



# The Loop

January, February, March 2026



@Waterford Senior Services, CT

Follow us on Facebook  
and Instagram



@waterford\_senior\_services

860.444.5839

24 Rope Ferry Road, Waterford, CT 06385





# SENIOR CITIZENS COMMISSION

Joyce M. Vlaun, Chairperson  
Anne Darling  
Cathy Gonyo  
Tom Kennedy, Senior Liaison

Dina Lopes, Vice-Chairperson  
Rick Beaney  
Marilyn Lusher

Dan Rissi, Vice-Chairperson  
Susan Marelli  
Rich Muckle, Selectman  
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

Name	Title	Email	Phone
Meaghan Lineburgh	Senior Services Assistant	mlineburgh@waterfordct.org	860-444-5839
Michael Buscetto IV	Office Support Technician	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
Andy Staunton	LCSW Contract Clinician	John Frascarelli	Van Driver
Anne Ogden	Volunteer Food Bank Coordinator	Colleen Lineburgh	Substitute Van Driver

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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.

### SNOW DAYS!

If Waterford Public Schools are cancelled due to inclement weather Senior Services will cancel programs and transportation. Notices will appear on WFSB, Channel 3. Our offices will remain open.

### 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!

### WATERFORD HIGH SCHOOL SENIOR PASS

Free admission for Waterford High School Athletics, Drama and Dance. Valid for all HOME sporting events and show productions. Excludes playoffs & tournaments. Available at Senior Services. ID is required.

### 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, 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. Instructions on how the service works provided at the time of scheduling.

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

# HEALTH, SPORTS AND WELLNESS

## **Blue Zones: Lessons for Living Longer from the People who have Lived the Longest**

Those who live in what has been coined the "blue zones" live in very different parts of the world. Yet they have a common theme that is believed to lead to longer, healthier, happier lives. Learn about the 9 common sense healthy habits practiced by communities with the highest rate of centenarians across the world.

Monday, January 26, 11:00am-12:00pm.

With Kristine Johnson, Hartford Healthcare Center for Healthy Aging

### **Pickleball Lessons**

#### **Beginner session**

January 8 - March 19

Thursdays, 9 am- 10 am,

#### **Intermediate Sessions**

January 8 - March 19

Session A: Tuesday 9 am - 10 am

Session B: Tuesday 10:30 am - 11:30 am

#### **Advanced Intermediate Session**

January 8 - March 19

Thursdays, 10:30 am - 11:30 am

**\$70 Waterford Residents 65 and older**

**\$74 Waterford Residents over 65**

**\$78 Non-residents**

**Instructor: Ed Kolnaski**

### **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 help facilitate and provide instruction.

Fridays 9:45-11:45am (May vary)

Winter Session January - March

**\$10**

#### **Advanced Beginners/ Intermediates**

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

Winter Session January - March

**\$10**

### **Table Tennis OPEN PLAY\***

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

Winter Session January - March

**\$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

January 16, February 20, March 20

**Fee: \$15 Waterford Residents Only**

**Cash or check only**

Partially funded through the generous support of the Endowment Fund.

### **Falls Prevention Clinic**

A free comprehensive program designed to reduce the risk of falls by addressing factors like poor balance, muscle weakness, and home hazards. Learn exercises to improve strength and balance, how to recognize and removing risks, and strategies to build confidence in performing daily activities. Hosted by New London Rehabilitation and Care of Waterford. Preregister.

**Tuesday, January 13, 1:00 pm - 2:00 pm**

### **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 3<sup>rd</sup> Thursday of the month  
10:00-11:00am

**Facilitated by Andy Staunton, LCSW**



## **Healing Network Support Group**

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

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

**Facilitated by Chaplain Joe Parise**

## **Probate Matters and Estate Planning**

Understand how the probate process works in Connecticut. Learn what to do to prepare, and how to make informed decisions about your own estate.

**With District of New London & Waterford  
Probate Judge Hon. Matthew Greene**

Thursday, March 19, 5:30PM - 7:00 PM

## **Long Term Care Planning**

Long term care planning can help you maintain control over your care choices, receive the support you want in the setting you prefer. It reduces the burden on loved ones during an already difficult time. Protect your independence, assets and quality of life as you age or face a serious health event. FREE, but preregister.

**Thursday, January 15**

**Facilitated by Nancy Butler, CFP**

## **AARP Tax-Aide Program**

AARP volunteers will provide free tax preparation assistance with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are trained and IRS certified each year to ensure they're up to date with the latest changes and additions to the tax code.

