

The Montville Community Booklet

Winter/Spring 2020



**Relationships are the
oxygen of human
development.
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and deserve many
adults who connect
- and deeply connect -
with them.**

Peter L. Benson Ph.D.



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partnership with the
Town of Montville*



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<https://mohegan.nsn.us>



Mayor's Corner



Dear Montville Families and Residents:

Happy 2020 everyone! I wish to thank you all for your continued faith and support in me as together we make Montville better each day!

As we prepare for the winter season, and look forward to a new spring, I encourage all of you to keep informed about the diverse array of our programs, services, and events by reading the Montville Community Booklet; a publication created especially for Montville's residents!

The Route 32 corridor continues to look more vibrant and bustling with business! Nature's Art Village I s expanding its offerings again, so pay them a visit. We continue to create opportunities, and remain open to having discussions with developers and other businesses in our commitment to positive growth and economic development in our local area, making Montville more economically stable! I wish you all a safe winter season, and a happy spring. Please be sure to stay tuned to the Town of Montville's website for important information, event highlights and updates: www.townofmontville.org and as always, please remember that my door remains open.

Sincerely,

Ron McDaniel

Ronald K. McDaniel
Mayor, Town of Montville

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The advertisement features a large photograph of a multi-story building with a prominent stone and brick tower. In the foreground, there is a well-manicured hedge and a sign for Beechwood Post-Acute & Transitional Care. A smaller inset photo shows three people (two men and one woman) standing together, with a large stylized 'B' behind them. The text is overlaid on the top and bottom of the image.

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Montville Community Bulletin Board



MONTVILLE SENIOR CENTER COMMUNITY GARDEN

The Montville Senior Center has a Community Garden on the Senior Center grounds. The Senior Center Garden Committee and Director oversee the program. Garden beds are available for those in our community who would like to “rent” and maintain a garden. The garden space will allow you a chance to do gardening and supplement your household grocery budget with healthy food. It will also be a chance to allow you to give back to the community. Gardens are available for \$10.00 per year and ¼ of harvest, which is to be donated to the Montville Social Services Food Bank. If you have a green thumb, or even if you don't but would like to have fun in a garden of your own, call Kathie @ 860-848-0422 at the Center for details, rules and registration, and “rent” your very own garden!



Montville TAG SALE PROGRAM / Re-Use Program

The TAG SALE PROGRAM (RE-USE Room) is a great way for Montville non-profit organization members to raise funds for their groups or cause while helping the Town save money by recycling. This is a very successful program for both the Town and Organizations. Help our environment by RE-USING items that have been disposed of but are in good condition and/or could be used for other purposes. Tag Sales are held Saturdays and Sundays from 9:00 AM to 1:00 PM at the Tag Sale Building, which is located in the Town Hall Parking Lot, 310 Norwich – New London Tpke, Uncasville, CT 06382 (Rte 32 – little white house)

If you are interested in having your non-profit or not-for-profit organization raise funds while helping the Town of Montville with our recycling efforts, please call Kathie. This program falls under the Town of Montville Department of Senior & Social Services, under the Director Kathleen Doherty-Peck. 860-848-0422



The Montville Senior & Social Services Department benefits tremendously throughout the year from the donations from of our Montville Stop & Shop! We simply cannot THANK YOU enough! Stop & Shop, their wonderful managers and staff, all of their generous customers, and everyone who generously contributes all year long to help our seniors and our social services clients who are food insecure and are in need of assistance. Your continuous support allows us to help so many – thank you for being so wonderful to our community.

Annual Easter Egg Hunt

For Ages up to 10 years old
Saturday, April 4th at 1pm.
Rain Date will be Sunday, April 5th at 1 pm.
Location: Camp Oakdale Ball Fields on Meetinghouse Lane
The Easter Bunny will be there, and so should you!
Presented by Parks & Recreation and our local Oxoboxo Masons

Flashlight Easter Egg Hunt

For ages 11 to 16 years old
Saturday, April 4th at 7:30 PM
Location: Camp Oakdale Ball Fields on Meetinghouse Lane
Bring your flashlight and something to collect your eggs.
Registration limited to the first 50 registered.
Registration begins Monday, March 9th and remain open until filled.
Register by calling our office at 860-848-6780
Co-sponsored by Atlantic Broadband and the Oxoboxo Masons

Boston Bus Trip

We have chartered a bus to travel to Boston and drop off at Faneuil Hall for a day of "own your own" shopping, dining and exploring the City of Boston. Our motor coach will pick up at Town Hall on Sunday, March 15th at 8 am and arrive in Boston approximately 10:15 am. Take in all the sights and sounds of the city and return to Faneuil Hall by 7 pm to depart back home. Check out more details in the Parks and Recreation section of this booklet.

Additional Trips Planned

We are also planning on your own trips to Newport, Rhode Island this summer and then New York City in Christmas season of 2020.

Summer Camp Counselor Applications

Applications will be available beginning March 2nd and close on April 13th. Interviews will begin April 16th and continue until all positions are filled. Applications are submitted using the Town of Montville Application for Employment located on the Town's website under Human Resources.



1031 Norwich New London Tpke
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Uncasville, CT 06382

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-Realtor-

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MONTVILLE SENIOR & SOCIAL SERVICES DEPARTMENT

Dear Montville Community Friends,

Well... Winter certainly came in with a bang! Our main concern is always keeping our seniors safe, please watch our local TV channels for closings. Classes and/or the Center will be closed during inclement weather to ensure everyone's safety. With that said, we are not just waiting around for warm weather, we have a very busy schedule with many new programs and services!!! Come and check out all that we have to offer, enjoy socializing with other seniors, participate in the programs that interest you, suggest ones you are looking for, and reap the benefits of all we have to offer! Our programs and services are FREE to our Montville seniors 60+!!! You can't beat that! So look through the booklet for all of our great Senior Center programs and services and come down and meet some wonderful people! The Montville Senior Center is always growing - in every way possible!

Our Montville Social Services is a wonderful resource for so many of our residents in town who are having

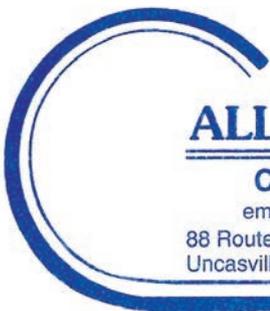
a difficult time meeting basic needs or facing crisis/hardships. We offer many programs and services to help our residents in need. Please look through the booklet and always call if you are in need; we will do our best to help however we can! Often, people do not realize all we have to offer, until it is needed! We are here for those in need! We are very thankful to the Montville community for their continued generosity and support of our office and our services, without which we would not be able to do all we do!



Sincerely,
Kathleen Doherty-Peck, MS
Director of Senior & Social
Services
Montville Senior Center
Elderly MA
C.A.M.A.E. President

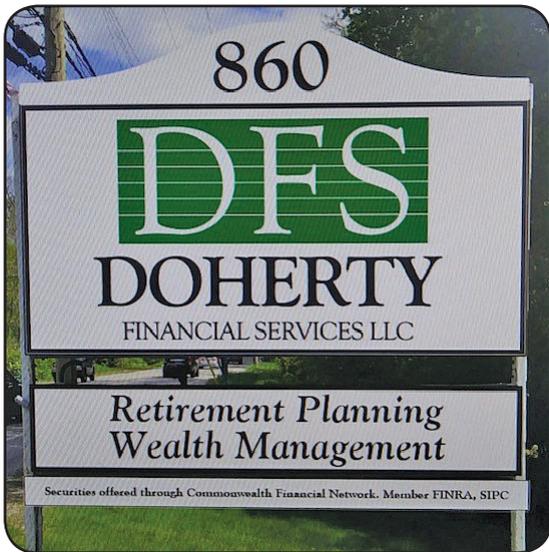
Senior & Social Services Staff

Kathleen Doherty-Peck, Director
Ruth Massey-Abruzzo, Senior Center Asst.
Robin Washington, Social Services Asst.
Larry Antoniac, Bus Driver
Mary DeWolf, Lunch Coordinator
John Spinnato, MedRIDE I Driver
Paul Bychowsky, MedRIDE I Driver
Tom Gingerella, MedRIDE II Driver
Harry Mars, MedRIDE II Driver



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MONTVILLE SENIOR & SOCIAL SERVICES DEPARTMENT

SOCIAL SERVICES PROGRAMS

Office Hours: Monday – Friday
From 8:30 – 3:00

The Social Services Office is dedicated to supporting the individuals, families, and seniors of our Town in need. We work hard to ensure we are doing all we can to help our Montville residents facing difficult situations and hard times by providing immediate assistance and crisis intervention. We strongly enforce the privacy and confidentiality of our clients.

