

The Loop

October, November, December 2023



Thankful for You!

Join us for a pie
and coffee social

Thursday,
November 16
1pm– 2:30 pm

Preregister by November 9
Free for Waterford Seniors

Cookies and Cocoa

A holiday social to ring in the holiday season
with music and treats!



Thursday, December 7
1pm-2:30 pm

Preregister by November 30
Free for Waterford Seniors

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24 ROPE FERRY RD,
WATERFORD, CT 06385
860.444.5839
[waterfordct.org/community-center/
senior-services](http://waterfordct.org/community-center/senior-services)



SENIOR CITIZENS 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

Dr. Dan Rissi
Senior Citizens
Commission

Rick Beaney
Senior Citizens
Commission

MAIN STAFF

Name	Title	Email	Phone #
Dani Gorman	Human Services Administrator	DGorman@WaterfordCT.org	860.444.5839 EX. 2753
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Jen Bracciale	Instructor WSS	JBracciale@WaterfordCT.org	860.444.5839 EX. 2839
Andy Staunton	LCSW, Contract Clinician WYFS/WSS	Stauntonandrew8@gmail.com	860.444.5848

ADDITIONAL STAFF

Name	Title	Name	Title
Barry Neistat	Café Manager	Brittney Marcucci	Senior Services Intern
Melissa Guarnieri	Substitute Café Manager	Tricia Duford	Van Driver WSS
Anne Ogden	Volunteer Food Bank Coordinator	Ruth Menghi	Van Driver WSS
Lou Montalvo	Substitute Driver WSS	Colleen Lineburgh	Substitute Driver WSS
John Frascarelli	Substitute Driver WSS	Jamie Reagan	Custodial Services

MESSAGE FROM FIRST SELECTMAN ROB BRULE



The beautiful autumn season in Waterford is upon us. I hope you will take part in some of the great programs Senior Services has to offer our older residents. The Civic Triangle project has begun and will be an accessible area for programs and activities for our community. We are building on the town's strong commitment to provide community services, high quality parks, recreation facilities and programs for our residents. This November will bring special events to honor the Veterans in Waterford, and I hope to see you there. We are always ready to serve our residents, please call me at 860.444.5834 if you have any questions or ideas. ~Rob

The Loop List: If you would like to receive our quarterly program booklet by mail, please call us or stop in to register for your copy! *(Residents in supportive housing will get a printed version of The Loop delivered to the offices)*

Go green and visit the town website to access *The Loop* at waterfordct.org/community-center/senior-services



COMMISSION CHAIR CAROL SANDERS ON THE SENIOR SERVICES ENDOWMENT FUND



I'd like to introduce an opportunity to help fellow seniors in our community who are in need. The friends of Senior Services established a fund to assist with outreach on an emergency basis. Through your generosity, our community can continue to make a difference in someone's quality of life and ability to maintain independence. The history of this fund lives in the beautiful Community Center mural, which represents the beauty, dedication, and kindness of our town. This fund is ongoing. Please ask our staff how you can donate to this fund. Waterford has been and will always be a town committed to helping our neighbors. I am so proud to be a part of this community. ~ Carol

MESSAGE FROM HUMAN SERVICES ADMINISTRATOR DANI GORMAN



Dear Friends, I am very excited about the many wonderful and exciting programs in this edition of The Loop. There truly is so much to look forward to in the months ahead! In addition to a diverse program line-up, we offer a variety of services to assist you and your loved ones in making important decisions and choices. Please do not hesitate to ask us for help or guidance. We are always available and willing to assist. Enjoy the fall months with us and discover what makes you happy at Senior Services. I can guarantee you that there is a lot at Senior Services that will make you smile. ~Dani

MESSAGE FROM ASSISTANT DIRECTOR TERRY WHEELER



Happy Fall! This season at Senior Services we will be sipping on apple cider, enjoying the change of seasons, and celebrating with the festive holiday programs and activities we have created with your input. Before we move onto the Fall, I would like to take a moment to share our appreciation for you, our senior community, who continue to show up for our events and activities. Without your continued support and participation we would not be able to expand our offerings. We are always looking for your suggestions. Please fill out our surveys and suggestion cards, or see me or any of our staff with your ideas. Cheers! ~Terry

Food Baskets For The Holidays: provided by the **Waterford Community Food Bank**

Waterford senior residents who wish to receive holiday food baskets may apply by calling 860-444-5848 beginning November 1.

