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The Loop

**January
& February
2017**

**Waterford
Senior
Services**

www.waterfordct.org



Valentines Luncheon

Please Join Us

Wednesday

*February 8, 2017 at Noon
as we celebrate Valentine's Day*

*Menu: Pot Roast with Gravy, Mashed Potatoes
Baby Carrots, Peach Cobbler*

\$8 per person with Entertainment too!

Tickets on Sale 1/3/17 until 2/1/17 or sold out.

A wait list will be taken after this date.

Have a Happy & Healthy New Year

St Pat's Luncheon

Wednesday,

March 15, 2017 at Noon

**Corned Beef Sandwich on
Rye, Cole Slaw, Non-Alcoholic
Beer, & Dessert**



Entertainment

\$6.00 per person

**Wear your green and be Irish (or
celebrate your Irish) for the day!**

**Tickets on sale 1/3/17 until 3/8/17 or sold
out. A wait list will be taken after this date.**



Do you like to sing?

**The Waterford Senior
Singers are looking for new
members. The only
requirement is a love of
singing!**

**You can join the group at
anytime- the fee will be
prorated.**

Mondays

11:15 am - 12:15 pm

Next Session: 3/6/17-6/19/17

\$30 per person

Registration Information February 2017



- **Walk-ins have priority.**
- **Mail ins: Postmark February 17th or later.**
- Waterford residents walk-in registration begins on FRIDAY, February 17th at 9:00 am. NO EARLY REGISTRATIONS WILL BE ACCEPTED. Residents who register for fitness classes by Friday, February 24th will receive a \$3 discount off the listed class price.
- Non-residents may register beginning on Wednesday, February 22, 2017
- Classes begin week of March 6th.
- We accept cash or checks only. Make checks payable to *Town of Waterford.*

Flexibility & Balance

16 Weeks

Wednesdays 9:45 - 10:45 a.m.

No athletic ability needed!

Enhance flexibility & mobility, increase balance & strengthen back muscles.

Waterford Senior Rate \$ 35

Resident under age 65 \$ 50

Non-Resident \$ 60

Class size: Min 12/Max 25

Chair Yoga

16 Weeks



Tuesdays

2:15 – 3:15 p.m.

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

Waterford Senior Rate \$ 35

Resident under age 65 \$ 50

Non-Resident \$ 60

Class size: Min 12/Max 20

PACE (People with Arthritis Can Exercise!)

16 Weeks

Tuesdays 1:00 - 2:00 p.m.

(Sign up separately in East Lyme for Thursday class)

PACE has been shown to reduce pain and depression and increase functional activities.

Waterford Senior Rate \$ 37

Resident under age 65 \$ 37

Non-Resident \$ 37

Class size: Min 12/Max 20



Hearty Moves

16 Weeks

Mondays and Wednesdays

10:00 - 11:00 a.m.

& Fridays 10:30 - 11:30

An exercise class for those 50 and over. Class begins with a warm-up followed by low impact moves and ends with a cool down period and stretching to help increase flexibility.

Waterford Senior Rate \$ 75

Resident under age 65 \$ 85

Non-Resident \$ 100

Class size: Min 15/Max 30



YOGA

Wednesdays

11:00 a.m.- Noon

16 weeks

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

Waterford Senior Rate \$ 35

Resident under age 65 \$ 50

Non-Resident \$ 60

Class size: Min 12/Max 25



Healthy Stretch

Tuesday

11:30 am – 12:30 pm

16 Weeks

As we age, our muscles become shorter and lose their elasticity. Aging can affect the structure of our bones and muscles causing pain and decreased range of motion in the shoulders, spine, and hips. Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life.

Waterford Senior Rate \$48

Resident under age 65 \$56

Non-Resident \$66

Class size: Min 15/Max 20

Remember, you can always try out a class before enrolling! Just call or stop by Senior Services.

Tai Chi for Health

10- week session will begin March 9, 2017

Thursdays 1—1:45 pm

Tai Chi is clinically proven to be one of the most effective exercises to improve Health, Fitness, Balance, and Relaxation. Tai Chi consists of fluid, gentle and relaxed movements, called postures.