SUPPORT SERVICES

Our Better Health / Mental Health Services will be available to our residents on a weekly basis. Designed to help those in need feel good, deal with life's changes, depression, addiction, and address other mental health needs. The Better Health Program, will provide a licensed clinician to work one-on-one with our residents along with facilitating group support services. Our program will be available for seniors at the Center and our under 60 residents in the Social Services Office. This valuable program will be FREE to our Montville residents! Call Kathie the Director @ 860-848-0422 for details.

EASTER BASKETS

If you are in need of an Easter Basket for your child, please contact the Social Services Office. Call 860-848-8820 and specify the age and gender of your child and/or children! We will provide Easter baskets filled for your child / children and hope to help make Easter special for your family! Please sign up by Friday, April 3rd – Baskets will be distributed the week of Monday, April 6th – Thursday, April 9th.



GRIEF SUPPORT SERVICES

We are offering Grief Support Services Program for residents once a week, in the Social Services building, every Friday. The program is provided by certified staff and the services are private and confidential, free, and available to those seeking assistance. This is a great service for those who are having a difficult time dealing with the death of a loved one, the loss due to addiction, and the many facets of grief. Please stop in or call for details.

APPLICATION & REFERRAL ASSISTANCE

The Department of Senior & Social Services offers application and/or referral assistance for many State and Federal & local Programs. Some applications can be confusing and intimidating. Let us help you. We can help you fill out the application, gather info needed to accompany application. Many programs are available for our residents in need, call for an apt and let us help you. Any questions or for more information, please call for appointment. 848-8820.

FREE INCOME TAX ASSISTANCE & BUDGETING PROGRAM

The Montville Social Services Department will try to offer FREE Income Tax Assistance and Budgeting Program to our Montville Residents, should the program be available again. If possible, program will

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be offered at the end of January, beginning of February. Please call the office to sign up for this valuable service! Assistance will be given by appointment. Don't miss out, please call Robin @ 860-848-8820.

COMPUTER SERVICES

We have a computer for clients to use located in the Social Services Building. If you need access to a computer for job search, unemployment benefits, apartment rentals, etc. or maybe you need to update and print your resume? Please come in and utilize this wonderful service.

INTERVIEW ATTIRE PROGRAM

We have a new program, our Interview Attire Program that is full of the appropriate clothing needed to make your first impression a good one when going on a job interview! "You never get a second chance to make a first impression!" Come to the Social Services Building and ask about our Interview Attire Program! Robin will try to help to make sure you put your best foot forward and hopefully the opportunity of landing that job! If you would like to donate to this program, please bring items to the Social Services Building.

JOB BANK

If you are unemployed or underemployed, come and register with our Social Services Office for our "JOB BANK" program. This program has been very helpful to those seeking employment as we are often sent employment opportunities from local businesses and we are continually working on details to help our clients and contacting those in our community in need of employees. Call Robin @ 860-848-8820 for details.

ENERGY ASSISTANCE

The Senior & Social Services Offices are still taking applications for Energy Assistance. Assistance began in November and the program runs until March 15, 2019. The Town of Montville Senior & Social Services Department has a partnership with various energy organizations and can take application directly for each program. Please call for you appointment. All income/ assets from **current year** are needed. Please do not miss out on these programs, call to see if you qualify and/or to make an appointment!

COMMODITY SUPPLEMENTAL FOOD PROGRAM FOR SENIORS

As members of the Gemma Moran Food Center, the Montville Senior & Social Services Department is able to participate in a commodities program for our elderly, 60+. If you are a senior in the Town of Montville and your annual income is \$15,301 (for family of one) and \$20,709 (family of two) you can qualify for this great

program! Once a month the Food Center will deliver a box of food filled with great staples (juice, cereal, pasta, powdered milk, & much more) along with a block of cheese to the Montville Food Bank for distribution. You must fill out an application (myself and staff can help with that). Redetermination is only twice a year – food boxes are distributed monthly! If interested in this great program, please call Robin @ 860-848-8820 or Kathie @860-848-0422.

FOOD BANK

The Department of Senior & Social Services, @ 848-8820 has a fully stocked Food Pantry located in the Social Services Building open Monday – Friday from 8:30 – 3:00 p.m. (10:30 on Wednesday mornings as that is our donations pick-up day) or by appt by calling Kathie the Director @ 848-0422. We are presently providing between 3,500 – 4,000 meals a month to Montville families in need. Canned goods, pasta, cereal, and rice along with frozen meats and breads (when available). You are welcome to come on a **WEEKLY** basis to supplement your food needs. We also provide emergency services. Come to the food bank, it is here to help you!

CLOTHING BANK

Do you need that power outfit for your job or a job interview? Or do you need clothes for every day wear? Come to the Montville Senior & Social Services Clothing Bank. We have a seasonally stocked clothing bank located in the Social Services Building. We have everything from men's, women's, and children's clothing to baby's clothes available. Walk-ins welcome Tuesday – Friday from 8:00 – 4:00 p.m. Let us help you!

HYGIENE BANK

The Department of Senior & Social Services has a hygiene bank available to help those in need. Soap, shampoo, toothpaste, toilet tissue are just a few of the items we have regularly in stock to help our needy individuals and families in town. Our Hygiene Bank is located in the Social Services Building - walk-ins are welcome.

PROM PROGRAM

Do you have a prom gown or brides maid dress at home you would like to donate to a Montville High School young lady? Our very successful "Prom Program" has provided many dresses to the young ladies of MHA in past years! We have some wonderful students from the high school that would very much like to attend PROM but some cannot because of the high cost of prom gowns. Please consider donating your gown (we also accept dresses for Homecoming!), costume jewelry and shoes to our Social Services Office. We work very closely with the High School to

try to afford seniors the opportunity to attend prom! Also accepted are monetary donations or certificates for tuxedo rentals for some of the boys be afforded the opportunity to attend as well! We have sent many young men to Prom with a tux! This is a great program to help the students attend a monumental event in their lives! Please watch for details of our **ANNUAL PROM DRESS FASHION SHOW!** Fashion Show will be held in March or April, students models dresses, tuxes, and suits and help raise funds for the program!



SENIOR SERVICES / CENTER PROGRAMS

The Montville Senior Center / Office is dedicated to supporting our elderly population in Town by offering numerous programs and services to benefit our seniors physically, emotionally, mentally, socially, and more and parallel the growth of the population! We work hard to provide a Center that is truly invaluable to our community and one our seniors can be proud of! It is with honor that we succeed in our endeavors!

EVENING PAINTING CLASS

We offer an evening painting class from 4:30 – 6:30 PM, FREE, to our Montville seniors. You **MUST** register for the program during regular office hours. Classes will run on a 6 week schedule. Painting supplies (canvas, paint, brushes, etc. - \$15 for 6 weeks, will be supplied) Please call for details!

WALKING PROGRAM

Tuesdays, Wednesday, & Thursdays
3:15-4:15 PM
FREE

Modeled after the Arthritis Foundation's Walking with Ease Program, this instructional program helps to get your started or continuing on a walking program to help with many health issues: including pain, circulation, strengthening your heart and lungs, and so much more. A walking program is beneficial at any age;

our senior population can benefit through improving and maintaining good health! Go at your own pace! Come sign up for this great program and be or become health! ☺

MEDITATION CLASS

Wednesday
1:00 PM
FREE

Class includes: deep breathing, aromatherapy, guided mediation, mindfulness discussions. Scientific benefits of these techniques include: detoxification of body, de-stress, calming effect, energized, improved digestion, increased cardiovascular capacity, regulate weight, improve posture, and so much more!

ESSENTIAL OILS

FREE

MUST SIGN UP ON BULLETIN BOARD TO PARTICIPATE! Date to be announced...

This was a one-day program we held in December that went over extremely well – we will have another coming up at beginning of the year. Please call for date / time / to sign up. Essential Oil Class: experience the goodness of non-toxic remedies utilizing one of the best therapeutic grade oils available. Create your own take home item to give as a gift or keep for yourself. Learn how to become a Doterra wholesale customer and earn free oils while taking care of yourself and your family holistically. We will start with the basics, lemon, lavender and peppermint. You will make your own body scrub to take with you. You will also receive samples of each oil.

