

The Loop

October, November, December 2024

Autumn Socials



Happy Fall! Apple Cider and Donuts Social

Tuesday, October 22, 10AM - 11:30AM

Sweet As Pie: Pumpkin Pie and Coffee Social

Tuesday, November 26, 1PM - 2:30PM

Cookies and Cocoa Social

Tuesday, December 17, 1PM - 2:30PM

FREE for Waterford residents. Preregistration is suggested.



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SENIOR CITIZENS COMMISSION

Joyce M. Vlaun, Chairperson

Dina Lopes, Vice-Chairperson

Anne Darling

Dan Rissi

Rick Beaney

Susan Marelli

Tom Kennedy

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

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860-444-5834 x2557

860-444-5839 x2753

860-444-5839 x2754

860.444.5839 x2572

SENIOR SERVICES OFFICE TEAM

Name	Title	Email	Phone #
Meaghan Lineburgh	Senior Services Assistant	mlineburgh@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
Andy Staunton	LCSW Contract Clinician	Patricia Duford	Van Driver WSS
John Frascarelli	Van Driver WSS	Rick Beaney	Substitute Van Driver
Anne Ogden	Food Bank Volunteer	Colleen Lineburgh	Substitute Driver WSS

COLLECTIONS FROM OUR COMMUNITY

If you have a collection you would like to share we'd love to talk with you.

We display a rotating selection of assorted collectibles in our locked case for the community to enjoy.

Antiques, photos, memorabilia, art, curiosities, local items of interest!

Items must fit in our case. Call 860-444-5839



Coming to Waterford's Senior Housing!

An outreach program bringing our fun to seniors who aren't able to come to the Community Center. We will post flyers to let you know when we will be at your complex and how to register for our activities.

Instructor: Mindy Stone



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.

How to Give:

- * Visit our town website under Waterford Senior Services and click on the 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 Transportation:

Waterford Senior Services provides curb to curb transportation to Waterford Senior residents and residents with disabilities to medical appointments, shopping, errands, hair/barber appointments, town programs and to the Waterford Community Center. Traveling to Waterford, Quaker Hill, New London and East Lyme.

In order to access transportation, Waterford Seniors must complete a transportation form with our office. This form may be mailed or emailed and returned before transportation services may commence.

Scheduling is based on availability so it is important for riders to reserve their time far in advance of any appointments.

Seniors should be ready up to 1 hour BEFORE their appointment for pick up and they are instructed on how the service works at the time of their scheduling.

Food Baskets for the Holidays provided by the Waterford Community Food Bank

Waterford Senior residents who wish to receive holiday food baskets may apply by calling 860-444-5848 beginning Monday, November 4.

Thanksgiving sign-ups end Friday, November 22. Distribution dates are November 25 and November 26

Holiday sign-ups end Friday, December 13. Distribution dates are December 16 & December 17

Holiday Food Drive

Our holiday program gives you a direct way to give back to those in need in your community. Donors can sponsor senior citizens or a family for the holidays; provide gifts for children, or donate food for a holiday meal. To make a monetary donation or for more information call 860-444-5848 or visit our website at waterfordct.org/160/Youth-Family-Services



Health, Sports and Wellness Programs

Flu Vaccination Clinic:

WEDNESDAY, October 9, 10AM-1PM

Waterford Senior Services has partnered with Stop & Shop pharmacy to bring a flu vaccination clinic to the Community Center. Bring your insurance card. Most people can get the flu vaccination at no cost through their insurance. We will offer the standard dose vaccine (ages 5+) and the higher dose Senior Flu Vaccine (65+). **No appointment necessary.** With Nurse Donna Kane.

Pickleball Lessons

Beginner Lessons: 9:00AM -10:15AM

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

Tuesday session: Oct 8 - Dec 17 **\$63**

Thursday session: Oct 10 - Dec 19 **\$63**

Intermediate Lessons: 10:30AM-11:30AM

Increase skill level on strokes and shots. Improve match play.

Tuesday: Oct 8 - Dec 17 **\$63**

Thursday: Oct 10 - Dec 19 **\$63**

Maximum of 8 per each class

(No class week of 11/25)

Instructor: Ed Kolnaski



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 Fall Session fee October - December

Advanced Beginners/Intermediates

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

\$10 Fall Session fee October - December

Table Tennis OPEN PLAY

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

\$10 Fall Session fee October - December

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

Foot Clinic with Dr. Walter, PDM

Podiatry evaluation and nail cutting, by appointment.

