

Montville events

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Mayor's Corner

Dear Members of the Montville Community...



Happy New Year! Another year has passed us by, and overall it was a pretty busy and productive year for Montville; several new construction projects & new business openings have kept the Route 32 corridor buzzing with activity.

We also had quite a few residents sign up for the "Solarize Montville" Program, and I appreciate all the support we received on this important initiative.

Hopefully our winter weather is as kind to us as our summer weather was this year. I look forward to another prosperous and productive year for Montville.

Be sure and stay tuned to the Town of Montville's website for important information

and updates: www.townofmontville.org, and please remember that my door always remains open. Thank you.

Sincerely,
 Ronald K. McDaniel
 Mayor, Town of Montville



Montville Animal Hospital







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Senior & Social Services

**Kathleen Doherty-Peck, Director
Montville Senior Center**

Dear Montville Community,
I hope the Holiday Season was enjoyable for all! I am looking forward to an exciting 2015 filled with many new programs and services for both our Senior Services/Center and our Social Services populations. Our Community Magazine has proven to be a great resource for our residents and I hope you enjoy this issue as well! I wish you all a Healthy and Happy New Year!

Sincerely,

Kathleen Doherty-Peck,
Director, Montville Senior
& Social Services

MONTVILLE SENIOR & SOCIAL SERVICES DEPARTMENT

Senior & Social Services
Kathleen Doherty-Peck, Director
Robin Washington, Admin Asst. II
Ruth Massey-Abruzzo, Admin Asst III
Larry Antoniac, Bus Driver
Irene Taylor, Kitchen Server
Kathy Turner, MedRIDE I Driver
Tom Gingerella, MedRIDE I & II Driver
David Norman, MedRIDE II Driver

The Department of Senior & Social Services consists of two offices; the Social Services Office, designed to assist the general public and the Senior Services Office & Senior Center designed to assist the elderly population.

The Senior Center is located at 12 Maple Avenue, Uncasville and offers a wide range of services. Senior Services provides our elderly with information and assistance to relevant / pertinent issues. The primary function of the Senior Services Department is to provide assistance, services, referrals, and information to our elderly population and their families, as well as planning,

administering, organizing, and supervising all programs and services within the Center. We have a wonderful, extremely busy Senior Center with a great deal to offer our Montville seniors!

The Social Services Office is located in the Old Town Hall. (in front of current Town Hall). The Social Services building is separate from others to afford our residents the privacy and confidentially deserved and needed to receive services and assistance with compassion in a comfortable setting. The primary function of the Social Services Office is to provide immediate assistance and crisis intervention for Montville residents. We have seen a tremendous increase in the amount residents needing our services. All of our assistance programs have proved extremely beneficial during this difficult time. Our Social Services Building houses our Food Bank, Hygiene Bank, and seasonal Clothing Bank.

MONTVILLE COMMISSION ON AGING

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Lou Ziegler, Member
Mary Adams, Member
Karen Doherty, Member
Billy Caron, Town Council Liaison

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Social Services Programs

FREE INCOME TAX ASSISTANCE & BUDGETING PROGRAM - VITA PROGRAM

Sponsored by TVCCA, the Montville Social Services Department will offer FREE Income Tax Assistance and Budgeting Program to our Montville Residents. Program will 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.

EASTER BASKET

If you are in need of an Easter Basket for your child, please contact Robin in the Social Services Office. Please specify the age and gender of your child and/or children, we will do our best to help make Easter special for your family! Please sign up by Friday, March 27th – Baskets will be distributed the week of Monday March 30th – Thursday, April 2nd.

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!

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 appt. and let us help you. Any questions or for more information, please call 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 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.

SPORTS CLOSET PROGRAM

We have a SPORTS CLOSET within our Social Services Office. Many of us have children that out-grow their uniforms, cleats, shin guards, team jackets, etc. or try a sport for the first time and decide that it's

not for them! Or maybe you have an old (in good condition) Montville Jacket that no longer fits? If you have any, or know a family that does, would you consider donating these items to our new SPORTS CLOSET PROGRAM for a bi-annual "SALE" to help support our Social Services Office? Items will be "sold" for a donated request (\$1.00, \$2.00, etc.) and help many families get these items for a considerably low price while helping to support the Social Services Programs. (Families not able to afford donation request will receive items for free.)

SUPPORT SERVICES

The Montville Senior & Social Services Department is working with various agencies to provide support services for our clients in the Social Services Building. Services are free and confidential. WE will have a listing of the available programs coming soon! Call Kathie the Director @ 860-848-0422 for details.