FINANCIAL WORKSHOPS

Bi-Annually (DAY & EVENING PROGRAM)

We will continue to offer a **FREE** Financial Workshop Program. One day time program and one evening program, once in Spring / Fall - Q & A available at each workshop. Topics will include: Annuities, Long Term Care, Investments (stocks, bonds, and mutual funds), Retirement, estate planning & more. Please watch for details on the March date, time, and topic! Please call and offer suggestions on the topics you are interested in!

MONTVILLE SENIOR CENTER COMMUNITY GARDEN

The Montville Senior Center has a Community Garden at the Senior Center. The Senior Center Garden Committee and Director oversee the program. Garden beds are available for those in our community who would like to purchase and maintain a garden. The garden space will allow you a chance to do gardening and supplement your household grocery budget with healthy food. It will also be a chance to allow you to

give back to the community. Gardens are available for \$10.00 per year and ¼ of harvest, which is to be donated to the Montville Social Services Office. If you have a green thumb, or even if you don't but would like to have fun in a garden of your own, call Kathie @ 860-848-0422 at the Center for details, rules and registration, and "purchase" your very own garden!



HEALTH PROGRAMS

PODIATRIST

We have a wonderful Podiatrist, DR. Thomas Walter, come to our Center once a month on Wednesday 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 \$6.00 donation is requested. Funding for the program is provided by Title III funds made available through the Area Agency on Aging and the Town of Montville. Call Kathie for details and date of next visit.

HEALTH CLINIC

New provider coming soon – watch for details.....
We offer our Health Clinic at the Senior Center once again on Tuesdays from 9:00 – 11:00 a.m. FREE.

MASSAGE THERAPY

Massage Therapy offers many health benefits (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. Don't miss out on this wonderful program. Call to sign up.

MedRIDES and MedRIDES II

The Town of Montville Department of Senior & Social Services offers MedRIDE, a FREE transportation for any/all medical appointments for our senior residents.

Doctor appointments, hospital tests & screenings, therapy, pharmacies, dentists, etc. Any medical related appointment. Call Ruthie @ 848-0422 for details and to schedule appointments. This program is free for our Montville Seniors; a donation box is located on the van for contributions. This program is supported by the Town of Montville and the Eastern Connecticut Area Agency on Aging with Title III funds made available under the Older Americans Act. MedRIDES II is the same type of medical transportation program though it is a joint effort between the Town of Montville and the City of Norwich. Funds are provided by the State of Connecticut. Driver is located out of the Montville Senior Center. Appointments need to be made by calling the Norwich Senior Center at 889-5960

EQUIPMENT PROGRAM

The Montville Senior Center has medical equipment (i.e. wheel chairs, 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 finished. FREE program, a release form must be signed. Don't purchase the item that you may need temporarily – come and borrow from the "equipment closet"! Call 860-848-0422 for details.

ALZHEIMER'S SUPPORT GROUP

We have an Alzheimer's support group here at the Senior Center on the first Friday of every month at 10:00 a.m. Come get the support you need, you do not have to handle issues alone! This is an extremely beneficial program. Group privacy and confidentiality are practiced and of high importance. Come get the help you could use for yourself and your loved one.

HOSPICE SUPPORT GROUP

We have a volunteer from the Hospice Association that comes to facilitate a Hospice support group and activities. Please call the Center for next date and time. Confidential.

HEARING CLINIC

We have a free hearing clinic on the second Thursday of every month (by appointment). Free hearing screening, hearing aid cleaning and screening and minimal ear wax removal. Referrals made for serious issues and grant information available for those in need of hearing aids. Call for details and/or to sign up!

ENHANCED BENEFIT PROGRAM

Offered by appointment at the Center, call to see what Federal, State, or local programs you might qualify for. The Enhanced Benefit Program is a program our Director uses to see what services and programs a senior in our Town might qualify for. Information on

your current income is needed. This is done with confidentiality and privacy for you! Please call to set up your appointment today – many applications can be done at the initial appointment.

MEDICARE

New to Medicare? Not sure what it covers or what other coverage you need? How about prescriptions? If you need assistance in understanding Medicare A, B, C & D, please call for an appointment! Kathie will sit down and explain each of these points, what is covered and what is not, what is available for Medigaps (supplemental insurance), etc. What is the difference between Medicare Part A and a supplemental policy A? Don't try to navigate Medicare / Supplemental Policies alone. If you have having trouble, help is available! Call 860-848-0422 for appointment.

APPLICATION ASSISTANCE

There are many programs and services available to our elderly population. Some are local, some State, and some Federal. Many times the applications for these programs and/or services can be quite lengthy, intimidating, and challenging for our seniors. If you need help in filling out these applications or you have questions on what services are available for you, please call Kathie at the Senior Center to make an appointment. Let's sit down and go over the help, services & programs that might be available to you.
Exercise Programs

EXERCISE PROGRAMS

EXERCISE CLASS

Mondays from 9:00 – 10:00 AM Classes are on-going, you can join at any time! Come get a little cardio to stay in shape and be healthy!!!! Go at your own pace – cardio exercise is a great form of exercise to help with heart health, weight control, and so much more! Classes are free, wear comfortable clothing and sneakers, and have some fun!

STRENGTH TRAINING

Every Wednesday from 2:30 – 3:30 PM
Strength training increases muscle mass and also strengthens your bones, helps with weight management, provides relief from arthritis pain, lowers risk of injury, and improves cardiac health. You will be safely guided, by an ACE certified personal trainer, through a variety of exercise designed to increase muscular strength, range of motion, and flexibility required for everyday living at its best.” No need to sign up; just wear comfortable clothing and sneakers and come on down and take charge of your health.



HEALTHY STRETCH

Thursday
3:00 – 4:00 PM
FREE

“As we age our muscles become shorter and lose their elasticity. Aging can affect the structure of our bones and muscles causing pain and decreased range of motion in the shoulders, spine, and hips. Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life. Class is for anyone seeking to achieve the many benefits of stretching.” Please wear comfortable clothing and sneakers to participate in class. Must be a registered member of the Center!

ZUMBA GOLD – Night Class

Classes are every Wednesday evening from 5:30 – 6:30PM – FREE and open to Montville seniors! Wear comfortable clothing and sneakers! Get healthy while having some fun! Zumba Gold is geared toward seniors and is a fun Latin-inspired exercise program. Must register during day time hours in front office

CARDIO EXERCISE

We are looking to start another Cardio Exercise class, which are geared toward the senior population, once a week at the senior center (to add to our extensive list of exercise programs). Classes will be free. Wear loose and comfortable clothing and sneakers. Don't be afraid to join and take charge of your health!

TAI CHI

We have Tai Chi classes at the Senior Center on Mondays, 10:30 – 11:45. Tai Chi is a slow paced, low impact martial art exercise. Classes run for 10-week sessions. You can join within the first few weeks of a session. Classes are free.

YOGA

One of our most popular classes! –YOGA Classes are every Tuesday from 9:15 – 10:15 a.m. Classes are Free. Wear comfortable clothing, sneakers or socks are permitted. Classes are designed for seniors. Don't forget – take charge of your health!

LINE & COUNTRY DANCING

Come to the Center and have some fun! Line & Country Dancing taught on Monday's from 3:15 – 4:15 p.m. and Thursday mornings from 9:30 – 10:30 a.m. Get some great exercise while having fun dancing! Wear comfortable clothing.

OTHER PROGRAMS

DINNER & A MOVIE

Once a month on a Friday, we offer Dinner & a Movie at the Center. Great way to start the weekend off! Dinner is served and movie starts at 3:00. Socialize with friends, have a great meal and enjoy a movie. \$5.00 donation request. Free door prize as well! Call for details @ 848-0422 and come and have some fun.

CHORUS

If anyone is interested in a Chorus Program – please let Kathie know. We will work on resurrecting this program if there is enough interest.

PAINTING CLASSES

We offer three painting classes at the Senior Center. Mondays from 10:00 – 12:00 noon and Thursdays, two sessions: 10:00 – 12:00 noon and 12:30 – 2:30 p.m. Even if you have never picked up a paintbrush before – come on down. Come on down and get your name on the list, classes fill up fast, limited to eight people per class. You will love to learn and learn to love painting!