Waterford Senior \$ 40
Resident under age 65. \$ 50
Non-Resident. \$ 60

Class size: Min 12/Max 20

Strength Training

3 sessions offered: 16 Weeks

- I. Tuesday & Thursday 9:00-10:00 a.m.
- II. Tuesday & Thursday 10:15-11:15 a.m.
- III. Monday and Wednesday 8:30-9:30 a.m.

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 \$ 60
Resident under age 65 \$ 72
Non Resident \$ 85

Class size: Min 15/Max 22



Please note that if school is cancelled due to inclement weather, Recreation & Parks and Senior Services will also cancel all of their programs scheduled at the Community Center and in school buildings.



Tune in to Channel 3 for cancellations.

The administrative offices for both departments will remain open.



Art Class

**Fridays
1-3 pm**

8-week class starting 3/3/17

Grow your creativity! Beginners to advance students will create still life compositions and create greeting cards through a variety of drawing techniques: exploring line, color and shade. Materials required: Drawing pad and drawing pencil

Waterford Senior Rate \$ 30
Resident under age 65 \$ 35
Non-Resident \$ 45

Qi Gong

5 -week session
starting January 26, 2017
Thursdays at 1 -2 pm.



Qi Gong, a Chinese practice that has been around for over 4000 years, consists of simple and easy movements to increase energy and calm the mind. The deep breathing and slow movements increase balance and improve muscle and bone strength.

Waterford Senior Rate \$17
Resident under age 65 \$20
Non-Resident \$25

Writing for Fun



Join this small group to explore writing: stories, poems, and memoirs. This informal class provides a supportive atmosphere to practice your writing skills. We happily welcome new members.

Wednesdays...2:00 p.m.-3:30 p.m. *Group limited to 10 people (no fee)*

Day Trips

View Our Trip Flyers at www.waterfordct.org.

We are working on our 2017 trips. Below you will find a list of our Spring trips. All of the details were not available at print deadline. Please check our website or stop by for a flyer to get more details on the trips.

Mohegan Sun Casino in Early April - Join us for a trip to the Mohegan Casino. Departure from the East Lyme Senior Center but checks made out to the *Lymes' Senior Center*. No meal included but you will receive a casino package. Trip fee TBD. Registration begins January 3rd. Moderate walking.

"Mamma Mia" in Mid April Join us for a production of "Mamma Mia" at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee TBA. Registration begins January 3rd. Minimal walking.

New York City Late April - New York City on your own - Bus leaves Waterford at 7:30 am and leaves NYC at 7:30pm. Trip fee TBD. Registration begins January 3rd. No meal included in trip price. Lots of walking.



Overnight Trips



New Cruises for 2017.....

Steamboatin' on the Mississippi River on the American Queen

May 28—June 5, 2017 New Orleans to Memphis From \$3068 per person twin. Includes air.



New England, Canada & Newfoundland 11-day Fall Foliage Cruise

October 1-11, 2017 10 nights on the Vision on the Seas. From \$1530 per person twin

Croatia, Slovenia and the Adriatic Coast 12-day trip

November 4-15, 2017 - Escorted tour of Croatia, Slovenia & the Adriatic Coast. This is one of those bucket list trips so start saving! Trip fees from \$3369 to \$3899 (only item not in price is travel insurance). Trip Presentation to be scheduled for March/April but registration begins January 3rd.

Stop in the office or check our website for flyers.

Trip Policy

Register for trips as soon as you can. Trip counts are required a month in advance to determine if we have the minimum number for a trip to run. Trips that meet the minimum number of participants are set to go, so refunds cannot be issued for cancellations unless we have someone from a wait list to take the seat. For your protection, consider trip insurance for overnight trips.

New Medicare 2017 Costs

Here is the new premium and deductible information for Medicare in 2017. If you have any questions about Original Medicare, Medicare Advantage Plans, Part D Prescription Drug Plans, or Supplemental/Medigap Plans, please call Senior Services at 860-444-5839 to set up an appointment .

