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# The Loop

**September  
& October  
2016**

**Waterford  
Senior  
Services**

[www.waterfordct.org](http://www.waterfordct.org)

## National Senior Center Luncheon

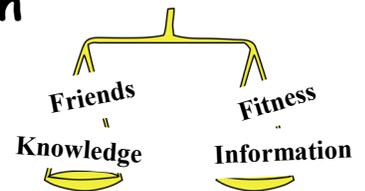
*"Find Balance at Your Center"*

**September 14, 2016 at Noon**

*Menu: Chicken Marsala, Mashed Potatoes,  
Peas & Carrots, Roll, Carrot Cake*

**Entertainment! \$7 per person for Waterford Residents**

*Tickets on sale to 9/7/16*



## The VNASC will administer FLU SHOTS

**Friday, October 14, 2016, 1:00—4:00 pm**

For more information, please call the VNA directly at 860-444-1111.

**Stop & Shop Pharmacy will administer the  
Pneumonia Vaccine Prevnar at the same time.**



## Halloween Luncheon



**Wednesday**

**October 19, 2016 at Noon**

*Menu: Meatloaf with Gravy, Mashed  
Potatoes, Green Beans, Roll, and Fudge  
Brownie with Ice Cream*

**Halloween Fun**

**Halloween Bingo &**

**Prizes for Best Costumes.**

## Denim & Diamonds

*Annual Regional  
Senior Centers Event*



**Friday,  
September 30, 2016  
11:30am to 3:00pm**

*Port 'n Starboard at Ocean Beach  
Wear your best glitter and your  
comfortable denim!*

**Buffet Dinner: Prime Rib, Rosemary  
Chicken, Vegetables, Red Roasted Potatoes,  
Rolls, Coffee, Dessert & Cash Bar**

**Entertainment: Memories of Patsy  
Patsy Cline Tribute Show**

**Cost is \$25.00**

*Make checks payable to Senior Resources  
To purchase tickets contact Waterford  
Senior Services 860-444-5839.  
Transportation is available.*

## Registration Information October 2016



- **Walk-ins have priority.**
- **Mail ins: Postmark October 14th or later.**
- Waterford residents walk-in registration begins on FRIDAY, October 14th at 9:00 am. NO EARLY REGISTRATIONS WILL BE ACCEPTED. Residents who register by Friday, October 21 will receive a \$3 discount off the listed class price.
- Non-residents may register beginning on Wednesday, October 19.
- Classes begin week of October 31st.
- 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.

<b>Waterford Senior Rate</b>	<b>\$ 35</b>
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.

<b>Waterford Senior Rate</b>	<b>\$ 75</b>
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 November 3, 2016

**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



## Mindfulness Meditation

We have a special opportunity for you to partake in a mindfulness meditation class lead by David Chandler, a noted Tai Chi instructor. Mindfulness meditation is a great way to increase focus, decrease stress, and stimulate your creativity.



**Mondays 9:30 -10:30 am**

**September 19, September 26 & October 3**

*The class is free of charge.*

*Please enroll with Senior Services at 860-444-5839.*

## Art Class

**Fridays 1-3 pm**

**7-week class starting September 9, 2016**



Grow your creativity! Beginners to advance students will create still life compositions and greeting cards through a variety of drawing techniques: exploring line, color and shade. **Materials required: Drawing pad and drawing pencil** Class size: Min 7/Max 10

Waterford Senior Rate...\$ 27

Resident under age 65...\$ 31

Non-Resident...\$ 40



**New Program!**

**Open Doors**

**Begins October 13<sup>th</sup>**

With the award of Title III funding from Senior Resources, Senior Services will be offering a new program, *Open Doors*, for those with mild to mid-stage memory loss, dementia, or cognitive challenges. The program will provide socialization, stimulating activities, a comfortable environment, and a place for participants to achieve success. The program will be held on Tuesdays and Thursdays from 9:00 am to 2:00 pm. Please contact Senior Services at 860-444-5839 to request an enrollment packet or to learn more about this program. Applications to enroll in this program will be available on September 1, 2016.

