

# Montville Senior Center News

**TOWN OF MONTVILLE  
DEPARTMENT OF SENIOR & SOCIAL SERVICES  
& THE MONTVILLE SENIOR CENTER  
KATHLEEN DOHERTY-PECK, DIRECTOR**

860-848-0422

Monday - Friday 8:00 - 4:30 pm

Ruth Massey-Abruzzo - Senior & Social Services Asst.

Jennifer Adams— Social Services Specialist

*Montville Silver Times*

Established December 1996



## **MONTVILLE COMMISSION ON AGING**

Chairperson ..... Kathie Doherty-Peck  
Secretary.....Deb Suarez  
Member .....Karen Perkins  
Member ..... Lou Ziegler  
Member .....Mary Adams  
Member.....Irene Taylor  
Member .....Lyndsey O'Brien  
Town Council Liaison .....Billy Caron  
Police Liaison.....Lt. Radford

**Meetings First Wednesday of the Month in the  
Senior Center Library at 10:00am**

June 2025

## **Summertime BBQ at the Montville Senior Center!**

Where: 12 Maple Avenue, Uncasville, CT 06382

When: Friday, June 27th at 1 PM

Cost: \$8.00 donation

Menu: BBQ Chicken, Salads, Beans, Desserts & more  
& Entertainment and raffles too!



Come join us for our  
ANNUAL SUMERTIME BBQ!  
Join us for an afternoon of  
great food and great  
entertainment with GREAT  
people!

Sign up on the bulletin board at the senior center, call Ruthie at (860)848-0422, or email [cperkins@montville-ct.org](mailto:cperkins@montville-ct.org)! We hope to see you there!

To participate in any program, you must have an active membership with the Montville Senior Center. To register for a program, please call (860)848-0422, email [cperkins@montville-ct.org](mailto:cperkins@montville-ct.org), stop by the front desk, or sign up on the bulletin board.

## EXERCISE & HEALTH CLASSES

All exercise classes are FREE for members! Call (860)848-0422 to register or for more information!

Class	Day & Time	Location
Country Line Dancing	Mondays; 9:15—10:15 AM	Hall
Healthy Stretching	Mondays; 10:30 AM	Hall
Zumba	Mondays; 5—6 PM	Hall
Tai Chi	Tuesdays; 2:45—3:45 PM	Hall
Meditation	Wednesdays; 10—11 AM	Hall
Line & Country Dancing	Wednesday; 1:15—2:15 PM	Hall
Sound Healing	Wednesdays; 5:30—6:30 PM	Hall
Sound Healing	Thursdays; 10 AM—11 AM	Hall
Strength Training	Thursdays; 2-3 PM	Hall
Mindful Drumming	Fridays; 10:15—11 AM	Hall

## ART, CRAFT & HOBBY CLASSES

All craft and hobby classes are FREE for members!

Class	Day & Time	Location
Painting	Mondays; 10—12 PM	Art & Craft Room
Computer Class	Mondays; 10 AM– 11 AM	Computer Lab
Computer Class	Mondays, 11 AM—12 PM	Computer Lab
Computer Class	Tuesdays; 10 AM—11 AM	Computer Lab
Computer Class	Tuesdays; 11 AM—12 PM	Computer Lab
Zentangle	Tuesdays; 2– 4 PM	Hall
Drawing	Wednesdays; 10—12 PM	Arts & Craft Room
Drawing	Wednesdays; 12:30—2:30 PM	Arts & Craft Room
Painting	Thursdays; 10—12 PM	Arts & Crafts Room
Painting	Thursdays; 12:30—2:30 PM	Arts & Crafts Room
Card Games	Fridays; 12:30 or anytime!	Hall

### **Veteran Representative Resource** **Every First Tuesday of the Month**

Tuesday, May 6th from 2-4 PM

A representative from Veteran Affairs will be here every first Tuesday of the month to help with any Veteran in need. The rep will be here to go over benefits, paperwork, and help you find resources that you are entitled to!

### **Join Our New Email List**

Please send your full name (first and last), phone number, birthday and email address to [cperkings@montville-ct.org](mailto:cperkings@montville-ct.org) to be added to our email list! Starting in 2025, we will be emailing out all of the happenings at the Montville Senior Center. Anything from new programs, classes, important information, reminders, and newsletters will be sent out through our email list!

Please put "Add to Email List" as the email subject!