Part A premium	Most people don't pay a monthly premium for Part A (sometimes called "premium-free Part A").
Part A hospital inpatient deductible and coinsurance	<ul style="list-style-type: none"> • \$1,316 deductible for each benefit period • Days 1-60: \$0 coinsurance for each benefit period • Days 61-90: \$329 coinsurance per day of each benefit period • Days 91 and beyond: \$658 coinsurance per each "lifetime reserve day" after day 90 for each benefit period (up to 60 days over your lifetime)
Part B premium	For individuals who enrolled into Medicare A & B BEFORE January 1, 2016 AND were collecting Social Security, the standard premium will be \$109.00 for most beneficiaries. For individuals who enrolled into Medicare A & B AFTER January 1, 2016 the standard premium will be \$134.00 – the premium will automatically be deducted from your social security benefit. ** Individuals making over \$107,000 per year and couples making over \$160,000 per year will pay higher premiums.
Part B deductible and coinsurance	<ul style="list-style-type: none"> • Annual deductible of \$183 • Most services covered at 80%; you are responsible for 20% Most Preventative Services covered at 100%

Medicare Savings Program



Would you like to have an extra \$109 or \$134

(the amount deducted from your Social Security check for your Medicare Part B Premium) **in your pocket every month?**

- Are you on Medicare?
- Do you make less than \$2435.40 single or \$3284.10 married a month?

If you answered "yes" to these questions, call Senior Services at 860-444-5839 to apply for the Medicare Savings Program.

Some riddles for your brain...

If you have me, you'll want to share me. But if you share me, I will no longer exist. What am I?

What has four fingers and a thumb but is not alive?

What has many holes but can still hold water?

Answers Page 6



AARP Tax Preparation

Once again the AARP Tax Volunteers will prepare basic income tax returns for free at the Community Center.

You can call Senior Services at 860-444-5839 starting January 25th to set up an appointment.



SNAP... The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, helps low-income individuals and families afford the cost of food at grocery stores and farmers' markets. If you are interested in applying for SNAP, you can use a pre-screener program at www.ctfoodstamps.org or call us for an appointment to be screened for eligibility at 860-444-5839.

Want a Break on Your Property Taxes?

A property tax credit program is available for Connecticut owners of real property, who are 65 years of age and older or totally disabled, and whose annual incomes did not exceed \$35,200 for an individual or \$42,900 for a couple in 2016. The credit amount is calculated by the Town's Assessor and applied by the Tax Collector to the applicant's real property tax bill. The amount of the credit that may be granted is up to \$1,250 for married couples and up to \$1,000 for a single person. Credit amounts are based on a graduated income scale.

Application may be made with the Assessor's Office between February 1, 2017 and May 15, 2017.

Contact the Assessor's Office at 860-444-5820 for more information.

Veterans with at least 90 days wartime service with established Connecticut residency may be eligible for other credits too.

Waterford Recreation and Parks Wood Program



Proof of income and assets will be required of all applicants.
The income limits are as follows: One Person: \$ 33,880 Two Person: \$ 44,305
Asset limit for homeowners is \$15,000 and for renters \$12,000.



Call Recreation & Parks at 860-444-5881 to register and for more information.

TVCCA Energy Assistance

We are currently scheduling appointments for energy assistance at Senior Services for Waterford residents 60 years of age and older.



Income guidelines are \$33,880 for one person and \$44,305 for a two person household.

Asset Limits: \$15,000 for Homeowners \$12,000 for Non- Homeowners

Be sure to bring the following documentation to your appointment: *Social Security number, documentation of current income from all sources such as: social security, pensions, wages, alimony, rental income, and dividends or interest earned from all assets such as stocks, bonds, CD's, IRA's, a copy of your most recent bank statements, and proof of your rent or mortgage amount.*

**IMPORTANT- EVERYONE MUST BRING THEIR ENTIRE EVERSOURCE BILL WHETHER THEY HEAT WITH ELECTRICITY OR DELIVERABLE FUEL. DO NOT TEAR OFF THE PAYMENT STUB.
CALL SENIOR SERVICES AT 860-444-5839 FOR AN APPOINTMENT.**