Fridays, 9:00 AM -1:00 PM

October 18, November 15, December 20

Suggested donation is \$10

Cash or check only

Registration forms need to be updated yearly. This program is supported by Senior Resources Agency on Aging with Title III funds made available under the Older Americans Act

Waterford High School Event Passes



In partnership with Waterford High School. Waterford Senior Residents pass for all fall home sporting events, drama and dance productions. The pass does not include playoffs or tournaments. ID required. Non-transferable.

Drop In Blood Pressure Checks

The first three Wednesdays of the month
11:45AM-1:00PM

Wellness Check Up By appointment

October 30, November 27

10:00AM to 12:00PM

with Nurse Judy from VNA of SE CT

Indoor Cornhole

Play America's favorite lawn game in our gymnasium. Easy and fun to play. Keep active, meet friends, increase hand-eye coordination. Sign up required.

Wednesdays 9AM- 10AM

Instructor Volunteer: Dan Spellman

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. This group meets the 1st and 3rd Thursday of the month, 10:00 AM—11:00 AM

Andy Staunton, LCSW

Preregistration is necessary

Caregiver Support Group

Meet with other caregivers who are taking care of a spouse, partner, parent, sibling, child or grandchild. Express feelings and thoughts, share ideas and suggestions, This group meets the 2nd and 4th Tuesday of the month, 9:30 AM - 10:30 AM

Andy Staunton, LCSW

Preregistration is necessary

Cardiac Support Group

A time for sharing your story with others who have experienced cardiac events. A supportive caring environment.

This group meets 5:30 - 6:30 PM Monday, October 9, November 4 and December 2, 2024.

Chaplain Joe Parise

Preregistration is necessary

Falls Prevention Workshop Series

Prevent falls and injuries with exercises, strategies, and tips to decrease your fall risk, learn what to do in case you do fall. Take home fitness programs.

Thursday, Oct 24, 11:45AM - 12:30PM

Thursday, Nov 21, 11:45AM - 12:30PM

Thursday, Dec 19, 11:45AM-12:30PM

Presented by Kent Ward, Owner, Whaling City Athletic Club

No fee, Preregistration required.



Hands-Only CPR Training

Presented by Waterford Ambulance and Waterford Fire

Friday, October 4, 11:00 AM - 12:00 PM

Hands-only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home or work. Always call 911 first. Learn how to potentially save a life. Preregistration required. FREE.

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.



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: 10/8, 11/12, 12/10



262 Boston Post Road

Waterford, CT



Tuesday Morning Coffee Talk 9:00AM - 10:30AM

Chat with Senior Services and Town of Waterford Staff, ask questions get information on upcoming programs, meet other seniors and share coffee time. In the Community Center Lobby every Tuesday morning. Suggested \$2 donation for muffin and coffee

Enrichment Programs and Groups

Fall Floral Design Workshop Guided instruction on creating a lush stunning seasonal flower arrangement. Materials fee: \$15

Tuesday, October 8, 11AM – 1 PM

Instructor: Vicki Brouillard

Wreath Workshop Make your evergreen holiday wreath. Bring clippers and gloves. \$12

Tuesday, November 19, 11AM – 1 PM

Instructor: Vicki Brouillard



Knitting and Crocheting Club

Wednesdays 10AM to 12PM, beginner friendly

Fall Book Discussion

***The Frozen River*, by Ariel Lawhon GMA Book Club Pick NPR Book of the Year**

A gripping historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th century midwife who defied the legal system and wrote herself into American history.

In partnership with Waterford Public Library
Sign up with Senior Services, we will notify you when the books are available for pickup.

Friday, December 13, 10:30AM-12:30PM

Pebble Art Create your own sentimental piece for family or friends to gift for the holidays or to keep. Materials fee: \$6

Tuesday, November 12, 11AM – 1 PM

Instructor: Vicki Brouillard

Shell Ornaments for Senior Holiday Tree

Help us decorate our tree. Decoupage shell ornaments. Lunch provided for our volunteers.

