



The Loop

OCTOBER, NOVEMBER, DECEMBER 2025

Food Baskets for the Holidays

Provided by Waterford Community Food Bank

Waterford senior residents who wish to receive holiday food baskets may apply by calling 860-444-5848 beginning Monday, November 3.

- Thanksgiving sign-ups end Friday, November 21. Distribution dates are November 24 & 25
- Holiday sign-ups end Friday, December 5. Distribution dates are December 15 & 16

Holiday Food Drive

Our holiday food program gives you a direct way to give back to those in need in your community. Donors can sponsor senior citizens or a family for the holidays, donate food for a holiday meal, or provide gifts for children. To make a monetary donation or for more information call 860-444-5848.



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

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

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

STAFF

Name	Title	Name	Title
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	Rick 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.

WELCOME FERNANDO SABBADINI

Ando, recently retired from Pfizer, will be leading a series of technology workshops. Topics will include **Online Safety, Artificial Intelligence (A.I.), and practical ways to use technology to support better health and improve everyday life.** Workshop schedule to be announced.

THE LOOP DELIVERED TO YOUR MAILBOX

Stay in The Loop! Delivered straight to your mailbox, the latest events, activities, and updates. Want to receive a copy? Call Senior Services at 860-444-5839 or stop in to be added to the mailing list. Don't miss out—stay connected and in the know!

SUPPORTING SENIORS LIVING WELL SERIES

Join us for two important presentations
November 6, 11:30am **Elder Abuse** with Safe Futures
December 4, 11:30am **Managing Holiday Stress** with Andy Staunton, LCSW

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. Call 860-444-5839.



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
- 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 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 will 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

Flu Vaccination Clinic

Waterford Senior Services has partnered with Stop & Shop Pharmacy to bring a flu vaccination clinic to the Community Center. Bring your insurance card. Most people can get the flu vaccination at no cost through insurance. We will offer the standard dose vaccine (ages 5+) and the higher dose Senior Flu Vaccine (65+)

Wednesday, October 8, 10:00am-1:00pm. No appointment necessary.

Pickleball Lessons

Beginner/Adv Beginner / 9:00-10:00am

Instruction in rules, scoring, techniques, and court strategy—perfect for new and progressing players.

Tuesday Session: Oct 7 - Dec 16 (off 11/11) **\$75**

Thursday Session: Oct 9 - Dec 18 (off 11/27) **\$75**

Intermediate/Advanced/ 10:30-11:30am

Advanced techniques, strategic play, and competitive drills designed for experienced players looking to elevate their game.

Tuesday Session: Oct 7 - Dec 16 (off 11/11) **\$75**

Thursday Session: Oct 9 - Dec 18 (off 11/27) **\$75**

Instructor: Ed Kolnaski Maximum of 8 per class

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 9:45-11:45am (May vary)
FALL Session October - December **\$10**

Advanced Beginners/ Intermediates

Mon/Tues/Fri 11:45am-2:15pm (May vary)
FALL Session October - December **\$10**

Table Tennis OPEN PLAY*

Mon/Wed/Thu/Fri 1:00-3:00pm (May vary)
FALL Session October - December **\$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

November 21, December 19



Fee: \$15

Cash or check only

Funded through the generous support of the Endowment Fund.

Waterford Senior Citizen Fall Pass

For Waterford High School Athletics, Drama, and Dance. Valid for all HOME sporting events and show productions.



Excludes playoffs & tournament events. Available at Senior Services, ID is required.

Drop In Blood Pressure Checks

The First 3 Wednesdays of the Month
11:45am-1:00pm

Wellness Check Up

By appointment only.

The Last Wednesday of the month.

Nurse Judy is funded though the generous support of the Endowment Fund

Indoor Cornhole

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.

1st and 3rd Thursday of the month

10:00-11:00am

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.

Sunshine Club Outreach Program

Can't make it to us? We're coming to you! Our outreach program brings games, activities, and book readings to seniors in the Waterford area senior housing or nursing and rehabilitation facilities to enjoy engaging visits from our staff.

Facilitated by Mindy Stone

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 23, 12:30pm - 4:30pm

Cost: \$20 AARP Member (bring your card)

\$25 Non-Members

Make check payable to AARP. Preregister.

Healing Network Support Group

Major Health Event Survivors- including cardiac events, strokes, cancer, traumatic injuries, or any sudden life changing health event. Preregister.