Thanksgiving sign-ups end 11/17, distribution dates 11/20 & 11/21.

Holiday sign-ups end 12/15, distribution dates 12/18 & 12/19.

Holiday Food Drive— Our holiday program provides a direct way to give back to those in need in your community. Donors can sponsor senior citizens or a family for the holidays, provide gifts for children, and donate food for a holiday meal. To make a monetary donation or more information, please call 860-444-5848 or visit our website at:

waterfordct.org/160/Youth-Family-Services



Health, Sports and Wellness Programs



Monday Mindful Meditation with Terry Wheeler

Meditation can increase optimism and happiness, enhance your immune system, reduce stress, improve your sleep and your health. A variety of techniques will be explored in class— breath work, guided visualization, energy balancing, affirmations, mudras and more. You will leave the class feeling peaceful, relaxed and connected.

Mondays, October 16, November 13, December 18

11:15 AM– 12 PM

No fee, but preregistration is required.

Tennis Lessons for 50+ with Coach K

Leary Park, 739 Vauxhall St Ext, Waterford

October 5– November 2, Mon/Thurs

10AM-11AM (no class 10/9)

Designed for all levels looking to begin to play tennis or tune up their game. Drills and lessons will focus on stroke development, movement and strategy. Beginners welcome! Bring a racket. Outdoors. \$50

Instructor: Ed Kolnaski

Drumming Circle

A fun hand drumming program to energize and relieve stress while connecting with others.

Sessions will be held the first Wednesday of the month from **3PM- 4PM**

Oct 4, Nov 1, Dec 6

Led by Doug Sabino. Limited to 15 participants. Free, but you must preregister.

Indoor Paddle Programs

Table Tennis

Mondays/Wednesdays/Thursdays/Fridays

1:00pm– 3:00pm

Pickleball for Beginners This group is for those who are relatively new to the sport and/or have been playing for less than a year.

Fridays 9:45AM– 11:45AM

Pickleball

Mondays/Tuesdays/Fridays

11:45AM– 2:15PM

Podiatry Clinic with Dr. Walter, DPM

Fridays, 9:00 AM -11:45AM

Oct 20, Nov 17, Dec 22

Suggested Donation: \$10

By appointment, space is limited

The Podiatry Clinic is supported by Senior Resources Agency on Aging with Title III

Drop In Blood Pressure Checks

Wednesdays

11:45am– 1:00pm

Wellness Check Ups

Oct 25, Nov 29, Dec 27

10:00am to 12:00pm by appointment

Nurse Judy from Visiting Nurses Association of SE CT

Meals on Wheels: Meals on Wheels drivers are friendly visitors who deliver

nutritious meals right to

homebound Waterford

residents' (60+) doorstep.

Call TVCCA to make a



Transportation at Senior Services:

Residents of Waterford can book Senior Services' vans for local doctor appointments, to Senior Services, shopping and pharmacies.

ECTC provides medical rides to NL County and Westerly. Call 860-444-5839 for more information. Wheelchair accessible transportation available. Space is limited.

Support Groups

Loss of A Loved One Support Group

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.

This group meets the 1st and 3rd Thursday of the month, 10:00 AM—11:00 AM
October 5, 19, November 2, 16, December 7, 21

Andy Staunton, LCSW

Preregistration is necessary.

Open Doors Memory Care:

A program for those with mild to mid-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.

Classes are on Tuesdays 9:30 AM-12:00 PM.
October 10— Evaluation day- 9:30 AM-10:30AM

Classes: October 17- December 12 (no class 11/21) Fee: \$90.00

Facilitator: Jennifer Bracciale and Brittney Marcucci

Registration and evaluation are required.