DRAWING CLASSES

Drawing classes are offered at the Center on Wednesdays. Two sessions to choose from: 10:00 – 12:00 noon or 1:00 – 3:00 p.m. Come and learn techniques and develop your skills. Our Art classes are a great deal of fun. No experience necessary.

ZENTANGLE

Thursdays 4:30-6:30 - FREE
(Materials can be purchased for \$10.00 KITS
or you can bring your own)

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. Learn to relax (the “ZEN” part) while creating beautiful, repetitive, design work (the “TANGLE” part). You will start by using 3 ½ inch square paper “tiles”. You will learn a variety of “tangles” (patterns) and combine them in your own unique way. IT's easy to learn, and the best part is that you don't need to have any drawing skills to do this! Each intricate design is broken down in easy to follow steps that guarantee a successful and unique piece. Please register in front office during regular office hours.



COMPUTER CLASSES

Classes are offered on Mondays: 9:00 – 10:00 and 11:00 – 12:00, Tuesdays: 1:00 – 2:00 p.m. Classes run for four-week sessions, though you are welcome to join at any time. Class topics change every four weeks. We have offered Beginners, Word, Excel, Internet, Photo, Free Forum, etc. Please contact Kathie if there is a specific program you are interested in. The Computer room is open and available at all other times and days that our Center is open for senior residents to come in and utilize and enjoy!

CREATIVE WRITING CLASSES

We will be starting our new Creative Writing Class in the early Spring. Watch for details

CRAFTS

We have Crafts at the Senior Center on Mondays from 1:00 – 3:00 P.M .and Tuesdays from 1:00 – 3:00 P.M. Come and learn new arts and skills or just come and have some fun with a great group of people. Materials provided by the many donations we receive.

HAIR CUTS

We have a licensed/insured professional hair stylist come to the Center every Thursday morning (by appointment) Call for details or to sign up for apt.

BUCK-A-BOWL LUNCHEON

THIS PROGRAM IS A HUGE SUCCESS! YOU GET A DELICIOUS LUNCH, GREAT COMPANY, AND MORE ALL FOR A \$1.00 DONATION REQUEST! OUR BUCK-A-BOWL

Lunch program is very popular! Sponsored by the Montville Senior Center, we offer a luncheon special Monday - Friday. Soups, stews, pasta, salad, sandwiches, and more! \$1.00 donation request. No need to sign up. Lunch is 11:00- 12:15 or while supplies last! Come on down and have lunch with us! The Montville Senior Center is Food Safety Certified and Licensed by Uncas Health District.



TRIPS

- 2020 Red Sox at Fenway! April 8th, \$99.00 per person. Tour includes: Red Sox vs. Tampa Bay Rays game & luxury motor coach – open to all Montville residents!
- Granite State Chocolate & Wine Tour, June 2020, \$89.00. Tour includes: Huckleberry's Fine candies, Warren's Lobster House for full course lunch, The Flag Hill Winery with wine tasting, & luxury motor coach. Open to all Montville residents.
- Magic Wings Butterfly Garden, August 2020, \$79.00. Tour includes: admission to Butterfly Conservatory, Full course lunch, visit to Yankee Candle, & luxury motor coach. Open to all Montville residents.
- The Quabbin Foliage Tour, October 2020, \$84.00 per person. Tour includes: four course luncheon, native guide out or Quabbin Reservoir, Brookfield Orchard visit & luxury motor coach. Open to all Montville residents.
- A Salem Cross Christmas, December 2020, \$89.00. Tour includes: Honey Bee Orchard Visit, Salem Cross 4 course Luncheon, Yankee Candle visit, Bright Nights at Forest Park for New England's most elaborate lights display, luxury motor coach. Open to all Montville residents.

SPECIAL EVENTS

- Italian Dinner Party at the Center on Friday, January 31st at 2:00 PM. Entertainment, buffet style Italian menu with lots of choices, raffles & more! Come join us for a great afternoon of fun, delicious meal, and great company! Please sign up on the board if you plan to attend!
- Annual Valentine's Day Lunch & BINGO at the Center on Friday, February 14th. Come and join us for our annual Valentine's Day Lunch & BINGO with the kids from Tyl Middle School! Lunch, BINGO, raffles & fun! FREE! Must sign up if you plan to attend.
- Annual Saint Patrick's Day Dinner at the Center on Tuesday, March 17th at 2:00 PM. Please join us for a delicious Saint Patrick's Day Meal with friends

at the Center. Corned Beef & Cabbage, and great entertainment with Irish songs! Always a wonderful festive event! Come and join us! Bus is available!

- Annual Health Fair Come join us on Friday, April 17th from 1:00 – 3:00 for our Annual Health Fair! Great information, screenings, goody bags & more! Senior ID cards! FREE – don't miss this opportunity to speak to health professionals and others relevant to the elderly population! Always fun!



COMMISSION ON AGING

The Commission on Aging meets the first Wednesday of the month (excluding July, Aug, Dec) at 9:00 in the Library of the Senior Center to discuss the needs of the elderly population in the Town of Montville and the possible proposals for services to address said needs. The Commission welcomes input from the community and the public is welcome at the Commission meetings.

Kathie Doherty-Peck, Chairperson
 Karen Doherty, Vice Chairperson
 Monica MacNeil, Member
 Mary Adams, Member
 Margaret Skinner, Member
 Lou Ziegler, Member
 Irene Taylor, Member
 Billy Caron, Town Council Liaison
 Lieutenant Dave Radford, Police Liaison

MONTVILLE SENIOR CLUB NEWS

CLUB MEETINGS

The Montville Senior Citizens Club meets the first Friday of the month from 10:00 – 11:00 a.m. (unless holiday, meeting will be on following Friday) Goodies & coffee offered. Speakers / entertainment at most meetings. Club business to follow speakers. Come on down members!

CLUB DUES

Your 2020 Senior Club dues are due every January! Club membership is for seniors 60+ and this year the dues are \$10.00. Membership includes Club meetings and annual events throughout the year. Your dues also help fund the Senior Center with supplies (i.e. paper goods, cable television, newspapers, etc. - Membership not required to come to the Senior Center!)

SPECIAL BINGO

Sponsored by the Senior Club
12:30 – 2:30 PM
First Friday of each month
Cost: \$5.00 donation

Come and have some fun with the always popular Special BINGO! Snacks and beverages provided and lots of fun with some great people! Come on down for BINGO! The more, the merrier!



EXTRA SPECIAL BINGO

Once –a- Month on a Tuesday
2:00 – 4:00 PM
Cost: \$5.00 donation

Come and join the fun, have goodies & coffee, and a chance to win at BINGO while enjoying the company of your friends! Bus is available.

May *"Let ME design your future"*
Engineering, LLC
Timothy May, P.E.
Civil, Structural & Environmental Engineering

- Site Planning
- Permits
- Building Designs

**Commercial & Residential
Stormwater & Drainage Designs
Engineered Septic Systems**

1297 RT 163 Oakdale CT
tim_may_@excite.com

(860) 884-9671
Fax 860 367-0244

May Engineering Supports Montville Programs



IMPORTANT CONTACT INFORMATION

Montville Parks & Recreation Department
310 Norwich - New London Tpke.
Uncasville, CT 06382
(860) 848-6780 Fax: (860) 848-8703

Director's Welcome.



Happy New Year everyone.
We are happy to have you look through our Community Booklet and take part in a program or event we have to offer. You will see we have planned an on your own bus trip to Boston in March where you can shop, dine, sightsee and explore the city. Be sure to take advantage of all that is offered in our community. It's a great place to live!

Pete Bushway, CPRP
Director

Registration Information

Register for all Parks & Recreation programs at our office located at the above address. Office hours are 8:00 am – 4:30 pm. Payment is due upon registration. Checks can be made payable to Montville Parks & Recreation. Register in person, online or by mail; receipts will be mailed promptly. Program and registration information can be located on Town's website at www.townofmontville.org. Simply go to Departments & Services, "Parks & Recreation", and then WebTrac icon for all program information.

Refunds: Full refunds will be given for any program canceled by the Recreation Department. Participants withdrawing from a program are entitled to a one hundred percent (100%) refund if canceled prior to the first meeting of each program. A refund of fifty percent (50%) of the program fee will be given after the first meeting of the program. The Parks & Recreation Director, at his discretion, may arrange for other refund options on a case-by-case basis.