MONTVILLE SOCIAL SERVICES JOB BANK

If you are unemployed or underemployed, come and register with our Social Services Office for our "JOB BANK" program. This is a fairly new program 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 accepting applications for Energy Assistance. Appointments for applications began on October 1, 2014, assistance to start on November 15, 2014. Program runs until March 15, 2015. The Town of Montville Senior & Social Services Department has a partnership with various energy organizations and can take applications directly for each program. Please call for your 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.

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events

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Dear Valued Readers,

If you've ever seen an Events Magazine, you will appreciate that it provides the latest information from town mayors and selectmen, town departmental schedules and activities, senior news, menus and programs, library information, community listings, economic development and other important town information helping residents to "keep in touch" with what's happening close to home. And the content ensures true shelf life of the magazine.

As we enter our 19th we are introducing a redesign, from cover to cover. 2015 brings excitement as we continue to grow, adding our 15th town. Our latest addition provides local and regional advertisers greater coverage and awareness with the ability to reach over 250,000 readers at a very low cost per thousand.

Our dedication to our magazines will not change and our commitment to help bring our readers their local town news will continue.

Essex Printing Award Winner!

Many encouraging changes have transpired at Essex Printing. We were presented the "The Benny Award" from the Print Industry of America. Over 3000 entries from companies around the world competed in a variety of printing and graphic communications categories. We are very proud of our accomplishment being selected as one of only 84 companies around the world, and are able to say we are the "Best of the Best". Having won the Print Industry of New England's two Pinnacle Awards and Award of Excellence over the last two years highlights the quality and customer dedication at Essex Printing. In 2015 we will continue to look for new ways to enhance our products and assist our clients to meet their objectives.

I would like to thank you for making Essex Printing and Events Magazines part of your marketing and advertising plan.

COVER PHOTOS

Montville Youth Center (top photo) courtesy of Barbara Lockhart.

Back row: Nicholas Dawley, Billy White, Officer Karen Moorehead, Evelyn Bennett, Abrielle Ayala, Gigi Previti, Yalitz Ayala. Front row: Sebastian Colon, Rodolfo Reyes, Antonio Brown, & Jeremiah Irizarry, & Kristian Colon.

Montville Seniors (bottom photo) courtesy of Kathie Doherty-Peck.

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We are especially proud of the many wonderful and complimentary letters, cards, emails, and personal reviews we receive from our satisfied customers.

Our reputation of excellent customer service has helped us create and build lasting business relationships that are the hallmark of our continued success in helping your business and organization succeed! We look forward to working with you in 2015.

Sincerely,
William McMinn, President,
Essex Printing and Events Magazines

Senior & Social Programs ... continued from page 3

FOOD BANK

The Department of Senior & Social Services @ 860-848-8820 has a fully stocked Food Pantry located in the Social Services Building open Monday – Friday from 9:30 – 4:00 p.m. or by appt by calling Kathie the Director @ 860-848-0422. 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 our very successful "Prom Program"? 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!) and costume jewelry, 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 donations of tuxedo rentals

for some of the boys to be afforded the opportunity to attend as well!

Senior Services / Center Programs

HEALTH PROGRAMS

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 @ 860-848-0422 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 860-889-5960.

HEALTH CLINIC

We offer a Health Clinic at the Senior Center on Tuesdays from 9:00 – 11:00 a.m. We have a visiting nurse come to the Center to perform blood pressure, blood sugar, and anemia screenings every week. All services at the Clinic are FREE – donation box is available for contributions. Call Kathie @ 860-848-0422 for details.

EQUIPMENT PROGRAM

The Department of Senior and Social Services 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. Call @ 860-848-0422 for details.

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. 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.

MASSAGE THERAPY

Massage Therapy offers many health benefits (relief from arthritis, circulation, aids in digestion, etc.) 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.

GAP PROGRAM

The Montville Commission on Aging is proud to offer the Montville Guardian Angel Protection Program (GAP). The program is free for Montville seniors and disabled residents. The GAP Program is a daily reassurance telephone "call" program which can call participants at their designated date/time to detect if the person is "okay." Call for details and/or to sign up for this very beneficial program. You can sign up at the Senior Center 860-848-0422 or Fire Marshal's Office 848-3030 x 381.