NEW TIME! Caregiver Support Group

Meet 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 the 2nd and 4th Tuesday of the month, 9:30 AM - 10:30 AM

October 10, 24, November 14, 28,
December 12 (no session December 26)

Andy Staunton, LCSW

Preregistration is necessary.

Veterans Coffeehouse at Filomena's

The coffeehouse meets the second Tuesday of each month, 9am-11am. It is open to all Veterans to meet and connect with one another, while providing information regarding Veterans benefits. Complimentary full breakfast.

Upcoming Dates: 10/9, 11/14, 12/12



Filomena's

262 Boston Post Road

Waterford, CT

Medicare Counseling

Free, unbiased, one-on-one benefits counseling with a CT Choices Certified Counselor on all parts of Medicare: Original Medicare (Parts A and B) Medicare Advantage (Part C) Medicare Supplement, Prescription Drug Coverage (Part D)

Medicare Savings Program application assistance available.

Wednesdays 10am- 2pm, by appointment with Sue Beeman.

Additional dates and times may be available with Terry.

Preregistration required 860-444-5839



Flu Vaccination Clinic: WEDNESDAY, OCTOBER 11, 10AM- 12PM

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 the vaccination at no cost through their insurance. We will offer the standard dose vaccine (ages 5+) and the higher dose Senior flu vaccine (ages 65+) No appointment necessary. With Nurse Donna Kane.

Enrichment Programs and Groups

Wreath Workshop with Jen

Evergreen wreath workshop! No experience needed. We will have all the supplies, but please bring your gardening gloves and a pair of clippers. Preregister.

**Wednesday, Nov 29
10AM-12PM**

Fee: \$25/\$28 non-resident

Instructor: Jen Bracciale



Rustic Wooden Signs with Jen

Don't be "board" this fall! Distress, wash and stencil a wood sign. All materials included. Sign measures 24"x8". Fee: \$12/\$15 non-resident

Thursday, October 12 10AM–12PM

thankful

Fall Book Discussion

The Shadow Box by Luanne Rice

After artist Claire Beaudry Chase is attacked and left for dead in her home on the Connecticut coast, she doesn't know who she can trust. But her well-connected husband, Griffin—who is running for governor—is her prime suspect.

Waterford Public Library will have the books on hold for us. We will notify you when the books are ready to be picked up.

Friday, December 15, 10:30AM-12:30PM



AARP Smart Driver Course

This course will help you refresh your driving skills and give you the knowledge to drive safely on today's roads. You may even save money on your auto insurance.

Thursday, October 12, 12:30PM-4:30PM

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

Make checks payable to AARP

You must preregister to take the class.

Knitting and Crocheting Club

Whether you're renewing your love of knitting or crocheting, or this is the first time you're trying it, this is the group for you! Experienced members are ready to provide tips and discuss projects.

Wednesdays, 10AM to 12PM

Waterford Quilting Volunteers 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. Our talented quilters will teach you to quilt. Join this worthwhile cause and make new friends! Embroiderers welcome! Bring your lunch!

- ♦ **Monday group meets 1pm to 3pm**
- ♦ **Wednesday group meets on the 1st and 3rd Wednesdays, 10 am-2 pm**

Technology Tutor with Gaile

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

Wednesdays, 1PM - 3PM

Learn how to use your mobile phone, tablet or PC. You can follow Senior Services on Facebook, get notifications from the town website or put books on hold at the library and much more!

Senior Services COFFEE CLUB Sponsors

Help provide refreshments to our patrons. Support your Senior Services by becoming a Coffee Sponsor with a \$20 donation. Summer donors:

Dorothy Bruce
Paul Makeski
Ruth McGraw

~thank you~



Snow Day

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

Café Programs

Senior Services Luncheons

SENIOR SERVICES VETERANS DAY LUNCHEON: Wednesday, November 8, 12 PM

Menu: Pasta with Sausage, Salad, Bread, Dessert, Beverage. Ticket \$15

Waterford Veterans are free. Catered by our friends at Filomena's Restaurant.