Over/Under Enrollment Policy: Programs have a minimum and maximum enrollment. If the class does not reach the minimum size required, the class will be canceled. A waiting list may be established for fully

enrolled programs. One week prior to the start of a class is when it is determined whether to cancel a class or not. Please don't wait until the last minute to register.

***Disclaimer** – All program dates and times are subject to change due to instructors and Parks & Recreation schedule

Photo Policy: Photographs taken of any participant in the Montville Parks & Recreation Department programs or activities may be used for publication or advertising materials such as Facebook and print media. Any participant not wishing to have a photograph of them used must submit in writing not to be photographed at the time of registration.

Department Staff:

Recreation Director – Peter Bushway Ext. 721
Administrative Assistant - Carol Bunnell Ext. 722

Parks & Recreation Commission Members

Karen Perkins –Chair
Danielle Butzgy–Vice Chair
Matthew Beaupre - Secretary
Dawn Penman– Member
Mark Bushwack– Member
Jennifer Hajj– Member
Colleen Rix – Town Council Liaison

The Parks & Recreation Commission meets the 3rd Wednesday of each month at 6:30 PM in Council Chambers at the Montville Town Hall. Notification will be posted if there is a change in meeting location or time. All meetings are open to the public.

Montville Police Department

(Non-Emergency).....(860) 848-7510
Raymond Hill Library.....(860) 848-9943
Montville Public Works.....(860) 848-7473
Montville Town Hall(860) 848-3030
www.townofmontville.org
Montville Animal Control.....(860) 848-3529
Transfer Station(860) 848-0401

Other Program Opportunities:

Little League www.montvillellb.org
Youth Football..... montvillefootball.com
Youth Cheerleading montvillefootball.com
Montville Youth Soccer www.montvillesoccer.org
Montville Youth Wrestling – find them on Facebook
@Montville Youth Wrestling
Montville Youth Lacrosse..... montvillelacrosse.org

Camp Oakdale Pavilions and Fair Oaks Rentals

Have your next get together at one of our facilities. These are great places to hold your event. Contact the Parks & Recreation office for availability and fees.

Weather Cancellations

In case of inclement weather, cancellations will be posted on our Facebook page, aired on Channel 3 and several local radio stations, you can also call the office at (860) 848-6780 during office hours.



DANCE

Instructor Lana Davison

Dance class for ages three and up. This program introduces instruction to students in their dance experience. Fundamentals and terminology of dance are learned leading to a future recital dance performance in June

This program session runs for eight weeks

Classes are held at the Montville Community Center located at 836 Old Colchester Road, Oakdale

Level 1 - Classes are for children age five and in kindergarten and up. Dance level is beginner to two years of dance in that subject.

Level 2 - Classes are for children seven years and up with the minimum 2 years of dance in subject level. Classes are continuous learning from Level 1 and at a faster pace than Level 1 classes.

Level 3 & 4 - To take these classes you must have prior experience before entering. Classes are age restricted.

Miss Lana reserves the right to move children to another level based upon skill and experience.

Clothing and shoes for classes are as follows:

3 year olds - Wear pink ballet slippers, any leotard of choice or flexible clothing.

4 year olds - Wear black tap shoes and pink ballet slippers any leotard of choice or flexible clothing.

Ballet classes - Wear pink ballet slippers, leotards of choice and tights. Ballet skirts are permitted.

Jazz/Hip Hop - Wear black jazz shoes or black ballet slippers, leotard of choice or flexible clothing.

Level 1 Tap - Wear black tap shoes, leotard of choice, or any flexible clothing.

Level 2 Tap - Wear black tap shoes with soundboards; must buy these from a dance supplier. Mary Jane or tie up may be worn, leotard of choice or flexible clothing.

Lyrical Class - wears lyrical shoes or barefoot.

No dresses, jeans or outside clothing allowed for classes. Please have a bag for children to change shoes during class.

Tap shoes can be found at Allaboutdance.com or discountdance.com Again there are local stores in area that sell shoes and leotards.

Fee for all eight week classes:
Residents/\$48 and Non-Residents/\$53

Registration opens for all classes:
Monday, December 23rd for Residents
Thursday, December 26th for Non-Residents

MONDAY CLASSES

Session will run from
Monday, January 20th to March 16th
(No class 2/17)

Program #112022F	Combo Class Tap/Ballet 4 yr olds	4:15 pm – 5:00 pm
Program #112022G	Ballet Level 3 Past Experience Needed 8 yrs & up	5:00 pm – 5:45 pm
Program #112022H	Tap Level 3 8 yr & up Fast Paced	5:45 pm – 6:30 pm
Program #112022I	Jazz/Hip Hop Level 3 8 yr & up	6:30 pm – 7:15 pm
Program #112022J	Adult Tap 16 yrs & up	7:15 pm – 8:00 pm

continued on next page

TUESDAY CLASSES

Sessions will run from
Tuesday, January 21st to March 17th
(No class 2/18)

Program #112025V	Lyrical Class 7 yr – 11 yr.	5:00 pm – 5:45 pm
Program #112025W	Lyrical Class 7 yr – 11 yr	5:45 pm – 6:30 pm
Program #112025X	Lyrical Class 12 yr and up	6:30 pm – 7:15 pm

WEDNESDAY CLASSES

Sessions will run from
Wednesday, January 29th to March 18th

Program #112024G	Level 2 Ballet Class 7 yr and up	5:00 pm – 5:45 pm
Program #112024H	Level 2 Jazz/Hip Hop 7 yr and up	5:45 pm – 6:30 pm
Program #112024I	Level 2 Tap 7 yr and up	6:30 pm – 7:15 pm

THURSDAY CLASSES

Sessions will run from
Thursday, January 30th to March 19th

Program #112023F	Level 1 Ballet Ages 5 & up	5:00 pm – 5:45 pm
Program #112023G	Level 1 Tap Class 5 yr and up	5:45 pm – 6:30 pm
Program #112023H	Level 2 Jazz/Hip Hop 5 yr and up	6:30 pm – 7:15 pm
Program #112023I	Level 4 Ballet Ages 12 & up	7:15 pm – 8:00 pm

SATURDAY CLASSES

Sessions will run from
Saturday, January 25th to March 21st
(No class 2/15)

Program #112021F	Intro to Ballet 3 yr olds	8:45 am – 9:30 am
Program #112021G	Combo Class Tap/Ballet 4 yr olds	9:30 am – 10:15 am
Program #112021H	Ballet Level 1 5 yr and up	10:15 am – 11:00 am
Program #112021I	Tap Level 1 5 yr and up	11:00 am – 11:45 pm
Program #112021J	Jazz/Hip Hop Level 1 5 yr and up	11:45 pm – 12:30 pm
Program #112021K	Intro to Ballet 3 yr olds	12:30 pm – 1:15 pm

*Please note - Minimum of Six enrolled must be met in order for class to run



New London County Judo

For ages five through adult.
This program continues to be a favorite.
Sessions are ten weeks long

Program Fee:
\$30/Residents & \$35/Non-Residents

Schedule as Follows:

Session I

Mondays

December 9th to February 24th

Beg Ages 5 to 8 years
4:30 – 5:30 PM Program #171051P

Beg/Inter Ages 9 to Adult
6:30 – 8:00 PM Program #171051Q

Fridays

December 13th to February 21st
No class 12/27

Inter Ages 9 and under
6 – 7 PM Program # 171051R

Advanced
12 years and under
7-8:00 PM Program # 171051S

13 years and older
7-8:30 PM Program #171051T

Session 2

Mondays
March 2nd to May 11th
No class April 13th

Beg Ages 5 to 8 years
4:30 – 5:30 PM Program #171051U

Beg/Inter Ages 9 to Adult
6:30 – 8:00 PM Program #171051V

Fridays
February 28th to May 15th
No class April 10th and 17th

Inter Ages 9 and under
6 – 7 PM Program # 171051W

Advanced
12 years and under
7-8:00 PM Program # 171051X

13 years and older
7-8:30 PM Program #171051Y

-Please note-
Registration open for
Residents on Monday, February 3rd
And Non-Residents on Thursday, February 6th

Lead Instructors are:
Sensei Ron Egnor
Sensei Sharon Hunt

Gymnastics



18 Months – 3 Yrs. – Program specifically designed for parent/child interaction. Explore a wide range

of special motor skills with a clear emphasis on movement, music and balance.