Tuesday, October 29, 10AM – 1PM

Instructor: Vicki Brouillard

Waterford Quilting Volunteers

- Monday group meets 1pm to 3pm
- Busy Bees 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 facilitator, **Gaile Greenwood**

Wednesdays, 1PM - 3PM

Brain Flex

Improve memory skills with a mix of puzzles, games and challenges to stay sharp!

Instructor: Mindy Stone

Thursdays 10:30AM-11:30AM

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.

Thursday, October 24

12:30PM - 4:30PM

**Cost: \$20 AARP Member (bring your card)
\$25 Non-Members**

Make checks payable to AARP

You must preregister to take the class

NEW!! Walking Group

Join us for a new walking group. Walk at your own pace at the new Arnold Holm Memorial Park "duck pond" walkway.

Mondays 11AM–12 PM:

October 7, 21

November 4, 18

Free! Sign up in Senior Services.

Instructor: Vicki Brouillard

Café Programs

Special Lunch Events

HALLOWEEN PARTY: Wednesday, October 30, 12 PM - 2:30 PM. Prizes for costumes! Tricks and Treats! Music and games!



Menu: Our popular Baked Potato Bar with all the toppings, Salad, Dessert, Beverages

Ticket: \$7. Register by October 25.

DELI LUNCH: Thank You to our Veterans:



Wednesday, November 13, 12 PM - 2:30 PM. In response to feedback, this year we are offering a more informal lunch for Veterans, seniors and their families to gather together.

Barry's Deli Special: Grilled Pastrami & Swiss on Rye, Kosher Pickle, Cheesecake

Ticket: \$10 Veterans are FREE. Register by November 8.

Holiday Luncheon: Wednesday, December 11, 12 PM - 2:30 PM. With entertainment by Joe



Grieco Music. Join Senior Services' team for a holiday sing-a-long. Door prizes.

Menu: Turkey and Gravy, Mashed Potatoes, Carrots, Cranberry Sauce, Dessert, Beverages (catered by Neon Chicken) Ticket: \$15. Register by December 4.

CAFÉ LUNCH

Enjoy lunch, meet friends, served in our Café.

Wednesdays 11:30 AM

October 16 Pizza, Salad, Dessert, \$6

November 20 Barry's Beef Stew, Baguette, Dessert, \$7

December 18 Meatball Grinder (Nana's Byrek), Chips, Dessert, \$7

Head to BINGO following lunch if you choose.

BINGO starts at 12:45PM

Must preregister by the Monday prior to the lunch.

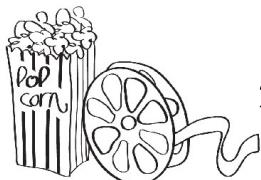
HUGHIE'S ORIGINAL LOVE SALAD

Wednesday, October 17 12 PM

Susan Devlin and Barry Neistat will create the iconic Love Salad for us! Garlic Bread, Dessert. Ticket: \$8. Register by October 11.

Kateryna Dachenko, Ukrainian Opera

Singer will join us for a free 20 minute special performance following the luncheon. 1:00PM
Lunch is optional.



PIZZA AND A MOVIE

Wednesday, December 4, 12 PM

2 Slices of Cheese Pizza, Popcorn, and a Beverage. **Tickets: \$6**
Movie To Be Announced! Register by December 2.

LUNCH AND LEARN

Driving and Dementia

With Kristine Johnson, Dementia Specialist, Center for Healthy Aging and WPD Officer Fredricks

Menu: Mediterranean Salad, Bread Sticks, Dessert. Ticket: \$6.

Register by October 4.

Tuesday, October 8, 12PM

How to Rock Accessories Over 50

With Whitney Rocchetti. A fresh new approach! Advice for choosing accessories as you age.

Menu: Apple Cranberry Chicken Salad Wrap, Chips, Dessert, Beverage. Ticket: \$7
Register by October 21.

Thursday, October 24, 12PM

Hearing, Hearing Loss & Cognition

With Nancy Jablonski, Audiology Concierge. An educational seminar on how to maintain independence and dignity through better hearing.

Menu: Lasagna, Salad, Dessert. Ticket: \$7
Register by November 4.