2017

January

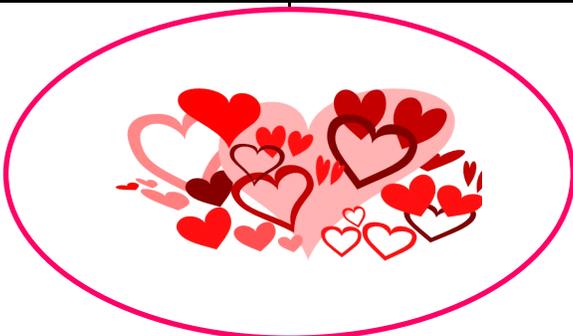
2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
 <p><i>Office Closed</i></p>	8:30 Cribbage 9:00 Strength I 9:00 Open Doors 9:30 Pitch Games 9:30 Pickleball 10:15 Strength II 11:30 Healthy Stretch 11:45 Lunch 12:30 Pinochle 1:00 PACE 2:15 Chair Yoga	8:30 Strength III 9:00 Casual Bridge 9:45 Flexibility and Balance 10:00-12:00 VNA Nurse Managed Wellness Clinic 10:00 Hearty Moves 11:00 Yoga 11:45 Lunch 12:30 BINGO 2-4:00 Ping Pong	9:00 Strength I 9:00 Open Doors 10:15 Strength II 11:45 Lunch 12:30 Canasta 1:00 Tai Chi 1:00 Coloring Club Afternoon Retail Shopping Available	8:30 Cribbage 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Quilting
9	10	11	12	13
Grocery Shopping Rides Available 8:30 Strength III 9:00 Casual Bridge 10:00 Hearty Moves 10:15 Duplicate Bridge 12:30 Mahjong 1:00 Quilting	8:30 Cribbage 9:00 Strength I 9:00 Open Doors 9:30 Pitch Games 9:30 Pickleball 10:15 Strength II 11:30 Healthy Stretch 11:45 Lunch 12:30 Pinochle 1:00 PACE 2:15 Chair Yoga	8:30 Strength III 9:00 Casual Bridge 9:45 Flexibility and Balance 10:00 Hearty Moves 11:00 Yoga 11:00-12:15 Blood Pressure Checks 11:45 Lunch 2-4:00 Ping Pong	9:00 Strength I 9:00 Open Doors 10:00 Alzheimer Support Group 10:15 Strength II 11:00 Brain Flex 11:45 Lunch 12:30 Canasta 1:00 Tai Chi 1:00 Coloring Club Afternoon Retail Shopping Available	8:30 Cribbage 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge
16	17	18	19	20
 <p>Martin Luther King Jr. Day <i>Office Closed</i></p>	8:30 Cribbage 9:00 Strength I 9:00 Open Doors 9:30 Pitch Games 9:30 Pickleball 10:15 Strength II 11:30 Healthy Stretch 11:45 Lunch 12:30 Pinochle 1:00 PACE 2:15 Chair Yoga	8:30 Strength III 9:00 Casual Bridge 9:00 Probate Clerk 9:45 Flexibility and Balance 10:00 Hearty Moves 11:00 Yoga 11:00-12:15 Blood Pressure Checks 12:30 BINGO 2-4:00 Ping Pong	9:00 Strength I 9:00 Open Doors 10:15 Strength II 11:00 Brain Flex 11:45 Lunch 12:30 Canasta 1:00 Tai Chi 1:00 Coloring Club 4:30 Get Out of the House Group Afternoon Retail Shopping Available	8:30 Cribbage 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Quilting
23	24	25	26	27
Grocery Shopping Rides Available 8:30 Strength III 9:00 Casual Bridge 10:00 Hearty Moves 10:15 Duplicate Bridge 11:15 Senior Singers 12:30 Mahjong 1:00 Quilting	8:30 Cribbage 9:00 Strength I 9:00 Open Doors 9:30 Pitch Games 9:30 Pickleball 10:15 Strength II 11:30 Healthy Stretch 11:45 Lunch 12:30 Pinochle 1:00 PACE 2:15 Chair Yoga 4:00 Senior Citizens Comm Meeting	8:30 Strength III 9:00 Casual Bridge 9:45 Flexibility and Balance 10:00 Hearty Moves 11:00 Yoga 11:00-12:15 Blood Pressure Checks 11:45 Lunch 2-4:00 Ping Pong	9:00 Strength I 9:00 Open Doors 10:15 Strength II 11:45 Lunch 12:30 Canasta 1:00 Qi Gong 1:00 Coloring Club Afternoon Retail Shopping Available	8:30 Cribbage 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge
30	31	<p><i>Winter is here and going out for walks can be difficult, remember at the Community Center you can:</i></p> <ul style="list-style-type: none"> • Use the Fitness Room treadmills, bikes and other equipment. • Walk all around the Center indoors. • Join one of our classes during ongoing sessions. You are always welcome to observe or try out a class before signing up. <p>Just call or stop by Senior Services for more information.</p>		
Grocery Shopping Rides Available 8:30 Strength III 9:00 Casual Bridge 10:00 Hearty Moves 10:15 Duplicate Bridge 12:30 Mahjong 1:00 Quilting	8:30 Cribbage 9:00 Strength I 9:00 Open Doors 9:30 Pitch Games 9:30 Pickleball 10:15 Strength II 11:30 Healthy Stretch 11:45 Lunch 12:30 Pinochle 1:00 PACE 2:15 Chair Yoga			

