

The Loop

OCTOBER, NOVEMBER & DECEMBER

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UPCOMING LUNCHEONS

Halloween Luncheon

Event Date: October 19th
Day of the Week: Wednesday
Start Time: 12:00 PM
End Time: 3:00 PM
Fee: \$15.00

Instructor: Senior Services Staff
Preregistration is required.
Please register by October 12th

Veterans Day Luncheon

Event Date Nov 09, 2022
Day of the Week: Wednesday
Start Time: 12:00 PM
End Time: 3:00 PM
Normal Fee: \$15.00
Preregistration is required
by November 2nd.
Waterford Veterans are FREE

Holiday Luncheon

Event Date Dec 14, 2022
Day of the Week: Wednesday
Start Time: 12:00 PM
End Time: 3:00 PM
Fee: \$15.00
Preregistration by
December 7th

WATERFORD SENIOR SERVICES

24 ROPE FERRY RD, WATERFORD, CT 06385

860.444.5839

Waterfordct.org/community-center/senior-services



SENIOR SERVICES COMMISSION



Carol Sanders
Senior Citizens
Commission
Chair

Joyce M. Vlaun
Senior Citizens
Commission
Vice-Chair

Kathleen McNamara
Senior Citizens
Commission
Vice-Chair

Anita Collins
Senior Citizens
Commission

Anne Darling
Senior Citizens
Commission

Dina Lopes
Senior Citizens
Commission

Jody Nazarchyk
Senior Citizens
Commission
New Appointment

Dr. Dan Rissi
Senior Citizens
Commission
New Appointment

MAIN STAFF

Name	Title	Email	Phone #
Dani Gorman	Human Services Administrator	DGorman@WaterfordCT.org	860.444.5839 EX. 2753
Terry Wheeler	Assistant Director	TWheeler@WaterfordCT.org	860.444.5839 EX. 2754
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Andy Staunton	LCSW, Clinician WYFS/WSS	Stauntonandrew8@gmail.com	860.444.5848

ADDITIONAL STAFF

Name	Title	Name	Title
Suzanne Bouffard Mahon	Café Manager	Paul Berman	Van Driver WSS
Jamie Regan	Café Assistant	Tricia Duford	Van Driver WSS
Anne Ogden	Volunteer Food Bank Coordinator	Colleen Lineburgh	Van Driver WSS
Lou Monatalvo	Van Driver WSS	Ruth Menghi	Van Driver WSS

MESSAGE FROM FIRST SELECTMAN ROB BRULE



Dear Friends,

In the months ahead as the weather turns cooler, I want to take a moment to sincerely thank the Senior Service Commission and the staff who work tirelessly to provide you, and your loved ones, with programs that you will enjoy and encourage you to come back to the community center for many opportunities of engagement. The Loop is filled with many programs to sample in the months ahead. In the spirit of the season, I want to thank our Senior Services Commissioners, as well as, department staff and volunteers for their dedication and special efforts to embrace our thriving Senior Service Department. Each and every day I have the honor and privilege to work alongside a committed and dedicated team at the Senior Center and I will continue to do all I can to support Waterford Senior Services and your needs. As the holiday season approaches, it is truly an exciting time to be in Waterford as we embark on positive enhancements to our community, as I remain committed to personal wellness, accessibility and a sense of belonging are more important now than ever before. Please know you are all in my thoughts and I wish you and your loved ones a joyous holiday season. We care about you and always remember that "Waterford Cares".

My regards,

- Rob

A MESSAGE FROM HUMAN SERVICES ADMINISTRATOR DANI GORMAN



Dear Friends,

In this Holiday Edition of The Loop, our new assistant director Terry Wheeler and the staff placed a special emphasis on developing new programs that offer variety and inclusion as well as, maintain the programs you have grown accustomed to value and enjoy. Terry and a new volunteer are now being trained in the CHOICES Medicare program so that you will have easy access to getting the guidance you need with the important decisions you make at around the age of 65 and retirement. I encourage you to visit the office with any of your questions about help with heating, groceries, transportation, healthy aging, medical care, or whatever resources you may need. Our staff is committed to providing you with a full array of services that extend beyond recreational opportunities to programs that promote your emotional and physical well-being. We look forward to seeing you at Senior Services and we, especially, look forward to sharing the holiday season with you. Happy Fall and Happy Holidays!

- Dani

A MESSAGE FROM ASSISTANT DIRECTOR TERRY WHEELER



Greetings,

I'd like to extend a big thank you to everyone for their warm welcome to Senior Services! I have enjoyed getting to know you and hearing about the programs and services that are important to you. Thank you to Dani Gorman, Human Services Administrator, for her leadership and guidance as I began this new position, and the entire Senior Services staff for their help and support. They are a dedicated and caring group, and I am honored to have joined them.