**We will begin scheduling appointments on  
Wednesday, January 21 at 9 AM.**

## **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:**

January 13  
February 10  
March 10



## **NEW!! Memory Cafe' Program**

Senior Services, in partnership with the Waterford Public Library, will be offering a Memory Cafe' every Friday for the months of February and March. The Cafe' will offer a weekly opportunity for social engagement for anyone experiencing changes in their memory or thinking, accompanied by their care partner. Activities will include sing-a-longs, creative engagement, reading and conversation. Refreshments will be provided.

**February and March 2026**

**Fridays 9:30 am - 11:30 am at Senior Services**

**The program is free, open to the public,  
register at Senior Services.**



## **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 Corner Bookmark**

A mix of cross-stitch and paint-by-numbers. Create a sparkling design. Beginner Friendly.

Tuesday, January 20, | 10:30am-12:00pm

**Instructor: Linda Geer** **\$3**

## **Mosaic Picture Frame Workshop**

Decorate your own mosaic photo frame. One-of-a-kind design using colorful tiles and glass—perfect for beginners and art lovers alike!

Tuesday, February 24 | 10:30am-12:00pm

**Instructor: Jennifer Bracciale** **\$15**

## **Stay Connected Tech Series**

**Free Technology Series, 11:00 am - 12 pm**

- Monday, January 12: AI Artificial Intelligence
- Monday, February 9: Social Media & Zoom
- Monday, March 9: Scams and Data Security

**Instructor: Fernando Sabbadini**

## **Curiosity Club** Short videos and lively discussions

Free, but you must preregister

**The History of Shopping, Wednesday, January 14, 11 am - 12 pm**

Learn how early department stores liberated Victorian women, Malls offered a "new downtown", how the internet redefined shopping.

**Media Madness, Wednesday, February 18, 11 am - 12 pm**

Learn the history of radio and TV and how they shaped our culture. Look at "new media" and how it's changing our world

**National Parks, Tuesday, March 17, 11 am - 12 pm**

Learn how and why the parks began, the role of the railways, early marketing techniques and the power of nature to inspire, awe, and lift spirits.

**Instructor: Jude Carter**

## **Making The Most of Your Medical Appointments**

Learn simple tips to prepare for your visit, ask the right questions, and understand your care plan. This short class helps you feel confident, organized, and able to get the most out of every appointment. **FREE.** Preregister.

Thursday, February 26 | 11:00am-12:00pm

**With Rosario Cacciatore from Hartford Healthcare Center for Healthy Aging**

## **Knitting and Crocheting Club**

Wednesdays 10:00am-12:00pm

## **Terrarium Workshop**

Create your own miniature, self-contained garden with step by step instruction.

Tuesday, March 31 | 10:30am-12:00pm

**Instructor: Linda Geer**



**\$15**

## **Escape to the Movies This Winter!**

**Free Classic Movie Matinee Series, 1:00 pm:**

- Thursday, January 8: Some Like It Hot
- Thursday, February 12: Roman Holiday
- Thursday, March 12: Hoosiers

**Instructor: Dan Spellman**

## **Winter Book Discussion Group**

Books provided by **Waterford Public Library**. Sign up in Senior Services. New members encouraged!!

**The Berry Pickers** by Amanda Peters (2023)

Monday, March 2 | 11:30am-1:00pm

**Guest 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**

## **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**

## **Mindful Meditation Class**

This session will blend loving-kindness meditation combined with calming heart chakra meditation techniques to ease stress, support healing. Breathwork, Guided Imagery, Progressive Relaxation, Mudras. Beginner friendly.

Tuesday, February 17 | 11:00am-11:45am

**Instructor: Terry Fowler Wheeler**



## **Waterford Quilting Volunteer Group**

Mondays 1:00-3:00pm

# CAFE PROGRAMS

## Special Events

### Hearts and Friends Luncheon:

A Valentine's luncheon celebrating love and community. Musical entertainment by Mike Mauro.  
Menu: Lasagna, Caesar Salad, Warm Bread Sticks, Seasonal Dessert Table, Beverages.

**Wednesday, February 11, 12 PM** Register by February 4

**Ticket: \$14**

### Good Luck Luncheon:

A cheerful luncheon filled with friendship, good cheer and a touch of Irish charm .  
Music by Joe Grieco.

On the Menu: Traditional Corned Beef and Cabbage Dinner (catered by Mr. G's)  
Seasonal Dessert, Coffee and Tea.

**Wednesday, March 4, 12 PM** Register by February 26

**Ticket: \$17**



### Tuesday Morning Muffins in the Lobby

Meet Senior Services staff and other seniors and share muffin and coffee time!

