



# The LOOP

July, August, September 2025

## Iced Coffee Social

**Wednesday, July 2, 9:00AM - 11:00AM**

Stop in for a free Iced Coffee on us! In the Lobby of the Community Center.

## Waterford Day Parade 2025

**Saturday, August 9<sup>th</sup> at 11:00AM**

Join us at the Waterford Community Center to watch the annual Waterford Day Parade!

## Looking to Volunteer with Waterford Seniors?

Whether you have a few hours a week or just want to help with special events, there's a place for you. Volunteering is a great way to give back, meet new people, and support your community.

# SENIOR CITIZENS COMMISSION

Joyce M. Vlaun, Chairperson	Dina Lopes, Vice-Chairperson	Dan Rissi, Vice-Chairperson
Anne Darling	Rick Beaney	Susan Marelli
Cathy Gonyo	Marilyn Lusher	Rich Muckle, Selectman
Tom Kennedy, Senior Liaison		Liaison

## ADMINISTRATION TEAM

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

<b>Name</b>	<b>Title</b>	<b>Email</b>	<b>Phone</b>
Meaghan Lineburgh	Senior Services Assistant	mlineburgh@waterfordct.org	860-444-5839
Michael Buscetto IV	Office Support Techician	mbuscetto@waterfordct.org	860-444-5839

## STAFF

<b>Name</b>	<b>Title</b>	<b>Name</b>	<b>Title</b>
Jennifer Bracciale	Part Time Clerk	Ruth Menghi	Van Driver
Barry Neistat	Part Time Cafe' Manager	Patricia Duford	Van Driver
Rick Beaney	Part Time Cafe' Manager	Rich Holloway	Van Driver
Rich Messina	Part Time Clerk Veterans Affairs	John Frascarelli	Van Driver
Mindy Stone	Part Time Enrollment Clerk	Colleen Lineburgh	Substitute Van Driver
Andy Staunton	LCSW Contract Clinician	Anne Ogden	Volunteer Food Bank Coordinator

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## SENIOR SERVICES MISSION

Our mission is to provide senior residents of Waterford, CT, along with their families and caregivers, access to vital resources and support services that promote independence, dignity, and an enhanced quality of life. We are dedicated to offering a welcoming community space that fosters connection, while delivering programs and services designed to empower seniors and help them thrive in every stage of life.

*Grand  
Opening*

**FRIDAY, JULY 11, 11:30AM  
THE PATRICIA RYAN THEATER AND MEDIA CENTER**

Waterford Senior Services is delighted to invite you to a special reception for the unveiling of the Patricia Ryan Theater and Media Room at the Community Center on July 11, 2025 at 11:30AM. This new facility is named in honor of Patricia Ryan, a founding member of the Waterford Senior Citizen Commission, whose dedication and vision helped shape the community. The Patricia Ryan Theater and Media Center will serve as a dynamic hub for entertainment, education, and information, providing valuable resources for the community. This exciting addition to the center was made possible through the American Rescue Plan Act grant awarded to Waterford Senior Services. Call 860-444-5839 to sign up.



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:

- Visit our town website under Waterford Senior Services and click on the Endowment Fund
- Donate by mail or in person. Make checks payable to: Community Foundation of Eastern CT

*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 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 reserve 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.

**SCHEDULE BY CALLING OUR OFFICE SUPPORT TECHNICIAN MICHAEL AT 860-444-5839**

# HEALTH, SPORTS AND WELLNESS

## Living Well, Aging Well

A series of health and wellness topics in our NEW theater center.

**FREE!** With Jen Bracciale. Dates and times to be announced!!

Topics to include nutrition, healthy habits, virtual travel, home safety and more!

### Find us on Facebook

Stay connected! Find us on Facebook and Instagram for the latest updates, behind-the-scenes moments, and first look access. Follow us and join the community!



