

The Loop

January, February, March 2026



@Waterford Senior Services, CT

Follow us on Facebook
and Instagram



@waterford_senior_services

860.444.5839

24 Rope Ferry Road, Waterford, CT 06385



SENIOR CITIZENS COMMISSION

Joyce M. Vlaun, Chairperson

Anne Darling

Cathy Gonyo

Tom Kennedy, Senior Liaison

Dina Lopes, Vice-Chairperson

Rick Beaney

Marilyn Lusher

Dan Rissi, Vice-Chairperson

Susan Marelli

Rich Muckle, Selectman

Liaison

ADMINISTRATION TEAM

Rob Brule

Waterford First

Selectman

rbrule@waterfordct.org

860-444-5834 x2557

Dani Gorman

Human Services

Administrator

dgorman@waterfordct.org

860-444-5839 x2753

Terry Wheeler

Assistant

Director

twheeler@waterfordct.org

860-444-5839 x2754

Heidi McSwain

Human Services

Coordinator

hmcsawain@waterfordct.org

860-444-5839 x2572

OFFICE TEAM

Name

Title

Email

Phone

Meaghan Lineburgh

Senior Services Assistant

mlineburgh@waterfordct.org

860-444-5839

Michael Buscetto IV

Office Support Techician

mbuscetto@waterfordct.org

860-444-5839

STAFF

Name

Title

Name

Title

Jennifer Bracciale

Part Time Clerk

Ruth Menghi

Van Driver

Barry Neistat

Part Time Cafe' Manager

Patricia Duford

Van Driver

Rick Beaney

Part Time Cafe' Manager

Rick Holloway

Van Driver

Andy Staunton

LCSW Contract Clinician

John Frascarelli

Van Driver

Anne Ogden

Volunteer Food Bank
Coordinator

Colleen Lineburgh

Substitute Van Driver

IN THIS ISSUE...

Health, Sports, and Wellness

Page 3

Cards, Games, Human Services

Page 7

Support Programs and Groups

Page 4

Trips

Page 8

Enrichment

Page 5

Fitness and Dance

Page 9

Cafe Programs

Page 6

Registration Form

Page 10

SENIOR SERVICES MISSION

Our mission is to provide senior residents of Waterford, CT, along with their families and caregivers, access to vital resources and support services that promote independence, dignity, and an enhanced quality of life. We are dedicated to offering a welcoming community space that fosters connection, while delivering programs and services designed to empower seniors and help them thrive in every stage of life.

SNOW DAYS!

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

THE LOOP DELIVERED TO YOUR MAILBOX

Stay in The Loop! Delivered straight to your mailbox, the latest events, activities, and updates. Want to receive a copy? Call Senior Services at 860-444-5839 or stop in to be added to the mailing list. Don't miss out—stay connected and in the know!

WATERFORD HIGH SCHOOL SENIOR PASS

Free admission for Waterford High School Athletics, Drama and Dance. Valid for all HOME sporting events and show productions. Excludes playoffs & tournaments. Available at Senior Services. ID is required.

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. Call 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.

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 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 will commence. Scheduling is based on availability, 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. Instructions on how the service works provided at the time of scheduling.

SCHEDULE BY CALLING OUR OFFICE SUPPORT TECHNICIAN MICHAEL AT 860-444-5839

HEALTH, SPORTS AND WELLNESS

Blue Zones: Lessons for Living Longer from the People who have Lived the Longest

Those who live in what has been coined the “blue zones” live in very different parts of the world. Yet they have a common theme that is believed to lead to longer, healthier, happier lives. Learn about the 9 common sense healthy habits practiced by communities with the highest rate of centenarians across the world.

Monday, January 26, 11:00am-12:00pm.

With Kristine Johnson, Hartford Healthcare Center for Healthy Aging

Pickleball Lessons

Beginner session

January 8 - March 19

Thursdays, 9 am- 10 am,

Intermediate Sessions

January 8 - March 19

Session A: Tuesday 9 am - 10 am

Session B: Tuesday 10:30 am - 11:30 am

Advanced Intermediate Session

January 8 - March 19

Thursdays, 10:30 am - 11:30 am

\$70 Waterford Residents 65 and older

\$74 Waterford Residents over 65

\$78 Non-residents

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 help facilitate and provide instruction.

