help you refresh your driving skills and give you the knowledge to drive safely on today's roads. You may even save money on your auto insurance. You must preregister.

Thursday April 25, 12:30PM - 4:30PM.

Cost: \$20 AARP Member (bring your card) \$25 Non-AARP Make checks payable to AARP

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 with Sue Beeman
Preregistration required 860-444-5839



Enrichment Programs and Groups

Floral Design Workshop

Learn to design a flower arrangement using seasonal, symbolic flowers to create a full, beautiful arrangement to take home or to gift, with instructor Jen Bracciale. Everything you need is included. **Materials fee: \$15**

Tuesday, June 11, 10AM–12 PM

Volunteer Garden Club

Kick-off Meeting Thursday, April 4, 10am-11am.

Do you like to garden? Looking to volunteer? Meet friends while being out in the fresh air. Our harvest will be donated to the Waterford Community Food Bank. With Jen.

Spring Book Discussion **Remarkably Bright Creatures** by Shelby Van Pelt

In partnership with the Waterford Public Library. This discussion is sponsored by our friends at Coreplus Credit Union. They will donate copies of the book and provide refreshments. Sign up at Senior Services.

Friday, June 7, 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, beginner friendly

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 Shriners' 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 too!

- ♦ 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 our volunteer, Gaile Greenwood

Wednesdays, 1PM - 3PM

Learn how to use your tablet or iPhone, follow Senior Services on Facebook, get notifications from the town website or use your camera or phone flashlight!

Coastal Scene Art Workshop

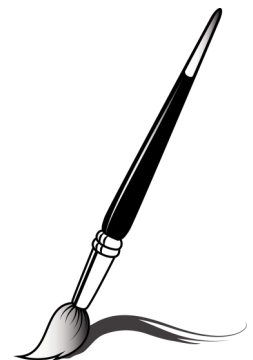
Tuesdays 11 am–1 pm

3 Part Series with local artist Christine Mercado

Tuesday, April 16 Clouds

Tuesday, April 23 Rocks

Tuesday, April 30 Water



Complete a coastal scene acrylic painting in a 3-part series with **step by step instruction**. Space is limited.

\$36 for 3 classes includes instruction and all materials

Café Programs

Older Americans Month Luncheon

Wednesday, May 8 12PM-2PM

2024 Jody Nazarchyk Award presentation

Hughies Love Salad, Garlic Bread and
Mozzicato Cake

Ticket: \$15.00

(Tickets must be purchased by May 3)

Entertainment and Fun Details to come!

CAFÉ LUNCH

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

Wednesdays 11:30 AM

April 24 Sloppy Joes, Chips, Dessert

May 22 Turkey or Ham Grinder, Chips, Dessert

Ticket \$7

Head over to BINGO following lunch if you choose. BINGO starts at 12:45PM



Must preregister by the Monday prior to the lunch.

CONTINENTAL BREAKFAST in the LOBBY

- April 30 Spring Sweetness Breakfast
- June 4 Sunshine Breakfast

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

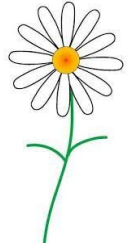
9AM—10:30AM

Tickets: \$5, must be preregistered.

Hello Spring!

Senior Services Lunch

Let's welcome the season of new beginnings together!



Menu: Assorted Sandwiches: Rick's Famous Egg Salad Sandwich, Tuna Salad Sandwich, Pasta Salad, Roll, Dessert

Wednesday, April 3
12PM-2:30 PM

Ticket: \$10

Spring games and prizes! A special welcome song from Great Neck Elementary School First Grade Chorus.

LUNCH AND LEARN

Thursday, April 18, 12PM

Preventing Falls with Kent Ward, Empowering and educating older adults with tips on falls prevention.

Menu: Veggie and Cheese Grinder, Chips, Dessert

\$6. Register by April 16.

Thursday, May 15, 12PM

Independence, Happiness and Success in your Senior Years, local author Nancy Butler Tips and advice on living life to the fullest as we age.

Menu: Cranberry Apple Chicken Salad Wrap with lettuce (Ivy's), Chips, Dessert

\$6 register by May 13.

Thursday, June 13, 12PM

Home and Personal Summer Safety with Kathy Peterson, Community Safety Educator.

Menu: Hot Dog, Cole Slaw, Dessert

\$6 register by June 11.

PIZZA AND A MOVIE

Wednesday, May 29 12 PM



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

The Boys In The Boat (2023) PG-13

Cards and Games

BINGO

Wednesdays 12:45– 2:30 PM

- April 10
- April 24 (*Lunch)
- May 1
- May 22 (*Lunch)
- June 5
- June 12

\$5.00 per 10 game package

*Option to attend Café Lunch before Bingo



Fridays 1:00PM to 3:00PM
\$2.00 per game

Card Groups

- **Mahjongg** Mondays/Thursdays 10AM–12PM**Learn to play with an instructor during this time!
- **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

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

Brain Flex: Puzzles, games and more.

Thursdays 10:30AM–11:30AM

Human Services



Prevent-Heal-Thrive is a non– profit resource for affordable complimentary cancer prevention, care, and aftercare in conjunction with conventional medical treatment in SE CT. With a mission to reduce stress and manage side-effects during and after cancer treatment, they are a resource for acupuncture, oncology massage therapy & skincare, meal delivery service, emotional & talk therapy, nutritional therapy. Therapeutic exercise and tai chi, reiki & energy work, gifts of comfort, peer advocacy, manual physical therapy. Prevent-heal-thrive can connect you to service options to meet physical, emotional, mental and financial needs. For more information call 860-794-0063.

