January Lunch—TVCCA Nutrition Program

January 15th, 11:45am

Our guest speaker will be Eugene Theroux, TVCCA, Director of Nutrition Services. Come and learn more about healthy meals and nutrition services available for seniors.


Suggested donation: $4.50

Stop in and register by 1/8/20

Please note that if school is cancelled due to inclement weather, Recreation & Parks and Senior Services will also cancel all of their programs scheduled at the Community Center and in school buildings.

Tune in to Channel 3 for cancellations.

Valentine’s Day Luncheon

Please Join Us

Thursday

February 13, 2020 at Noon

Valentine’s Day Celebration

Menu: Spaghetti w/ Meatballs
Garlic Bread, Salad, Chocolate Cake

SPECIAL ENTERTAINMENT:
Singing and Dancing show by
“Brittany K & Jenna”

Tickets: $8.00
Tickets available 1/2—2/6/20

St Pat’s Luncheon

Tuesday

March 17, 2020 at Noon

Corned Beef Sandwich on Rye, Cole Slaw, Non-Alcoholic Beer, & Dessert  Special meal prepared by Lisa & Kathy

Entertainment: Irish Crooner, Tom Callinan

Tickets: $8.00

Wear your green!

Tickets available 2/3—3/10/20
Happy New Year!

What a wonderful year we had in 2019! We have many wonderful events and programs coming your way in 2020! Here are a few special events we are working on for the new year!

Mark your Calendars now!!

January—Lunch & Learn—Senior Nutrition Program 1/15/20
February—Valentine Luncheon 2/13/20
March—St Patrick’s Day Luncheon 3/17/20
April—AARP Smart Driver Class 4/23/20
May—Older American’s Month celebration 5/14/20
June—Annual Senior Services Picnic 6/24/20
July—Rafting Adventure (details to follow)
August—Dog Days of Summer Luncheon 8/13/20
September—National Senior Center Month 9/17/20
October—Trip to Lancaster Sights & Sounds Theatre 10/7-9/20
November—Veteran’s Day Celebration Date TBD
December—Holiday Luncheon—Date TBD

Keep your eyes open for updates on our webpage and bi-monthly newsletter. We have a lot of great things happening in 2020.
Registration Information February 14, 2020

- Walk-ins have priority.
- Mail ins: Postmark by February 14th or later.
- Waterford residents walk-in registration begins on FRIDAY, February 14th at 8:30 a.m. NO EARLY REGISTRATIONS WILL BE ACCEPTED. Residents who register for 16-week or 12-week fitness classes by Friday, February 21st will receive a $3 discount off the listed class price.
- Non-residents may register beginning Thursday, February 20, 2020
- Classes begin week of March 2nd, 2020.
- We accept cash or checks only. Make checks payable to the “Town of Waterford”.

**Flexibility & Balance**
16 Weeks
Wednesdays 9:45 - 10:45 a.m.
No athletic ability needed! Enhance flexibility & mobility, increase balance & strengthen back muscles.
Waterford Senior Rate  $ 48
Resident under age 65  $ 56
Non-Resident  $ 64
Class size: Min 12/Max 25

**Tai Chi for Health**
12-week session will run Starting March 5, 2020
Thursdays 10:30 - 11:15 a.m.
Tai Chi is clinically proven to be one of the most effective exercises to improve Health, Fitness, Balance, and Relaxation. Tai Chi consists of fluid, gentle and relaxed movements, called postures.
Instructor: David Chandler
Waterford Senior  $ 42
Resident under age 65  $ 48
Non-Resident  $ 54

**PACE** (People with Arthritis Can Exercise!)
16 Weeks
Tuesdays 1:00 - 2:00 p.m.
(Sign up separately in East Lyme for Thursday class)
PACE has been shown to reduce pain and depression and increase functional activities.
Waterford Senior Rate  $ 48
Resident under age 65  $ 56
Non-Resident  $ 64
Class size: Min 12/Max 20

**Healthy Stretch**
Tuesday
11:30 am - 12:30 pm
16 Weeks
As we age, our muscles become shorter and lose their elasticity. Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life.
Waterford Senior Rate  $ 48
Resident under age 65  $ 56
Non-Resident  $ 64
Class size: Min 15/Max 20

**Hearty Moves**
16 Weeks
Mondays and Wednesdays
10:00 - 11:00 a.m.
An exercise class for those 50 and over. Class begins with a warm-up followed by low impact moves and ends with a cool down period and stretching to help increase flexibility.
Waterford Senior Rate  $ 72
Resident under age 65  $ 80
Non-Resident  $ 88
Class size: Min 15/Max 30

**YOGA**
Wednesdays
11:00 a.m.- Noon
16 weeks
Learn to use stretching and proper breathing techniques to promote relaxation, healing, and to increase flexibility.
Waterford Senior Rate $ 48
Resident under age 65  $ 56
Non-Resident  $ 64
Class size: Min 12/Max 25

Page 3
Do you need help with your computer, laptop, or cell phone? Interested in using email to stay in touch with family and friends? Want to give Facebook a try? Schedule your appointment with one of our tech tutors.