Preregistration by November 1



HOLIDAY LUNCHEON: Wednesday, December 13, 12 PM

Menu: Turkey and Gravy, Stuffing, Mashed Potatoes, Carrots, Cranberry Sauce, Dessert, Beverage

Catered by our friends at Neon Chicken. Ticket: \$15. Entertainment!!

Tuesday Morning Coffee Talk

Say hello to Senior Services Staff, meet other seniors, and get information on upcoming programs. We meet in the Community Center Lobby Tuesday mornings.

\$2 suggested donation for muffin and coffee.

8:30AM -10:30AM Drop-in.

NEW!!

CONTINENTAL BREAKFAST in the LOBBY

- ♦ *Oct 31 Halloween Breakfast*
- ♦ *Nov 21 Fall Breakfast*
- ♦ *Dec 19 Holiday Breakfast*

Join us for an assortment of seasonal bakery pastries, fruit, yogurt, juice, coffee, tea and conversation with special guests and senior services staff and friends. **9AM-10:30AM**

Tickets \$5, must be preregistered

CAFÉ LUNCH

11:30 PM-1 PM

October 25: Meatball Grinders, Chips, Dessert

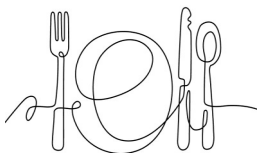
November 15: Beef Stew, Baguette, Dessert

December 6: Baked Potato Bar, Salad, Dessert

Tickets: \$7 (includes beverage)

Head over to BINGO

following lunch if you choose
Must preregister the Monday before the lunch.



PIZZA AND A MOVIE

2 Slices of Cheese Pizza, popcorn, and a beverage.

Movies to be announced

Tickets: \$6, preregister by the Monday before

October 26 11:30AM

November 30 11:30AM

LUNCH AND LEARN

12PM—1:30PM

Wed., OCT 18: Dina Lopes, M&T Bank

How to recognize and avoid Senior Money Scams.

Thurs., NOV 2: Mark Irons from SERAC

Recognizing the signs, preventing, treating depression in older adults. How to be a support.

Tickets: \$6, Menus TBA

BARRY'S SPECIAL! DELI LUNCH

Grilled Pastrami & Swiss & Corned Beef & Swiss on Ginsberg Rye, Kosher Pickle, Cheesecake

Wednesday, Oct 4, 12PM

Tickets: \$8 (includes beverage) must preregister.

Happy Fall!

Apple Cider and Donut Social

BF Clyde's Famous Apple Cider and Donuts

Thursday, OCTOBER 12

1PM - 2:30PM

Free for Waterford Seniors, preregistration by October 6.



Cards and Games

BINGO

- October 11
- October 25 Halloween Bingo (*Lunch)
- November 1
- November 15 (*Lunch)
- December 6 (*Lunch)
- December 20

(*option to attend lunch before BINGO)

Wednesdays, 12:00 PM to 2:30 PM

\$5.00 (no payment collected by Senior Services)

Must preregister



Fridays 1:00PM to 3:00PM

Brain Flex: Word puzzles, games and more.

Thursdays 10:30AM-11:30AM

Card and Game Groups

- **Mahjongg** Mondays/Thursdays 10AM-12PM
- **Casual Bridge** Mondays/Wednesdays 9AM-12PM
- **Cribbage** Tuesdays and Fridays 8:30 AM to 9:30 AM
- **Canasta** Thursdays 12:30 PM to 3:00 PM
- **Pinochle** Tuesdays and Fridays 12:15 PM-3:00 PM
- **Pitch** Tuesdays 9:30 AM to 10:30 AM

Human Services

Medicare Open Enrollment Presentation

Medicare Open Enrollment runs from October 15-December 7. This presentation will teach you how to review your coverage, compare your options and choose or change your Medicare health and prescription drug plans for the coming year. Pre-register with us at 860-444-5839.

Tuesday, October 24, 2023 5:30PM-7:30PM

Intro to Medicare Presentation

New to Medicare? Turning 65? Medicare is health insurance for people 65 or older. You're first eligible to sign up for Medicare 3 months before you turn 65. This presentation will teach you about Medicare, how to sign up, and your coverage options.