Waterford Senior Services, CT



waterford\_senior\_services

### 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 (May vary)

Summer Session July - September

**\$10**

#### Advanced Beginners/ Intermediates

Mon/Tues/Fri 11:45am-2:15pm (May vary)

Summer Session July- September

**\$10**

### Table Tennis OPEN PLAY\*

Mon/Wed/Thu/Fri 1:00-3:00pm (May vary)

Summer Session July - September

**\$10**

*\*Please note that times may vary 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 & nail cutting, by appointment.

Fridays, 9:00am-1:00pm

July 18, August 22, September 26



**Suggested donation is \$10**

**Cash or check only**

Registration forms need to be updated yearly. This program is supported by Senior Resources Agency on Aging with Title III funds made available under the Older Americans Act

### Brain Flex

Improve memory skills with a mix of puzzles, games and challenges to stay sharp!

Thursdays 10:30am - 11:30 am

**Instructor: Mindy Stone**

### Drop In Blood Pressure Checks

The First 3 Wednesdays of the month

11:45am-1:00pm

### Wellness Check Ups

By appointment

July 30, August 27, September 24

**Nurse Judy is funded through the generous support of the Senior Services Endowment Fund**

### Indoor Cornhole- begins SEPTEMBER 17

Come play America's favorite lawn game in our gymnasium. Easy and fun to play. Keep active, meet friends, increase hand-eye coordination.

Sign up required.

Wednesdays 9:00-10:30am

**Volunteer Instructor: Dan Spellman**

# 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. Preregistration is necessary.

Meeting July 3, August 7, September 4 and 18.  
10:00am-11:00am

**Facilitated by Andy Staunton, LCSW**



## **Counseling Services**

Andy Staunton, LCSW. Support and guidance for the emotional needs of seniors such as caregiving support, chronic illness and disability, depression, isolation and loneliness, grief and loss, cognitive decline, anxiety, substance misuse and more.

**Call 860-444-5839  
to schedule an appointment.**

## **Waterford Emergency Management**

A disaster can strike at any time. Be prepared and make a plan today. Your family may not be together if a disaster strikes, so it is important to know what to do to keep everyone safe. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. The first step is to have everyone in your household SIGN UP for these important Emergency Notifications.

**Waterford Emergency  
Alerts:**



**State of Connecticut  
Emergency Alerts:**



## **Cardiac Event Support Group**

A time for sharing your story with others who have experienced cardiac events. A supportive, caring environment. Preregistration is necessary.

4<sup>th</sup> Monday of the month  
5:30pm-6:30pm

**Facilitated by Chaplain Joe Parise**

## **Veterans Coffeehouse at Filomena's**

**262 Boston Post Road**

The Veterans coffeehouse meets the second Tuesday of each month, 9AM-11AM. It is open to all Veterans to meet up and connect with each other, while providing information regarding Veterans benefits. Enjoy a full complimentary breakfast.

### **Upcoming Dates:**

**JULY 8**

**AUGUST 12**

**SEPTEMBER 9**



## **Tuesday Morning Coffee Talk**

Chat with Senior Services and Town of Waterford Staff in the Community Center Lobby, ask questions and get information on upcoming programs, meet other seniors and share coffee time.



Tuesday Mornings 9:00am-10:30am  
Community Center Lobby  
Suggested \$2 donation for muffin and coffee



## **Meals on Wheels**

Meals on Wheels drivers are friendly visitors who deliver nutritious meals right to homebound Waterford residents' doorsteps. Residents must be 60 years old or older. Call TVCCA at 860-886-1720 to make a referral.

# ENRICHMENT PROGRAMS AND GROUPS

## Diamond Art Class-Coastal Theme

A combination of cross-stitch and paint-by-numbers. Use an applicator to apply hundreds of sparkling resin rhinestones, one-by-one, on an adhesive color-coded canvas painting. The end result is a vivid, shimmering work of art. Easy for beginners.

Tuesday, July 15, | 10:15-11:30am

**\$12**

**Instructor: Mindy Stone**

## Knitting and Crocheting Club

A beginner-friendly yarn and needlework group.