**To participate in any program, you must have an active membership with the Montville Senior Center. To register for a program, please call (860)848-0422, email [cperkings@montville-ct.org](mailto:cperkings@montville-ct.org), stop by the front desk, or sign up on the bulletin board. Registration is required.**

## Program Highlights



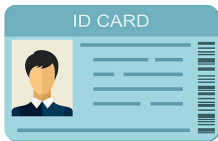
### Once-a-Month BINGO

Friday, June 6th  
1—3 PM

Cost: \$5.00 Donation Request

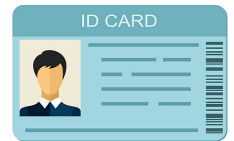


Come have fun with us as we start up our once-a-month bingo! Come have goodies and coffee, all while enjoying the company of good friends and a chance to win a monetary prize! The bus is available for this program.



### Senior ID Cards

Friday, June 6th at 11 AM—12 PM  
Free for members!



Are you in need of a Senior Id Card? Come down to the Montville Senior Center and get one by one of Montville's

A Montville Police Officer will be here this day to issue Senior ID Cards for any of our members in need! Make sure to stop in to receive yours!



### Sea Shell Craft

Monday, June 9th 1PM  
Free for members! (limited capacity)



Join us as Cathy leads us through another month of a fantastic craft! This month we will be taking sea shells and glue guns to create a lovely masterpiece of shells, perfect for personal display or gifting! Make sure to sign up ASAP, as this class has limited capacity.



### Dessert Decorating

Wednesday, June 11th at 1 PM  
Free for members!



Join us for our monthly program– Dessert Decorating! Each month we will have a professional dessert decorator teach us how to decorate tasty treats! This month we will be decorating cupcakes! We will be continuing this program with varying desserts to decorate in the future.

Did you know that the programs, classes, services, and activities at the Montville Senior Center are **FREE** to our seniors? This is done to afford every senior the opportunity to participate and benefit from all of we have to offer. As the first Director of the Montville Senior Center, this was always important for me to implement and maintain. This is only possible due to the many grants that I write, our fundraising, and donations we receive. Please note that the regular and special dinners are fundraising efforts to help off-set the costs of all of the instructors, supplies, & more for you. A huge **THANK YOU** to my awesome staff & volunteers, who work tirelessly on all of our events for our seniors to enjoy! Montville has the best seniors & community!



## Indoor Craft & Yard Sale

*Saturday, June 14th*

*9 AM—1 PM*

*Montville Senior Center*

*\$25 per table purchased*

*Breakfast Sandwiches & Kathie's Clam Chowder Available*



Who doesn't love a yard and craft sale? We're bringing the yard/craft sale indoors at the Montville Senior Center! Do you have a garage/closet full of stuff that is still good, but you don't need anymore? Are you a crafty person who wants to spread joy through crafts? Make sure to join us for our indoor yard and craft sale! We'll be "selling" 4x6 tables for \$25 each, where you can bring any of your stuff to sell! Table set up will begin at 8 AM and doors will open at 9 AM. There will also be breakfast and lunch available for a donation! If you are interested in purchasing a table, please contact Caitlin or Kathie at (860)88-0422 or email cperkins@montville-ct.org.

## **Aquatic Bird Presentation**

*Tuesday, June 17th at 1 PM*

*Free for members!*

### **Snacks & beverages served**

Join us for a fun presentation about aquatic birds of Connecticut. Thomas Kosturko from Home Care Compassion will be leading this lively presentation! IN this presentation you will learn the migration, eating habits, nesting/breeding, and lifespan on a number of aquatic birds that you would see right here in Connecticut! Participants will be encouraged to ask questions throughout the presentation. Please sign up on bulletin board.

leonardo dicaprio tom hanks



## **Dinner & Movie**

*Friday, June 20th at 3 PM*

*Menu: Homemade Meatloaf & Mashed Potatoes!*

*Movie: Catch Me If You Can*

*\$5 suggested Donation*

Frank Abagnale, Jr. (Leonardo DiCaprio) worked as a doctor, a lawyer, and as a co-pilot for a major airline -- all before his 18th birthday. A master of deception, he was also a brilliant forger, whose skill gave him his first real claim to fame: At the age of 17, Frank Abagnale, Jr. became the most successful bank robber in the history of the U.S. FBI Agent Carl Hanratty (Tom Hanks) makes it his prime mission to capture Frank and bring him to justice, but Frank is always one step ahead of him.