Ages Four – Five – Child must be able to follow basic instructions such as standing in line. Designed to refine motor skills, learn the basics, and develop better coordination and socialization skills.

Beginners – Recreational beginner program for young gymnast with a desire to learn gymnastics, the objective is specifically to improve tumbling, strength, increase flexibility, skill development and build self-esteem; ages 6 years & up.

Intermediate – Program for gymnasts to continue to improve their tumbling, flexibility and strength. Must be able to do a bridge kick over, backbend and front support and chin hold on bars. Progression from beginners; ages 7 years & up. Students will be evaluated by Coach to make sure this is the appropriate class.

Advanced – Program for advanced gymnasts who want to build on their tumbling, strength, flexibility and skill development. Must be able to do a back hand spring, pullover and back hip circle on bars. Should have strong confidence on bars and beam. Progression from intermediate; ages 7 & Up. Students will be evaluated by Coach before entering this class.

All programs are run by
ABC's Gymnastics Stars staff.
Staff members are all USA Gymnastic Certified.

Fee - Residents/\$55 Non-Residents/\$65
Must have minimum of five enrolled for each class or class will be canceled and a refund will be issued.

Session 1

Wednesdays
January 8 – February 29
Registration opens Monday, December 16th for Residents
Thursday, December 19th for Non-Residents

18 Mon – 3 Yrs	3:20 – 3:50 PM	#112102V
Ages Four – Five	3:50 – 4:30 PM	#112102W
Beginners	4:30 – 5:30 PM	#112102X
Intermediate	5:30 – 6:30 PM	#112102Y
Advanced	6:30 – 7:30 PM	#112102Z
Advanced II (Invite only)	7:30 – 8:30 PM	#112102Z1

continued on next page

*Please note that classes for 18 months to 3 years old, age 4-5 and Beginners will all close two weeks into class session on January 15th for any new registrations. This is to ensure that all students enrolled will get full attention and not have any interruptions throughout their eight week session.

Please make sure to register on time if you are interested in class. Thank you for cooperating and understanding.

Session 2

Wednesdays

March 4 – April 29

No class April 15th

Registration opens Monday, February 10th for Residents

Thursday, February 13th for Non-Residents

18 Mon – 3 Yrs	3:20 – 3:50 PM	#112102E
Ages Four – Five	3:50 – 4:30 PM	#112102F
Beginners	4:30 – 5:30 PM	#112102G
Intermediate	5:30 – 6:30 PM	#112102H
Advanced	6:30 – 7:30 PM	#112102I
Advanced II (Invite only)	7:30 – 8:30 PM	#112102I2

*Please note that classes for 18 months to 3 years old, age 4-5 and Beginners will all close two weeks into class session on March 11th for any new registrations. This is to ensure that all students enrolled will get full attention and not have any interruptions throughout their eight week session.

Please make sure to register on time if you are interested in class. Thank you for cooperating and understanding.

KARATE

A great introduction to traditional martial arts taught by a CT certified school teachers with 50 years of experience in the classroom and 70 years in the dojo. It explores the fundamental principles of traditional Japanese Karate-do. Respect for self and others, physical and mental control, and real world safety is at the heart of all training. Students learn to relax, make strong stances, good posture and correct form of basic techniques. Students develop balance, coordination, speed, focus and control through spirited training of blocks, punches, kicks and strikes in the light contact style of Shotokan Karate

utilizing safe distances, hard blocks and strong and fast attacks. Enroll in a fun activity you can do the rest of your life that benefits you now and later. Here, character is built through hard work and high expectations. Dojo events and special training camps and competitions too!

**Instructor: Andrew Bakoledis - 30 years training
5th Dan Black Belt, National Team Youth Coach.**

Additional Instructors:

John Listorti, 30 years training 3rd degree black belt and Abby Barrera, 16 years training with 4th degree black belts

All classes held at JKA Montville, LLC located at 1242 Old Colchester Rd – Oakdale Pizza Plaza



Fee: Once a week class

Residents/\$60 Non-Residents/\$65

Twice a week class

Residents/\$90 Non-Residents/\$95

Registration begins December 30th for residents

January 2nd for non-residents

**Classes begin week of Jan 23rd for eight weeks
Deadline for registration is Monday, February 10th**

Program#	MON	TUES	WED	THUR	MIN/ MAX
#11106A Youth 1 Ages 4-6 (White Belts)	5:00 – 5:30 pm 1/27 – 3/23 No class 2/17				4/8
#11106B Youth II Ages 5-9 (White Belts)				5:00 – 5:45pm 1/23- 3/12	4/8
#11106C Youth III Ages 6-12 (Yellow & Orange Belts)		5:30 – 6:30pm 1/21-3/17 No class 2/18		5:30 – 6:30pm	2/12
#11106D Adults 10 & up (White & Orange Belts)	5:30 – 6:45pm 1/22- 3/23 No class 2/17		6:15 – 7:30pm		2/8

Visit www.jkamontville.com for additional information



Adult Volleyball

Free Drop-In Program

The Montville Recreation Department will offer a Volleyball Program for men and women ages 16 and up. This is for all skill levels. The program is free of charge and runs on Wednesday evenings from 6:30 to 8:30 PM at the Tyl Middle School in Oakdale (come ready to play). Anyone wishing to play must fill out a registration form and sign a waiver liability release form. For more information, please contact the Recreation Office.

Dates: Wednesdays, Now thru May 27th
Program #363311D

No volleyball when school is closed or not in session



Moderate Level Hatha Yoga

This class includes postures to increase flexibility, strength and vitality. Breathing practices to still the mind, improve concentration and reduce stress, and deep relaxation to restore balance and rejuvenate. The hour and fifteen-minute class will include a short meditation at the end. Please be sure to bring a comfortable pad, mat or towel for use on the floor.

Minimum of 10 participants needed
Instructor: Rosemary Gentile
Fee: \$80/Resident \$90/Non-Resident

Class: Wednesdays (10 Weeks)
Location: Murphy Elementary School Cafeteria
Time: 5:30pm – 6:45pm

Program #143021B
January 8th – March 18th
No class February 19th

Registration begins for
Residents on December 16th and
Non-residents on December 19th



Safe Sitter Babysitting Course

Learn the necessary skills to care for children of all ages. A certified instructor will teach you how to handle the messy situations of feeding and diapering, managing scrapes and minor bruises to life threatening situations. This is a fun, hands on course! Complete the course and become a trained Safe Sitter. Handbook is included. Bring a snack and lunch. Class is for ages 11-15.

Saturday, February 22
9:30-2:30pm.

Montville Community Center
Room 103

Minimum of 5 participants needed
Maximum of 10 participants
Fee: \$50 residents
\$60 non-residents
Program #524011A

Shear Timing Hair Salon

126 Route 32
Uncasville, CT 06382
860-848-9211

Hours

Tuesday	9:00-2:00
Wed. & Thurs.	9:00-8:00
Friday	9:00-5:00
Saturday	9:00-2:00

Feel free to use any Stylist,
We work as a TEAM.



Walk-ins Welcome

Montville Parks & Recreation Department
310 Norwich- New London Tpke.
Uncasville, CT 06382
Phone (860) 848-6780
Fax (860) 848-8703

First Name _____ MI _____ Last Name _____

Date of Birth _____ Male _____ Female _____ Email Address _____

Address _____ City _____ State _____ Zip Code _____

Home Phone _____ Cell Phone _____ Other _____

Program Name _____ Code # _____ Cost \$ _____

Time _____ Day (s) _____ *T-shirt Size (If Applicable) _____

Comments _____

Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement, In consideration of participating in the Montville Parks & Recreation Activities.

I, _____ represent _____
(Parent/Legal Guardian, Please Print) **(Participant Name)**

and understand the nature of the Activity and that I he/she am/is qualified, in good health and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe I will immediately discontinue participation in the Activity.

I fully understand that certain Activity involves risk of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost and damages I incur as a result of my participation in the Activity.

