



THE LOOP

January, February, March 2025



Coming this Spring!
Senior Services Art Show 2025
Submit original artwork created in
the years 2024-2025

If Waterford Public Schools
are cancelled due to
inclement weather Senior
Services will cancel
programs & transportation.
Notices will appear on WFSB
Channel 3. Our offices will
remain open.



WATERFORD SENIOR SERVICES

24 ROPE FERRY RD, WATERFORD, CT 06385

860.444.5839

<https://waterfordct.org/176/Senior-Services-News>

SENIOR CITIZENS COMMISSION

Joyce M. Vlaun, Chairperson

Dina Lopes, Vice-Chairperson

Anne Darling

Dan Rissi

Rick Beaney

Susan Marelli

Tom Kennedy

Kent Ward

Rich Muckle, Selectman Liason

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
Jennifer Bracciale	Senior Services Clerk Part Time	jbracciale@waterfordct.org	860-444-5839

SENIOR SERVICES STAFF

Name	Title	Name	Title
Barry Neistat	Café Manager	Ruth Menghi	Van Driver
Andy Staunton	LCSW Contract Clinician	Patricia Duford	Van Driver
Rick Beaney	Substitute Café Manager	John Frascarelli	Substitute Van Driver
Rich Messina	Part Time Clerk for Taxes & Veterans	Colleen Lineburgh	Substitute Van Driver
Anne Ogden	Food Bank Volunteer Coordinator	Mindy Stone	Part Time Enrollment Clerk

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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 reserved 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.

Schedule by calling our Office Support Technician Michael at 860-444-5839.

Advance Care Planning

Advance Directives for Health Care Workshop

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.

We will take you step by step with tools and worksheets that help you reflect on your values, care and treatment preferences. Preregister by calling 860-444-5839

With Asst. Dir. Terry Wheeler and

Instructor Vicki Broulliard

Wednesday, January 29, 5:30PM- 7:00PM

Estate Planning and Probate Matters

Plan for your estate and finances. Advice on getting your affairs in order and plans are updated. Common documents discussed include a will, living trust, and durable power of attorney.

Learn how probate works in Connecticut. Minimize confusion over plans, assets and wishes.

With District of NL/Waterford Probate Judge,

Hon. Matthew Greene

Wednesday, March 19, 5:30PM- 7:00PM

Health, Sports and Wellness Programs

Hearing Clinic:

A screening for seniors who may be experiencing hearing difficulties or those who want to ensure their hearing health is in good condition. Schedule a quick simple test with an audiologist to assess hearing levels and identify any potential hearing loss. A partnership with Audiology Concierge.

FREE! Thursday, February 20, 12PM– 3:30PM. Call us at 860-444-5839 to schedule.

Pickleball Lessons

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

Get started in one of the fastest growing sports in America. For those with less than 1 yr experience..

Tuesday session: Jan 14 - March 18 **\$65 INTRO**

Thursday session: Jan 16 - March 20 **\$65 ADV BEG**

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

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

Tuesday: Jan 14 - March 18 **\$65**

Thursday: Jan 16 - March 20 **\$65**

Maximum of 8 per class

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 Winter Session fee January - March

Advanced Beginners/Intermediates

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

\$10 Winter Session fee January - March

Table Tennis OPEN PLAY

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

\$10 Winter Session fee January - March

***Please note that times may vary**

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

January 10, February 21, March 21

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

Mindful Monday Meditation with Terry



January 6– Finding Your Light and the Beauty of Winter

March 31– Spring Awakening Meditation

Energy Balancing, Guided Meditation, Relaxation Techniques. **10AM– 11AM. FREE** Preregister

Drop In Blood Pressure Checks

The first three Wednesdays of the month

11:45AM–1:00PM

Wellness Check Up By appointment

January 29, February 26, March 26

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– 10:30AM

Volunteer Instructor : 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 the 4th Monday of the month 5:30 PM-6:30PM.

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, Jan 16, 11:45AM - 12:30PM

Thursday, Feb 20, 11:45AM - 12:30PM

Thursday, March 20, 11:45AM-12:30PM

Presented by Kent Ward, Owner, Whaling City Athletic Club

No fee, Preregistration required.



AARP Tax-Aide Program

AARP 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 21 at 9 AM**



Veterans Coffeehouse at Filomena's

262 Boston Post Road

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: 1/14, 2/11, 3/11



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

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.



Enrichment Programs and Groups

Experimenting with Watercolor Simplified watercolor painting for beginners. Learn how to hold your brush, get perfect paint to water mix, mixing colors, painting in layers and more. Materials Fee: **\$12**. Limited to 10 spots.