Tuesday, Nov 14 5:30 PM to 7:30 PM

With Laura Crews Senior Resources. Preregister.

Medicare Open Enrollment Appointments

Medicare Open Enrollment runs from October 15-December 7. Individual appointments with a CHOICES counselor who will provide up to date, unbiased information. Provided through Senior Resources Agency on Aging.

Tuesday, Nov 14, 2023 9AM-3PM

By appointment only. 860-444-5839

Waterford Community Food Bank

Providing emergency food assistance to Waterford residents in need. Sign up by calling 860.444.5848.

Food donations are accepted. Call ahead to drop off.

Hours: 8:30AM- 4:00PM. Located at 200 Boston Post Road in Waterford.



Deterra Drug Deactivation and Disposal System

Dispose of unwanted medications properly to prevent misuse and to protect the environment. Add water to a safe medication disposal pouch that can be used at home. Destroys unused, unwanted and expired medications for safe disposal in the trash.

Please ask at front desk if you would like a bag. Donated by SERAC.

TVCCA Energy Assistance

This program helps low and middle income families and individuals pay for their home heating bills.

Income limits \$41,533 for household of 1
\$54,338 household of 2.

Call for your appointment with Heidi.

Trips

Friendship Tours Daytrips:

A Taste of Italian New York! 11/4

Visit 3 New York Food "Hot Spots" Zabar's Gourmet Market, Carmine's for lunch, Arthur Avenue- Little Italy in the Bronx. 7:45AM- 8PM \$147 per person. Register by September 22

Radio City Christmas Spectacular 12/2

Starring the world famous Rockettes. Time to grab a bite to eat before the show. 3rd Mezzanine seating, no intermission. 1 pm show 6:45AM-8PM, 90 min show. Depart NY at 4PM \$238 per person. Full payment due 10/2

Stocking Stuffer Holiday Daytrip 12/14

Everyone will receive a stocking at the start. Most stops provide a gift for you to fill your stocking with. Williamsburg Country Store, Lunch at Whately Inn, Yankee Candle in Deerfield, MA, Randall's Farm



8:15AM - 6:30PM
\$140. Register by November 9

Waterford Senior Services Daytrips:

NEW ENGLAND CHRISTMAS FESTIVAL

Mohegan Sun, Earth Expo Center

Friday, November 3, 2023 10AM

A special WSS trip to the 37th Annual Christmas Festival at the Mohegan Sun! Terry and Jen will be there to guide the trip. Tickets will be distributed at the event. There will be more than 350 exhibitors at this award winning festival! Handcrafted gifts and specialty foods for you and everyone on your list-in all price ranges. Transportation available or you may choose to meet us at the entrance. Due to the generosity of a donor we have complimentary tickets for Waterford seniors, first come, first served. Transportation is available through WSS but is limited. Lunch is on your own. No fee for the tickets, but you must be preregistered.

Collette Travel Overnight Vacations:

Mackinac Island

Chicago, Millennium Park, Frederik Meijer Gardens & Sculpture Park, Mackinac Island, Grand Hotel, Frankenmuth, Henry Ford Museum & Greenfield Village



\$4,029 (double occupancy)
June 14-22, 2024

Iceland's Magical Northern Lights

Northern Lights Cruise, Golden Circle, Thingvellir National Park, Jokulsarllon Glacial Lagoon, Solheimajokull Glacier, Lava Exhibition....

\$3,529 (double occupancy)

November 5-11, 2024 register by 5/6

Croatia & Its Islands

Zagreb, Stone Gate, Cathedral of St. James, Krka National Park, Bisevo Blue Cave, Trogir, Slano...