I hereby release, discharge and covenant not to sue the Town of Montville and its respective administrators, directors, agents, officers, volunteers, employees, other participants, any sponsors, advertisers, and if applicable owners and lessors of premises on which the Activity takes place (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability and assumption of risk I, or anyone on my behalf makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage or cost, which may incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Parent/Legal Guardian Signature _____ Date _____

Montville Parks & Recreation Department

Montville Youth Service Bureau
836 Old Colchester Road • Oakdale, CT 06370
Phone: (860) 848-7724 • Fax: (860)848-4058
www.montvilleyouth.org



Happy 2020 Montville!

Well folks, another year has flown by & we sincerely hope you and your families enjoyed a safe, happy, & healthy holiday season! We thank all of you for the on-going support you have shown us, our programs, events, and “giving back” activities! I simply could not ask for a better team (there is no “I” in team after

all!) of people to work with; a dedicated and reliable MYSB crew & Advisory Board, and so many strong and positive community & agency relationships! Oh our MYSB the kids & families, well it is YOU whom we treasure the most!

We look forward to adding to & enhancing our many good works, increasing our community education

efforts, & achieving new successes, and embarking on new challenges! Together **“We Can Make A world Of Difference”!**

Please give us a call anytime 860-848-6747, or 860-848-7724; visit our website www.montvilleyouth.org or The MYSB Facebook Page & Instagram to catch up on all the happenings at MYSB! You can also visit www.ctyouthservices.org to learn more about the 102 YSBs thriving in over 145 communities across the State of Connecticut!

Warm Regards ~ *Barbara*

Barbara A. Lockhart, MS
Director of Youth Services
Juvenile Case Manager
Town of Montville
CYSA, Advocacy Chair

Mission Statement

The Montville Youth Service Bureau is committed to the development and implementation of affordable, effective, accessible programs and support services.

Our Vision

We are dedicated to achieving positive outcomes for the children, youth and families in the Montville Community, while promoting overall community health. We will accomplish our objectives through positive programming, prevention initiatives, mental health services, collaboration and partnerships with the community. Providing consistent, evidence-based diversion programs and services which best serve our youth and families is our primary goal.

STAFF:

Barbara Lockhart, MS Director

Kimberly Grant, BA
Program Developer
Dianne Peltier, Admin. Assistant
Darin D’Amaddio, LCSW
Sonja Campbell Axel DeJesus, Abby Miranda, Brendan Rothholz & Alicia Seltzer, Program Assistants

Montville Youth Advisory Board:

Daniel Dunn, Chairman
Bethany Caron
William Carlos
Vouise Fonville
Brianna Messer
Susan Rickards
Sheelah Lapinski- BOE Liaison
Timothy Shanahan, Vice Chairman
Lilian Corrice, Youth Liaison
Lenny Bunnell Town Council Liaison



Montville Youth Service Bureau Programs

After School Program

Grades: 4th -12th
Monday – Friday
After School until 6 PM
Open to Montville Residents
Registration Required.
The ASP is a fee based program.

***Due to the increased interest in our After School Program, there may be a waiting list in place.**

The 2019-2020 After School Program yearly registration fee is \$325. A \$75 non-refundable deposit is due at the time of registration in the program. **(Parents whom have a child/children placed on the waiting list will not be required to pay the ASP fee until a spot opens in the After School Program.)**

The remainder of the balance is due 60 days from the original registration date. Parents with more than one child in the ASP will be afforded a tiered family payment plan.

Montville ASP operates as a latch key prevention program for Montville students in grades 4 – 12. Students who attend the After School Program can choose between a wide variety of recreational and educational activities. Such Activities include: supervised homework help, computer access, outdoor recreational activities, pool, air hockey, video game systems and much more. The After School Program offers students special activities throughout the year. Completed registration forms must be dropped off in person. All forms are available on our website www.montvilleyouth.org. Faxed copies of the forms will not be accepted. If you would like more information, or to be placed on the waiting list, please contact us for more information.

Summer Center 2020

June 30th - August 20th
Tuesday-Wednesday-Thursday
8:30 am to 5 pm

Summer Center is open to all Montville Youth entering grade 7 and above, however ONLY 35 spots are available. Program includes breakfast and lunch all three days, one trip per week, and special activities.

Registration Information:

Registration for Summer Center 2020 is scheduled for **Monday, May 11th.**

Parent/Guardian must register their child; Proof of residency & a non-refundable deposit is required.

Total Cost: TBD

See Website & Facebook in March for more information.

Montville Youth Action Council – MYAC

Middle School & High School #YACAboutIt

Montville YAC's mission is to provide opportunities for Montville Youths, in grades 6 through 8, and grades 9 through 12, to develop and promote responsibility, cultivate leadership skills, develop an interest in the community, and foster empowerment and positive social development through active participation. This includes the formation, coordination, and delivery of community service projects, as well as social and recreational activities. The middle school program offers students an opportunity to “give back” to their community and beyond. The high school program offers students an opportunity to educate their school and community on issues that impact everyone. Montville YAC's past projects include a Police/Youth Memorial Bench Building Project, our Annual Penny Drive, which has raised over \$15,000 for local and national charities, Montville Green Out Day, and a “Wear Purple Day” for Healthy Relationships. Middle School meets monthly on Fridays 3:15-4:15pm! High School meets on Tuesdays 2:15-3:00pm at the Montville Community Center!
Contact Kimberly for more information at (860)848-6746.

Counseling and Referral

Confidential, short-term counseling is available to Montville youth and families, on a family income adjusted fee scale. Our counselors focus on personal needs and concerns, and the dynamics of relationships between parents and children, siblings, and peers. In addition we offer information and support to parents, children, and all family members. We also offer referrals for families and individuals who may require other services we cannot provide. Contact Darin D’Ammadio at (860)848-6748 or Barbara Lockhart at (860)848-6745 for more information.

Hire-a-Teen

This job placement program matches youth with residents who need assistance with such tasks as yard work, housework, babysitting, mother's helper, elderly help, snow shoveling and pet sitting. Participating communities include: Bozrah, Chesterfield, Montville, New London, Norwich, Salem, Quaker Hill, and Waterford.

Applications need to be filled out and returned in person by anyone interested in utilizing the services and any youth who are interested in being part of our Hire-A-Teen Program.

For more information contact Dianne, (860)848-6747, between the hours of 9:00 am and 2:30 pm.

Volunteers

Montville Youth Service Bureau welcomes energetic people to volunteer, during the school year, in our After School Program. We are looking for people to volunteer on our playground, arts and crafts projects and mentoring.

We are also looking for local High School juniors and seniors who are willing to provide homework assistance to our participants. We ask our volunteers to make a commitment of at least one day a week throughout the school year. Please contact Kimberly, (860)848-6746 with any questions or if you are interested in giving back to your community.

Internships & Service Learning

Opportunities for Internships and Service Learning are available for those that are pursuing their education in the fields of Human Services, Psychology, Sociology, Criminal Justice, Social Work, and Education. Please contact MYSB for more information about these invaluable career training opportunities.

Parent-Toddler Play Group

Birth to Five Years
Tuesdays and Fridays
Montville Community Center
10:30 AM to Noon
Registration for is required.

MYSB sponsors a Parent Toddler Play Group which takes place at The Montville Community Center in Oakdale. This program is free for both residents and non-residents. The purpose of the program is to enhance social skill development, and provide and introduction to creative & education stimulations through free play. Parents must attend with child. Check our Facebook page, website or give us a call with questions.



MYSB COMMUNITY EVENTS:

Stay tuned for upcoming information about our planned Community Conversation series starting in the spring of 2020!

www.montvilleyouth.org

“LIKE” Us on Facebook

Or follow us on Instagram @mysb

Throughout the year, MYSB regularly posts helpful information and resources for parents and youth on our website & Facebook page! Our website has information about all of our programs and activities, as well as up-to-date resources for all your needs! Our website has our registration forms, flyers and of course, our monthly newsletter, the “Youth Scoop!”