Fridays 9:45-11:45am (May vary)

Winter Session January - March **\$10**

Advanced Beginners/ Intermediates

Mon/Tues/Fri 11:45am-2:15pm (May vary)

Winter Session January - March **\$10**

Table Tennis OPEN PLAY*

Mon/Wed/Thu/Fri 1:00-3:00pm (May vary)

Winter Session January - March **\$10**

**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 & nail cutting, by appointment.

Fridays, 9:00am-1:00pm

January 16, February 20, March 20

Fee: \$15 Waterford Residents Only

Cash or check only

Partially funded through the generous support of the Endowment Fund.

Falls Prevention Clinic

A free comprehensive program designed to reduce the risk of falls by addressing factors like poor balance, muscle weakness, and home hazards. Learn exercises to improve strength and balance, how to recognize and remove risks, and strategies to build confidence in performing daily activities. Hosted by New London Rehabilitation and Care of Waterford. Preregister.

Tuesday, January 13, 1:00 pm - 2:00 pm

Drop In Blood Pressure Checks

The First 3 Wednesdays of the Month

11:45am-1:00pm

Wellness Check Up

By appointment only.

The Last Wednesday of the month.

Nurse Judy is funded through the generous support of the Endowment Fund

Indoor Cornhole

Come 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 9:00-10:30am

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. Preregistration is necessary.

1st and 3rd Thursday of the month
10:00-11:00am

Facilitated by Andy Staunton, LCSW



Probate Matters and Estate Planning

Understand how the probate process works in Connecticut. Learn what to do to prepare, and how to make informed decisions about your own estate.

With District of New London & Waterford

Probate Judge Hon. Matthew Greene

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

Long Term Care Planning

Long term care planning can help you maintain control over your care choices, receive the support you want in the setting you prefer. It reduces the burden on loved ones during an already difficult time. Protect your independence, assets and quality of life as you age or face a serious health event. FREE, but preregister.

Thursday, January 15

Facilitated by Nancy Butler, CFP

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 on
Wednesday, January 21 at 9 AM.**

Healing Network Support Group

Major Health Event Survivors- including cardiac events, strokes, cancer, traumatic injuries, or any sudden life changing health event. Preregister.

4th Monday of the month
5:30-6:30pm

Facilitated by Chaplain Joe Parise

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 up and connect with each other, while providing information regarding Veterans benefits. Enjoy a full complimentary breakfast.

Upcoming Dates:

January 13

February 10

March 10



NEW!! Memory Cafe' Program

Senior Services, in partnership with the Waterford Public Library, will be offering a Memory Cafe' every Friday for the months of February and March. The Cafe' will offer a weekly opportunity for social engagement for anyone experiencing changes in their memory or thinking, accompanied by their care partner. Activities will include sing-a-longs, creative engagement, reading and conversation. Refreshments will be provided.

February and March 2026

Fridays 9:30 am - 11:30 am at Senior Services

**The program is free, open to the public,
register at Senior Services.**

TVCCA



Meals on Wheels

Meals on Wheels drivers are friendly visitors who deliver nutritious meals right to homebound Waterford residents' doorsteps. Residents must be 60 years old or older. Call TVCCA at 860-886-1720 to make a referral.

ENRICHMENT PROGRAMS AND GROUPS

Diamond Art Corner Bookmark

A mix of cross-stitch and paint-by-numbers. Create a sparkling design. Beginner Friendly.

Tuesday, January 20, | 10:30am-12:00pm

Instructor: Linda Geer **\$3**

Mosaic Picture Frame Workshop

Decorate your own mosaic photo frame. One-of-a-kind design using colorful tiles and glass—perfect for beginners and art lovers alike!

Tuesday, February 24 | 10:30am-12:00pm

Instructor: Jennifer Bracciale **\$15**

Stay Connected Tech Series

Free Technology Series, 11:00 am - 12 pm

- Monday, January 12: AI Artificial Intelligence
- Monday, February 9: Social Media & Zoom
- Monday, March 9: Scams and Data Security

Instructor: Fernando Sabbadini

Curiosity Club Short videos and lively discussions

Free, but you must preregister

The History of Shopping, Wednesday, January 14, 11 am - 12 pm

Learn how early department stores liberated Victorian women, Malls offered a “new downtown”, how the internet redefined shopping.

Media Madness, Wednesday, February 18, 11 am - 12 pm

Learn the history of radio and TV and how they shaped our culture. Look at “new media” and how it’s changing our world

National Parks, Tuesday, March 17, 11 am - 12 pm

Learn how and why the parks began, the role of the railways, early marketing techniques and the power of nature to inspire, awe, and lift spirits.