The holidays are nearly upon us! They can be a time of joy, and also a time of increased stress. Please take a few minutes to do my deep breathing meditation to cultivate mindfulness in this busy season. Release your jaw, relax your shoulders away from your ears, soften your belly.

- Place one hand over your heart and one over your stomach
- Breathe in through your nose for a count of 5, feeling your belly expand with the breath
- Hold your breath for a count of 5
- Exhale through your nose for a count of five and release all tension with your breath
- Repeat three to five times.

- Terry

Wellness and Fitness

Flu Vaccination Clinic

Program Description: Waterford Senior Services has partnered with Stop & Shop Pharmacy to bring a flu vaccine clinic to the Community Center. Bring your insurance card. Most people can get vaccination at no cost through their insurance. We will offer the Standard Dose flu vaccine (ages 5+) and the higher dose Senior flu vaccine (ages 65+). No appointment is necessary, we will have preregistration forms beginning October 5th.

Event Date Oct 12, 2022

Day of the Week: Wednesday

Start Time: 10:00 AM

End Time: 12:00 PM

Instructor: Donna Kane

Pre Registration is required and forms must be filled out before date of shot

Blood Pressure Check and Wellness Check Up with Nurse Judy

Program Description: On Wednesdays Nurse Judy is at the Community Center for Blood Pressure checks. The Wellness Check Up is on October 26th, November 30th, and December 28th

Start Date Oct 05, 2022

End Date Dec 28, 2022

Day of the Week: Wednesdays

Start Time: 11:45 PM

End Time: 1:00 PM

Instructor: Nurse Judy

Foot Clinic

Program Description: Dr. Walter will be at the Community Center for appointments. Foot cleaning and consultations with the doctor.

Event Date Oct 20, 2022

Day of the Week: Thursday

Start Time: 9:00 AM

End Time: 12:00 PM

Normal Fee: \$45.00 first time/ \$35.00 every time after.

No insurance accepted Cash or check only

Preregistration required

Pickle Ball

Program Description: Get together for a game with friends and learn all about the sport of Pickle Ball!

Days of the Week: Monday, Tuesday, and Fridays

Start Time: 11:45 AM

End Time: 2:15 PM

Free Program

Please Register with

Senior Services 860-444-5839 or in person

Gentle Dance Mix- Tap/Ballet/Jazz

Program Description: Gentle, old school smooth dancing to the oldies. This class is for those who are new to dance as well as those who are returning to dance. Kristin will teach an easy to follow class of tap/ jazz/ ballet moves. No special shoes needed.

No class on November 23rd

Start Date Oct 12, 2022

End Date Dec 14, 2022

Day of the Week: Wednesdays

Start Time: 10:45 AM

End Time: 11:45 AM

Normal Fee: \$36.00

Non-Resident Fee: \$40.00

Senior Fee: \$32.00

Instructor: Kristin Burrows of BKC Dance Studio



NEW!! Non-Contact Karate with Sensei Ralph

Program Description: A simple to learn intro to karate-do tailored to meet the needs of seniors. Increase balance, strength, heart health and concentration while forging a mind-body connection. Sensei Ralph has many years of experience in teaching seniors.

Start Date Oct 17, 2022

End Date Dec 19, 2022

Day of the Week: Mondays

Start Time: 9:00 AM

End Time: 9:45 AM

Normal Fee: \$54.00

Non-Resident Fee: \$58.00

Senior Fee: \$50.00

Instructor: Sensei Ralph Batty

Please Register with Senior

Services 860-444-5839 or in person



Line Dancing

Program Description: Line dancing fun that includes a mix of salsa, country, pop and more!

No class 11/11 or 11/25

Start Date Oct 14, 2022

End Date Dec 19, 2022

Day of the Week: Mondays & Fridays

Start Time: 10:00 AM

End Time: 11:00 AM

Normal Fee: \$59.00

Non-Resident Fee: \$63.00

Senior Fee: \$55.00

Instructor: Georgene Foley-Didato

Class Size: 14/20

Beginner's Ping Pong & Intermediate Ping Pong

Beginners meet: Mondays & Fridays

Intermediate meet: Mondays, Wednesdays, Thursdays & Fridays

Beginners Time: 11:00 AM – 1:00 PM

Intermediate Time: 1:00pm – 3:00pm

Free Program

Please Register with

Senior Services 860-444-5839 or in person



Trips



October 20th- Jack O Lantern Spectacular at Roger Williams Park Zoo

The walk takes you from Joplin to Jay-Z as we celebrate the greatest music from the last 150 years. Stroll, or dance your way along the ¼ mile trail, past intricately carved pumpkins on display while listening to the soundtracks from 1860's through today. Price \$89.00 per person