Partners in Prevention & Awareness

1 Word, 1 Voice, 1 Life

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www.preventsuicideCT.org

Suicide Hotline- 1800-273-8255

(Veterans press 1)

or text “Go” to 741-741

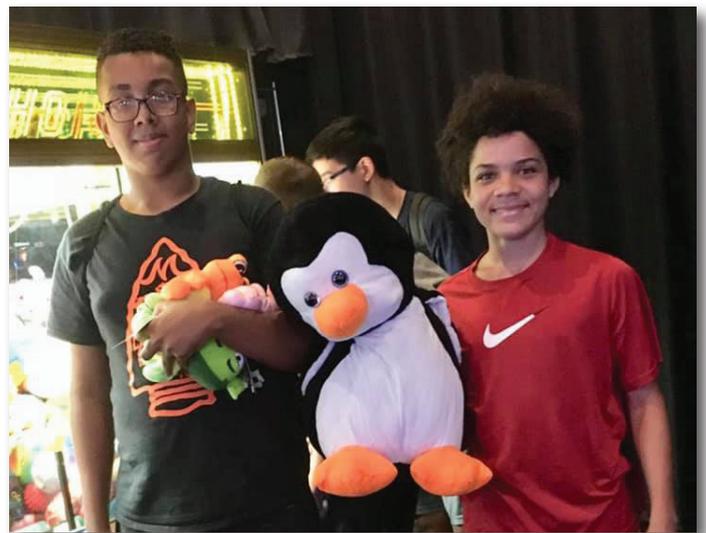
Help is available 24 hours a day/7 days a week

If you or someone you know is struggling with addiction, please call the National Addiction Hotline, available 24/7

1-800-662-HELP (4357)

If you or someone you know is involved in an unhealthy relationship, please call the Safe Futures of New London Hotline for Domestic Violence and Sexual Assault, available 24 /7

860-701-6000 or 860-701-6001



TAX COLLECTOR'S NEWS

Tax Collector's Office

You now have the ability to pay your taxes on –line at www.townofmontville.org. A convenience fee applies. You may also register your email to receive your tax bill and also set payment reminders for your second installment of real estate....

I know....Many of us bemoan having to pay our taxes, while at the same time we understand paying our taxes is a civic duty. Paying taxes is required by law whether you own real estate, motor vehicle, or other personal property.

Currently, Connecticut State Statute imposes a 1.5% penalty, yielding 18% per annum to be applied to delinquent taxes. To save on your hard earned money, it is important to know when your taxes are due and to pay them on time.

Tax due dates:

- Real Estate Taxes – Due Semi-Annually: July 1 and January 1
- Personal Property Taxes – Due Annually: July 1
- Motor Vehicle Taxes – Due Annually: July 1
- Supplemental Motor Vehicle Taxes – Due Annually: January 1

MOTOR VEHICLE CLEARANCES

When you pay your motor vehicle taxes on time it allows for easy convenience of registering a new vehicle or renewing the registration on an existing one. There is nothing worse than buying a new vehicle and not being able to drive it home right away because you failed to pay your taxes. It has been four years since DMV eliminated paper clearances and upgraded to the electronic file. The DMV has stated to Connecticut Tax Collectors that, "Uploading the DMV release file at the end of business day to be an immediate release."

All motor vehicle taxes must be paid in full in order to be included in the nightly DMV electronic file clearing you to register or renew a vehicle registration. If taxes are paid by cash, cashier's check or money order you will be cleared to register the next day. If taxes are paid with credit/debit card on the town website, you will be cleared to register in two business days. If paid by personal/business check there is a 10 business day hold. **Please plan accordingly.**

Karen Gauthier, CCMC
Tax Collector
Ellen Horne
Assistant Tax Collector
Montville Town Hall, Room 3,
310 Route 32,
Uncasville, CT 06382
Hours: 8 am to 4:30 pm. Monday – Friday
Tel: 860.848.6775
Fax: 860.848.2512

Public Works/Recycling And Transfer Station

Christmas/Holiday Tree Disposal

Christmas/Holiday trees will be picked up curbside on Saturday, January 11th. Trees must be free of ornaments, tinsel, lights, etc. and must NOT be in a bag of any kind. Please have curbside by 6:00am.

Transfer Station Closed on Following Holidays

New Year's Day, Easter Sunday, Sunday before Memorial Day, Fourth of July, Sunday before Labor Day, Thanksgiving Day and the day after Thanksgiving, Christmas Day

Curbside Recycling Holidays

Recycling pick up is every other week. If your recycling day falls on one of the holidays it will be a day later. New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and Christmas Day. For Example Monday will be picked up on Tuesday and Friday picked up on Saturday.



Boston Bus Trip

We have chartered a bus to travel to Boston and drop off at Faneuil Hall for a day of "on your own" shopping, dining and exploring the City of Boston. Our motor coach will pick up at Town Hall on Sunday, March 15th at 8 am and arrive in Boston approximately 10:15 am. Take in all the sights and sounds of the city and return to Faneuil Hall by 7 pm to depart back home. We arrive back in Montville approximately 9:15 pm.

We need a minimum of 40 people to register prior to February 21st for the trip to go.

\$50 per person
Program #566071A
No refunds after Feb. 21st.



The Montville Democratic Town Committee is proud of all of the hard work we have put in to ensuring our Town is, and continues to be, the best that it can be.

Through these efforts, we have been able to keep the Town of Montville financially stable while improving the areas needed and always moving forward.

The Montville Democrats continue to support our Senior Citizens, Veterans, children, and all of the residents of our community!

We have worked hard for you and have had excellent progress over the years and in very difficult times.

We vow to continue our efforts for the residents of our great Town of Montville and always put Montville first.



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Raymond Library

832 Raymond Hill Road
Oakdale, CT 06370
860-848-9943

raymondlibraryblog.wordpress.com
facebook.com/RaymondLibrary

Library Winter Hours:

Sunday: Closed
Monday: Closed
Tuesday: 12:00pm – 7:00pm*
Wednesday: 10:00am – 6:00pm*
Thursday: 10:00am – 6:00pm
Friday: Closed
Saturday: 9:00am – 2:00pm

*Summer hours will return on Tuesday, April 7th, with the hours adjusting to Tuesdays open until 8:00 pm, and on Wednesdays until 7:00 pm.

Raymond Library is breaking into 2020 with two newly expanded sections: Young Adult and Kids Graphic Novels. Be sure to stop by and check out some of these great new additions to the library collection.

Storytime:

Miss Michelle will continue Baby & Preschool Storytimes. Enjoy songs, movements, books, and more.

Baby Time: Wednesdays from 10:30 am to 11:00 pm for children 6 to 36 months. January 8, 15, 22, 29; February 5, 12, 26; March 4, 11, 18, 25; April 1, 8, 22, 29

Preschool: Wednesdays from 1:00 pm to 1:45 pm for children 3 to 5 years old. January 8, 15, 22, 29; February 5, 12, 26; March 4, 11, 18, 25; April 1, 8, 22, 29. Thursdays from 10:30 am to 11:15 am for children 3 to 5 years old. January 2, 9, 16, 23; February 6, 13, 20, 27; March 5, 12, 19, 26; April 2, 9, 23, 30.

Raymond Library Events:

Cabin fever got you down? Join our first ever Read Around the World in 80 Days Challenge. Stop by the library to receive your passport and travel the world with us starting on January 7th and ending on March 26th. (You can join the challenge anytime until March 24th). Receive one (1) raffle ticket for each book read between January 7th and March 26th that represents a different country. For more information, or to sign up, stop by the library today!

Deborah Levison, author of “The Crate: A Story of War, A Murder, and Justice” will have a Meet & Greet at Raymond Library on Saturday, January 18th at 11:00 am.

The Friends of the Raymond Library are always looking for new members to help keep our library growing. You do not have to attend meetings to be a member, but the Winter/Spring meeting dates are: January 28th, February 25th, March 24th, and April 28th, all at 6:30 pm.

Test your skills at Raymond Library’s FREE Trivia Nights. Bring your own 3-8 person team OR be ready to join a team upon arrival. Participants must be at least 12 years old to join a team. Winners will receive a prize of bragging rights. Trivia starts at 6:00 pm on the following dates: January 16th, February 20th, March 19th, and April 16th.

Keep an eye on our Facebook page and in the library for Spring Break activities and activities yet to be scheduled.

Vote Republican

The Team that works for you!

Working together for the community

The Montville Republican Town Committee

Town of Montville

Billy Caron, Town Councilor



I am proud to serve the residents of our great Town and be a strong supporter of our seniors, children, individuals, Veterans & Hidden Heroes.

A life-long resident, I enjoy continuing to help everyone that I can and encourage others to work together and help as well! I take great joy in working with so many different individuals and groups for ways to always better our Town.

I thank you all for allowing me to serve and be a part of your lives!

Cell: 860-608-0969

Email: BCaron@montville-ct.org

“From my family to yours, we wish you a Health & Happy New Year!” – Billy Caron

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