4th Monday of the month

5:30-6:30pm

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:

OCTOBER 14

NOVEMBER 11

DECEMBER 9



Senior Services is proud to be part of a very special Veterans Day Coffeehouse on Nov 11.

Tuesday Morning Coffee in the Lobby

Chat with Senior Services and Town of Waterford Staff or Elected Officials, ask questions and get information on upcoming programs, meet other seniors and share coffee time. New this Fall at Tuesday morning Coffee Hour: Visits with Vito, our therapy dog.

Tuesday Mornings 8:30am-11:30am

Community Center Lobby

Muffin and Coffee: \$2

TVCCA



Meals on Wheels

Meals on Wheels drivers are friendly visitors who deliver notorious 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

Counted Cross Stitch Coastal Theme

Discover the art of cross stitch in this hands-on class, perfect for beginners & crafters looking to sharpen their skills. Create a beautiful lighthouse design while learning techniques.

Monday, October 6 | 10:15-11:30am

Instructor: Linda Geer **\$12**

Holiday Evergreen Wreath Workshop

Create a beautiful Wreath for the holiday season. We provide a variety of fresh cut mixed greens, bows and decorations.

Tuesday, November 18 | 1:00pm-2:00pm

Instructor: Jennifer Bracciale **\$15**

Fall Book Discussion

Books provided by **Chelsea Groton Savings Bank**. Sign up in Senior Services. We will call you when the books are in. Refreshments provided!

What Happened to the McCrays?

by Tracey Lange (2025)

Monday, December 1 | 11:30am-12:30pm

Instructor: Mindy Stone

Brain Flex Thursdays 10:30-11:30am

Instructor: Mindy Stone

Technology Tutor

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

Wednesdays 1:00-3:00pm

Volunteer Facilitator: Gaile Greenwood

FREE! Gratitude Meditation Session

Shift your perspective towards the positive, leading to increased wellbeing, inner peace, and resilience. Breathwork, guided imagery, body scan, visualization. **With Terry Wheeler, MS, MBSR**

Thursday, November 20, 11:15AM-11:45AM

Waterford Quilting Volunteer Group

Mondays 1:00-3:00pm

Knitting and Crocheting Club

Wednesdays 10:00am-12:00pm

Beaded Pumpkin Wreath Workshop

Learn how to make a beautiful beaded pumpkin wreath using wood beads and a pumpkin wreath form, ribbons & fall picks

Tuesday, October 21 | 11:00am-12:30pm

Instructor: Mindy Stone **\$15**



Holiday Floral Centerpiece Class

In this hands-on workshop a floral designer will guide you through creating a beautiful arrangement for your table or for gifting.

Monday, December 22 | 1:00pm-2:00pm

Instructor: Linda Geer **\$15**

Escape to the Movies This Fall!

Free Classic Movie Matinee Series, 1:00 pm:

- Thursday, October 30: Rear Window
- Thursday, November 6: Dr. Zhivago
- Thursday, December 11: It's a Wonderful Life

Walking Group

Join our friendly walking group on the walkway around the Arnold Holm Jr. Memorial Pond "Duck Pond". A peaceful setting for light exercise, fresh air, and great conversation. All ages and fitness levels are welcome—come enjoy nature, stay active, and connect with your community! Meet at the pond.

Tuesdays October & November 10:30am-11am

Featuring Visits with Vito, our NEW therapy dog who will be walking with Jen when he is available.

Instructor: Jen Bracciale



Painting Group

A supportive, inspirational 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

Holiday Luncheon and Tea at

Harkness Park

Coming in December!
Date and Details To Be Announced!



CAFE PROGRAMS

Special Events

OktoberFest:

Join us for our Fall Oktoberfest. Fun, entertainment & games. Menu: Warm pretzels & dips, Brats and Kraut, German Potato Salad, Apple Strudel & Vanilla Ice Cream, Hot or Cold Apple Cider.



Wednesday, October 22, 12PM Register by October 20

Ticket: \$16

Jim Spinnato - Comedy and Magic:

Local legend, Jim Spinnato brings us his lively performance for a special showing!