Tuesday at 2:15pm OR Wednesdays at 1pm or 2pm
Call Senior Services to schedule your session!
860-444-5839
Overnight Trips

- Quebec Winter Carnival—February 6-9, 2020
- Iceland’s Magical Lights—March 2-8, 2020
- Philadelphia Chinese Lantern Festival—May 7&8, 2020
- Colorado Rockies—August 21-29, 2020
- Cruise to Alaska—September 4–11, 2020
- Shades of Ireland—October 3-12, 2020
- Lancaster and the Sight & Sound Theatre—October 7-9, 2020
- 2021—COSTA RICA!

Planning for our 2020 Day Trips is in the works. Looking forward to a great line up! We should have more information in the next newsletter.

Trip Policy
Register for trips as soon as you can. Trip counts are required a month in advance to determine if we have the minimum number for a trip to run. Trips that meet the minimum number of participants are set to go, so refunds cannot be issued for cancellations unless we have someone from a wait list to take the seat. For your protection, consider trip insurance for overnight trips.

Special Travel Presentations

Join us for these special presentations about upcoming Trips. Learn about the destinations and cash in on some discounts for early sign ups! Registration required: 860-444-5839

Thursday January 23, 2020 @ 1PM  Our Collette Travel Representative will be here to preview trips to the Colorado Rockies in August 2020, Shades of Ireland in October 2020, and COSTA RICA in 2021!

Thursday February 20, 2020 @ 1PM  - Grand American Cruises will preview the Alaska Cruise leaving in September 2020
We are still looking for volunteers to staff our Front Desk and work in the kitchen at the Community Center. Let us know if you have some time to share! Contact Kathy in Senior Services. 860-444-5839

Bring a Smile to Someone’s Face!

The Retired and Senior Volunteer Program (RSVP) is looking for volunteers (ages 55+) to make a difference in your community. Many opportunities to visit or grocery shop for older or disabled seniors and veterans in New London, Waterford, and Niantic. Volunteer around your schedule and make a positive impact! Contact: Georgia James: 860-425-6608 or gjames@tvcca.org

www.waterfordpubliclibrary.org

There is a lot happening at the library this winter. Here are the highlights:

JANUARY AUTHOR VISITS:
January 11 (Saturday) at 3:00 p.m.
Jean Baur and her service dog Rudy will discuss her book THE GIFT OF THEREAPY DOGS: REMEMBERING BELLA.
January 21 (Tuesday) at 6:30 p.m.
Greg Gilmartin will discuss his book SPY ISLAND.
January 22 (Wednesday) at 7:00 p.m.
Thomas Coletti and Victor Butsch will discuss their book A JOUNREY TO THE GALLOWS.
January 25 (Saturday) at 3:00 p.m.
Debbie Levison will discuss her book THE CRATE: A STORY OF WAR, A MURDER AND JUSTICE.

FEBRUARY PROGRAMS & SPECIAL EVENTS:
February 8 (Saturday) at 10:00 a.m. - ‘Chocolate for Health’. Registration required.
February 12 (Wednesday) at 6:30 - How to write a children’s book and get it published.
February 18 (Tuesday) at 6:30 p.m. - ‘Cheese the Day!’ The world of cheese with Mystic Cheese Company. Registration required.
February 22 (Saturday) at 2:00 - One-woman show: ‘A Woman with a Railroad: Harriet Tubman’ - a family program
February 29 (Saturday) at 2:00 p.m. - ‘Retirement, Now What?’
Author Sheri Koones will discuss her book DOWNSIZE: LIVING LARGE IN A SMALL HOUSE.

Also...
MOVIES - every Monday night at 6:00 p.m.
See you at the Library.
Roz Rubinstein
**PROBATE**

Appointments with the Probate Clerk are available at Senior Services one Wednesday each month.

The next available dates for appointments are:
January 15, 2020 & February 19, 2020

Please call Senior Services at 860-444-5839 to schedule your appointment.

**TVCCA Energy Assistance**

We are currently scheduling appointments for energy assistance at Senior Services for Waterford residents 60 years of age and older. Income guidelines are $34,366 for one person and $44,940 for a two person household.

Asset Limits: $15,000 for Homeowners $12,000 for Non-Homeowners

Be sure to bring the following documentation to your appointment: Social Security number, documentation of current income from all sources such as: social security, pensions, wages, alimony, rental income, and dividends or interest earned from all assets such as stocks, bonds, CD's, IRA's, a copy of your most recent bank statements, and proof of your rent or mortgage amount.