CHICKEN SOUP PROGRAM

The Montville Commission on Aging is offering a FREE Program. The Chicken Soup Program is a "feel good" program designed to make a home-bound senior feel good and know that someone cares! If you are temporarily or permanently home-bound, or you know a Montville Senior that is, you may sign up for this program. One of our registered volunteers will come for a visit and bring a little "gift" to help brighten your day! Please call for details and/or to sign yourself or someone you know up for this wonderful program!

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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! Confidential.

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 the month (by appointment). Free hearing screening, hearing aid cleaning and screening and minimal ear wax removal. Call for details and/or to sign up!

ENHANCED BENEFIT PROGRAM

Offered every second and fourth Wednesday of the month at the Center, by appointment from 9:00 – 12:00 noon. The Enhanced Benefit Program is a program our social worker uses to see what/all of the state/federal programs you might qualify for. Information on your current income is needed. This is done with confidentiality and privacy for you! Our social worker is funded by grant funds made available by Senior Resources with Title III funds.

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 and challenging for our seniors. If you need help in filling out these applications or you have questions on what service is available for you, please call Kathie at the Senior Center to make an appointment. Let's sit down and go over help, services & programs that might be available to you.



EXERCISE PROGRAMS: AEROBICS & MORE

Mondays from 9:00 – 10:00 AM
Classes are on-going, you can join at any time! Come get or stay in shape and healthy!!!! Aerobics 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! Classes began on Monday, January 9th.

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

Every Thursday from 3:00 – 4:00 PM
“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.

ZUMBA GOLD

Classes every Tuesday from 1:00 – 1:45 pm. No need to sign up – just wear comfortable clothing and sneakers. Come and join us for a new exercise program – ZUMBA GOLD – specifically designed for senior citizens. Zumba Gold is the lower impact, easy-to-follow, Latin-inspired dance fitness class that will help keep you healthy while having lots of fun!

ZUMBA GOLD – Night Class

Classes are every Wednesday evening from 6:00 – 7:00PM – 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.

BALLROOM DANCING

We offer a Ballroom Dancing Class on Wednesdays from 1:15 – 2:15 pm. Classes are once again FREE to our Montville Seniors. Classes run for 8-week sessions. If interested, please call or sign up in the front office. Look for some of our other Dance Classes to be starting soon!

CARDIO EXERCISE

We have Cardio Exercise classes, which are geared toward the senior population, twice a week at the senior center. Classes are free. Wear loose and comfortable clothing and sneakers. Monday and Friday classes are at 9:00 a.m. Don't be afraid to join and take charge of your health! Go at your own pace! Classes are on-going!

TAI CHI

We have Tai Chi classes at the Senior Center on Mondays, 10:30 – 11:45 am. 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 3:00 – 4:00 p.m. and Thursday mornings from 9:30 – 11:00 a.m. Get some great exercise while having fun dancing!

DINNER & A MOVIE

Once a month on a Tuesday, we offer Dinner & a Movie at the Center. Great way to spend a Tuesday, 3:00 - 5:00 pm. Socialize with friends, have a great meal and enjoy a movie. \$5.00 donation request. Free door prize as well! Call for details @ 860-848-0422 and come and have some fun.

BUCK-A-BOWL LUNCHEON

We are starting this January again with our HOMEMADE Lunch Program! 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.

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

Mondays, 5:00 pm– 7:00 pm - 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 offer Creative Writing Classes which run on 8 week sessions. They are once a week at the Center on Tuesdays at 10:30 – 11:30 a.m. You can join at the beginning of each session.



CHORUS

Come and join a Senior Chorus if you like to sing! Wednesdays, 9:30 – 11:00 AM. ALL are welcome! Don't think you have the best singing voice – NO PROBLEM – it's all for fun and enjoyment! Come join a great group of people – no experience necessary! Sing with us!

CRAFTS

We have Crafts at the Senior Center on Mondays from 12:30 – 4:00 P.M. and Tuesdays from 12:30 – 4:00 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. We have a great bunch of seniors in our Arts & Crafts programs, come and have some fun.

HAIR CUTS

We have a licensed/insured professional hair stylist come to the Center every Thursday morning (by appointment). Very inexpensive and easy access to the Center. Call for details and/or to sign up for Thurs. appt.

SPECIAL EVENTS

Annual Valentine's Day Lunch & BINGO at the Center on Thursday, February 12th. 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



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Senior & Social Programs ... continued from page 7

Center on Friday, March 13th at 2:00 pm. Please join us for your first Saint Patrick's Day Meal of the Season with friends at the Center. Corned Beef & Cabbage, wonderful music and more. Great entertainment by Irish Singer Pierce Campbell.

