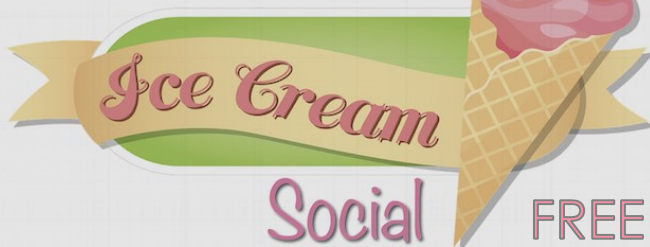


The Loop

July, August & September 2024

Wednesday, July 31, 1-3 PM



WEDNESDAY, SEPT 11
11:30AM -1:30PM



TICKET: \$7



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SENIOR CITIZENS COMMISSION

Joyce M. Vlaun, Chairperson

Dina Lopes, Vice-Chairperson

Anita Collins

Anne Darling

Dr. Dan Rissi

Rick Beaney

Susan Marelli

SENIOR SERVICES ADMINISTRATION TEAM

Rob Brule	Dani Gorman	Terry Wheeler	Heidi McSwain
Waterford First Selectman	Human Services Administrator	Assistant Director	Human Services Coordinator
rbrule@waterfordct.org	dgorman@waterfordct.org	twheeler@waterfordct.org	hmcswain@waterfordct.org
860-444-5834 x2557	860-444-5839 x2753	860-444-5839 x2754	860.444.5839 x2572

SENIOR SERVICES OFFICE TEAM

Name	Title	Email	Phone #
Meaghan Lineburgh	Senior Services Assistant	mlineburgh@waterfordct.org	860.444.5839
Jennifer Bracciale	Instructor WSS	jbracciale@waterfordct.org	860.444.5839
Michael Buscetto	Office Support Technician	mbuscetto@waterfordct.org	860.444.5839

SENIOR SERVICES STAFF

Name	Title	Name	Title
Barry Neistat	Café Manager	Ruth Menghi	Van Driver WSS
Andy Staunton	LCSW Contract Clinician	Patricia Duford	Van Driver WSS
John Frascarelli	Van Driver WSS	Rick Beaney	Substitute Van Driver
Anne Ogden	Food Bank Volunteer	Colleen Lineburgh	Substitute Driver WSS

COLLECTIONS FROM OUR COMMUNITY

If you have a collection you would like to share we'd love to talk with you.

We display a rotating selection of assorted collectibles in our locked case for the community to enjoy.

Antiques, photos, memorabilia, art, curiosities, local items of interest!

Items must fit in our case. Call 860-444-5839



Do you love to garden? Volunteer in our new vegetable garden. Raised beds make it easier for seniors. The harvest will go to the Waterford Community Food Bank. Call to sign up to tend the garden when you can.

Call 860-444-5839 for your volunteer application



The Senior Citizens Commission established an Endowment Fund in 2007 through the Community Foundation of Eastern Connecticut to provide critical program funding for seniors who are struggling financially or at risk of falling into economic insecurity as they age. Funded entirely by donations, the Endowment has provided qualified seniors with the help they need to feel safe and comfortable in their homes, as well as remain active and connected to our community.

How to Give:

- * our town website under Waterford Senior Services Endowment Fund
- * mail or in person in our offices at the Waterford Community Center, 24 Rope Ferry Road, Waterford

~ Thank you for supporting our long-standing mission to improve the quality of life for those who need us most.

Waterford Senior Services Transportation:

Waterford Senior Services provides curb to curb transportation to Waterford Senior residents and residents with disabilities to medical appointments, shopping, errands, hair/barber appointments, town programs and to the Waterford Community Center. Traveling to Waterford, Quaker Hill, New London and East Lyme.

In order to access transportation, Waterford Seniors must complete a transportation form with our office. This form may be mailed or emailed and returned before transportation services may commence.

Scheduling is based on availability so it is important for riders to reserved their time far in advance of any appointments.

Seniors should be ready up to 1 hour BEFORE their appointment for pick up and they are instructed on how the service works at the time of their scheduling.



Jim Spinnato— Comedy and Magic

Wednesday, August 21

Local Legend, Comedian and Magician Jim Spinnato brings us his lively performance for a special showing!!
He is currently featured 4 times weekly at the Mohegan Sun.