On the Menu: Choose Philly Cheesesteak or Meatball Grinder from Nana's Byrek, Caesar Salad, Dessert

Tuesday, November 4 Lunch: 12PM Show: 1PM - 2PM

Ticket: \$10

Merry Holiday Luncheon:

With entertainment by Joe Grieco Music. Join us in a holiday sing-a-long and more holiday fun!

Menu: Turkey and Gravy, Mashed Potatoes, Carrots, Cranberry Sauce, Roll, Dessert, Beverages.

Wednesday, December 10, 12PM - 2PM Register by December 3. Ticket: \$20

Ukrainian Opera and Holiday Folk Songs:

With opera singer Kateryna Diachenko. Join us for a free 20 min performance following lunch.

On the Menu: Our popular Baked Potato Bar with all the toppings, Salad, Dessert, Beverages.

Thursday, December 18, Lunch: 12PM Register by December 15 Ticket: \$10



Lunch and Learn

Independence, Happiness and Success in Your Senior Years with Nancy Butler

Ensuring your finances, your home and your plans are in line with your needs as you age.

Menu:

Cranberry Apple Chicken Salad w/ Romaine Wrap, Pickle, Seasonal Dessert

Wednesday, October 1 | 12:00pm

Register by September 29

\$8

Pizza and a Movie



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

Movies to be announced!!

Dates: October 16, November 12, December 17

12:00pm

Register by the Monday before the movie **\$6**

Breakfast Cafe

Spooky Spread Continental Breakfast Buffet

An assortment of bakery pastries, bagels & cream cheese, boiled eggs, fruit, juice, hot coffee and tea.

Tuesday, October 28 | 9:00am-11:30am **\$7**

Register by October 24

Harvest Morning Breakfast Buffet

Pancakes and syrup, breakfast sausage, eggs, fruit, orange juice, hot coffee and tea.

Tuesday, November 25 | 9:00am-11:30am

Register by November 21

\$7

Cafe Lunch

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

Wednesday, November 19 / 11:30am

Barry's Beef Stew, Roll, Dessert, Beverages

\$7

CARDS AND GAMES

BINGO

*Cafe lunch option available

Wednesdays 12:45-2:30pm

- October 8 • Nov 5 • Dec 17
- October 29 • Nov 19*

No monies collected by WSS **\$5 per 10 game pack**

Bunco

Fridays 1:00-3:00pm

All money is collected by volunteers.

\$2 per game

Left Center Right Wild!

Very easy to learn! Play one round and you've got it! Bring 4 quarters per round. We play 5 rounds of LCR. New players encouraged! Register in Senior Services. No monies collected by WSS, facilitated by volunteers.

Tuesdays 11:30am-1:00pm

\$1 per game/ 5 games are played

Card Games

Mahjongg Mondays/Thursdays 10:00am-12:00pm

Bridge Mondays/Wednesdays 9:00am-12:00pm

Cribbage Tuesdays/Fridays 8:30-9:30am

Canasta Thursdays 12:30-3:00pm

Pinochle Tuesdays/Fridays 12:30-3:00pm

Pitch Tuesdays 9:30-10:30am

Like to play but don't know how? CALL Senior Services - we have volunteers ready to teach you!

Veterans Resources

Rich Messina, our Veterans Liaison, is one of two dedicated advocates committed to connecting Veterans with the services, benefits and support they've earned.. Working under Human Services Administrator Dani Gorman, Rich brings passion to serving those who served our country.. Call to schedule an appointment.

TVCCA Energy Assistance

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

1 person household: \$47,764

2 person household: \$62,460

Please call 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 bi-monthly special food bags.



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

Medicare Open Enrollment

Monday, November 3, 9AM - 4 PM

Medicare Open Enrollment runs from October 15-December 7. Review your coverage, compare options, change plans. Individual appointments with CHOICES counselors will provide up to date, unbiased information. By appointment only.

Intro To Medicare Workshop

November 3, 2025 at 5 pm

- Overview of Medicare Parts A, B, C and D
- Various Medicare Options Available
- Tips of Making Medicare Affordable through Assistance Programs

RSVP (860) 444-5839 or twheeler@waterfordct.org

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 10:00am-2:00pm

By appointment with Sue Beeman and Mindy Stone
Call 860-444-5839 to schedule

TRIPS

Featured Friendship Tours Daytrips:

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**

Holiday Train Show, NY Botanical Garden

Model trains and trolleys zip past scaled replicas of NY landmarks. Botanical materials incl. orange slices, cinnamon sticks and pinecones are used to create the display. Lunch at Ann & Tony's on Arthur Ave.