Wednesdays 10:00am-12:00pm

## Summer Book Discussion

*The Authenticity Project*, Clare Pooley (2020)

In partnership with Waterford Public Library

The story of a green notebook passed between six strangers, each sharing their true, often hidden, lives. The notebook's entries inspire them to connect and find community, ultimately leading to unexpected friendships and even love.



*New York Times Best Seller*  
*BBC Radio 2 Book Club Pick*  
*RNA Debut Novel Award*  
*Winner*

Friday, September 12 | 10:30am-12:30pm

Sign up in Senior Services. We will call you when the books are in!

## Let's Do Lunch!

This program invites seniors to enjoy meals together at local restaurants, combining delicious food with great company!

Separate checks are issued, order as you like.

Thursday, August 14, 12PM:

**Dad's Restaurant of Niantic**

**147 Main Street, Niantic CT**

Friday, September 26, 12PM:

**Captain Scott's Lobster Dock**

**80 Hamilton Street, New London, CT**

## Cupcake Decorating Workshop

This hands-on class with Baylee Brackett will teach you the basics of cupcake decorating. Learn to create beautiful designs using buttercream frosting and a variety of decorating tools. No experience necessary. You'll create 12 cupcakes to take home.



**\$15**

Tuesday, August 5 | 10:30am-12:00pm

**Instructor: Baylee's Bayside Bakery**

## Waterford Quilting Volunteers

### Monday Group

Monday 1:00pm-3:00pm

### Busy Bees

1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month  
10:00am-2:00pm

## Technology Tutor

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

Wednesdays 1:00pm -3:00pm

**Volunteer Facilitator: Gaile Greenwood**

## Painting Group

A supportive, stimulating group of artists. Bring your own art supplies and meet with like-minded artists in the Community Center while you create. All mediums.

**Mondays, 10:00am - 12:00pm**

## Waterford Summer Concert Meet Up

Concert meet ups with Senior Services! Look for our tent at the Waterford Beach Concerts at 6 PM. Rec and Parks will provide special senior parking close to our tent. Sign up in Senior Services. FREE.

**July 2: Soul Sound Revue**

**August 13: Nick Bosse & the Northern Roots**

# CAFE PROGRAMS

## Special Events

### **Summer Cookout:**

On the Senior Services back patio. Karoake and summer fun!

On the Menu: Hot Dogs and Hamburgers with all the toppings, Pasta Salad, Cole Slaw, Watermelon, and Strawberry Shortcake

**Wednesday, July 30**

**Register by July 28**



**Ticket: \$10**

### **Beach Day at Waterford Beach:**

We will bring you and your chair to & from the parking lot to the beach with a ride on the Polaris cart. Shade provided. ADA Accessible Beach. On the Menu: Grinders- Choose a Turkey or Meatless Grinder, Chips, Beverage and Rita's Italian Ice.

**Wednesday, September 17** (Rain date September 18)

**11:30am - 2 pm**

**Register by September 15**



**Ticket: \$8**

### **Lunch and Learn**

#### Metal Detecting Finds with George Potts

Are you into looking for lost treasure? Might you have something to discover in your backyard? This lunch is for you! See local treasures which have already been found!

##### **Menu:**

Chicken Parmesan (Filomena's), Salad, Dessert

**Thursday, August 7 | 12:00pm**

**Register by August 4 \$7**

#### File of Life Workshop

With Kathy Peterson, Waterford Fire and Safety Educator and Leah Reese, Waterford Ambulance Service. Your latest medical info in one safe place!

##### **Menu:**

Lasagna (Nana's Byrek), Salad, Roll, Dessert

**Wednesday, September 10 | 12:00pm**

**Register by September 8 \$7**

### **Breakfast Cafe**

#### Sunshine Continental Breakfast Buffet

Assorted seasonal bakery pastries, boiled eggs, fruit, bagels & cream cheese, hot coffee and tea.

**Wednesday, August 27 | 9:30-11:30am**

**\$7**

**Register by August 25**

### **Cafe' Lunch**

Enjoy lunch, meet new friends. Served in our Cafe'. Head to BINGO following lunch if you choose. BINGO starts at 12:45pm. Must preregister by the Monday prior to the lunch.