Join us for a Special Luncheon before the performance, if you'd like:

On the menu: Taco Bar— Soft or Crunchy Taco Shells, Seasoned Ground Beef, Black Beans, Shredded Lettuce, Tomato, Onion, Taco Sauce, Sour Cream, Shredded Cheddar, Pickled Jalapeno, Special Dessert, Beverages

Lunch (optional) 12PM-12:45 PM Ticket: \$8

Show 1 PM—2 PM



Health, Sports and Wellness Programs



Monday Mindful Meditation with Terry

Two meditation workshops to relax your mind and renew your spirit. You will leave the classes feeling peaceful, grounded and connected.

11:15AM – 12PM

Monday, July 29- Seated Summer Meditation

Monday, September 23- Forest Bathing at CT College Aoretum

No fee, but preregistration is necessary.

Indoor Cornhole:

SEPTEMBER ONLY

WEDNESDAYS 9AM-10AM

Play America's favorite lawn game in our gymnasium. Easy and fun to play. Keep active, meet friends, and increase hand-eye coordination and balance. Sign up required. Facilitated by volunteer Dan Spellman. **Free.**

Indoor Pickleball OPEN PLAY

Beginners Pickleball This group is for those who are relatively new to the sport and/or have been playing for less than a year. Volunteers Carol and Brenda help facilitate and provide instruction.

Fridays 9:45AM - 11:45AM

\$10 Summer Session fee July—September

Advanced Beginners/Intermediates

Mondays/Tuesdays/Fridays 11:45AM—2:15PM

\$10 Summer Session July—September

In our OPEN PLAY programs players are required to play with all skill levels within that category. Registration required.

Table Tennis OPEN PLAY

Mondays/Wednesdays/Thursdays/Fridays

1:00pm—3:00pm

\$10 Summer Session July-September

In our OPEN PLAY programs players are required to play with all skill levels within that category.

Foot Clinic with Dr. Walter, PDM

Podiatry evaluation and nail cutting, by appointment.

Fridays, 9:00 AM – 1:00 PM

July 19, August 16, September 20

Suggested donation is \$10

Cash or check only

Registration forms need to be filled on first visit

This program is supported by Senior Resources Agency on Aging with Title III funds made available under the Older Americans Act

Drop In Blood Pressure Checks

The first three Wednesdays of the month

11:45AM—1:00PM

Wellness Check Up By appointment

July 31, August 28, September 25

10:00AM to 12:00PM

with Nurse Judy from VNA of SE CT



Brain Flex

This updated program will stimulate your brain to improve mental health and memory skills. A mix of games, puzzles, and challenges to stay sharp! Studies indicate a link between brain games and improved cognitive abilities. And they're FUN! This program aims to foster social connections, boost mood, enhance focus and promote overall brain health!

Thursdays, 10:30AM– 11:30AM



Support Groups and Support Programs

Loss of A Loved One Support Group

Emotional support for those who have experienced loss, held in a non-judgmental, safe environment. 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

Andy Staunton, LCSW

Preregistration is necessary

Falls Prevention Program

Prevent falls and injuries with exercises, strategies, and tips to decrease your fall risk, learn what to do in case you do fall.

Thursday, July 25 11:30AM – 12:15PM
Thursday, Sept 26 11:30AM—12:15PM

Presented by Kent Ward, Owner, Whaling City Athletic Club
No fee, Preregistration required.



Tuesday Morning Coffee Talk 8:30-10:30AM



Say hello to Senior Services Staff, ask questions get information on upcoming programs, meet other seniors and share coffee time. In the Community Center Lobby every Tuesday morning.

Caregiver Support Group, September only

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

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: 7/9, 8/13, 9/10



Filomena's
262 Boston Post Road
Waterford, CT

Coffee with A Cop

Enjoy free coffee and pastries as you meet with Waterford Police Officers for coffee and conversation in the Community Center Lobby.



Tuesday, September 10, 8:30AM– 10AM

Meals on Wheels Meals on Wheels drivers are friendly visitors who deliver nutritious meals right to homebound Waterford residents' doorsteps. Must be 60+. Call TVCCA to make a referral 860-886-1720.