November 16th- Woodbury Common Outlets, Central Valley, NY

Enjoy a day of outlet shopping at Woodbury Common in Central Valley, NY. Stroll through a charming colonial American style village and find 220 outlets from the world's leading designers. Price \$55.00 per person



December 3rd- New York City Free Time Trip

You will have plenty of time to enjoy the city, shop, see a show, or try out a new restaurant. Price \$70.00 per person



December 7th- Newport Playhouse Cabaret "A Christmas for Carol"

Come see the World Premiere of this hilarious Christmas Comedic Farce! During the holiday season, Carol tends to take Christmas too far at work with decorations, presents, and overbearing traditions that not everyone celebrates in the office. With wacky office hijinks, pranks, an office romance, and even people caught in their underwear, will they be able to help Carol remember the true meaning of Christmas? Price \$105.00 per person



with Norwegian Cruise Line On The Pride Of America

8 days/ 7 nights

Mar 11, 2023 to Mar 18, 2023

\$4621.00 Inside Cabin/ \$5250.00 Balcony Cabin

**For trip flyers, reservations or more information
contact Senior Services at 860-444-5839**

Special Events

Happy Fall! Apple Cider and Donuts

Program Description: Join Senior Services for Apple Cider and Donuts from B.F. Clyde's.

Event Date Oct 20, 2022

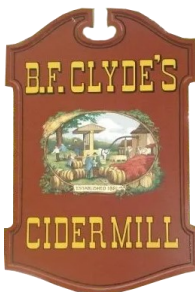
Day of the Week: Thursday

Start Time: 1:30 PM

End Time: 3:00 PM

Instructor: Senior Services Staff

Preregistration is recommended



Thankful for You!: Pie and Coffee

Program Description: Pumpkin and Apple pie with coffee service with the Waterford Senior Services Staff.

Event Date Nov 22, 2022

Day of the Week: Tuesday

Start Time: 1:30 PM

End Time: 3:00 PM

Free Program

Cookies, Cocoa and Carolers

Program Description: Join friends and Senior Services as we ring in the holiday season with songs and treats!

Event Date Dec 06, 2022

Day of the Week: Tuesday

Start Time: 1:30 PM

End Time: 3:00 PM

Preregistration is recommended



Jolly Potluck

Program Description: Join us for an afternoon of cheer and jolly potluck! Bring your favorite covered

dish, salad, casserole or dessert to share at the Senior Services potluck lunch! Please sign up and let us know what dish you'll bring (or if you don't cook a donation will help with drinks and table settings)

Event Date Dec 08, 2022

Day of the Week: Thursday

Start Time: 12:00 PM

End Time: 1:30 PM

Preregistration required

Gifts for Grandchildren

Program Description: Senior Services' Merry Elves will run a holiday workshop helping our seniors choose a free toy or gift for their grandchildren (under age 18). Gifts will be cheerfully wrapped and ready for gift giving!

Event Date Dec 15, 2022

Day of the Week: Thursday

Start Time: 11:00 AM

End Time: 02:00 PM

Preregistration is helpful, but not necessary. Call 860-444-5848



NEW!!! Movie Matinee

Program Description: Enjoy Tuesday afternoon flicks at Waterford Senior Services. The movie schedule

will be available in Senior Services. Pre-registration is helpful but not required. Visit the snack bar beginning at 1pm for refreshments. Movie begins at 1:15pm

Dates:

- **October 11th**
- **November 1st**
- **December 20th**

Day of the Week: Tuesdays

Start Time: 1:00 PM

End Time: 4:00 PM

\$2.00 Per Person, includes popcorn!

Preregistration is helpful but not required.

AARP Smart Driver Program

Program Description: This course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Event Date Oct 20, 2022

Day of the Week: Thursday

Start Time: 1:00 PM

End Time: 5:00 PM

Fee: \$20.00 For AARP members/ \$25.00 for non AARP members

Instructor: Daniel Pelletier

Pre Registration is required



Evening Program: Alzheimer's Seminar: Effective Communication Strategies

Program Description: Learning strategies to decode verbal and behavioral messages to better connect and communicate with your loved one at each stage of the disease. Dinner is provided.