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.*

# Day Trips

View Our Trip Flyers at [www.waterfordct.org](http://www.waterfordct.org).

## A Revolutionary Day Tour of Boston, Lexington & Concord Wednesday September 14, 2016



Visit Paul Revere's Home, Old North Church, Lexington Green, Minutemen Historical Park, and North Bridge on this fully guided tour. Enjoy a sit-down luncheon at Vine Brook Tavern too.

*This trip requires a considerable amount of walking.*

**\$88 per person**

## Roger Williams Park Zoo Jack-o-Lantern Spectacular Thursday October 13, 2016



Before heading to the Roger Williams Park Zoo to walk the trail featuring 5000 illuminated and over 100 intricately carved jack-o-lanterns, you will stop by the

Providence Place Mall to get a bite to eat. After dinner, you will be ready to take the approximately one hour walking tour of the zoo grounds to admire the glowing creations! **\$46 per person**

## Stocking Stuffer Holly Days Thursday, December 8, 2016



Visit the Tower Hill Botanic Garden in Boylston, MA to view the unique, themed Christmas trees decorated by local garden clubs and a great shop full of unique gifts. Next is lunch at the Old Mill in Westminster known for their signature Corn Fritters & Pecan Rolls. Then on to Hebert's Candy Mansion in Shrewsbury. The final stop is the Oakwood Farm Christmas Barn in Spencer, MA, filled with a dazzling selection of ornaments, nativities, Santas, wreaths and centerpieces.

Everyone will receive a Christmas Stocking at the start of the day. Every stop will include a gift for your stocking! **\$89 per person**



## Big E 100th Anniversary! Wednesday September 21, 2016 Connecticut Day



Time to visit the Big E on this special anniversary year-the 100th year anniversary! Trip cost includes admission and motor coach transportation.

**\$45 per person**

## Boston Free Time

Saturday October 1, 2016



Head up to Boston Saturday morning and have plenty of time to explore the city. The bus will drop you off at Faneuil Hall or the Museum of Fine Arts about 10:30 a.m. The bus will leave Faneuil Hall at 6 p.m. to head back home.

**\$44 per person**



## Newport Playhouse

### Last of the Red Hot Lovers

Thursday November 17, 2016

**\$76 per person**

**Taking a Wait List**



## Mohegan Sun Trip Thursday November 3, 2016

Join the Lymes' Senior Center on a trip to the Mohegan Sun. Departure from the East Lyme Senior Center. No meal is included in the price but you will receive a casino package. Make checks payable to the "Lymes' Senior Center" and drop off/send to Waterford Senior Services.

*Moderate walking.* **\$20 per person.**



## Looking for Pitch Players

Tuesday Mornings  
at 9:30 am

## 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.*



# Overnight Trips



## 3-Day Niagara Falls Festival of Lights with Finger Lakes Wine Toast December 2 - 4, 2016

Travel to Niagara Falls during the festive holiday season! Trip includes 2 nights hotel, 5 meals, guided tour of Niagara Falls, IMAX Show, Niagara Festival of Lights, and wine tasting at Ventosa Vineyards. Stop by or see our website for a detailed flyer.



**\$495 per person double      \$465 per person triple      \$625 per person single**



## Caribbean Cruise from New York February 7-17, 2017

Enjoy a no fly cruise leaving from New York (transportation to NY Pier included). The cruise will bring you to San Juan, St. Thomas, St. Maarten, and Tortola on the Norwegian Gem. Leave the cold & snow behind!  
**11 days and 10 nights from \$1259**



## "SAMPSON"

**October 9-11, 2016**

**\$467 pp double      \$429 pp triple  
\$557 pp single**

**Taking a Wait List**

## New Cruises for 2017.....

### Steamin' on the Mississippi River on the American Queen

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

**Stop or Check  
Our Website  
for Flyers.**

### 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

### Escorted Panama Canal Trip on Celebrity's Infinity

October 24— November 8, 2017 From \$3315 per person twin Includes air.