Enrichment Programs and Groups

Stone Painting Tutorial -Beach Dune

Paint a beautiful beach scene on a large stone to use as a doorstop, home decor. This class is suitable for beginners- advanced. With local artist Christine Mercado. Materials fee- \$5

Tuesday, July 30, 11AM -12PM

Make A Wooden Charcuterie Board

Step by step guide to creating a beautiful board for fruits, cheeses and crackers, cookies and chocolates. Food safe. Materials fee: \$15

Tuesday, September 24, 11AM – 1 PM

Summer Book Discussion with the author, Happy Hour, by Elissa Bass

KK Rhinehart finds an unfamiliar iPhone in her husband's car, and what she discovers on it ends her 25-year marriage. At the age of 55, and already feeling wrecked physically and mentally by menopause, she's ready to give up. Desperate to hide, she retreats to her family's Cape Cod summer beach house in the off-season.

This local author had a long award– winning career including career 23 years at The Day before starting her own communications business. She lives in SE CT.

Senior Services will provide you with a free copy of the book when you sign up.

Friday, September 6, 10:30AM-12:30PM

Waterford Beach Concert Meet Up:

Wednesdays, 6PM—8PM

We will meet for the following concerts:

July 10 The Sulls

July 24 Sugar

August 14 Parrot Beach

In partnership with Recreation and Parks

Look for the Senior Services tent!

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 and willing to provide tips and discuss projects.

Wednesdays 10AM to 12PM, beginner friendly

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 Shriners 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 too!

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

Technology Tutor

Would you like help with your computer, phone or tablet? Make a free, one-on-one appointment with our volunteer, Gaile Greenwood

Wednesdays, 1PM - 3PM

Learn how to use your tablet or iPhone, find out how to use QR codes, video chat with friends and family, play games online, organize bank statements and bills, watch movies and TV shows through online streaming!

Left Right Center Wild

Game Time

Tuesday, August 13, 11AM -12:30PM

"Very easy to learn! Play one round and you've got it!"

Bring 4 quarters. We will play 5 rounds of LRC.
If you play 5 rounds bring \$5

No monies are collected by Senior Services

Café Programs

♦ Iced Coffee Social

Tuesday, July 2, 10AM- 12PM

Free for seniors and town employees

♦ Ice Cream Social

Ice cream bar with all the toppings!

FREE! Register by 7/29

Wednesday, July 31 1PM-3PM

BEACH DAY 2024

A day at Waterford Beach. Terry and Jen will bring you and your chair to the beach (and restrooms) with a ride on the cart. We will be under the tent! Extra chairs if needed! Waterford Beach features ADA beach mat and Mobi-chairs

Wednesday, Sept 11, 11:30-1:30PM

(rain date September 12)

Menu: Grinders- Choose Turkey or Meatless Grinders, Chips, Dessert, Drink \$7 by 9/9

LET'S DO LUNCH at Captain Scott's

Meet us for lunch, separate checks, order as you like, transportation available. Sign up by 8/20

Thursday, August 22, 11:30AM-1:30PM

CAFÉ LUNCH

Gather together with friends to share a summertime meal, served on our outdoor patio, weather permitting, or inside if you choose.

Wednesdays 11:30 AM

August 7 Burger, Pasta Salad, Dessert \$7

September 4 Meatball Grinder (Nana's Byrek), Chips, Dessert \$7

Head to BINGO following lunch if you choose. BINGO starts at 12:45PM

Must preregister by the Monday prior to the lunch.

NEW!! SUMMER BREAKFAST CAFÉ

Breakfast Sandwich: Bacon, Egg and Cheese on an English Muffin, Fruit, Juice, Coffee, Tea

Tuesday, August 27, 9:30AM- 11:00AM

Tickets: \$6, must be preregistered.

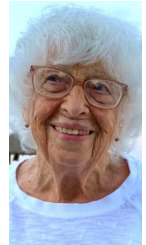
Clam Chowder Social

In Honor of Irma Diaz-Saavedra

Join Waterford Senior Services as we celebrate our friend Irma, who passed away last year. Her family has generously donated and requested that we all enjoy a bowl of clear broth clam chowder in her honor, as it was her favorite.

**Thursday, August 29
12PM-2PM**

Please register for this event by August 27.



LUNCH AND LEARN

Vein Health

With Modern Vein Providers. What are varicose veins and spider veins? Risk factors, symptoms, stages and treatments. Nutrition and fitness tips.

Menu: Greek Salad, Roll, Dessert \$6.

Register by July 22.