2017

February

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>8:30 Strength III 9:00 Casual Bridge 9:45 Flexibility and Balance 10:00 Hearty Moves 10:00-12:00 VNA Nurse Managed Wellness Clinic 11:00 Yoga 11:45 Lunch 12:30 BINGO 2-4:00 Ping Pong</p>	<p>2</p> <p>9:00 Strength I 9:00 Open Doors 10:15 Strength II 11:00 Brain Flex 11:45 Lunch 12:30 Canasta 1:00 Qi Gong 1:00 Coloring Club Transportation for Retail Shopping Available</p>	<p>3</p> <p>8:30 Cribbage 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Quilting</p>
	<p>6</p> <p>Grocery Shopping Rides Available 8:30 Strength III 9:00 Casual Bridge 10:00 Hearty Moves 10:15 Duplicate Bridge 11:15 Senior Singers 1:00 Mahjong 1:00 Quilting</p>	<p>7</p> <p>8:30 Cribbage 9:00 Strength I 9:00 Open Doors 9:30 Pitch Games 9:30 Pickleball 10:15 Strength II 11:30 Healthy Stretch 11:45 Lunch 12:30 Pinochle 1:00 PACE 2:15 Chair Yoga</p>	<p>8</p> <p>8:30 Strength III 9:00 Casual Bridge 9:45 Flexibility and Balance 10:00 Hearty Moves 11:00 Yoga 11:00-12:15 Blood Pressure Checks Noon Valentine's Day Luncheon 2-4:00 Ping Pong</p>	<p>9</p> <p>9:00 Open Doors 9:00 Strength I 10:00 Alzheimer Support Group 10:15 Strength II 11:00 Brain Flex 11:45 Lunch 12:30 Canasta 1:00 Qi Gong 1:00 Coloring Club Transportation for Retail Shopping Available</p>
<p>13</p> <p>Grocery Shopping Rides Available 8:30 Strength III 9:00 Casual Bridge 10:00 Hearty Moves 10:15 Duplicate Bridge 11:15 Senior Singers 1:00 Mahjong 1:00 Quilting</p>	<p>14</p> <p>8:30 Cribbage 9:00 Open Doors 9:00 Strength I 9:30 Pitch Games 9:30 Pickleball 10:15 Strength II 11:30 Healthy Stretch 11:45 Lunch 12:30 Pinochle 1:00 PACE 2:15 Chair Yoga</p>	<p>15</p> <p>8:30 Strength III 9:00 Casual Bridge 9:00 Probate Clerk 9:45 Flexibility and Balance 10:00 Hearty Moves 11:00-12:15 Blood Pressure Checks 11:00 Yoga 11:45 Lunch 2-4:00 Ping Pong</p>	<p>16</p> <p>9:00 Open Doors 9:00 Strength I 10:15 Strength II 11:00 Brain Flex 11:45 Lunch 12:30 Canasta 1:00 Qi Gong 1:00 Coloring Club 4:30 Get Out of the House Group Transportation for Retail Shopping Available</p>	<p>17</p> <p>8:30 Cribbage 9:00 Program Registration for Residents Begins 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Quilting</p>
<p>20</p> <p> Office Closed</p>	<p>21</p> <p>8:30 Cribbage 9:00 Open Doors 9:00 Strength I 9:30 Pitch Games 9:30 Pickleball 10:15 Strength II 11:30 Healthy Stretch 11:45 Lunch 12:30 Pinochle 1:00 PACE 2:15 Chair Yoga</p>	<p>22</p> <p>8:30 Strength III 9:00 Casual Bridge 9:45 Flexibility and Balance 10:00 Hearty Moves 11:00-12:15 Blood Pressure Checks 11:00 Yoga 11:45 Lunch 12:30 BINGO 2-4:00 Ping Pong</p>	<p>23</p> <p>Program Registration for Non-Residents 9:00 Open Doors 9:00 Strength I 10:15 Strength II 11:00 Brain Flex 11:45 Lunch 12:30 Canasta 1:00 Qi Gong 1:00 Coloring Club Transportation for Retail Shopping Available</p>	<p>24</p> <p>8:30 Cribbage 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge</p>
<p>27</p> <p>Grocery Shopping Rides Available</p>	<p>28</p> <p>9:00 Open Doors 11:45 Lunch 4:00 Senior Citizens Comm Meeting</p>			<p>30</p>
<p>NO PROGRAM WEEK</p>				