Event Date Oct 11, 2022

Day of the Week: Tuesday

Start Time: 05:30 PM

End Time: 07:00 PM

Instructor: Kris Sortwell

Evening Program: Open Enrollment Information Session

Program Description: Medicare health and drug plans can make changes each year things like cost, coverage, and which providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

Event Date: Wednesday Oct 26, 2022

Time: 5:30 PM — **End Time:** 6:30 PM

Instructor: Laura Crews, Director of Benefits Access, Senior Resources

Support Groups

Loss of A Loved One Support Group

Program Description: Emotional support for those who have experienced loss held in a non-judgmental, safe environment. Help the healing process by sharing your story and learning from other's experiences. Discover coping skills to help you through your journey. Sing up at Senior Services or call 860-444-5839.

Support Group meets
Thursdays October 6th,
November 3rd, December 1st
from 10am-11am.

Day of the Week:

Thursdays

Start Time: 10:00 AM

End Time: 11:00 AM

Instructor: Andy Staunton LCSW



Technology Tutor

Program Description: Would you like help with your computer, phone or tablet? Make a free, one-on-one appointment with Gaile by calling 860-444-5839 or stopping into Senior Services. Appointment are available most Wednesdays from 1pm-3pm.

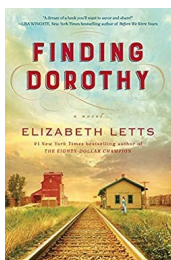
Day of the Week: Wednesdays

Start Time: 1:00 PM

End Time: 3:00 PM

Instructor: Gaile Greenwood

Registration and Pre-enrollment is required
860-444-5839



NEW!! BOOK CLUB!!! "As The Pages Turn"

Program Description: Our new Waterford Senior Services book club. Sign up through Senior Services and a book will be on hold for you to pick up at Waterford Public Library. Books will be available for distribution beginning October 17th. The library will also offer home delivery for those

unable to get to the library. You will need a library card to pick up the book. Senior Services can assist you in obtaining one. Our fall book choice is *Finding Dorothy* by Elizabeth Letts. Written as fiction but based closely on the truth. Discussions will be by our own Meaghan, who is a big of this highly rated book! *Finding Dorothy* is the result of Lett's journey into the amazing lives of Frank (L. Frank Baum, author of *The Wizard of Oz*) and Maud Baum. Elizabeth Lett's book tell a story of love, loss, inspiration, and perseverance, set in America's heartland.

Event Date Dec 05, 2022

Day of the Week: Mondays

Time: 10:00 AM — 11:00 AM

Instructor: Meaghan Lineburgh

Please sign up with Waterford Senior Services
860-444-5839 or in person

It Takes A Village Support Group

Program Description: Meeting with other caregivers who are taking care of a spouse, parent, sibling, child or grandchild. Express feelings and thoughts, share ideas and suggestions, belong to a safe, supportive community who can relate to you
This group meets on October 11, 25th, November 8th, 22nd December 13th and 27th

Day of the Week: Tuesdays

Start Time: 1:00 PM

End Time: 2:00 PM

Instructor: Andy Staunton LCSW

Preregistration required

Open Doors

Program Description:

A program for those with mild to mild-stage memory loss, dementia or cognitive challenges. Providing socialization and activities in a welcoming environment where they will experience success. Call to request an enrollment packet or to learn more about Open Doors .

Start Date: Oct 11, 2022

End Date: Dec 20, 2022

Day of the Week: Tuesdays

Start Time: 9:30 AM

End Time: 12:00 PM

Fee: \$90.00

Instructor: Jen Bracciale

Registration and Pre-enrollment is required
860-444-5839



Are you a Waterford resident who would like to borrow books, movies, music, or magazines, but can't get to the Library?



Call the Library at 860-444-5805, ext. 2
for more information,
or to request an application.



Enrichment Programs



Program Description: Clouds with Christine:
Join Jen and local artist, Christine Mercado, in a mini-workshop on cloud painting techniques.

Event Date Oct 12, 2022

Day of the Week: Wednesday

Start Time: 10:00 AM

End Time: 11:00 AM

Fee: \$5.00

Instructor: Jen Bracciale & Christine Mercado

Preregistration is required



Program Description: Seashell Ornaments:
Learn the art of decoupage and create beautiful ornaments on seashells.

Start Date Oct 26, 2022

End Date Nov 02, 2022

Day of the Week: Wednesdays

Start Time: 10:00 AM

End Time: 11:00 AM

Fee: \$6.00

Instructor: Jen Bracciale

Preregistration is required



Telling Your Story Through Scrapbooking

Program Description: This class will use your favorite photos to preserve precious memories and document your family history. We will put stories with the photos and begin creating a scrapbook of your life which will be treasured by you and your family. Participants should bring a few old photos to the first class and any memorabilia associated with the photos (i.e. tickets, invitations.)