Boost Your Budget A program in partnership with Senior Resources Agency on Aging

You may qualify for benefits to help pay for food, medicine, utilities, and more. Schedule your free appointment with us at 860-444-5839. **Friday, April 12, 9AM— 3PM**

Waterford Community Food Bank

Providing emergency food assistance to any Waterford resident in need. We offer a client choice, shop the shelf option and monthly special food bags. Donations are always welcome.

Call 860-444-5848 to schedule an appointment or for more information. 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.

Wednesday, April 10, 5:30 PM to 7:30 PM

With Laura Crews from Senior Resources

Renter's Rebate

Current Waterford residents age 65 or older as of 12/31/23, or totally and permanently disabled residents 18+ who paid rent in CT in 2023 are eligible to apply for a rebate up to \$900.

Income Guidelines apply

Please call 860-444-5839 to schedule your appointment after May 1

Trips

Senior Services Daytrips:

Meet Terry and Jen there or schedule transportation on our van (seats are limited.)

Olde Mistick Village Shopping & Lunch

Spend a few hours enjoying this mini-excursion.

Thursday, May 2 10:30AM– 1:30 PM

You must be registered with us by April 29.

Florence Griswold Museum & Café Flo

Ticket includes Guided Tour of Kriebel Gallery, Florence Griswold House, access to grounds and facilities. Lunch at Café Flo (separate checks will be issues).

Thursday, June 6, 10:30 AM– 1:45 PM

Tickets; \$18 (museum only, lunch extra) Register by May 30.

Trip with Waterford & East Lyme Sr. Ctr. Newport Playhouse: The Cemetery Club

And the Mapparium, Harvard Glass Flowers Exhibit at Museum of Natural History, lunch at Maggiano's Little Italy included.

Tuesday, June 11

Cost: \$122. pp

Collette Travel Overnight Vacations:

Croatia & Its Islands

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

\$5,679 per person (double occupancy)

April 22– May 3, 2025

Friendship Tour Trips with Senior Services:

9/11 Memorial Museum NYC

Visit the 9/11 Memorial Museum, Memorial and lunch on your own at Brookfield Place

Sunday, May 19, 2024

Cost: \$120.

Harvard Glass Museum

And the Mapparium, Harvard Glass Flowers Exhibit at Museum of Natural History, lunch at Maggiano's Little Italy included.

Thursday, May 30, 2024

Cost: \$150.

West Point Campus Tour

Lunch at Hotel Thayer, Tour of West Point, stop at National Purple Heart Hall of Honor.

Thursday, June 20, 2024

Cost: \$154.

Lighthouse Cruise-Narragansett Bay

Brunch at Quonset 'O' Club, See 10 Famous Lighthouses, Newport Naval Base, Jamestown and Newport Bridges, shop Olde Mistick Village

Wednesday, July 24, 2024

Cost: \$139.

Friendship Tours Weekend Trip:

Island Hopping Nantucket & Martha's Vineyard

This special weekend treats you to exciting adventures on both Nantucket and Martha's Vineyard.

July 19 - 21, 2024

Cost: \$759. pp double/triple
\$955 pp single

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

Older Drivers presentation by the Waterford Police Department

Wednesday, April 24, 5:30PM– 7PM

Learn about safe driving alternatives to giving up your keys. If you or your family have concerns about your driving there are steps you can take to stay safe behind the wheel. As we age we have trouble seeing and hearing. We may experience stiff joints or take meds that can affect driving. Attend this free informational session with Officer Eric Fredricks And Officer Mark Devine. Learn about WPD expanded Advance Services Program. Preregistration encouraged. Pizza/Beverages

Fitness and Dance Classes Spring 2024

Chair Yoga

Thursdays 1PM- 2PM
April 11– June 20

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

Waterford Resident 65+ -\$46

Resident under age 65 -\$51

Non-Resident -\$56

Instructor: Michele Flowers

Yoga

Tuesdays 11:30AM -12:30PM
April 9–June 18

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

Waterford Resident 65+ -\$46

Resident under age 65 -\$51

Non-Resident -\$56

Instructor: Michele Flowers

Cycle Class

Thursdays 5:30PM - 6:30PM
April 11 - June 20

A modified spin class for 50+,
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.

May 7 – June 27 Tuesdays and Thursdays

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

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

Waterford Resident 65+ -\$54

Resident under age 65 -\$59 Non-resident -\$64

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

May 6 –June 26 Monday and Wednesday

(No class 5/27 for holiday)

Waterford Resident 65+ -\$58

Resident under age 65 -\$63 Non-resident -\$68

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

May 9– June 27

Waterford Resident 65+ -\$29

Resident under age 65 -\$34

Non-Resident -\$39

Instructor: Lorraine Raimondi

Tap and Jazz Dance Class

Wednesdays 10:45AM – 11:45AM

April 10–June 12

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

Waterford Resident 65+ -\$50 Resident under age 65 -\$55 Non-resident -\$60



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 April 9 - June 18 9:30AM-10:15AM

Waterford Resident 65+ -\$55 Resident under age 65 -\$60 Non-Resident -\$65

Instructor: Colette Mercier

Line Dancing

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

Mondays & Fridays 10AM-11AM

April 8 - June 17

Waterford Resident 65+ -\$72 Resident under age 65 -\$77 Non-resident -\$82

Instructor: Georgene Foley-Didato

Program Waiver

- **Registration Date for Waterford residents, Thursday, March 21, 2024 – drop in, mail in or online**
- **Non-residents may register beginning Thursday, March 28, 2024.**

Make checks payable to the "Town of Waterford."

Waterford Senior Services Program 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



PRSRT STANDARD
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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
Dana Gorman
[DGorman@Waterfordct.org]
860.444.5848
15 Rope Ferry Rd. Waterford, CT
06385