TRIPS

Our trip committee is meeting in January to schedule of 2015 trips, please watch our Monthly Newsletter for details.

MONTVILLE SENIOR 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. The Club Membership voted at its December meeting to change from an Officer Board to a Board of Directors. The seven member Board of Directors were voted in and the new organization will begin in January 2015. No other changes were made.

CLUB DUES

Your 2015 Senior Club dues are due every January! Club membership is for seniors 60+. 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.) So come on down and join the Senior Club here at the Senior Center! (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
Snacks and beverages provided and lots of fun with some great people! Come on down for BINGO! The more, the merrier!



SENIOR CLUB SPONSORED EXTRA SPECIAL BINGO

Once-a-month on a Tuesday
3:00 – 5:00 pm
Cost: \$5.00 donation

The Montville Senior Club is once again sponsoring and EXTRA SPECIAL \$5.00 BINGO this month! 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.

PARKS & RECREATION

Peter Bushway, Director

We are now producing a magazine four times a year in conjunction with the Youth Services Bureau and Senior and Social Services as the main contributors. You may notice other departments have articles of interest at different times of the year. We hope that you are finding it informational and useful to your family.

Occasionally, we will offer programs that are not listed in this magazine when information for that program is not known at the printing deadline. As always the most up to date information can be found on our website. Information regarding Summer Day Camp will be out in our next magazine due out the week of April 12th.

Information about other spring activities such as Little League, Lacrosse and Soccer have their contact websites on our information page so you may contact them directly. They each have websites you can visit to find information about registering and becoming involved.

Online registration for programs has become quite convenient for people to get involved with programs or who cannot get here during the day.

Just log onto the Town's website at www.townofmontville.org and click on departments, then Parks and Recreation, and then click on the WebTrac icon. This will bring you to our program registration page where you can safely and securely register for programs with a debit or credit card. The system is in real time so there is no delay. A receipt is ready for you immediately. It will be a great time saver.

Be sure to check out the Community Bulletin Board in the front of the magazine to see what special events and happenings are going on. We will be once again hosting the very successful Easter Egg Hunt. Enjoy the season.

Parks & Recreation / Contact Information

Montville Parks & Recreation Department
310 Norwich - New London Tpke., Uncasville, CT 06382
(860) 848-3030 x 380 Fax: (860) 848-8703

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", then WebTrac icon for all program information. Don't forget you can register online.

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. 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

Any photograph taken of any participants of the Montville Parks & Recreation Department programs or activities may be used for publication or advertising materials such as brochures and our Facebook page. 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. 321
Administrative Assistant - Carol Higham Ext. 322

Parks & Recreation Commission Members

Scott LaVallie – Chair
Kerri Lawton – Vice Chair
Nancy delaCruz - Secretary
Eileen Cicchese – Member
Joseph Berardy – Member
Karen Perkins - Member
Gilbert Maffeo – Member
Derek Wainwright – Member
Kristin Ventresca- Member
Laura Tanner – Commission 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.montvilleamerican.org
Mont. Babe Ruth – M. McGrath - gooster12@aol.com
Youth Footballwww.montvillefootball.com
Cheerleadingwww.montvillefootball.com
Montville Youth Soccer – ...www.montvillesoccer.org
Montville Youth Wrestling - on facebook @Tomahawk Youth Wrestling
Montville Youth Lacrosse...www.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 our office for availability and fees.

Weather Cancellations

In case of inclement weather, cancellations will be aired on Channel 8, Channel 3, several local radio stations, also on our Facebook page. You can also call the office at (860) 848-3030 Ext.380 during office hours.

Parks & Recreation Programs

Early Childhood Music Class

Children ages birth to 5 years old

Early childhood music classes will provide a meaningful musical experience for children and families. Babies, toddlers and pre-schoolers will participate in musical experiences that involve singing, expressive movement, games, creative play, vocal exploration, and instrumental play.

Caregivers will be an integral part of each class and will learn how they can incorporate music into their daily routines with children. Early childhood music classes can develop and foster children's musical literacy and a life-long love for music. Musical learning also facilitates a child's development in the area of language, motor, cognitive and social skills. Minimum of 5 children needed, maximum of 12 children.

Instructor: Nicole Clarke

Fee: \$30/Residents \$40/Non-Residents

Class: Tuesdays (5 weeks)

Location: Fair Oaks Community Center

Date: Feb 3rd to Mar 3rd

Time: 9:00 am to 9:45 am. Program: #114041A.

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 Fair Oaks 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 eight 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.

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 - Wears 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.

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.