\$5,679 (double occupancy)

April 22- May 3, 2025 register by 3/23

Cooking Demo and Lunch at



A trip to Flanders Fish Market Restaurant in East Lyme with Jen to watch a demonstration as the cook prepares an appetizer for us- you may even get the chance to participate! Lunch will follow and separate checks will be issued, order as you wish. The appetizer is included in the program fee. Transportation is available on a limited basis. **Fee: \$5, includes the appetizer.**

Thursday, October 5, 11:30AM

Fitness and Dance Classes

Cycling Class

**Thursdays 5:30PM-6:30PM
October 5-Dec 7**

A modified indoor cycling class designed with the 50+ exerciser in mind.

Waterford 65+ Rate \$47
Resident under age 65 \$52
Non-Resident \$57

Class size: Min 12/Max 25

Instructor: Carlye Anderson

No class 10/26, 11/23

Chair Yoga

**Thursdays 1PM-2PM
Oct 12 - Dec 21**

Experience the great physical and mental benefits of yoga without leaving a chair!

Waterford 65+ Rate: \$45
Resident under age 65: \$50
Non-Resident: \$55

Class size: Min 12/Max 20

Instructor: Michele Flowers

No class 10/26, 11/23

Healthy Stretch

**Thursdays 11:30 am-12:30 pm
October 12–December 21**

Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life.

Waterford 65+ Rate \$34
Resident under age 65 \$39
Non-Resident \$44

Class size: Min 15/Max 20

Instructor: Lorraine Raimondi

Yoga

**Tuesdays 11:30AM–12:30PM
Oct 10 - Dec 19**

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

Waterford 65+ Rate \$ 48
Resident under age 65 \$53
Non-Resident \$58

Class size: Min 12/Max 25

Instructor: Michele Flowers

Jazzmatazz

**Tap and Jazz
WEDNESDAYS**

10:45AM – 11:45AM

October 11– December 13

A combination of both jazz and tap are offered.

WATERFORD 65+ RATE \$45
RESIDENT \$50
NON-RESIDENT \$55
Class size: Min 12/Max 20

Instructor: Kristin Burrows

Line Dancing

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

10AM -11AM Oct 13-Dec 22 (no class 11/10, 11/24)

Waterford 65+ Rate —\$ 70 Resident under age 65—\$ 75 Non Resident—\$80

Instructor: Georgene Foley-Didato



Zumba Gold- NEW TIME!!

Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

Tuesdays, October 10–December 19, 9:30AM-10:15AM

Waterford 65+ Rate: \$47 Resident Fee: \$52 Non-Resident Fee: \$57

Instructor: Colette Mercier

Strength Training

Instructor: Lorraine Raimondi

Increase muscular strength, range of motion and flexibility. All sessions are the same level.

10/10- 12/21 Tues/Thurs Strength A 9:00 AM-10:00AM , Strength B 10:15AM-11:15AM

Waterford 65+ Rate—\$68 Resident under age 65—\$73 Non Resident—\$78 no class 11/23, 12/5

10/11-12/18 Mon/Wed Strength C (Virtual thru ZOOM) 9AM -10AM

Waterford 65+ Rate —\$ 68 Resident under age 65—\$73 Non Resident—\$ 78

Registration Waiver for Waterford Senior Services Programs

- Registration Date for Waterford residents, Monday, September 18, 2023 – drop in, mail in or online.
- Non-residents may register beginning Monday, September 25, 2023.

Checks, cash or credit/debit

A separate registration form is required for each participant.

Make checks payable to the "Town of Waterford."

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. No refunds. Max 2 makeup classes for weather/instructor absence.

Signature: _____

Date: _____

ADDRESS: _____

Check # _____

Amount _____

Phone # _____

Emergency Contact: _____

Phone: _____ **Alt phone:** _____

Registration information

Class:

1. _____ Price: _____

2. _____ _____

3. _____ _____ Total: _____

TOWN OF WATERFORD Senior Services, 15 Rope Ferry Road, Waterford CT 06385

WATERFORD SENIOR SERVICES
15 ROPE FERRY ROAD
WATERFORD, CT 06385
ADDRESS SERVICE REQUESTED

PRSRT STANDARD
US POSTAGE
PAID
NEW LONDON CT
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
Dana Gorman
[DGorman@Waterfordct.org]
860.444.5848
15 Rope Ferry Rd. Waterford, CT
06385