**\$2**

Tuesdays 8:30am-11:30am

suggested donation

### Pizza and a Movie

2 Slices of Cheese Pizza, Popcorn, and a Beverage.

**Movies to be announced!!**

**Wednesday, January 28, 12 PM**

**Wednesday, February 25, 12 PM**

**Wednesday, March 18, 12 PM**

Register by the Monday before the movie

**\$6**



### Ice Cream Social

Hosted by New London Rehabilitation and Care

Tuesday, March 24, 1 pm - 2pm **FREE!**

### Out to 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. Preregister.

**Friday, January 16: Filomena's**

262 Boston Post Rd #1, Waterford

**Friday, February 27: Spice Club**

239 Main St, East Lyme

**Friday, March 20: Flanders Fish Market**

22 Chesterfield Rd, East Lyme

### Winter Breakfast Cafe'

#### Winter Rise & Shine Breakfast Buffet

Irish Steel Cut Oatmeal Bar. Toppings include: Brown Sugar, Cinnamon, Cooked Apples, Raisins, Maple Syrup, Strawberries, Blueberries, with Boiled Eggs and Assorted Pastries, Coffee, Tea and Juice.

Thursday, January 22 | 9:00am-11:30am

Register by January 20

**\$7**

#### Sweetheart Morning Breakfast Buffet

An Assortment of Seasonal Bakery Pastries, Bagels & Cream Cheese, Boiled Eggs, Fresh Fruit, Orange Juice, Hot coffee and Tea.

Thursday, February 19 | 9:00am-11:30am

Register by February 17

**\$7**

### Cafe' Lunch Specials

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

Wednesday, January 7 | 11:30pm

**\$7**

Meatball or Eggplant Parm Grinder \*regular or vegan (catered by Nana's Byrek), Mixed Greens

Wednesday, February 4 | 11:30pm

**\$7**

Chinese New Year Lunch: General Tso's Chicken, Vegetable Lo Mein, Fortune Cookies, Green Tea

Wednesday, March 25 | 11:30pm

**\$7**

Greek Lemon Chicken Orzo Soup, Greek Salad, Roll. Made in-house.



## CARDS AND GAMES

### **BINGO**

\*Cafe lunch option available

Wednesdays 12:45-2:30pm

- January 7 \*
- February 4\*
- March 11
- January 21
- February 18
- March 25\*

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

### **Bunco**

Fridays 1:00-3:00pm

**\$2 per game**

All money is collected by volunteers.

### **Left Center Right Wild!**

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!

### **Brain Flex**

Improve Memory Skills with a mix of word puzzles, word games and challenges to stay sharp! Welcoming new participants! Free!

Thursdays 10:30am-11:30am

## HUMAN SERVICES

### **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 Counseling**

Free, unbiased one-on-one benefits counseling with a CT CHOICES Certified Counselor on all parts of Medicare. Medicare Savings Program assistance available.

By appointment, call 860-444-5839

**Wednesdays, 10:00am - 2:00 pm with Sue Beeman**

**Thursdays, 12:00 pm - 3:00 pm with Mindy Stone**

### **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 or volunteers.

### **Recreation and Parks Wood Program**

Free firewood delivery program for Waterford seniors who qualify and are in need of assistance with winter heating costs. **Delivery expected to start after December 1, 2025.**

Call Recreation and Parks: 860.444.5881 for details, Register in Rec and Parks office or online.

**Yearly income limits:**

Single: under \$47,764 Double: under \$62,460

# TRIPS

## **Featured Friendship Tours Shows:**

*Bobby Darin and Frank Sinatra Tribute Show*  
Lunch and a matinee show at A Villa Louisa in Bolton, CT. Starring Bob and Rich DeSimone. Travel back and enjoy the hits from a swingin' time!  
Tuesday, April 21

*The New York Bee Gees Ultimate Tribute*  
At the Aqua Turf Club.. All of the classic 70's hits from *Stayin Alive* to *Night Fever*. Coffee and Donuts upon arrival, Family Style Lunch.  
Thursday, May 14

*Summer Nights; A Tribute to Grease*  
Get ready to Rock N Roll like its 1959 with this iconic soundtrack. Part tribute band/part musical theater. Unforgettable songs, costumes, dances!  
Wednesday, August 19

*Studio Two The Beatles Tribute Band*  
"New England's Best Beatles Tribute Band" Berklee College of Music Musicians bring the early Beatles years to life. Family style luncheon,  
Tuesday, October 13

*A Tribute To The Platters*  
All of The Platters Greatest Hits and then some. Aqua Turf Club. Includes their Holiday concert I featuring seasonal music. Welcome coffee and luncheon.  
Wednesday, December 9