Wednesday, July 24, 12PM

Decluttering and Organizing Your Papers

With Kari-Ann Antonelli. What to keep and for how long. How to create a filing system, what to share and with who, what to shred. Each participant will receive a file box to get you started!

Menu: Polish Lunch: Kielbasa, Pierogi, Sauerkraut, Dessert \$7

Register by September 23.

Wednesday, September 25, 12PM

PIZZA AND A MOVIE

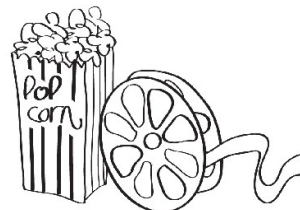
Thursday, July 11, 12 PM

Thursday, August 15, 12 PM

Thursday, September 19, 12 PM

2 Slices of Cheese Pizza, popcorn, and a beverage. Tickets: \$6

Movies To Be Announced!



Cards and Games

BINGO

Wednesdays 12:45– 2:30 PM



- July 3
- July 17
- August 7 (*Lunch)
- August 28
- September 4 (*Lunch)
- September 18

No monies collected by WSS

\$5.00 per 10 game package

*Option to attend Café Lunch before Bingo

BUNCO



Fridays 1:00PM to 3:00PM

\$2.00 per game

No monies collected by Senior Services

Card Groups

Mahjongg Mondays/Thursdays 10AM-12PM

Casual Bridge Mondays/Wednesdays 9AM-12PM

Cribbage Tuesdays & 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

If you'd like to play but don't know how– CALL Senior Services
– we have volunteers ready to teach you!!

Human Services

Farmers Market Coupons

SFMNP coupons will be available at Senior Services. You may be eligible if you are 60+ or disabled living in senior housing. Maximum monthly income must be \$2,322 single, \$3,152 couple. Must show ID and proof of Waterford Residency.

Each eligible participant receives one electronic card annually.

Renter's Rebate

Current Waterford residents age 65 or older as of 12/31/23, or totally and permanently disabled residents 18+ who paid rent in CT in 2023 are eligible to apply for a rebate up to \$900.

Income Guidelines apply
\$43,800 singles
\$53,400 married couples

Please call 860-444-5839 to schedule your appointment

Waterford Community Food Bank

Providing food assistance to any Waterford resident in need. We offer a client choice, shop the shelf option and monthly special food bags. Donations are always welcome.

Call 860-444-5848 to schedule an appointment or for more information. Located at 200 Boston Post Road.

Medicare Counseling

Free, unbiased, one-on-one benefits counseling with a CT Choices Certified Counselor on all parts of Medicare, Parts A & B, Medicare Advantage (Part C) Prescription Drug Coverage (Part D) Medicare Supplement, Medicare Savings Program application assistance available.

Wednesdays 10am- 2pm, by appointment with Sue Beeman
Call 860-444-5839 to schedule



Trips

Friendship Tour Trips with Senior Services:

Cape Cod Canal Cruise

Cruise the renowned Cape Cod Canal. Lunch at Bailey's Surf & Turf, E. Wareham.

Wednesday, August 7, 2024

Cost: \$146.

Beach Boys Tribute at Aqua Turf Club

Sail On performs all the classic hits. Coffee and Donuts upon arrival, plus Family Style Dinner

Wednesday, August 21, 2024

Cost: \$130.

Brimfield Antique Flea Market

Shop and browse this great marketplace. Find something fun and unique. Bus will be open in the middle of the day for package drop off.

Thursday, September 5, 2024

Cost: \$150.

Federal Hill Providence's Little Italy

Lunch at Trattoria Zooma, shopping at Italian Food Emporiums and Bakeries. A riding Tour of Providence with a local guide.

Tuesday, September 17, 2024

Cost: \$148.

FDR Home & Library Tour Hyde Park, NY

Springwood Estate Guided Tour, FDR Library and Museum, enjoy the Walkway over the Hudson, Lunch at Eveready Diner.

Tuesday, October 8, 2024

Cost: \$158.

Naugatuck Railroad Scenic Foliage Tour

Black Rock Tavern Lunch in Thomaston CT, scenic train ride through Naugatuck River Valley, Fascia's Chocolate Factory.

Friday, October 18, 2024

Cost: \$139.

Christmas In Newport

Marble House and The Breakers Newport mansions decked out in silver and gold! Lunch at Johnny's Restaurant at the Wyndham.

Tuesday, December 10, 2024

Cost: \$138.