**Wednesday, July 23 | 11:30am**

**\$7**

Chopped Pasta Salad-Fresh Greens, Tomato, Red Onion, Chicken, Gorgonzola, Pasta, Bread, Dessert

**Wednesday, August 20 | 11:30am**

**\$7**

Large Bowl of Flanders Clear Broth Clam Chowder, Oyster Crackers, Mixed Greens, Seasonal Dessert

**Wednesday, September 24 | 11:30am**

**\$7**

Sausage, Green Pepper and Onion Grinder, Chips, Seasonal Dessert

### **Pizza and a Movie**

2 Slices of Cheese Pizza, Popcorn, and a beverage. **\$6**

**Movies to be announced!!**

Dates: July 18, August 13 & September 4 | 12:00pm

Register by the Monday before the movie





## TRIPS

### **Featured Friendship Tours Daytrips:**

#### Twin Lobsters at The Log Cabin, MA

Enjoy Twin lobsters or Prime Rib au jus. Italian American crooner preforms Rat Pack songs. Minimal walking.

Tuesday, July 22 **\$160**

#### Boston Museum of Science, Boston, MA

For all ages. Bring the whole family! A day of learning and discovery at the Boston Museum of science. Take time to relax in the Cafe' or the optional IMAX theater.

Saturday, August 9 **\$105**

#### Carole's Kings- Music of Beautiful

Dynamic, all-male Carole King tribute show at the Aqua Turf Club. Coffee and Donuts upon arrival and Family Style Lunch. Minimal walking.

Tuesday, August 19 **\$140**

#### Pilgrim Belle Harbor Tour, Plymouth, MA

Board the Pilgrim Belle, an authentic Mississippi style paddle-wheeler for a narrated cruise. Plymouth Rock, Gurnet Lighthouse, Mayflower II, Clark's Island. Lunch Buffet at the East Bay Grille.

Wednesday, September 3 **\$172**

#### Hancock Shaker Village, Berkshire Mountains

Walking tour of a living history village, once the site of the Shakers communal society & gardens. Demonstrations. BBQ chicken Buffet lunch.

Wednesday, September 17 **\$163**

#### Covered Bridges of New Hampshire, Troy NH

Farmhouse Lunch at the Inn at East Hill Farm. Driving guided tour of covered bridges, stop at Yankee Candle's Flagship Store, South Deerfield.

Thursday, October 30 **\$149**

#### Kenny and Dolly, Smoky Mountain Christmas

Tribute Show at the Aqua Turf. Christmas hits from Once Upon A Christmas Time and their greatest hits. Coffee and Donuts upon arrival & Family Style Lunch.

Wednesday, December 10 **\$140**

### **Friendship Tours Vacations:**

#### Boothbay Harbor, Maine

Boothbay Harbor Inn, spectacular Harbor Views. Coastal Maine Botanical Gardens, Portland Harbor Cruise.

October 6-8, 2025 **\$739 double**

#### NOAH- Sight and Sound Theatre, Lancaster

"Holiday Inn" at Dutch Apple Theatre, Chalk Talk, Byers' Choice, Kitchen Kettle Village

December 3-5, 2025 **\$705 double**

### **Collette Tours Presents:**

#### Greece Island Hopper

##### **with optional 3 night Istanbul post tour extension**

In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Join a local expert in Athens and explore the city's world-renowned sites. Enjoy three days at leisure in Mykonos, the whitewashed island in the Aegean Sea.

JOIN US for a TRIP PRESENTATION Wednesday, Aug. 6 at 11:00 AM

April 12-22, 2026 **\$4,999 double**

#### Exploring Scotland & Ireland

##### **with optional 3 night London pre tour extension**

Come to know the regal city of Edinburgh on tour by coach and by foot. Cruise the famed Loch Ness and explore the ruins of Urquhart Castle. Enjoy an evening of Scottish food and entertainment. Visit the Titanic Experience Museum in Belfast or visit the Ulster Museum, telling human stories through art and historical artifacts. Walk the Giant's Causeway and soak up incredible views. Visit Ireland's bustling capital city of Dublin and tour historic St. Patrick's Cathedral.