Start Date Oct 17, 2022

End Date Dec 05, 2022

Day of the Week: Mondays

Start Time: 11:00 AM

End Time: 12:00 PM

Fee: \$5.00

Instructor: Kari-Ann Antonelli

Preregistration required

Brain Flex

Program Description: Exercise your brain and meet new friends. Drop in for puzzles, games and more!

Day of the Week: Thursdays

Start Time: 10:00 AM

End Time: 11:00 AM

Instructor: Jen Bracciale

Registration is required

Program Description: Wreath Workshop: Create a festive holiday wreath from fresh local greens.

Event Date Nov 30, 2022

Day of the Week: Wednesday

Start Time: 10:00 AM

End Time: 1:00 PM

Normal Fee: \$15.00

Instructor: Jen Bracciale

Requirements or needed supplies: registration is required- please bring your own gardening gloves and clippers.



Program Description: Chalk

Paint Rustic Signs:

Use chalk paint to create a timeless wood sign to be enjoyed for years to come.

Event Date Dec 07, 2022

Day of the Week: Wednesday

Start Time: 10:00 AM

End Time: 11:00 AM

Normal Fee: \$8.00



Program Description: Clay Diffuser Ornaments;
Roll, stamp and cut beautiful clay diffuser ornaments scented with fragrant essential oils.

Event Date Nov 16, 2022

Day of the Week: Wednesday

Start Time: 10:00 AM

End Time: 11:00 AM

Normal Fee: \$5.00

Instructor: Jen Bracciale

Preregistration needed



Waterford Seniors Quilting Group

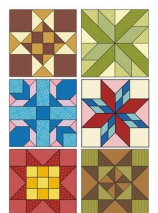
Program Description: Our quilters make quilts for sick and hospitalized preemies, babies and children as well as veterans. They have donated to organizations such as Shriner's Hospital, Hole in the Wall, L&M Hospital, and CT VA Hospital. Additionally, scraps were used to donated quilts to Waterford-East Lyme Animal control and the CT Humane Society. We are always looking to add new members, no previous sewing experience needed. Our talented quilters will teach you to quilt! Join this worthwhile cause and make new friends

Day of the Week: Mondays

Start Time: 1:00 PM

End Time: 3:00 PM

FREE Please sign up with Senior Services in person or by calling 860-444-5839



Café Programs

LUNCH AND LEARN

Program Description: Join us on Thursdays for a discussion on topics of particular interest for our senior community. Delicious, fresh lunches will be made in-house or catered by our restaurant partners. Monthly menu will be provided at Senior Services. (Menu or guest speakers are subject to change).

Start Date Oct 06, 2022 **End Date** Dec 01, 2022

Start Time: 12:00 PM **End Time:** 01:30 PM

Normal Fee: \$6.00

October 6th, Ryan McNamara, Assistant Director of Waterford Recreation and Parks.

Ryan McNamara from Recreation and Parks will hold a discussion on the beautiful outdoor spaces in Waterford, accessibility and plans for the future.

October 13th Kathy Peterson, Waterford Community Safety Educator and Mark Greczkowski, Waterford Ambulances

Will cover Emergency Escape Planning, Fall Prevention, the File of Life medicine records as well answer any of your questions.

October 27th Officer Eric Fredricks Waterford Community Engagement and K-9 Officer Hodges

Join Eric Fredricks and Hodges will discuss ways to safeguard against crimes targeting the older population. Home crimes, the latest Phone and Cyber Scams, Car Theft.

November 3rd Carol Sanders, Waterford Senior Service Chair

Join Senior Services Commission Chair for a meet and greet. She will be discussing her background in Senior Care, her work as our Chair, and the future of Senior Services.



November 10th Christine Johnson and Jill Adams from The Waterford Library

Join Waterford Public Library's Christine Johnson and Jill Adams who will highlight the library fall and winter programs, services and activities of interest to seniors.

November 17th Kris Sortwell, Eastern CT Regional Director, Alzheimer's Association November 17th

Join Kris Sortwell from Eastern CT Regional Director, Alzheimer's Association will present Healthy Living for Your Brain and Body, plus tips from the latest research.

December 1st Andy Staunton, LCSW

Join Andy Staunton, LCSW from Senior Services and Youth and Family Services who will present strategies on coping with the varied emotions that accompany the holidays.