Collette Travel Overnight Vacations:

Peaks of Europe: The Alps to The Dolomites

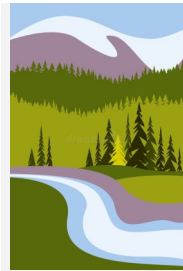
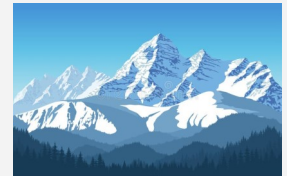
With optional 2-Night Venice Tour

Embark on an invigorating journey through Europe's towering Alps and idyllic towns.

Ascend 4 unique mountains via cable car and cogwheel train. Join a mountain guide for a hiking experience. Visit Jungfrauoch and stand at the "Top of Europe." Visit the cheese aging cellars of L'Etivaz and the Italian vineyards of Prosecco—enjoying a tasting at both. Spend time in the idyllic storybook towns of Lucerne, Innesbruck, and Cortina crowned by towering Dolomite Mountains. Across France, Switzerland, Austria, and Italy, discover breathtaking beauty and inviting local charm.

**\$6,899 per person
(double occupancy)**

May 9-21, 2025



National Parks of America

Experience the grandeur of the American West as you explore five fantastic national parks on this exciting journey. In Arizona, contemplate the vast beauty of the Grand Canyon, and in

Yellowstone, relish iconic sights like Old Faithful and Yellowstone Lake. Marvel at the magnitude and color of Zion's cliffs and the hoodoos and spires at Bryce Canyon. Enjoy 2-night stays in Springsdale, Utah (Zion) and Jackson Hole. Drive through the incredible Bighorn Mountains and the great Sioux Nations Territory before seeing Mt. Rushmore and Crazy Horse Monument. Meet a local Lakota Native American at dinner and learn about their fascinating way of life. This journey takes you from the Grand Canyon to Mount Rushmore and everywhere in between.

\$5,679 per person (double occupancy)

April 22– May 3, 2025

Fitness and Dance Classes Summer 2024

Chair Yoga

Thursdays 1PM- 2PM
July 11– September 19

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

Waterford Resident 65+ -\$46
Resident under age 65 -\$51
Non-Resident -\$56

Instructor: Michele Flowers

Yoga

Tuesdays 11:45AM -12:45PM
July 9–September 17
NEW TIME!!!

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

Waterford Resident 65+ -\$46
Resident under age 65 -\$51
Non-Resident -\$56

Instructor: Michele Flowers

Strength Training

Increase strength, range of motion and flexibility. All sessions are the same level.
July 9 – September 19
Tuesdays and Thursdays

Strength Session A 9:00 AM -10:00AM
Strength Session B 10:15AM -11:15AM

Waterford Resident 65+ -\$73
Resident under age 65 -\$78
Non-resident -\$83

Instructor: Natalie Edwards

Healthy Stretch

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

Thursdays 11:30 AM - 12:30 PM
July 11– September 19

Waterford Resident 65+ -\$39
Resident under age 65 -\$44
Non-Resident -\$49

Instructor: Natalie Edwards

Tap and Jazz Dance Class

Wednesdays 10:45AM – 11:45AM
September 11 – October 2

A lively combination of jazz and tap. Suitable for beginners as well as experienced dancers.

Waterford Resident 65+ -\$22 Resident under age 65 -\$24 Non-resident -\$26

Instructor: Kristin Burrows

Line Dancing

Mondays & Fridays 10AM -11AM
July 8 - September 23 (no class 9/2)

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

Waterford Resident 65+ -\$72 Resident under age 65 -\$77 Non-resident -\$82

Instructor: Georgene Foley-Didato

NEW!! FREE CHAIR ZUMBA TRIAL CLASS

Tuesday, July 23, 1 PM– 1:45 PM

Keep the party, but remain seated for this mood-boosting class for any fitness level!

With Monica Bengtson Sign up to give it a try!

Program Waiver

- **Registration Date for Waterford residents, Friday, June 21, 2024 – drop in, mail in or online**
- **Non-residents may register beginning Friday, June 28, 2024.**

Make checks payable to the "Town of Waterford."

Waterford Senior Services Program 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: _____ **Alt phone:** _____

Registration information

Class:

Price:

1. _____

2. _____

3. _____

Total: _____

Checks, cash or credit/debit

A separate registration form is required for each participant.

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