A Note from Sally:

Thank you to everyone who dropped off a card or a little gift over the past month in honor of my retirement. It has been delightful to see so many old friends stopping in to say good bye and to wish me well. As I sort through files and pack up my office I am reminded of all the exceptional people I have met and worked with over the years. I will miss you, but am comforted by the many happy memories that I will be taking with me. It has been an honor to work for all of you. I wish you all good health and happiness in the New Year.



The Mural Wall Project

If you have an idea for a tile or would like to know more about the project, please contact Sally Ritchie by email sally.b.ritchie@gmail.com or call 860-444-5839 and ask to leave a message for Sally regarding the Tile Wall. Sally will be seeing the project through to completion and is excited to see some tiles that are being created by a new artist named Maria Willison. Maria will be taking over the project from artist, Marion Grebow, who is unable to complete the work. We look forward to working with Maria and hope that she will be working through the long list of tiles that have been designed and ordered but not yet made. If you are still interested in purchasing a tile, consider one of these topics:

Eugene O'Neill Theater Center
 Waterford Schools Seaside
 Grist and Woolen Mills Granite Industry
 The Niantic River Waterford Airport

www.waterfordpubliclibrary.org

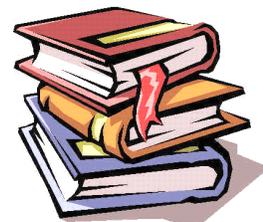
5 Reasons to Love Libraries:

- They have books, movies, music, magazines and more.
- They are open to everyone offering free knowledge and entertainment.
- There is always something new to discover.
- They're inspirational and foster creativity, a love of words, a love of learning, a love of exploration, and a sense of community.
- They have staff dedicated to their jobs, customers and community.

"A library is not a luxury, but one of the necessities of life."

Henry Ward Beecher
 Clergyman, Social Reformer, Abolitionist
 1813-1887

See you at the library,
 Roz Rubinstein



Waterford Senior Citizens' Commission: Carol Sanders, Chairperson; Kathleen McNamara Esq. & Joyce Vlaun, Co-Vice-Chairpersons; Ruth Auwood, Anita Collins, Dorothy Judith Crawford, Dina Lopes, & Rev. James Johnson. Town of Waterford Municipal Agent: Sally Ritchie

Thanks to Ukleja's Tree Farm for the donation of greens for our Greens Workshop last month. Many beautiful wreaths and arrangements left the workshop this year. Most folks are surprised at how easy it is to create with greens! Ukleja's generous donation makes this event possible.



Thank you to the Recreation & Parks Department

staff for cutting and delivering the greens once again this year.

The Greens Workshop is a fun program. Watch for it next year and plan to join us!

Need a Ride?

Our vehicles are accessible.

Free rides for medical appointments are available Monday to Friday from 8:45am - 2:30 pm. Rides for grocery shopping are available Mondays and rides for retail shopping are provided on Thursdays.