September 27-October 9, 2026 **\$6,999 double**

#### Southern Charm Holiday

Explore cobblestone streets, historic homes, and unspoiled coastline during the holiday season. Discover Charleston and the history of Savannah with 2-night stays in each city. Drive through James Island County Park illuminated with over 500,000 lights. Spend two nights at the exclusive Jekyll Island Club, once described as "the richest, most exclusive club in the world."

November 30- December 6, 2026 **\$3,899 double**

# FITNESS AND DANCE CLASSES SPRING 2025

## **NEW! Seated Tai Chi**

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

Thursdays 1:00pm-2:00pm  
July 10 – September 25

Waterford Resident 65+ **\$50**  
Resident under age 65 **\$50**  
Non-Resident **\$52**

**Instructor: Ted LaFemina**

## **Chair Zumba Gold**

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

Tuesdays 1:00pm-1:45pm

July 8 – September 23

(No class 7/29)

Waterford Resident 65+ **\$55**  
Resident under age 65 **\$57**  
Non-Resident **\$59**

**Instructor: Monica Bengtson**

## **Mindful Meditation**

Join our gentle seated mindful meditation class, designed to enhance relaxation, focus, and emotional well-being in a supportive environment.

Techniques explored include breathwork, guided imagery, body scan, rapid image visualization. Free! With Terry.

**Monday, August 11 & September 8**  
**11:15am- 11:45am**

## **Strength Training**

Increase strength, range of motion and flexibility.

Tuesdays and Thursdays  
July 8 – September 25

**Strength Session A**  
9:00-10:00am

**Strength Session B**  
10:15am-11:15am

(No class 7/17, 8/14, 9/2, 9/4)

Waterford Resident 65+ **\$70**  
Resident under age 65 **\$75**  
Non-Resident **\$80**

**Instructor: Natalie Edwards**

## **Mobility and Stability**

Increase balance, flexibility and range of motion.

Thursdays  
July 10 – September 25  
11:30am-12:30pm  
(No class 7/17, 8/14, 9/4)

Waterford Resident 65+ **\$36**  
Resident under age 65 **\$41**  
Non-Resident **\$46**

**Instructor: Natalie Edwards**

## **Tai Chi**

Increase muscle strength, flexibility and balance.

Wednesdays  
July 9 – September 24  
12:00pm-1:00pm

Waterford Resident 65+ **\$50**  
Resident under age 65 **\$50**  
Non-Resident **\$52**

**Instructor: Alex Culligan**

## **Dance to Broadway: Broadway Dance Style Class**

Wednesdays 10:45-11:45am | September 3 – September 24

A low impact Broadway tap and Broadway style dance class.

**Instructor: Kristin Burrows**

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

## **Line Dancing**

Mon/Fridays 10:00-11:00am | July 7 – September 26 (No class 9/1)

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

**Instructor:  
Georgene Foley-Didato**

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

## **FREE! Trial Class**

### **Zumba Gold Toning Seated**

Friday, September 5  
9am – 9:45am

A chair dance-fitness program combining the rhythms of Zumba Gold with the strength-training techniques of Zumba Toning. Zumba Toning Sticks are used to help tone muscles and improve overall fitness.

**Instructor: Monica Bengtson**

# PROGRAM WAIVER

**Registration Date for Waterford residents, Thursday, June 26, 2025**

**Non-residents may register beginning Monday, June 30, 2025**

**Register in person, by mail or online**

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 judgements, 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: \_\_\_\_\_ Relation: \_\_\_\_\_

Phone #: \_\_\_\_\_ Alt Phone #: \_\_\_\_\_

## REGISTRATION INFORMATION

Class: \_\_\_\_\_ Price: \_\_\_\_\_

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

Total: \_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Checks, cash or credit/debit** (a \$3.45 processing fee is charged for credit and 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 Required



PRSR STANDARD  
US POSTAGE  
**PAID**  
NEW LONDON CT

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.

