



THE Loop

APRIL, MAY, JUNE 2025

Senior Picnic 2025

Wednesday, June 25, 2025

12PM-3 PM

Waterford Beach Park Pavilions

Menu: Chicken Dinner, Ice Cream, Beverages

Music and Games!

Tickets: \$15

The 2025 Sally Ritchie Award Presentation

This year's award will be presented to

ANDY STAUNTON, LCSW



860-444-5839

24 Rope Ferry Road, Waterford, CT 06385

SENIOR CITIZENS COMMISSION

Joyce M. Vlaun, Chairperson

Dina Lopes, Vice-Chairperson

Anne Darling

Dan Rissi

Rick Beaney

Susan Marelli

Tom Kennedy

Rich Muckle, Selectman Liaison

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

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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
Jennifer Bracciale	Senior Services Clerk	Ruth Menghi	Van Driver
Barry Neistat	Café Manager	Patricia Duford	Van Driver
Rick Beaney	Substitute Café Manager	Rich Holloway	Van Driver
Rich Messina	Part Time Clerk Veterans Affairs	John Frascarelli	Van Driver
Mindy Stone	Part Time Enrollment Clerk	Colleen Lineburgh	Substitute Van Driver
Andy Staunton	LCSW Contract Clinician	Anne Ogden	Volunteer Food Bank Coordinator

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Senior Services Mission

Provide information about available resources to senior residents of Waterford CT, their family members and/or caregivers, as well as provide a community gathering place that offers programs and services that maximize independence, dignity and quality of life.

Grand Opening of the Patricia Ryan Theater and Media Center

July
11

Waterford Senior Services is delighted to invite you to a special reception for the unveiling of the Patricia Ryan Theater and Media Room at the Community Center on July 11, 2025 at 11:30AM. This new facility is named in honor of Patricia Ryan, a founding member of the Waterford Senior Citizen Commission, whose dedication and vision helped shape the community.

The Patricia Ryan Theater and Media Room will serve as a dynamic hub for entertainment, education, and information, providing valuable resources for the community. This exciting addition to the center was made possible through the American Rescue Plan Act grant awarded to Waterford Senior Services.

We are excited to share more details about the project as it nears completion and look forward to welcoming you to this significant milestone!

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.



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.*

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, May 15, 12PM– 3:30PM. Call us at 860-444-5839 to schedule.

Pickleball Lessons

Beginner Lessons: 8:30AM –9:45AM

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

Tuesday session: April 1 - May 27 **\$65 INTRO/BEG**

Thursday session: April 3 - May 29 **\$65 ADV BEG**

Intermediate Lessons: 10:00AM-11:00AM

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

Tuesday: April 1 - May 27 **\$65**

Thursday: April 3 - May 29 **\$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 (may vary)

\$10 Spring Session fee April - June

Advanced Beginners/Intermediates

Mon/Tues/Fri 11:45AM—2:15PM (may vary)

\$10 Spring Session fee April - June

Table Tennis OPEN PLAY

Mondays/Wednesdays/Thursdays/Fridays
1:00pm—3:00pm (may vary)

\$10 Spring Session fee April - June

***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

April 25, May 16, June 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 Senior Citizen Spring Pass

For Waterford High School Athletics
Drama, and Dance



Valid for all home sporting events
and show productions.

Excludes playoffs and tournament events.

Available at Senior Services, ID required.

Drop In Blood Pressure Checks

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

Wellness Check Up By appointment,
April 30, May 28, June 25

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

Facilitated by Andy Staunton, LCSW

Preregistration is necessary



Military Liaison at Senior Services

Rich Messina, will join Waterford Senior Services as our Military Liaison. He will advocate for and assist all Waterford military personnel. By providing guidance on Veterans claims and benefits, connecting Veterans with available resources, and providing support to Waterford Veterans and military personnel, he will ensure Veterans have the programs and recognition they have earned.

**Call 860-444-5839
to schedule an appointment.**

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 for the class. Make checks payable to AARP.

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

Thursday, April 24, 12:30 PM—4:30 PM

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.

(meeting May 19 instead of May 26, holiday)

Facilitated by Chaplain Joe Parise

Preregistration is necessary

Veterans Coffeehouse at Filomena's

262 Boston Post Road

The Veterans 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:

4/8, 5/13, 6/10



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

Kentucky Derby Fascinator/ Headband Workshop

The Kentucky Derby is right around the corner! Join us to make your fascinator for Senior Services' Kentucky Derby lunch or for your own party.

Materials Fee: **\$12**. Limited to 12 spots.

Tuesday, April 29, 10:15AM- 11:30AM

Instructor: Mindy Stone

Knitting and Crocheting Club

Wednesdays 10AM to 12PM

Beginner-Friendly Yarn and Needlework Group

Book Discussion

West With Giraffes by Lynda Rutledge

Goodreads Choice Award Nominee

An emotional, rousing novel inspired by the incredible true story of two giraffes who made headlines and won the hearts of depression-era America. Part adventure, part historical saga, and part coming-of-age love story.