Tuesday, January 7, 11:15 AM – 12:15 PM

Instructor: Vicki Brouillard

Hand Painted Wine Glasses

Create your own custom pair of wine glasses at our wine glass workshop. Materials Fee: **\$8.**

Tuesday, Feb. 18, 11:15AM-12:45PM

Instructor: Vicki Brouillard

Knitting and Crocheting Club

Wednesdays 10AM to 12PM, beginner friendly

Winter Book Discussion

The Invisible Life of Addie LaRue,
by V.E. Schwab
New York Times Best Seller
USA Today Best Seller

France, 1714: In a moment of desperation a woman makes a bargain to live forever—and is cursed to be forgotten by everyone she meets.

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

Friday, March 7, 10:30AM-12:30PM

A New Approach to Writing Condolence Letters

Do you struggle with what to say and how to say it? Learn how to turn your words into a celebration of life of the person who has passed.

With Jude Carter
Simple, effective approach.



Free! Tuesday, Jan. 14

11AM - 12PM

Sign up in Senior Services

Decoupage Wall Decor

Decoupage a beautiful 12x 12 Welcome sign for your wall or door. Materials Fee: **\$12**

Tuesday, March 11, 11:15AM – 1PM

Instructor: Vicki Brouillard

Waterford Quilting Volunteers

- * Monday group meets 1pm to 3pm
- * Busy Bees meet on the 1st and 3rd Wednesday of the month, 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

Project Thank You

A fun, interactive program that puts gratitude into action. Identify who we are thankful for. Learn easy and fun ways to write thank you notes!

With Jude Carter
Write thank you notes for Valentine's Day!
Free! Tuesday, February 11
11AM - 12PM



Café Programs

Special Luncheon Events



Valentine's Party: Wednesday, February 12, 12PM - 2:30PM. Music! Fun!
On the Menu: Pasta Bar, Salad, Bread, Seasonal Dessert, Coffee and Tea.
Ticket: \$15. Register by February 7.



Good Luck Luncheon: Wednesday, March 5, 12PM - 2:30PM.

Entertainment! Fun! Prizes!
On the Menu: Traditional Corned Beef and Cabbage Dinner (catered by Mr. G's) Seasonal Dessert, Coffee and Tea.
Ticket: \$15. Register by Feb 28.

CAFÉ LUNCH

Enjoy lunch, meet friends, served in our Café.

Wednesdays 11:30 AM

January 22 Chinese "Take-out" Lunch, \$7
February 19 Italian Wedding Soup w/Chicken Meatballs, Salad, Bread, Seasonal Dessert, \$7
March 26 Rick's Famous Egg Salad and Tuna Salad Sandwiches, Chips, Seasonal Dessert, \$7
Head to BINGO following lunch if you choose.
BINGO starts at 12:45PM
Must preregister by the Monday prior to the lunch.

LUNCH AND LEARN

Short Stories- A reading and discussion

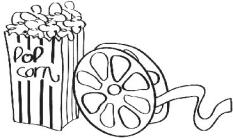
With K. E. Swope, local author
Menu: Sloppy Joes, Chips, Seasonal Dessert.
Ticket: \$7.
Register by February 10.

Thursday, February 6, 12PM

File of Life Workshop

With Waterford Fire and Waterford Ambulance Staff.
Gives first responders medical history when you can't.
Menu: Turkey or Ham Grinder, Chips, Seasonal Dessert, Beverage. Ticket: \$7
Register by March 10.

Thursday, March 13, 12PM



PIZZA AND A MOVIE

Wednesday, January 15, 12 PM

2 Slices of Cheese Pizza, Popcorn, and a Beverage.
Ticket: \$6 by 1/13 Movie To Be Announced!



Cards and Games

BINGO

Wednesdays 12:45- 2:30 PM

- January 8
- January 22* Café lunch option
- February 5
- February 19* Café lunch option
- March 12
- March 26* Café lunch option



No monies collected by WSS **\$5 per 10 game pack**

BUNCO



Fridays 1:00PM to 3:00PM

\$2.00 per game

No monies collected by Senior Services

LEFT CENTER RIGHT WILD

Tuesdays: Jan 7, Jan 21, Feb 4, Feb 18, March 4, & March 18 from 11:30AM—1PM

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

Card Games

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

Recreation and Parks Wood Program

Firewood program for fireplaces or woodstoves. Open to Waterford Seniors who qualify. Call them at 860-444-5881. Expected delivery date Dec. 1.

Yearly income limits:

Single: 45,505, Double: 59,507

Sunshine Club Outreach Program

An outreach program bringing our fun to seniors who aren't able to come to the Community Center. Register at your Waterford area Senior Housing complex or Nursing and Rehabilitation facilities for activities, games and puzzles with our staff.

Instructor: Mindy Stone

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

Waterford Residents Homebound Library Delivery Services

The Waterford Public Library offers delivery and pickup of library materials to homebound Waterford residents. Please call the library at 860-444-5805, ext. 2 for more information or to request an application.