## **Planned Trips – Details to Come!!**

*Maple Madness & Butterflies, Mason NH*  
Coming in April  
*Stories Beneath The Surface; Vintage Trolley Guided Tour Quabbin Reservoir, Palmer, MA*  
Coming in May  
*New York Botanical Garden: Flower Power Summer Expo*  
Coming in June  
*Culinary Institute of America Lunch and Taste Experience, Hyde Park, NY*  
Coming in June

## **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**

## **Featured Friendship Tours Vacation:**

### **Ocean City Maryland Trip**

October 13-16, 2026



Ocean Front Rooms, Assateague Island Wild Ponies, Assateague Explorer Eco Tour Cruise, Fenwick Island Lighthouse, Discover Sea Museum Includes: Deluxe Motorcoach, 3 nights oceanfront hotel, 3 breakfasts and Dinners,

\*Check back soon for more overnight trips! Lifestyles of Long Island, Rails and Sails in the White Mountains, & Niagra Falls are in the planning stages!!

## 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

January 6 - March 24

Waterford Resident 65+ **\$65**

Resident under age 65 **\$69**

Non-Resident **\$73**

**Instructor: Monica Bengtson**

### Chair Zumba Gold Toning

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

Fridays 9am-9:45am

January 9 - March 20

Waterford Resident 65+ **\$62**

Resident under age 65 **\$66**

Non-Resident **\$70**

**Instructor: Monica Bengtson**

### Yoga

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

Mondays 12:00pm-1:00pm

January 5 - March 23

(no class 1/19, 2/2, 2/16, 3/9)

Waterford Resident 65+ **\$40**

Resident under age 65 **\$42**

Non-Resident **\$44**

**Instructor: Sharon Sokolowski**

### Strength Training

Increase strength, range of motion and flexibility.

January 6- March 19

Tuesdays and Thursdays

#### **Strength Session A**

9:00-10:00am

#### **Strength Session B**

10:15-11:15am

(No Classes 2/17, 3/3, 3/5)

Waterford Resident 65+ **\$67**

Resident under age 65 **\$71**

Non-Resident **\$75**

**Instructor: Natalie Edwards**

### SPIN Class

A modified cycle class for ages 50+ or beginners. Limited to 10.

Thursdays 5:30pm-6:30pm

January 8 - March 19

Waterford Resident 65+ **\$62**

Resident under age 65 **\$66**

Non-Resident **\$70**

**Instructor: Carlye Anderson**

### Tai Chi

Increase muscle strength, flexibility and balance.

January 7 - March 18

Wednesdays

12:00pm-1:00pm

Waterford Resident 65+ **\$40**

Resident under age 65 **\$44**

Non-Resident **\$48**

**Instructor: Alex Culligan**

### Mobility and Stability

Tuesdays/ Thursdays 11:30AM -12:30PM | January 6 - March 19

(No classes 2/17, 3/3, 3/5)

Participants must be able to get up and down from the floor.

Waterford Resident 65+ **\$67**

Resident under age 65 **\$71**

Non-Resident **\$75**

**Instructor: Natalie Edwards**

### Chair Tai Chi

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

January 9- March 20

Fridays

11:30am-12:15pm **\$40**

**Instructor: Ted LaFemina**

### Line Dancing

Mon/Fridays 10:00-11:00am | Jan 5- March 13 (No class 1/19, 2/16)

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

Waterford Resident 65+ **\$53**

Resident under age 65 **\$57**

Non-Resident **\$61**

**Instructor:**  
**Georgene Foley-Didato**



# ***Waterford Senior Services Program Registration and Waiver***

Registration Date for Waterford residents, Friday, December 12, 2025

Non-residents may register beginning Tuesday, December 16, 2025

Register in person, by mail or online

**REGISTRATION INFORMATION: Complete the registration form below. Return the completed form with payment in full. Checks are made payable to the Town of Waterford. If you are registering for a trip, please confirm to whom you make the check payable. Program and transportation cancellations will be on television station WFSB Ch 3 and on Waterford Senior Services Facebook page.**

**Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Town:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Home Phone #:** \_\_\_\_\_ **Cell Phone #:** \_\_\_\_\_

**Work Phone #** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Emergency Contact:**

**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Town:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Home Phone #:** \_\_\_\_\_ **Cell Phone #:** \_\_\_\_\_

**Work Phone #:** \_\_\_\_\_

Program Name	Fee	Cash	Check	Credit Card

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:** \_\_\_\_\_

**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



PRSRT 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.