Thursday, November 7, 12PM

Cards and Games

BINGO

Wednesdays 12:45– 2:30 PM

- October 2
- October 16*
- November 6
- November 20*
- December 18*

No monies collected by WSS

\$5.00 per 10 game package

*Option to attend Café Lunch before Bingo



BUNCO



Fridays 1:00PM to 3:00PM

\$2.00 per game

No monies collected by Senior Services

LEFT CENTER RIGHT

Tuesdays: Oct 1, Oct 15, Nov 5 & Dec 3

11:30AM—1 PM



Very easy to learn! Play one round and you've got it! Bring 4 quarters per round. We play 5 rounds of LCR. Register in Senior Services. (No monies collected by Senior Services, facilitated by volunteers.)

Card Groups

Mahjongg Mondays/Thursdays 10AM-12PM

Casual Bridge Mondays/Wednesdays 9AM-12PM

Cribbage Tuesdays & 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

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

Human Services

Medicare Open Enrollment Appointments

Medicare Open Enrollment runs from OCT15—DEC 7. Review your coverage, compare options, change plans. Individual appointments with CHOICES counselors will provide up to date, unbiased information.

Monday, November 4, 9AM–4PM

By appointment only, call 860-444-5839 to schedule.

Intro to Medicare

Turning 65? Medicare is health insurance for people 65 or older. This presentation will teach you about Medicare, when to sign up and your coverage options.

Monday, November 4, 5:30 PM–7:30 PM

With Laura Crews, Senior Resources

Provided by Senior Resources Agency on Aging

Register by calling 860-444-5839. Refreshments!

TVCCA Energy Assistance

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

Income Limits apply

\$45,505 singles

\$59,507 married couples

Please call 860-444-5848 to schedule your appointment

You are not alone.

CALL 988 Suicide and Crisis Lifeline.

Waterford residents in non-emergency situations call 860-444-5848 for support with free counseling, food support, substance abuse screening and more. In an emergency call 911

Waterford Community Food Bank

Providing 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.

Medicare Counseling

Free, unbiased, one-on-one benefits counseling with a CT Choices Certified Counselor on all parts of Medicare, Parts A & B, Medicare Advantage (Part C) Prescription Drug Coverage (Part D) Medicare Supplement, Medicare Savings Program application assistance available.

Wednesdays 10am- 2pm, by appointment with Sue Beeman
Call 860-444-5839 to schedule



Trips

Friendship Tour Day Trips with Senior Services:

Naugatuck Railroad Scenic Foliage Tour

Black Rock Tavern Lunch in Thomaston CT, scenic train ride through Naugatuck River Valley, Fascia's Chocolate Factory.

Friday, October 18, 2024

Cost: \$139.

Fireplace Feast at Salem Cross Inn

Full day of New England activities. Cider Reception, Horse Drawn Wagon, Tour of the Inn, Prime Rib Luncheon (VEG option) Shopping at Brookfield Orchard.

Thursday, November 14, 2024

Cost: \$152.

Christmas In Newport

Marble House and The Breakers Newport mansions decked out in silver and gold! Lunch at Johnny's Restaurant at the Wyndham.

Tuesday, December 10, 2024

Cost: \$138.

"Let's Do Lunch" with Senior Services:

Meet us out for lunch, separate checks, order as you like. Transportation available. **11:30 AM- 1PM**

Thursday, October 3, 2024 **Filomena's**

Friday, November 15, 2024 **On The Waterfront**

Senior Services Daytrips:

Miss Florence's Holiday Teas

at Florence Griswold Museum with Terry. Delicious treats, seasonal teas and admission to the museum. December time and date to be announced once booking for groups open in November. Ticket: \$45

New England Christmas Festival at Mohegan Sun

350+ art, craft, & specialty food artisans, selling all hand-made products. Holiday shopping under one roof. Time for lunch at the casino. Transportation available or meet us there. With Terry.

Friday, November 8, 10AM Tick et: \$15

Collette Travel Overnight Vacations:

Peaks of Europe: The Alps to The Dolomites

With optional 2-Night Venice Tour

Embark on an invigorating journey through Europe's towering Alps and idyllic towns.