## Medicare Info Sessions

### Medicare Muddle

**October 20, 2016 Wednesday at 5 p.m.**

Turning 65 soon? Want to review Medicare and any changes? Sally & Ellen from Senior Services will explore the murky waters of Medicare with you.

### Medicare Advantage Plans

**November 2, 2016 Wednesday at 5 p.m.**

Representatives from insurance companies offer Medicare Advantage Plans in our area will be here to explain their products. There will time to ask questions as well.

## Medicare Open Enrollment October 15 — December 7, 2016



Time to review your

Medicare RX and  
Medicare Advantage Plans.

Stop by, call, or visit our website at Senior Services for a form to complete prior to setting up an appointment to review your plan. You can also go to the Medicare website at [www.medicare.gov](http://www.medicare.gov) to check on plans.

## Waterford Recreation and Parks Wood Program



Proof of income and assets will be required of all applicants.  
**The income limits are as follows: Single: \$ 33,880 Double: \$ 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.**



Thank you to all who donated items for the Rocky Hill Disabled Veterans. Mike Discordia, one of our long-time Meals on Wheels drivers, delivered the items to Rocky Hill. *A great effort!*

## Blaze a Trail Update

Have you checked out the progress of those "walking" across the United States from Waterford to Seattle on the display in the lobby of the Community Center? It is very impressive! Congratulations to Kathy & Mark Hanson, the first two to reach Seattle. They each won a Fitbit to keep track of all of their future steps.



Six others have also made it to Seattle.

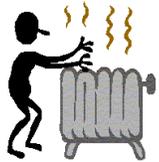
At this point, 69,689 miles have been covered. We will continue to *Blaze the Trail* through September. Thank you to all of the walkers for your enthusiasm and perseverance. And a big *Thank You* to Donna Payne for keeping track of the steps, miles, and movement on the trail.



## *Congratulations to Shirley Jones 2016 Volunteer of the Year!*

*At our Volunteer Recognition Event on June 29, 2016, Shirley Jones was named the 2016 Volunteer of the Year for Senior Services. Shirley has been a faithful volunteer at the Community Center Lobby Desk on Thursday mornings for over 10 years.*

*Thank you to all of our volunteers- we could not survive without you!*



## **TVCCA Energy Assistance**

**We are currently scheduling appointments for energy assistance at Senior Services for Waterford residents 60 years of age and older. Fuel deliveries will not be made until Nov. 15, 2016**  
**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.**



## **Time is running out for the Rental Rebate Program**

Application may be made by appointment at Waterford Senior Services through September 30th. If you earned less than \$35,200 (unmarried) or \$42,900 (married/union) in 2015 you may be eligible for the Renter's Rebate Program.