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

Featured Friendship Tours:

Celtic Angels of Ireland at Danversport

A theatrical feast performed by the Trinity Ensemble, Heavenly Celtic Angel, Dynamic Celtic Knights Dancers. Choice of Full Course Dinner included.

Monday, March 10, 2025

Cost: \$178.

Tribute To Elvis the King at A Villa Louisa

Richie Santa performs a tribute to Elvis, the greatest entertainer of all time. Swing Into Spring with the King. Choice of Full Course Dinner included.

Thursday, April 17, 2025

Cost: \$124.

Sister Act the Musical

Black Rock Tavern for a choice of full course lunch followed by Sister Act, a divine musical comedy at Seven Angels Theatre.

Saturday, April 26, 2025

Cost: \$159.

John F. Kennedy Library and Museum

On Boston's waterfront. Choice of lunch at Venezia Restaurant. Boston Driving City Tour.

Wednesday, May 28, 2025

Cost: \$153.

The Newport Flower

The Rosecliff Mansion provides the backdrop for the Newport Flower Show. Free time to explore and lunch on your own.

Friday, June 20, 2025

Cost: \$117.

Newport Harbor Cruise

Narrated tour of the Newport Harbor. Lunch at The Brick Alley Pub included. Free time to explore on your own.

Thursday, July 10, 2025

Cost: \$145.

BERMUDA CRUISE: 8 days/7 Nights on the Celebrity Silhouette

Transportation to NJ Pier included.

JUNE 8–JUNE 15, 2025

Cost: \$1599 double.



Meet Terry Out for Lunch at area restaurants. Separate checks are issued, order as you like. Transportation available.

Olive Garden, Waterford– Friday, January 24, 12PM - 1:30PM.

Langley's, Waterford– Friday, February 21, 12PM- 1:30PM.

Black Sheep, East Lyme – Friday, March 21. 12PM- 1:30PM.

Collette Travel Overnight Vacations:

National Parks of America Trip Presentation

Monday January 27, 1 PM

Join Collette Travel's Tracy O'Neill as she shares all the details of this amazing trip through the West. Explore America's best. Your next big adventure starts here!



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.

\$5,999 per person (double occupancy)

August 13 – August 24, 2025

Fitness and Dance Classes Winter 2025

Chair Yoga

Thursdays 1:00 PM - 2:00 PM
January 16– March 20

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

Waterford Resident 65+ -\$42
Resident under age 65 -\$46
Non-Resident -\$50

Instructor: Michele Flowers

Cycle Class

Thursdays 5:30PM - 6:30PM
January 23 - March 20

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

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

Instructor: Carlye Anderson

Yoga

Tuesdays 11:45AM -12:45PM
January 14–March 18
Stretching and proper breathing techniques are used to promote relaxation, healing and to increase flexibility.

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

Instructor: Michele Flowers

Strength Training

Increase strength, range of motion and flexibility.

January 14 – March 20
Tuesdays and Thursdays

Strength Session A

9:00 AM -10:00AM

Strength Session B

10:15AM -11:15AM
(no class 2/27)

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

Instructor: Natalie Edwards

Healthy Stretch

Relieve pain, increase flexibility and range of motion.

Thursdays

January 16 – March 20

11:30AM –12:30 PM
(no class 2/27)

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

Instructor: Natalie Edwards

Tai Chi

Increase muscle strength, flexibility and balance.

Wednesdays

January 15 – March 19

12:00 PM –1:00 PM

Waterford Resident 65+ -\$37
Resident under age 65 -\$39
Non-resident -\$42

Instructor: Alex Culligan

NEW FORMAT! Dance and Tap Moves Mix



Wednesdays 10:45AM – 11:45AM

January 15 – March 19

A lively combination of tap steps and line dance. Tap shoes not needed.

Waterford Resident 65+ -\$56 Resident under age 65 -\$58 Non-resident -\$60

Instructor: Kristin Burrows

Line Dancing

Mondays & Fridays 10AM -11AM

January 13 - February 14

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

Waterford Resident 65+ -\$35 Resident under age 65 -\$40 Non-resident -\$45

Instructor: Georgene Foley-Didato



Chair Zumba Gold

Tuesday, January 14– March 11, 1 PM– 1:45 PM

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

Waterford Resident 65+ -\$51 Resident under age 65 -\$53 Non-resident -\$55

Instructor: Monica Bengtson

Program Waiver

- **Registration Date for Waterford residents, Friday, December 20, 2024 – drop in, mail in or online**
- **Non-residents may register beginning Monday, December 23, 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: _____

Check #

Amount

Phone #

Emergency Contact: _____

Phone: _____ **Alt phone:** _____

Registration information

Class:

Price:

2.

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



PRSRT STANDARD
US POSTAGE
PAID
NEW LONDON CT

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.