Instructor: Jude Carter

Making The Most of Your Medical Appointments

Learn simple tips to prepare for your visit, ask the right questions, and understand your care plan. This short class helps you feel confident, organized, and able to get the most out of every appointment. **FREE**. Preregister.

Thursday, February 26 | 11:00am-12:00pm

With Rosario Cacciatore from Hartford Healthcare Center for Healthy Aging

Knitting and Crocheting Club

Wednesdays 10:00am-12:00pm

Terrarium Workshop

Create your own miniature, self-contained garden with step by step instruction.



\$15

Escape to the Movies This Winter!

Free Classic Movie Matinee Series, 1:00 pm:

- Thursday, January 8: Some Like It Hot
- Thursday, February 12: Roman Holiday
- Thursday, March 12: Hoosiers

Instructor: Dan Spellman

Winter Book Discussion Group

Books provided by **Waterford Public Library**. Sign up in Senior Services. New members encouraged!!

The Berry Pickers by Amanda Peters (2023)

Monday, March 2 | 11:30am-1:00pm

Guest Instructor: Mindy Stone

Technology Tutor

Would you like help with your computer, phone or tablet? Make a free, one on one appointment.

Wednesdays 1:00-3:00pm

Volunteer Facilitator: Gaile Greenwood

Painting Group

A supportive, inspirational group of artists. Bring your own art supplies and meet with like-minded artists in the Community Center while you create. All mediums.

Mondays, 10:00am - 12:00pm

Mindful Meditation Class

This session will blend loving-kindness meditation combined with calming heart chakra meditation techniques to ease stress, support healing. Breathwork, Guided Imagery, Progressive Relaxation, Mudras. Beginner friendly.

Tuesday, February 17 | 11:00am-11:45am

Instructor: Terry Fowler Wheeler



Waterford Quilting Volunteer Group

Mondays 1:00-3:00pm

TRIPS

Featured Friendship Tours Shows:

Bobby Darin and Frank Sinatra Tribute Show

Lunch and a matinee show at A Villa Louisa in Bolton, CT. Starring Bob and Rich DeSimone. Travel back and enjoy the hits from a swingin' time!

Tuesday, April 21

The New York Bee Gees Ultimate Tribute

At the Aqua Turf Club.. All of the classic 70's hits from Stayin Alive to Night Fever. Coffee and Donuts upon arrival, Family Style Lunch.

Thursday, May 14

Summer Nights; A Tribute to Grease

Get ready to Rock N Roll like its 1959 with this iconic soundtrack. Part tribute band/part musical theater. Unforgettable songs, costumes, dances!

Wednesday, August 19

Studio Two The Beatles Tribute Band

"New England's Best Beatles Tribute Band" Berklee College of Music Musicians bring the early Beatles years to life. Family style luncheon,

Tuesday, October 13

A Tribute To The Platters

All of The Platters Greatest Hits and then some. Aqua Turf Club. Includes their Holiday concert I featuring seasonal music. Welcome coffee and luncheon.

Wednesday, December 9

Planned Trips - Details to Come!!

Maple Madness & Butterflies, Mason NH

Coming in April

Stories Beneath The Surface; Vintage Trolley Guided Tour Quabbin Reservoir, Palmer, MA

Coming in May

New York Botanical Garden: Flower Power Summer Expo

Coming in June

Culinary Institute of America Lunch and Taste Experience, Hyde Park, NY

Coming in June

Collette Tours Presents:

Exploring Scotland & Ireland

(With an optional 3 night London pre tour extension) Come to know the regal city of Edinburgh on tour by coach and by foot. Cruise the famed Loch Ness and explore the ruins of Urquhart Castle. Enjoy an evening of Scottish food and entertainment. Visit the Titanic Experience Museum in Belfast or visit the Ulster Museum, telling human stories through art and historical artifacts. Walk the Giant's Causeway and soak up incredible views. Visit Ireland's bustling capital city of Dublin and tour historic St. Patrick's Cathedral.

September 27-October 9, 2026

\$6,999 double

Southern Charm Holiday

Explore cobblestone streets, historic homes, and unspoiled coastline during the holiday season. Discover Charleston and the history of Savannah with 2-night stays in each city. Drive through James Island County Park illuminated with over 500,000 lights. Spend two nights at the exclusive Jekyll Island Club, once described as "the richest, most exclusive club in the world."