"A delightful read." -New York Times Book Review
"...witty, charming, heartwarming." -Booklist

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

Wellness Trip to Grota Solna

Salt Cave of Niantic

Dry salt therapy, also known as Halotherapy
Natural, Safe, No Harmful Side Effects. Beneficial for overall wellness and relaxation. Meet us there, or schedule transportation with us. **\$20**



Thursday, May 29

11AM - 12PM

Sign up in Senior Services

Spring Floral Design Workshop

Create your own beautiful Spring floral arrangement with seasonal flowers.

Materials Fee: **\$15**

Tuesday, June 10, 11:15AM-12:15PM

Instructor: Mindy Stone

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

Eolia Mansion

Iced Tea Luncheon and Tour

at

Harkness Memorial Park, Waterford

Coming Late Spring

Details To Be Announced



Café Programs



Special Events

KENTUCKY DERBY LUNCHEON:

Wednesday, April 30, 12PM - 2:30PM. Wear your fancy hat if you wish!
On the Menu: Kentucky Hot Brown, Cole Slaw, Derby Dessert, Beverages.
Ticket: \$15. Games and Prizes! Register by April 25.

Jody Nazarchyk Award Luncheon:

Wednesday, May 21, 12PM - 2:30PM.

Join us as we present the 2025 award to the **Cactus Jack Foundation**.

On the Menu: The Original Hughies Love Salad, Garlic Bread, Dessert.

Ticket: \$15. Register by May 16.



LUNCH AND LEARN

SEAT HOP Service

Learn about the regional bus transit service available in Waterford and how you can access it.

Menu: Cheeseburgers, Chips, Dessert.

(without cheese, by request) Ticket: \$7

Register by April 21.

Wednesday, April 23, 12PM

Healthy Eating for Active Aging

With Claudia Mejia from Senior Resources Agency on Aging.

Manage and prevent health conditions such as high blood pressure, diabetes, and osteoporosis.

Menu: Cranberry Apple Chicken Salad

Wrap with lettuce (Ivy's), Pickle, Dessert. Ticket: \$7

Register by May 12.

Thursday, May 14, 12PM

Avoiding Fraud and Scams Workshop

With Officer Eric Fredricks from the Waterford Police Department accompanied by K9 Hodges.

Recognize warning signs, safeguard your personal information. Gain practical tips to stay safe online, over the phone, and in person.

Menu: Meatball Grinder catered by Nana's Byrek, Dessert. (without cheese, by request) Ticket: \$7
Register by June 9.

Wednesday, June 11, 12PM

Breakfast Café

Spring Sweetness Breakfast:

An assortment of seasonal bakery pastries, fruit, bagels & cream cheese, hot coffee and tea.

Wednesday, April 9, 9:30AM - 11:30AM

Ticket: \$6, sign up by April 7.



CAFÉ LUNCH

Enjoy lunch, meet friends, served in our Café.

Wednesdays 11:30 AM

April 2 Asian Sesame Salad with Grilled Chicken, Catered by Recovery Room \$7

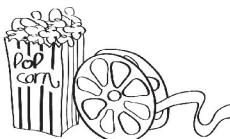
May 7 Our popular Taco Bar, w/Dessert \$7

June 4 2 slices of Pepperoni or Veggie Pizza, Salad, Dessert \$7

Head to BINGO following lunch if you choose.

BINGO starts at 12:45PM

Must preregister by the Monday prior to the lunch.



PIZZA AND A MOVIE

Wednesday, April 10, 12 PM

2 Slices of Cheese Pizza, Popcorn, and a Beverage.

Ticket: \$6 by 4/7 Movie To Be Announced!



Cards and Games

BINGO

Wednesdays 12:45- 2:30 PM

- April 2* Café lunch option
- April 16
- May 7* Café lunch option
- May 28
- June 4* Café lunch option
- June 18



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

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 12:00 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!!

LEFT CENTER RIGHT WILD!

Tuesdays, 11:30AM—1PM: April 1, April 15, May 6, May 20, June 3, June 24

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.)

Human Services

Tax Relief Program for Elderly and Totally Disabled

Filing Period: February 1—May 15, 2025

Ages 65 +, income limits apply

Please call the Assessor's Office with any questions.

860-444-5820

Farmers Market Cards

The Senior Farmers Market Nutrition Program is available for individuals over the age of 60 or are disabled and living in congregate housing. Participants receive one benefit card annually which can be redeemed at authorized locations throughout CT for fruits, vegetables, fresh cut herbs, eggs and honey.

Call 860-444-5839 after June 1, 2025.

Renter's Rebate

Current Waterford resident renters age 65+ as of 12/31/24, or totally/permanently disabled 18+.