Daybreak Café Coffee Sponsor

Support your Senior Services by becoming a Daybreak Café Coffee Sponsor! Join the Daybreak Café Coffee Club and help provide refreshments to our patrons. Sponsor a month with a \$20 donation. Senior Services is happy to accept your donation in our office.

Thank you to the following donors:

Chuck Ambulos
Anonymous
Meaghan Lineburgh
Joseph Trelli



Lunch and BINGO

Program Description:

Join us for LUNCH before BINGO in our Daybreak Café!

BINGO Lunch Dates:

- October 26th
- November 16th
- December 7th

Day of the Week: Wednesdays

Start Time: 12:00 PM

End Time: 12:45 PM

Normal Fee: \$6.00

Please reserve your ticket in person or by calling 860-444-5839

Cards and Bingos

Casual Bridge

Program Description: Join for fun and meeting new people.

Day of the Week:

Mondays and Wednesdays

Start Time: 9:00 AM

End Time: 12:00 PM

FREE

Register at Senior Services

860-444-5839 or in person



Cribbage

Program Description: Join for fun and meeting new people.

Days of the Week: Tuesdays and Fridays

Start Time: 8:30 AM

End Time: 9:30 AM

FREE

Register at Senior Services

860-444-5839 or in person



Canasta

Program Description: Join for fun and meeting new people.

Days of the Week: Thursdays

Start Time: 12:30 PM

End Time: 3:00 PM

Register with Senior Services

860-444-5839 or in person



Pinochle

Program Description: Join for fun and meeting new people.

Days of the Week: Tuesdays and Fridays

Start Time: 12:15 PM

End Time: 3:00 PM

Register with Senior Services 860-444-5839 or in person



Pitch

Program Description: Join for fun and meeting new people.

Day of the Week:

Tuesdays

Start Time: 9:30am

End Time: 10:30am

Register with Senior Services 860-444-5839 or in person



BUNCO

Program Description:

Every Friday come to The Community Center to join BUNCO!

No BUNCO on 11/11 or 11/25

Day of the Week: Fridays

Start Time: 01:00 PM

End Time: 03:00 PM

Normal Fee: \$2.00 per game

Register at Senior Services 860-444-5839 or in person



BINGO

Program Description:

BINGO dates:

October 5th and 26th

November 2nd and 16th

December 7th

Bingo begins at 12:45pm with doors opening by 12:00pm

Day of the Week:

Wednesdays

Start Time: 12:00 PM

End Time: 02:30 PM

Normal Fee: \$5.00 per 10 game package

Register at Senior Services 860-444-5839 or in person



New Program! Mahjongg for Beginners

Program Description: We are bringing back this popular program! Join for fun and meeting new people.

Day of the Week: Mondays

Start Time: 10:00 AM

End Time: 12:00 PM

Registration is required please call 860-444-5839 or in person



Social Services



Transportation

Transportation is provided by Senior Services' vans for Waterford residents to the Waterford Community Center, local doctor appointments, pharmacies and retail shopping. We also offer periodic daytrips to local destinations. We are able to book your ride up to one month in advance. Kindly give as much notice as possible so that we can

accommodate you, as spots fill quickly. Rides to medical appointments are available in New London County and Westerly 7 days a week through ECTC.

Call 860-444-5839 for more information.



Meals on Wheels

Know of a homebound senior who needs help with meal preparation? The Meals on Wheels program may be right for them. Our Meals on Wheels drivers are friendly visitors who deliver nutritious meals right to your doorstep! To start the process, call TVCCA to make a referral: 860-886-1720 Ex 4 **Thank you, Mark**

Hanson, Nicholas Gauthier, Shawna Zito-Hannan and James Cawley for all that you do in support of this program!

TVCCA ENERGY ASSISTANCE PROGRAM CAN HELP YOU!

ALL HOUSEHOLD MEMBERS MUST PROVIDE:

- Social Security Number and Date of Birth
- Proof of ALL gross income (4 consecutive weeks within 3 months of application)
- Paystubs
- Unemployment print out
- Child Support/Alimony
- Pension, Social Security
- Copy of most recent Utility Bill (must be in your name)
- Current Water Bill

2022-2023 ENERGY ASSISTANCE INCOME GUIDELINES:

- Household of 1: \$39,761
- Household of 2: \$51,996

To schedule an appointment please call us at 860-444-5839

For more information or to apply online, visit:

TVCCA.org/energy-assistance or call TVCCA at 860-425-6681



Waterford Community Food Bank

We are here to serve those in need.

The Waterford Community Food Bank, located at 200 Boston Post Road serves as a hub to our community. We proudly provide emergency food assistance to Waterford residents in need. Need some groceries? Please sign-up by calling 860.444.5848 Monday thru Friday 8:30am-4:00pm. We accept food donations Monday thru Friday 8:30am-4:00pm- we have cold storage on-site. Please call ahead to schedule your drop off.