November 30- December 6, 2026

\$3,899 double

Featured Friendship Tours Vacation:

Ocean City Maryland Trip

October 13-16, 2026



Ocean Front Rooms, Assateague Island Wild Ponies, Assateague Explorer Eco Tour Cruise, Fenwick Island Lighthouse, Discover Sea Museum Includes: Deluxe Motorcoach, 3 nights oceanfront hotel, 3 breakfasts and Dinners,

*Check back soon for more overnight trips! Lifestyles of Long Island, Rails and Sails in the White Mountains, & Niagra Falls are in the planning stages!!

FITNESS AND DANCE CLASSES

Chair Zumba Gold

Chair dance/fitness class for any fitness levels! A fun, mood boosting, cardio class.

Tuesdays 1:00-1:45pm
January 6 - March 24

Waterford Resident 65+ **\$65**
Resident under age 65 **\$69**
Non-Resident **\$73**

Instructor: Monica Bengtson

Chair Zumba Gold Toning

Combines the dance rhythms of Chair Zumba Gold and strength training with Zumba toning sticks

Fridays 9am-9:45am
January 9 -March 20

Waterford Resident 65+ **\$62**
Resident under age 65 **\$66**
Non-Resident **\$70**

Instructor: Monica Bengtson

Yoga

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

Mondays 12:00pm-1:00pm
January 5 - March 23
(no class 1/19, 2/2, 2/16, 3/9)

Waterford Resident 65+ **\$40**
Resident under age 65 **\$42**
Non-Resident **\$44**

Instructor:Sharon Sokolowski

Strength Training

Increase strength, range of motion and flexibility.

January 6- March 19
Tuesdays and Thursdays

Strength Session A

9:00-10:00am

Strength Session B

10:15-11:15am

(No Classes 2/17, 3/3, 3/5)

Waterford Resident 65+ **\$67**
Resident under age 65 **\$71**
Non-Resident **\$75**

Instructor: Natalie Edwards

Chair Tai Chi

Slow, flowing movements with breathing techniques for relaxation, balance, and flexibility, while seated

January 9- March 20
Fridays
11:30am-12:15pm **\$40**

Instructor: Ted LaFemina

SPIN Class

A modified cycle class for ages 50+ or beginners. Limited to 10.

Thursdays 5:30pm-6:30pm
January 8 - March 19

Waterford Resident 65+ **\$62**
Resident under age 65 **\$66**
Non-Resident **\$70**

Instructor: Carlye Anderson

Tai Chi

Increase muscle strength, flexibility and balance.

January 7 - March 18
Wednesdays
12:00pm-1:00pm

Waterford Resident 65+ **\$40**
Resident under age 65 **\$44**
Non-Resident **\$48**

Instructor: Alex Culligan

Mobility and Stability

Tuesdays/ Thursdays 11:30AM -12:30PM | January 6 - March 19
(No classes 2/17, 3/3, 3/5)

Participants must be able to get up and down from the floor.

Instructor: Natalie Edwards

Waterford Resident 65+ **\$67**
Resident under age 65 **\$71**
Non-Resident **\$75**

Line Dancing

Mon/Fridays 10:00-11:00am |Jan 5- March 13 (No class 1/19, 2/16)

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

**Instructor:
Georgene Foley-Didato**

Waterford Resident 65+ **\$53**
Resident under age 65 **\$57**
Non-Resident **\$61**

Waterford Senior Services Program Registration and Waiver

Registration Date for Waterford residents, Friday, December 12, 2025

Non-residents may register beginning Tuesday, December 16, 2025

Register in person, by mail or online

REGISTRATION INFORMATION: Complete the registration form below. Return the completed form with payment in full. Checks are made payable to the Town of Waterford. If you are registering for a trip, please confirm to whom you make the check payable. Program and transportation cancellations will be on television station WFSB Ch 3 and on Waterford Senior Services Facebook page.

Name: _____

Date of Birth: _____

Address: _____

Town: _____ **Zip Code:** _____

Home Phone #: _____ **Cell Phone #:** _____

Work Phone #: _____ **E-mail:** _____

Emergency Contact:

Name: _____ **Relationship:** _____

Address: _____

Town: _____ **Zip Code:** _____

Home Phone #: _____ **Cell Phone #:** _____

Work Phone #: _____

Program Name	Fee	Cash	Check	Credit Card

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 judgements, 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:** _____

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,

Mailing Address: 15 Rope Ferry Road, Waterford, CT 06385

Physical Address: 24 Rope Ferry Rd. Waterford, CT 06385

Waterford Senior Services
15 Rope Ferry Road
Waterford, CT 06385
Address Service Required



PRSR 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.