Ascend 4 unique mountains via cable car and cogwheel train. Join a mountain guide for a hiking experience. Visit Jungfraujoch and stand at the "Top of Europe." Visit the cheese aging cellars of L'Etivaz and the Italian vineyards of Prosecco—enjoying a tasting at both. Spend time in the idyllic storybook towns of Lucerne, Innsbruck, and Cortina crowned by towering Dolomite Mountains. Across France, Switzerland, Austria, and Italy, discover breathtaking beauty and inviting local charm.

**\$6,899 per person
(double occupancy)**

May 9-21, 2025



National Parks of America

Experience the grandeur of the American West as you explore five fantastic national parks on this exciting journey. In Arizona, contemplate the vast beauty of the Grand Canyon, and in

Yellowstone, relish iconic sights like Old Faithful and Yellowstone Lake. Marvel at the magnitude and color of Zion's cliffs and the hoodoos and spires at Bryce Canyon. Enjoy 2-night stays in Springdale, Utah (Zion) and Jackson Hole. Drive through the incredible Bighorn Mountains and the great Sioux Nations Territory before seeing Mt. Rushmore and Crazy Horse Monument. Meet a local Lakota Native American at dinner and learn about their fascinating way of life. This journey takes you from the Grand Canyon to Mount Rushmore and everywhere in between.

\$5,679 per person (double occupancy)

April 22 - May 3, 2025

Fitness and Dance Classes Summer 2024

Chair Yoga

Thursdays 1:00 PM - 2:00 PM
October 17– December 12

Experience the great physical and mental benefits of yoga without leaving a chair!
(no class 11/28)

Waterford Resident 65+ -\$34
Resident under age 65 -\$38
Non-Resident -\$42

Instructor: Michele Flowers

Cycle Class

Thursdays 5:30PM - 6:30PM
October 10 - December 12

A modified spin class for 50+,
Or beginners
Space is limited to 10 spots.
(no class 11/28)

Waterford Resident 65+ -\$40
Resident under age 65 -\$45
Non-Resident -\$50

Instructor: Carlye Anderson

Yoga

Tuesdays 11:45AM -12:45PM
October 8 –December 10

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

(no class 11/26)

Waterford Resident 65+ -\$38
Resident under age 65 -\$42
Non-Resident -\$46

Instructor: Michele Flowers

Strength Training

Increase strength, range of motion and flexibility.

October 15 – December 19
Tuesdays and Thursdays

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

Strength Session B

10:15AM -11:15AM
Waterford Resident 65+ -\$73
Resident under age 65 -\$78
Non-resident -\$83

(no class 11/26, 11/28)

Instructor: Natalie Edwards

Healthy Stretch

Relieve pain, increase flexibility and range of motion.

Thursdays
October 17 – December 19
11:30AM –12:30 PM
(no class 11/28)

Waterford Resident 65+ -\$32
Resident under age 65 -\$37
Non-resident -\$42

Instructor: Natalie Edwards

NEW!! Tai Chi

Increase muscle strength, flexibility and balance.

Wednesdays
October 9 – December 18
12:00 PM –1:00 PM
(no class 11/27)

Waterford Resident 65+ -\$42
Resident under age 65 -\$44
Non-resident -\$46

Instructor: Alex Culligan

Tap and Jazz Dance Mix

Wednesdays 10:45AM – 11:45AM
October 9 – December 18



A lively combination of jazz and tap. Suitable for all levels.

Waterford Resident 65+ -\$56 Resident under age 65 -\$61 Non-resident -\$66

Instructor: Kristin Burrows

Line Dancing

Mondays & Fridays 10AM -11AM

October 7 - December 23 (no class 10/14, 11/11, 11/29)

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

Waterford Resident 65+ -\$67 Resident under age 65 -\$72 Non-resident -\$77

Instructor: Georgene Foley-Didato



NEW!! Chair Zumba Gold

Tuesday, October 15– December 10, 1 PM– 1:45 PM (no class 11/26)

Keep the party, but remain seated for this mood-boosting class for any fitness level!

Waterford Resident 65+ -\$46 Resident under age 65 -\$48 Non-resident -\$50

Instructor: Monica Bengtson

Program Waiver

- **Registration Date for Waterford residents, Friday, September 27, 2024 – drop in, mail in or online**
- **Non-residents may register beginning Monday, September 30, 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:

Total:

Checks, cash or credit/debit (a \$3.45 processing fee is charged for credit and 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.