## Self-Care Services & Programs

**COFFEE & PASTRIES DAILY (WHEN AVAILABLE) IN THE DINNING HALL FROM 9:00-11:00 AM**

**\$1.00 DONATION REQUEST**

**LUNCH DAILY IN THE DINNING HALL FROM 11:00—12:30 PM**

**\$1.00 DONATION REQUEST**

(NOT REQUIRED THOUGH SUPPORTS THE KITCHEN COSTS)

### BETTER HEALTH PROGRAM

Available 4 days a week—call and come down to meet Michelle. Our new clinician for our mental health one-on-one services and group therapy! The Montville Senior & Social services is offering a FREE Mental Health Services at both the Montville Senior Center and Montville Social Services. Many people find the holidays difficult, or suffer from depression, have anxiety, addictions or just need someone to talk to. Mental Health is a very important part of health care. Don't neglect your mind while taking care of your body! Call for details and/or an appointment! A suggested donation of \$5.00 per visit is appreciated! Thank you!

### MINI-FACIALS By Dori

Tuesdays by appointment  
**FREE!**

Call the last Monday of the Month to sign up for your mini-facials! Free to our seniors (please feel free to tip).

Our licensed and certified service providers are paid for through fundraising and grants! Come and enjoy a wonderful mini-facial from Dori from Doris's Lash and Spa. Get special relaxing and healthy treatment for yourself – you do not know what you are missing until you try it! **PROMISE!**

### Reiki

Wednesdays, by Appt.

REIKI is a method of natural healing based on the application of Universal Life Force Energy. REIKI is one of the more widely known forms of energy healing. Energy healing involves direct application of CHI for the purpose of strengthening the client's energy system (aura). This is a quiet, individualized program. Free to our seniors, donations accepted.

### Podiatry

Once a month on a Thursday; Call to make an appt.

We have a wonderful Podiatrist, DR. Thomas Walter, come to our Center once a month on Thursdays to perform routine foot care. Not a service normally covered by Medicare unless you are a Diabetic, Dr. Walter will perform routine foot care for a cost less than a regular office visit. This Program is free to Montville seniors, a \$15.00 donation is requested, not required. Call Kathie for details and date of next visit.

### Massage Therapy

Fridays, by Appt.

MASSAGE THERAPY Offered on Fridays, Marie, our Massage Therapist offers Massage Therapy and the many health benefits it provides (relief from arthritis, circulation, aids in digestion, anxiety, along with many other benefits). Appts are free to Montville seniors. Sign up is first come, first serve – one appt per month per senior as the schedule fills up and we have a waiting list each month. Call last Monday of the month to sign up.

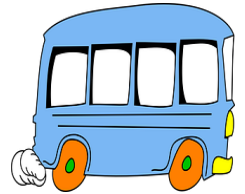
## Bus Rides

**SENIOR BUS SCHEDULE – Subject to Change**  
**Call #860-848-0422 or stop by the office for reservations**

Monday	Tuesday	Wednesday	Thursday	Friday
-Senior Center -NL/WTFD Area Shopping	-Senior Center -Shopping -Banking	-Senior Center -Norwich Shopping Area	-Senior Center -Shopping -Banking	-Senior Center -Special Trips

### FRIDAYS ON THE BUS

June 6th– Bingo @ MSC  
 June 13th– Lunch at Fred's Shanty  
 June 20th– Fruit Picking at Lyman Orchards  
 June 27th– Summertime BBQ @ MSC



## Transportation

### MedRIDE

#### Free Transportation Program

The Montville Senior Center **Med RIDE I** program is available to take seniors to any/all medical appointments. Doctor, pharmacy, hospital screenings & tests, dentists, etc. To make an appointment, call Kathie or Ruthie at the Senior Center 860-848-0422. It is best to schedule your appointment as soon as it is made to avoid any scheduling conflicts. This program is supported by the Town of Montville and Senior Resources with Title III funds made available under the Older Americans Act. Donations accepted. Donation requests of \$5.00 per ride can be deposited in the lockbox on the van.

### MedRIDE II

#### Free Regional Transportation Program Montville & Norwich Seniors

If you are in need of medical transportation, call the new MedRIDE II program. WE can help. The town of Montville and City of Norwich have joined together and received a grant to help transport seniors to medically necessary appointments. Do you need to go to Yale, New Haven, Hartford Hospital or Farmington to a specialist? Let us take you! Call 860-889-5960 for your appointment.