**IMPORTANT** - EVERYONE MUST BRING THEIR ENTIRE EVERSOURCE BILL WHETHER THEY HEAT WITH ELECTRICITY OR DELIVERABLE FUEL. DO NOT TEAR OFF THE PAYMENT STUB.

CALL SENIOR SERVICES AT 860-444-5839 FOR AN APPOINTMENT.

**Lunch at the Center....**

Lunch is served Tuesday, Wednesday, and Thursday at 11:45 am.

*Chicken Pot Pie, Hot Dogs, or Cheeseburgers are available for $3.00 each.*

Please order by 10 a.m. the day you are eating here to allow time for preparation.

The TVCCA Community Café Meal is also available for a $2 suggested donation. Order at least 24 hours in advance.

Casual Bridge is looking for additional players to join their group. They play each Monday & Wednesday mornings at 9:30am. Come join a lovely group of people who enjoy the game of Bridge.

**The Waterford Senior Buzz**

Listen to prerecorded programs on our podcast. Check out the link below for a full listing of shows you may have missed.

https://www.buzzsprout.com/222356

www.waterfordct.org/senior-services

Like us on Facebook: Waterford Senior Services, CT

We like to hear from you!
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<tbody>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Grocery Shopping Rides Available</td>
<td>8:30 Cribbage</td>
<td>8:00 Pickleball</td>
<td>9:00 Strength I</td>
<td>Program Registration for Residents</td>
</tr>
<tr>
<td>8:30 Strength III</td>
<td>9:00 Open Doors</td>
<td>8:30 Strength III</td>
<td>9:00 Open Doors</td>
<td></td>
</tr>
<tr>
<td>9:30 Casual Bridge</td>
<td>9:30 Pitch Games</td>
<td>9:30 Casual Bridge</td>
<td>10:15 Strength II</td>
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</tr>
<tr>
<td>10:00 Hearty Moves</td>
<td>10:15 Strength II</td>
<td>11:30 Healthy Stretch</td>
<td>10:00 Hearty Moves</td>
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</tr>
<tr>
<td>11:15 Healthy Stretch</td>
<td>11:45 Lunch</td>
<td>11:12-15 Blood Pressure Checks</td>
<td>11:00 Yoga</td>
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<tr>
<td>12:30 Pinochle</td>
<td>12:30 Pinochle</td>
<td>11:00 Yoga</td>
<td>11:45 Lunch</td>
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<tr>
<td>1:00 PACE</td>
<td>1:00 PACE</td>
<td>11:45 Lunch</td>
<td>1-3:00 Ping Pong</td>
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<tr>
<td>2:15 Chair Yoga</td>
<td>2:15 Chair Yoga</td>
<td>1-3:00 Ping Pong</td>
<td></td>
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<tr>
<td>Presidents Day</td>
<td>8:00 Probate</td>
<td>8:00 Pickleball</td>
<td>Program Registration for Non-Residents</td>
<td></td>
</tr>
<tr>
<td>Office Closed</td>
<td>8:00 Probate</td>
<td>8:30 Strength III</td>
<td>9:00 Strength I</td>
<td></td>
</tr>
<tr>
<td>8:30 Cribbage</td>
<td>9:00 Open Doors</td>
<td>9:30 Casual Bridge</td>
<td>9:00 Open Doors</td>
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<tr>
<td>9:30 Casual Bridge</td>
<td>9:30 Pitch Games</td>
<td>9:45 Flexibility and Balance</td>
<td>10:00 Hearty Moves</td>
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</tr>
<tr>
<td>10:15 Strength II</td>
<td>10:15 Strength II</td>
<td>11:00 Healthy Stretch</td>
<td>11:45 Lunch</td>
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<tr>
<td>11:30 Healthy Stretch</td>
<td>11:12-15 Blood Pressure Checks</td>
<td>12:30 Pinochle</td>
<td>12:30 Canasta</td>
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</tr>
<tr>
<td>11:45 Lunch</td>
<td>11:00 Yoga</td>
<td>12:30 Duplicate Bridge</td>
<td>1:00 Coloring Club</td>
<td></td>
</tr>
<tr>
<td>12:30 Pinochle</td>
<td>11:45 Lunch</td>
<td>1:00 Coloring Club</td>
<td>Afternoon Retail Shopping Available</td>
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<tr>
<td>1:00 PACE</td>
<td>12:30 BINGO</td>
<td>11:45 Lunch</td>
<td>1-3:00 Ping Pong</td>
<td></td>
</tr>
<tr>
<td>2:15 Chair Yoga</td>
<td></td>
<td>11:45 Lunch</td>
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</tbody>
</table>

**Visit the Snack Café on Wednesday**
Freshly made bakery treats prepared by ARC are available at the Community Center every Wednesday. Stop by in the morning and enjoy a tasty treat and beverage or take home cookies or granola to have at home.