Snow Days

If Waterford Public Schools are canceled due to inclement weather, Senior Services and Recreations and Parks will also cancel programs at the Community Center. The administrative offices will remain open.

Emotional Well Being

Loss of A Loved One Support Group

Program Description: Emotional support for those who have experienced loss held in a non-judgmental, safe environment. Help the healing process by sharing your story and learning from other's experiences. Discover coping skills to help you through your journey. Sing up at Senior Services or call 860-444-5839. Support Group meets Thursdays October 6th, November 3rd, December 1st from 10am-11am.

Day of the Week:

Thursdays

Start Time: 10:00 AM

End Time: 11:00 AM

Instructor: Andy Staunton LCSW



It Takes A Village Support Group

Program Description: Meeting with other caregivers who are taking care of a spouse, parent, sibling, child or grandchild. Express feelings and thoughts, share ideas and suggestions, belong to a safe, supportive community who can relate to you

This group meets on October 11, 25th, November 8th, 22nd December 13th and 27th

Day of the Week:

Tuesdays

Start Time: 1:00 PM

End Time: 2:00 PM

Instructor: Andy Staunton LCSW



The Waterford Cares Teams

The Waterford Cares Team (under the direction of the First Selectman's Office) is comprised of representatives from various town departments who coordinate the services needed to mitigate housing/social services cases.



Veteran's Coffeehouse at Filomena's

Meets monthly the second Tuesday of each month from 9-11am. Open to all veterans to meet, socialize and connect with one another. This is a free program for all veterans.

Upcoming Dates: October 11th, November 8th, December 13th

Pat Ryan Case Management Services

Staff members are available to individuals or couples who need assistance accessing the services and resources they need to age safely. Sign-up by phone, or stop by to register.

Mental Health Services

Free mental health services are available. Our clinician Andy Staunton LCSW, is available to meet with seniors for counseling weekly. If you're struggling with managing emotions, lost a loved one, caring for a loved one or have fears about your health, please call us for a confidential screening at (860) 444.5839

News from Waterford Public Library



Thursday, October 13, 7 – 8 p.m. – Talk About Town - Waterford's Hidden Gems monthly series kicks off with a presentation by Elena French & Ben Turner from the **Waterford Country School**.



Saturday, December 10, 3 – 4 p.m. – 'Twas in the Moon of Wintertime: An Entwyned Early Music Christmas Concert. Musicians Dee Hansen, Neal Humphreys and Eric Hansen will perform using Renaissance or Baroque flutes, lutes, Baroque guitar, harp, and viola da gamba, either collectively or individually.

Public Works



Mailboxes – Now is the best time to check your mailbox and the mailbox post to be sure it is ready to go through another New England Winter!! The Town is not responsible for mailboxes knocked over by **snow** coming off of the plow. The Town only replaces mailboxes hit by the plows. These replacements are standard mailboxes.

News from Waterford Town Departments

Tax Assessor's Office



Elderly & Totally Disabled Homeowner's Program: Income-based program that provides for a direct tax credit deducted from the homeowner's annual tax bill. Filing period is February 1st – May 15th.

Veteran's Exemptions: A basic veteran's exemption in the amount of \$1,500 (in assessed value) is available to all veterans who have filed their DD214 with the town clerk's office and meet certain criteria. Additional income-based state and local veteran's exemptions are also available.

Program information, applications and qualifying income amounts are available in the Assessor's Office. Please contact us at (860) 444-5820 or at assessor@waterfordct.org

Food Baskets for the Holidays



Program Description: Provided by the Waterford Community Food Bank Senior Residents of Waterford may apply for a food basket by calling 860-444-5848

Thanksgiving Sign-up ends November 18th

Holiday Sign-ups ends December 16th

Enrollment Dates: November 1st, 2022—Dec 15, 2022

Registration is required



WATERFORD
Youth & Family
Services

Sign-ups for our Holiday Drive starts on November 1st.

Our Holiday Program is back and provides a direct way to give back to those in need in our community. Donors can sponsor a family for the holidays, provide gifts for needy children, donate food or make monetary donations. Registration ends

November 22nd for Thanksgiving and December 15th for the Holidays. **For more information, please visit waterfordct.org/waterford-youth-and-family-services**

WATERFORD
cares  *Holiday Drive*

Presented by Waterford Recreation and Parks
LIGHT UP THE NIGHT WITH KINDNESS!