## Assistance

### Energy Assistance

If you would like to sign-up for Energy Assistance, please call the Center at #860-848-0422 or Social Services #860-848-8820 for your appointment. Documentation needed: all (current) income, name, DOB, SS # for everyone in the home, heating source & company with Acct#, and most recent Electric Bill. Don't miss out on the opportunity to get a little heat with your heating costs this winter season.

### Homemaker Program

The Montville Senior Center Homemaker Program proposes to provide FREE in-home services to our seniors in the Town of Montville. Seniors will get an initial overall cleaning and then weekly or bi-weekly maintenance cleaning. Seniors who are physically or financially unable to afford this type of service would qualify for this program. Please call Kathie at (860)848-0422.

### Equipment Closet

The Senior Center has medical equipment (i.e. wheelchairs, walkers, shower seats, commodes, etc.) available for our Montville residents on a loan basis. The equipment can be borrowed for any length of time and returned whenever you're finished. This is a FREE program, however, and release form must be signed. Don't purchase the item that you may need temporarily– come and borrow from the equipment closet!

## MONTVILLE SENIOR CENTER

SENIOR CENTER DIRECTOR: KATHLEEN PECK

12 MAPLE AVENUE, UNCASVILLE • PHONE 848-0422



## A NOTE FROM YOUR LIAISON:

I hope you all enjoyed your Older American's Month Celebration! It was an honor to be there and show our seniors how much we love and appreciate all that you have done and continue to do for our country, our community, and our lives. Our elderly population is one of our most valuable assets and we should all show our appreciation every day of the year! Thank you! As always, please contact me with your questions or concerns.

~ Liaison Billy Caron

## A Message From The Mayor's Office

Dear Montville Seniors,

June is here, and with it comes a variety of exciting programs and events for everyone to enjoy! We'll kick off the month with a visit from the **Veterans Affair Representative on Tuesday, June 3rd from 2:00 to 4:00 PM**, offering valuable support and information for our veterans. Later in the week, stop by on **Friday, June 6th at 11:00 AM** to get your **Senior ID Cards**, and stick around for a fun-filled afternoon of **Bingo at 1:00 PM**.

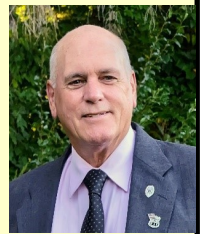
Get creative with us during our **Sea Shells Craft session on Monday, June 9th from 1:00 to 3:30 PM**, where you can make beautiful seaside-themed creations. Then, satisfy your sweet tooth with **Dessert Decorating on Wednesday, June 11th at 1:00 PM**—a delicious way to express your artistic side!

Looking for something unique? Don't miss our **Indoor Craft/Yard Sale on Saturday, June 14th at 9:00 AM**—a great opportunity to shop for handmade goods, vintage treasures, and more. On **Tuesday, June 17th at 1:00 PM**, join us for an educational and fascinating **Aquatic Bird Presentation**.

Later in the month, relax and unwind with our **Dinner & Movie event on Friday, June 20th at 3:00 PM**, featuring a tasty meal followed by an entertaining film.

Finally, we'll wrap up the month with some summer fun at **June's Summertime BBQ on Friday, June 27th at 1:00 PM**. Join us for delicious food, good company, and the warm spirit of community. We look forward to seeing you at these wonderful events. Let's make this a memorable month together!

Mayor Leonard (Lenny) Bunnell, Sr.



## SENIOR CENTER MEMBERSHIP NEWS

The annual membership dues are \$25.00. (I am certainly able to work with any senior that cannot afford the membership dues, please come see me—we can absolutely work this out in the privacy of my office) Though most folks have not had any issues, few have made indirect comments so I wanted to remind everyone that Montville is one of the only centers in our area and very few throughout our state that does not charge for any of our classes and most programs. I spend a great deal of time writing grants and my dedicated staff and volunteers work very hard on all of our fundraisers so that we can offer these programs for free. The dinners that we have and our lunch program are fundraisers so that all of our seniors can participate in the programs without concern of being able to afford them. For a quick breakdown of the cost:

**\$25.00 year = \$2.08 a month = \$0.48 a week = \$0.06 a day**  
VS.

**Instructors for one month range between = \$200—\$1,000 (per classes or programs) we presently offer over 30 programs (and can participate in all or some or none) seniors can also come down for coffee & pastry every morning (no additional charge), lunch daily (\$1.00 donation request to help us off set items needed), socialization, health programs, computer use, library & more. Please feel free to contact me if the membership fee poses a hardship and I will always make sure to help. Also feel free to contact me with any questions.**