Saturday, November 22 **\$134**

Christmastime Show, Waltham, MA

Regal Musical Theater: A Christmas Extravaganza-100 Performers! A holiday spectacle! Holiday Dancers, Live Orchestra, Living Nativity. Over 20 Yuletide Tunes. Lunch at the Chateau Restaurant

Saturday, December 6 **\$184**

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**

Featured Friendship Tours Trips:

Sight & Sound Theater- NOAH

Lancaster, PA Two Shows!!

Also "Holiday Inn" at Dutch Apple Theatre, Chalk Talk & Byers' Choice.

December 3-5, 2025 **\$705 pp**
double/triple

Alaska Land & Cruise- Escorted

7 nt land & 7 nt cruise on Holland America Nieuw Amsterdam! 15 days/14 Nts
Glacier Bay, Skagway, Juneau, Ketchikan, McKinley
Explorer Domed Train and more.

June 14-28, 2026 **\$5,999 pp**
double inside
cabin incl air

Collette Tours Presents:

Exploring Scotland & Ireland

(With an 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

Let's Do Lunch with Terry and Jen!

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. Transportation available.



Wood-n-Tap 117 Long Hill Rd, Groton

Friday, October 17 | 12:00-1:30pm

il Pomod'Oro Restaurant & Pizzeria

117 Boston Post Rd, East Lyme

Friday, November 14 | 12:00-1:30pm

FITNESS AND DANCE CLASSES

Chair Zumba Gold

Chair dance/fitness class for any fitness levels! A fun, mood boosting, cardio class.

Tuesdays 1:00-1:45pm
October 7 - December 16
(no class 11/11)

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

Instructor: Monica Bengtson

Strength Training

Increase strength, range of motion and flexibility.

October 2- December 16
Tuesdays and Thursdays

Strength Session A
9:00-10:00am

Strength Session B
10:15-11:15am

NEW!! Strength Session C
11:30-12:30pm
(No Class 11/11, 18, 20, 25, 27)

Waterford Resident 65+ **\$60**
Resident under age 65 **\$65**
Non-Resident **\$70**

Instructor: Natalie Edwards

Chair Tai Chi

Slow, flowing movements with breathing techniques for relaxation, balance, and flexibility, while seated

October 10- December 18
Fridays
11:30am-12:15pm **\$54**

Instructor: Ted LaFemina

Chair Zumba Gold Toning

Combines the dance rhythms of Chair Zumba Gold and strength training with Zumba toning sticks

Fridays 9am-9:45am
October 10 - December 19
(no class 10/31, 11/28)

Waterford Resident 65+ **\$48**

Resident under age 65 **\$53**

Non-Resident **\$58**

Instructor: Monica Bengtson

NEW!! Yoga

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

Thursdays 1:00pm-2:00pm
October 9 - December 18
(no class 11/27)

Waterford Resident 65+ **\$41**

Resident under age 65 **\$43**

Non-Resident **\$45**

Instructor:Sharon Sokolowski

Tai Chi

Increase muscle strength, flexibility and balance.

October 8 - December 17
Wednesdays
12:00pm-1:00pm

Waterford Resident 65+ **\$41**
Resident under age 65 **\$46**
Non-Resident **\$51**

Instructor: Alex Culligan

Dance to Broadway: Broadway Dance Style Class

Wednesdays 10:45-11:45am | October 8- December 17

A low impact Broadway tap and Broadway style dance class.

Instructor: Kristin Burrows

Waterford Resident 65+ **\$50**
Resident under age 65 **\$52**
Non-Resident **\$54**

Line Dancing

Mon/Fridays 10:00-11:00am |Oct 3- Dec 5 (No class 10/13, 11/28)

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

**Instructor:
Georgene Foley-Didato**

Waterford Resident 65+ **\$60**
Resident under age 65 **\$65**
Non-Resident **\$70**

PROGRAM WAIVER

Registration Date for Waterford residents, Tuesday, September 23, 2025

Non-residents may register beginning Friday, September 26, 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,

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

Physical Address: 24 Rope Ferry Rd. Waterford, CT 06385

Waterford Senior Services
15 Rope Ferry Road
Waterford, CT 06385
Address Service Required



PRSR STANDARD
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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.