FRIDAY DECEMBER 2ND AT 6:00PM

JORDAN GREEN

On Friday December 3rd at 6:00pm, Waterford will host "Light Up the Night with Kindness" on the Jordan Green. This special event invites all of Waterford's residents to join us for a festival of lights, tree lighting, music, hot cocoa and treats. Additionally, Luminaria decorated by Waterford students will be on display, lining the Green.



in partnership with

Waterford Selectman's Office, Waterford Public Library, Waterford Senior Services and Waterford Youth & Family Services

Registration Information Fall 2022

- **Mail or drop off** Sept. 22 or later **Zoom Rate is your regular rate; i.e. Healthy Stretch Non-resident Zoom rate would be \$33**
- Non-residents may register beginning Wednesday, September 28, 2022, MAIL IN.
- **Classes begin in October** Cash or checks only. Make checks payable to the "Town of Waterford".

A Matter of Balance

11 Weeks

Tuesdays 1-2 p.m.

Taught by our Master Trainer Michele Flowers. This class will help decrease the fear of falling by practicing exercises to improve strength, coordination and balance. This is an evidence based program by the National Council on Aging.

Waterford Senior Rate \$ 30

Resident under age 65 \$ 34
Non-Resident \$ 38

Class size: Min 12/Max 25

CLASS STARTS October 11
IN PERSON ONLY

Chair Yoga

11 Weeks—Thursdays
1-2 p.m.

Learn yoga poses and experience the great physical and mental benefits of yoga without leaving a chair!

Waterford Senior Rate \$ 24

Resident under age 65 \$ 28

Non-Resident \$ 32

Class size: Min 12/Max 20

CLASS STARTS October 20
IN PERSON ONLY

Instructor Michele Flowers

Healthy Stretch - HYBRID

Thursdays 11:30 am – 12:30 pm
7 Weeks

As we age, our muscles become shorter and lose their elasticity. Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life.

Waterford Senior Rate \$ 25

Resident under age 65 \$ 29

Non-Resident \$ 33

Class size: Min 15/Max 20

Starts November 10

Instructor—Lorraine Raimondi

YOGA

11 weeks

Tuesdays

11:30–12:30 p.m.

Learn to use stretching and proper breathing techniques to promote relaxation, healing, and to increase flexibility.

Waterford Senior Rate \$ 30

Resident under age 65 \$ 34

Non-Resident \$ 38

Class size: Min 12/Max 25

Class starts Oct. 11
IN PERSON ONLY

Instructors Michele Flowers

GENTLE DANCE MIX

Tap/Ballet/Jazz

9 CLASSES WEDNESDAY

10:45 A.M.—11:45 A.M.

Gentle, old school smooth dancing to the oldies. This class is good for people who are new to dance and for those who are returning to dance. Combination of dance at the bar and across the floor

WATERFORD SENIOR RATE
\$32

RESIDENT \$36

NON-RESIDENT \$40

CLASS STARTS OCTOBER 12

Instructor Kristin Burrows

Spin Cycle class for 50+!

7weeks

Thursday

5:30 p.m.—6:30 p.m.

Class is for beginners. We have a class designed just for people 50+ who want to exercise in a spin bike class. Class is limited to 10 students.

Waterford Senior Rate \$44

Resident \$48

Non-Resident \$52

STARTS October 27

Instructor—Carlye Anderson

Strength Training 8 Weeks 3 sessions offered: Starts the week of Oct. 31st

Instructor—Lorraine Raimondi

A. Tues. & Thurs. 9:00-10:00 a.m.

B. Tues. & Thurs 10:15-11:15 a.m.

C. Mon. & Wed.. ZOOM 9-10a.m.



B. This class will guide you through a variety of exercises designed to increase muscular strength, range of movement and flexibility. All sessions are the same level.

Waterford Senior Rate —\$ 45 Resident under age 65—\$ 49 Non Resident—\$ 53 Class size: Min 15/Max 22



Registration Waiver

Mail or drop off September 22 or later for residents

- **Zoom Rate is your regular rate; i.e. Healthy Stretch Non-resident Zoom rate would be \$33**
- Non-residents may register beginning Wednesday, September 28, 2022, MAIL IN.
Classes begin in October

Exercise class 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: _____

Registration information

Class: 1. _____

Price: _____

2. _____

3. _____

Total: _____

A separate registration form is required for each participant.

TOWN OF WATERFORD– Senior Services Dept., 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
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.



The Town of Waterford complies with
The American with Disability Act.

Contact
Dani Gorman
[DGorman@Waterfordct.org]
860.444.5848
15 Rope Ferry Rd., Waterford, CT
06385