Rides to medical appointments are available in New London County and Westerly 24 hours a day, 7 days a week through a ConnDot Grant. Call to learn more and to register for the MED RIDE program
Call 860-444-5839 for a ride.



Nurse Managed Wellness Clinic
January 4th & February 1st 10 a.m.—Noon

This free clinic offers a creation of a personal health record, health assessment & wellness screenings, and safety assessments & exercise mobility activities
Call 860-444-5839 to arrange for an appointment.



Visit the Snack Café on Wednesday

Freshly made bakery treats prepared by ARC are available at the Community Center every Wednesday. Stop by in the morning and enjoy a tasty treat and beverage or take home cookies or granola to have at home.

On Monday, Tuesday & Thursday mornings, coffee & muffins are available from 9-11am.

Lunch at the Center....

Lunch is served Tuesday, Wednesday, and Thursday at 11:45 am.

Chicken Pot Pie, Hot Dogs, or Cheeseburgers are available for \$3.00 each.

Please order by 10 am the day you are eating here to allow time for preparation.



TVCCA Community Café Meal is also available for a \$3 suggested donation. Order at least 24 hours in advance.

PROBATE

Appointments with the Probate Clerk are available at Senior Services the third Wednesday of each month.

The next available dates for appointments are:
January 18, 2017 & February 15, 2017

Please call Senior Services at 860-444-5839 to schedule your appointment.

Waterford Senior Services Contact Info:

Website:
www.waterfordct.org
Phone:
860-444-5839
Fax:
860-440-5720

Location:
Waterford Community
Center
24 Rope Ferry Road
Waterford, CT 06385

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

Are you looking to "Get Out of the House"?

Join our "Get Out of the House Group" once a month for dinner at local restaurants. Everyone pays for their own meal. A great way to meet new people and enjoy some good food! Why not give it a try?

Call Senior Services at 860-444-5839 the Monday before the date of the dinner to register.
Transportation is available too.

Please Note: Reservations can not be made until **after** the 1st of the month of the outing.

January 19, 2017 at 4:30 pm
Ruby Tuesdays, Route 85, Waterford
February 16, 2017 at 4:30 pm

Texas Roadhouse, 400 S Frontage Rd, New London



Coloring Club **Thursdays 1-2 pm**

Coloring is relaxing, can lower your blood pressure and is a great way to keep your mind stimulated. And that's not all—coloring with others is fun! The coloring books, pencils, crayons & markers will all be provided.



Free of charge

Ping Pong

Wednesdays 2-4 pm

Pickleball

Tuesdays 9:30—11:30 am &
Friday 11:45-2:15 pm

Meet new people and get a good workout too!



BINGO!!

January & February



January 4
January 18
February 1
February 22

***Purchase your cards
by 12:30 p.m.***

***First number is called
at 12:45 pm SHARP!***



Brain Flex

***Thursdays
at 11:00 a.m.***

Come stretch your brain with the group! Puzzles, knowledge, and fun to help you keep your brain in tip-top shape.

Mahjong Group

***Mondays at 12:30 pm
All welcome!***



WATERFORD SENIOR SERVICES
15 ROPE FERRY ROAD
WATERFORD, CT 06385

ADDRESS SERVICE REQUESTED

PRSR STANDARD
US POSTAGE
PAID
NEW LONDON CT
PERMIT NO 485



Open Doors



Tuesdays and Thursdays 9 am-2 pm

With the award of Title III funding from Senior Resources, Senior Services is offering a new program, *Open Doors*, for those with mild to mid-stage memory loss, dementia, or cognitive challenges. The program provides socialization, stimulating activities, a comfortable environment, and a place for participants to achieve success. Please contact Senior Services at 860-444-5839 to request an enrollment packet or to learn more about this program.

There is **no** fee to attend *Open Doors*. Donations are accepted.

This program is supported by the Senior Resources - Agency on Aging with Title III funds made available under the Older Americans Act. All older persons age 60+ are eligible for services under the approved project.

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 Americans
with Disability Act



Contact: ADA Coordinator
sritche@waterfordct.org 860-444-5839
15 Rope Ferry Rd Waterford, CT 06385