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

2016

September

2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Farmers' Market</b>            Saturdays at Town Hall            9 a.m. to Noon until October 15th  <i>Come and get your fruits, veggies,            and homemade items.</i></p> 			1	2
			9:00 Strength I 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
5	6	7	8	9
<p><i>Labor Day</i></p> <p><i>Office Closed</i></p>	8:30 Cribbage 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	8:30 Strength III 9:00 Casual Bridge 9:45 Flexibility and Balance 10:00 Hearty Moves 11:00 Yoga <b>10:00-12:00 VNA Nurse Managed Wellness Clinic</b> 11:45 Lunch <b>12:30 BINGO</b> 2-4:00 Ping Pong	9:00 Strength I <b>10:00 Alzheimer Support Group</b> 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 9:00 Hiking 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Art Class
12	13	14	15	16
Grocery Shopping Rides Available  8:30 Strength III 9:00 Casual Bridge 10:00 Hearty Moves  10:15 Duplicate Bridge 1:00 Mahjong 1:00 Quilting	8:30 Cribbage 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><i>Revolutionary Trip</i></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 <b>Noon National Senior Center Luncheon</b> 2-4:00 Ping Pong	9:00 Strength I 10:15 Strength II 11:00 Brain Flex 11:45 Lunch 12:30 Canasta 1:00 Tai Chi 1:00 Coloring Club <b>4:30 Get Out of the House Group</b>  Afternoon Retail Shopping Available	8:30 Cribbage 9:00 Hiking 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Quilting 1:00 Art Class
19	20	21	22	23
Grocery Shopping Rides Available  8:30 Strength III 9:00 Casual Bridge 9:30 Mindfulness Meditation 10:00 Hearty Moves 10:15 Duplicate Bridge 1:00 Mahjong 1:00 Quilting <b>1:00 Stay Connected</b>	8:30 Cribbage 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><i>Big E Trip</i></p> 8:30 Strength III 9:00 Casual Bridge <b>9:00 Probate Clerk</b> 9:45 Flexibility and Balance 10:00 Hearty Moves 11:00 Yoga 11:00-12:15 Blood Pressure Checks 11:45 Lunch <b>12:30 BINGO</b> 2-4:00 Ping Pong	9:00 Strength I 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 9:00 Hiking 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Art Class
26	27	28	29	30
Grocery Shopping Rides Available  8:30 Strength III 9:00 Casual Bridge 9:30 Mindfulness Meditation 10:00 Hearty Moves 10:15 Duplicate Bridge 1:00 Mahjong 1:00 Quilting	8:30 Cribbage 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 <b>4:00 Senior Commission Meeting</b>	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 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 9:00 Hiking 10:30 Hearty Moves <b>11:30 Denim &amp; Diamonds at Ocean Beach</b> 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Art Class <b>Saturday Oct 1 Boston Trip</b>