**On Monday, Tuesday & Thursday mornings, coffee is available from 9-11am.**
Want a Break on Your Property Taxes?

A property tax credit program is available for Connecticut owners of real property, who are 65 years of age and older or totally disabled, and whose annual incomes did not exceed $37,000 for an individual or $45,100 for a couple in 2019.

The credit amount is calculated by the Town’s Assessor and applied by the Tax Collector to the applicant’s real property tax bill. The amount of the credit that may be granted is up to $1,250 for married couples and up to $1,000 for a single person. Credit amounts are based on a graduated income scale.

Application may be made with the Assessor’s Office between February 1, 2020 and May 15, 2020.
Contact the Assessor’s Office at 860-444-5820 for more information.
Veterans with at least 90 days wartime service with established Connecticut residency may be eligible for other credits too.

AARP Tax Preparation

Once again the AARP Tax Volunteers will prepare basic income tax returns for free at the Community Center.
You can call Senior Services at 860-444-5839 starting
Tuesday, January 28th after 9 a.m. to set up an appointment.

Nurse Managed Wellness Clinic January 8th & February 5th 10 a.m.—Noon
This free clinic offers a creation of a personal health record, health assessment & wellness screenings, and safety assessments & exercise mobility activities.
Call 860-444-5839 to arrange for an appointment.

Need a Ride?

Our vehicles are accessible.
Free rides for medical appointments are available Monday to Friday from 8:45am - 2:30 pm. Rides for grocery shopping are available Mondays and rides for retail shopping are provided on Thursdays. Rides to medical appointments are available in New London County and Westerly 24 hours a day, 7 days a week through a ConnDot Grant. Call to learn more and to register for the MED RIDE program
Call 860-444-5839 for a ride.

SNAP...The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, helps low-income individuals and families afford the cost of food at grocery stores and farmers’ markets. If you are interested in applying for SNAP, you can use the pre-screener program at www.ctfoodstamps.org or call us for an appointment to be screened for eligibility at 860-444-5839.

Waterford Recreation and Parks Wood Program

Proof of income and assets will be required of all applicants.
The income limits are as follows:
Single: $ 34,366  Double: $ 44,940
Asset limit for homeowners is $15,000 and for renters $12,000.
Call Recreation & Parks at 860-444-5881 to register and for more information.
Waterford Senior Services Contact Info:

Website: www.waterfordct.org
Phone: 860-444-5839
Fax: 860-440-5720

Location:
Waterford Community Center
24 Rope Ferry Road
Waterford, CT 06385

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

Are you looking to “Get Out of the House”? Join our “Get Out of the House Group” once a month for lunch or dinner at local restaurants. Everyone pays for their own meal. For the winter months we are going to go for lunch on the third Friday of the month!

Why not give it a try? Call Senior Services at 860-444-5839
Please Note: Reservations cannot be made until the 1st business day of the month of the outing. Seats are limited.

- **January 17, 2020 at 11:30 am**
  Grasso Technical School—Groton

- **February 21, 2020 at 12:00pm**
  Pizza Lunch & a Movie at the community Center ($5 per person)

BINGO!!

**January & February**

**Purchase your cards by 12:30 p.m.**
**First number is called at 12:45 pm SHARP!**

- **January 8**
- **January 22**
- **February 5**
- **February 19**

Ping Pong

Wednesdays & Fridays
1-3 pm

Pickleball

Tuesdays 9:30—11:30 am
Wednesday 8:00—9:30
Friday 11:45—2:15 pm

Meet new people and get a good workout too!

NEW!

**Friday, January 24th at 1pm**

Sign up for our NEW Arm Chair Traveler program! First stop is **Austria**! Learn about the country, culture and food!

Come hear all about the country from a Native Austrian! Sign up required.

Waterford Senior Citizens' Commission:
Carol Sanders, Chairperson; Kathleen McNamara Esq. & Joyce Vlaun, Co-Vice-Chairpersons;
Anita Collins, D.Judith Crawford, Rev. James Johnson, Dina Lopes & Anne Darling

Town of Waterford Municipal Agent: Lisa Cappuccio
Open Doors

Do you have a family member or friend starting to have issues with their memory?
Open Doors may be the program for them!
Tuesdays and Thursdays 9 am-2 pm

Open Doors is a program for those with mild to mid-stage memory loss, dementia, or cognitive challenges. The program provides socialization, stimulating activities, a comfortable environment, and a place for participants to achieve success. This program also provides much needed respite time for caregivers. Please contact Senior Services at 860-444-5839 to request an enrollment packet or to learn more about this program.

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.