Income Limits apply

\$45,200 singles

\$55,100 married couples

Please call 860-444-5848 to schedule your appointment after May 1.

Boost Your Budget with Senior Services & 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



**Thursday, April 17
9AM—2 PM**

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 Daytrips:

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.

Blackstone River & Wright's Farm

Lunch at Wright's Farm. Enjoy a riverboat cruise aboard the Blackstone Valley Explorer. End at Wright's Farm Dairy & Bakery. Minimum walking.

Thursday, June 12, 2025

Cost: \$124.

The Newport Flower

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

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. Minimal walking.

Thursday, July 10, 2025

Cost: \$145.

Twin Lobsters at The Log Cabin, MA

Enjoy Twin Lobsters or Prime Rib au jus. Italian American crooner performs Rat Pack songs. Minimal walking.

Tuesday, July 22, 2025

Cost: \$160.

Carole's Kings feat. Music of Beautiful

Dynamic, all-male Carole King tribute show at the Aqua Turf Club. Coffee and Donuts upon arrival and Family Style Lunch. Minimal walking.

Tuesday, August 19, 2025

Cost: \$140.

Pilgrim Belle Harbor Tour, Plymouth MA

Lunch Buffet at East Bay Grille. Board a paddle-wheeler for a narrated cruise. Plymouth Rock, Mayflower II, Clark's Island, Gurnet Pt Lighthouse

Wednesday, September 3, 2025

Cost: \$172.

Friendship Tours Overnight Trip:

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

Transportation to NJ Pier included.

JUNE 8–JUNE 15, 2025

Cost: \$1599 double.



COLLETTE TOURS PRESENTS:

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

Lunch Excursions with Terry and Jen:



Meet Terry, Jen and senior friends Out for Lunch at area restaurants. Separate checks are issued, order as you like.

Langley's, Waterford– Friday, April 25, 12PM - 1:30PM.

La Llorona, Niantic– Date TBA, 12PM -1:30PM

Transportation available, but limited.

Fitness and Dance Classes Spring 2025

Chair Yoga

Thursdays 1:00 PM - 2:00 PM
April 10– June 12

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
April 10 - June 26
(no class 4/17, 6/19)

A modified spin class for 50+, or for beginners
Space is limited to 10 spots.
Waterford Resident 65+ -\$50
Resident under age 65 -\$55
Non-Resident -\$60

Instructor: Carlye Anderson

Yoga

Tuesdays 11:45AM -12:45PM
April 8–June 17
Stretching and proper breathing techniques are used to promote relaxation, healing and to increase flexibility.

Waterford Resident 65+ -\$39
Resident under age 65 -\$43
Non-Resident -\$47

Instructor: Michele Flowers

Strength Training

Increase strength, range of motion and flexibility.

April 15 – June 26

Tuesdays and Thursdays

Strength Session A

9:00 AM -10:00AM

Strength Session B

10:15AM -11:15AM

(no class 5/20,22,27; 6/17,19)

Waterford Resident 65+ -\$60

Resident under age 65 -\$65

Non-resident -\$70

Instructor: Natalie Edwards

Healthy Stretch

Relieve pain, increase flexibility and range of motion.

Thursdays

April 17 – June 26

11:30AM –12:30 PM

(no class 5/22, 6/19)

Waterford Resident 65+ -\$36

Resident under age 65 -\$41

Non-resident -\$46

Instructor: Natalie Edwards

Tai Chi

Increase muscle strength, flexibility and balance.

Wednesdays

April 8 – June 24

12:00 PM –1:00 PM

Waterford Resident 65+ -\$50

Resident under age 65 -\$50

Non-resident -\$52

Instructor: Alex Culligan

Dance To Broadway: Broadway Dance Style Class

Wednesdays 10:45AM – 11:45AM

April 9— June 11

A low impact Broadway tap and Broadway style dance class.

Waterford Resident 65+ -\$64 Resident under age 65 -\$64 Non-resident -\$66

Instructor: Kristin Burrows



Line Dancing

Mondays & Fridays 10AM -11AM

April 7 - June 27 (no class 4/18, 5/26 for holidays)

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

Waterford Resident 65+ -\$73 Resident under age 65 -\$78 Non-resident -\$83

Instructor: Georgene Foley-Didato

Chair Zumba Gold

Tuesday, April 8 – June 17, 1 PM– 1:45 PM

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

Waterford Resident 65+ -\$55 Resident under age 65 -\$57 Non-resident -\$59

Instructor: Monica Bengtson



gold

Program Waiver

- **Registration Date for Waterford residents, Thursday, March 20, 2025 – drop in, mail in or online**
- **Non-residents may register beginning Tuesday, March 25, 2025.**

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:

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.

Contact
Dani Gorman
[DGorman@waterfordct.org]
860.444.5948
15 Rope Ferry Rd, Waterford, CT
06385