2016

October

2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Grocery Shopping Rides Available</p> <p>8:30 Strength III 9:00 Casual Bridge 9:30 Mindfulness Meditation 10:00 Hearty Moves 10:15 Duplicate Bridge</p> <p>1:00 Mahjong 1:00 Quilting</p>	<p><b>4</b></p> <p>8:30 Cribbage 9:00 Strength I 9:30 Pitch Games 9:30 Pickleball 10:15 Strength II 11:30 Healthy Stretch 11:45 Lunch</p> <p>12:30 Pinochle 1:00 PACE 2:15 Chair Yoga</p>	<p><b>5</b></p> <p>8:30 Strength III 9:00 Casual Bridge 9:45 Flexibility and Balance 10:00 Hearty Moves <b>10:00-12:00 VNA Nurse Managed Wellness Clinic</b> 11:00 Yoga 11:45 Lunch <b>12:30 BINGO</b> 2-4:00 Ping Pong</p>	<p><b>6</b></p> <p>9:00 Strength I 10:15 Strength II 11:00 Brain Flex 11:45 Lunch</p> <p>12:30 Canasta 1:00 Tai Chi 1:00 Coloring Club</p> <p>Transportation for Retail Shopping Available</p>	<p><b>7</b></p> <p>8:30 Cribbage 9:00 Hiking 10:30 Hearty Moves 11:45 Pickleball</p> <p>12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Quilting 1:00 Art Class</p> <p><i>Oct 9th-11th Sampson trip</i></p>
<p><b>10</b></p> <p><i>Columbus Day</i></p> <p><i>Office Closed</i></p>	<p><b>11</b></p> <p>8:30 Cribbage 9:00 Strength I 9:30 Pitch Games 9:30 Pickleball 10:15 Strength II 11:30 Healthy Stretch 11:45 Lunch</p> <p>12:30 Pinochle 1:00 PACE 2:15 Chair Yoga</p>	<p><b>12</b></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 <b>12:30 BINGO</b> 2-4:00 Ping Pong</p>	<p><b>13</b></p> <p><b>Jack o Lantern Trip</b> 9:00 Open Doors 9:00 Strength I <b>10:00 Alzheimer Support Group</b> 10:15 Strength II 11:00 Brain Flex 11:45 Lunch 12:30 Canasta 1:00 Tai Chi 1:00 Coloring Club</p> <p>Transportation for Retail Shopping Available</p>	<p><b>14</b></p> <p>8:30 Cribbage <b>9:00 Class Registration for Residents</b> 9:00 Hiking 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Art Class</p> <p><b>1-4 p.m. FLU SHOT CLINIC</b></p>
<p><b>17</b></p> <p>Grocery Shopping Rides Available</p> <p>8:30 Strength III 9:00 Casual Bridge 10:00 Hearty Moves 10:15 Duplicate Bridge</p> <p>1:00 Mahjong 1:00 Quilting</p>	<p><b>18</b></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</p> <p>1:00 PACE 2:15 Chair Yoga</p>	<p><b>19</b></p> <p><b>Class Registration for Out of Town</b> 8:30 Strength III 9:00 Casual Bridge <b>9:00 Probate Clerk</b> 9:45 Flexibility and Balance 10:00 Hearty Moves 11:00-12:15 Blood Pressure Checks 11:00 Yoga <b>Noon Halloween Luncheon</b> 2-4:00 Ping Pong</p>	<p><b>20</b></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 Tai Chi 1:00 Coloring Club <b>4:30 Get Out of the House Group</b> <b>5:00 Medicare Muddle</b></p> <p>Transportation for Retail Shopping Available</p>	<p><b>21</b></p> <p>8:30 Cribbage 9:00 Hiking 10:30 Hearty Moves 11:45 Pickleball 12:30 Fireman's Pinochle 12:30 Duplicate Bridge 1:00 Quilting 1:00 Art Class</p>
<p><b>24</b></p> <p>Grocery Shopping Rides Available</p>	<p><b>25</b></p> <p>9:00 Open Doors 11:45 Lunch</p> <p><b>4:00 Senior Comm. Meeting</b></p>	<p><b>26</b></p> <p>11:00-12:15 Blood Pressure Checks 11:45 Lunch</p>	<p><b>27</b></p> <p>9:00 Open Doors 11:45 Lunch</p> <p>Transportation for Retail Shopping Available</p>	<p><b>28</b></p> <p>9:00 Hiking</p>
<p><b>NO PROGRAM WEEK</b></p>				
<p><b>31</b></p> <p>Grocery Shopping Rides Available</p> <p>8:30 Strength III 9:00 Casual Bridge 10:00 Hearty Moves 10:15 Duplicate Bridge</p> <p>1:00 Mahjong 1:00 Quilting</p>	<p><b>Visit the Snack Café on Wednesdays</b></p> <p>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.</p> <p><b>On Monday, Tuesday &amp; Thursday mornings, coffee &amp; muffins are available from 9-11am.</b></p> 			



## Stay Connected Program

Monday, September 19, 1-3 p.m.

### iPad, iPhone, iCloud

Need some help getting started with your iPad? In this hands-on class you will learn about the basic iPad features, installing and managing apps, browsing Safari as well as other helpful tips and tricks. The class will also break down what the iCloud is, what is being stored there, and how to access it. Please bring your device, your Apple ID, and your questions. **\$3.00 per session**  
**Space is limited and registration is required.**  
**Please call Senior Services at 860-444-5839**

### In Memoriam Harry Dennehy

*Harry, a Meals on Wheels driver for Senior Services for over 20 years passed away in July at the age of 92. Harry retired at the age of 91. Senior Services will miss Harry but will never forget his kindness and his big heart.*



*Donations in Harry's memory will be used for a tile on the mural wall to honor him.*

## Hiking

If you are interested in hiking this fall, please contact Senior Services at 860-444-5839 for a schedule of the hikes and fees.

Hikes will take place on Fridays beginning **September 9, 2016 at 9 am.**



### 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.*

**September 15, 2016 at 4:30 pm**

Ruby Tuesday, Route 85, Waterford

**October 20, 2016 at 4:30 pm**

Outback, 269 N. Frontage Road, New London



## www.waterfordpubliclibrary.org

The new fiscal year started on July 1, 2016 and that is the time we gather our statistics, look at the previous 12 months and reflect on how we did.

From July 1, 2015 through June 30, 2016:

Our customers borrowed over 218,000 items - books, videos, audio books, magazines, music CDs - for all age levels.

Over 6,800 e-books and magazines were downloaded.

We answered more than 37,000 information and reference questions.

Our computers logged 24,450 sessions.

We presented 480 programs for adults, teenagers and children drawing 11,290 in attendance.

There were over 164,500 visits to the library and 120,250 views of our website.

Community groups used our meeting rooms for 490 meetings.



What do these numbers mean? They tell us that we're providing the Waterford community with the collections, programs and services it wants and needs. Thank you for your support and we promise to keep up the good work.

And remember... Sunday hours begin October 2.

See you at the library.

Roz Rubinstein

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



## Veterans Day Luncheon

Wednesday,  
November 9, 2016 at Noon



Join as we celebrate our Waterford Veterans with a salute to the USO!  
Menu: Burger, Baked Beans, Coleslaw, French Fries, Milk Shake, & Apple Pie

\$7 for Waterford residents  
Veterans are free!

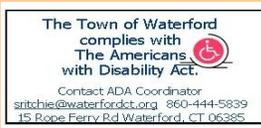
### Need a Ride?

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.**



### Medicare Savings Program

Would you like to have an extra \$104.90

or \$121.80? (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.



### Nurse Managed Wellness Clinic

September 7th & October 5th 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.**



### 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.**

**NEW ITEM! Chicken Parm Sandwich \$3.00.**

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:*

**September 21, 2016 & October 19, 2016**

**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

### Good Bye Diane

Diane Driscoll, one of our part-time clerks, recently accepted a full-time position at the Town of Waterford's Fire Department. She worked for Senior Services for 20 years as a van driver, a Café Manager, and a clerk. We will miss having Diane in our office but are glad she has not gone too far away. We thank her for her dedication to Senior Services and wish her all the best in her new position!



### BINGO!!

### September & October



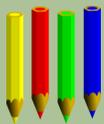
September 7th  
September 21st  
October 5th  
October 12th

Purchase your cards by 12:30 p.m.  
First number is called at 12:45 pm SHARP!

Interested in calling Bingo  
occasionally? Let us know –we will  
even teach you!

### 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*

### Brain Flex



The group will start up again  
Thursday, September 8, 2016  
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. Very relaxed.  
*Give it a try!*

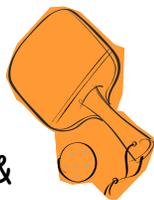
### Ping Pong

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!



### Mahjong Group

Mondays at 1 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



### *The Historic Mural Wall at the Waterford Community Center*



The Tile Wall Committee is pleased to announce that 62% of the tile wall is now sold. We have been in discussions about framing and installing the mural so the completion of the project is almost in sight. The artist is back to work after recuperating from some injuries and we expect some beautiful tiles to arrive shortly. There is only enough room for about 20-30 more tiles. We are looking for people or organizations to sponsor the following tiles:

Seaside	Niantic River	Granite Quarries	Mills	Schools
Circus	Mago Point	1938 Hurricane	Inns	Fire Houses
Airport	Jordan Village	Crescent Water Taxi	Quaker Hill Venues	

If you think we have missed a place, person, or event that is fundamental to Waterford's history, let us know. Simple dedication tiles can be created to honor a person. They can be purchased for as little as \$75 and will be part of the mural and a lasting tribute forever. Please consider honoring someone in your life with a tile.

Contact Senior Services at 860-444-5839 or [sritchie@waterfordct.org](mailto:sritchie@waterfordct.org) for more information.

*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.*



FOR PERSONS WITH DISABILITIES, THIS PUBLICATION CAN BE PROVIDED IN ALTERNATE FORMATS.