SATURDAY CLASSES

Minimum of Six per Class / Maximum of Twelve per Class

Sessions will run from Saturday, March 7th thru April 25th

Fee: Residents \$40.00 / Non-Residents \$45.00.

Registration opens Monday, February 9th

Program #112021A	Intro to Ballet 3 yr olds	9:30 AM – 10:15 AM
Program #112021B	Combo Class Tap/Ballet 4 yr olds	10:15 AM – 11:00 AM
Program #112021C	Level 1 Tap 5 yr and up	11:00 AM – 11:45 AM
Program #112021D	Level 1 Jazz/Hip Hop 5 yr and up	11:45 AM – 12:30 PM
Program #112021E	Level 1 Ballet 5 yr and up	12:30 PM – 1:15 PM
Program #112021F	Level 2 Tap 7 yr and up	1:15 PM – 2:00 PM

MONDAY CLASSES

Minimum of Six per Class / Maximum of Twelve per Class

Sessions will run from Mondays, March 2nd thru April 20th

Fee: Residents \$40.00 / Non-Residents \$45.00

Registration opens Monday, February 9th

Program #112022A	Jazz/Hip Hop Ages 7 & Up	5:00 PM – 5:45 PM
Program #112022B	Level 1 Ballet 7 yr and up	5:45 PM – 6:30 PM
Program #112022C	Jazz/Hip Hop 10 yrs and up	6:30 PM – 7:15 PM

Golf Lessons

Open to resident/non-resident Youth and Adults ages 8 to adult.

Five one-hour lessons will include all facets of the game, including basic rules and etiquette. Covers grip stance, posture, backswing, follow thru, sand shots, downswing, chipping and putting. Lessons will also cover information regarding equipment. Clubs required are 3-Wood, 7-Iron, Pitching Wedge and Putter.

Equipment will be made available if needed. Lessons will be held Great Brook Golf Center, Route 184 Groton.

Instructor: Chris Hedden. Each person buys a small basket of golf balls for each lesson. A small bucket costs \$7.

Fees: Resident: \$100 / Non-residents: \$110.

Schedule as Follows:

Adult	April 1 to April 29	Wednesday 6 PM –7 PM	Program #171023A
Adult	April 2 to April 30	Thursday 5 PM –6 PM	Program #171023B
Adult	April 13 to May 11	Monday 11AM-12 PM	Program #171023C
Adult	April 13 to May 11	Monday 6 PM-7 PM	Program #171023D
Women Only	May 5 to June 2	Tuesday 6 PM-7 PM	Program #171023E
Women Only	May 7 to June 4	Thursday 10 AM-11 AM	Program #171023F
Youth	April 11 to May 9	Saturday 11 AM – 12 PM	Program #171023G
Youth	April 12 to May 10	Sunday 11AM – 12PM	Program #171023H

Traditional Shotokan Karate-Do

This class explores the fundamental principles of traditional Japanese Karate. Character development for all students will be stressed. Respect for self and others is at the heart of all training. Students will learn strong stances, good posture and correct form of basic techniques according to the Japan Karate Association. Students will develop balance, coordination, speed, focus and control through spirited training of blocks, punches, kicks and strikes. Instructor: Andrew Bakoledis, 4th Degree Black Belt. Additional Instructors: John Listorti & Abby Barrera, 3rd Degree Black Belts. All classes held at JKA Montville, LLC located at 1242 Old Colchester Rd – Oakdale Pizza Plaza. Fee - Monday Beginner Class Only: Resident/\$40 Non-Resident/\$45. All Other Classes: Resident/\$60 Non-Resident/\$65.

Session 1

Deadline for registration is February 13th. No Classes Jan. 19th, February 16th or 17th.

Program #	MON	TUES	THURS	MIN/MAX
#111061K Beg Ages 4-5 Jan 26-Mar 23	5:00- 5:30 pm			4/8
#111061L Beg Ages 5-9 Jan 29-Mar 19			4:45 – 5:30pm	4/8
#111061M Beg Ages 10 & up Jan 27- Mar 17		6:30 – 7:30pm	6:30 – 7:30pm	2/12
#111061N Inter. 6-12 Jan 27-Mar 17		5:30- 6:30 pm	5:30- 6:30 pm	2/12
#111061O Inter. 10 & up Jan 26-Mar 23	5:30- 6:30 pm		6:30- 7:30pm	2/8

Session 2

No Classes April 13-16th. Deadline for registration is April 6th.

Program #	MON	TUES	THURS	MIN/MAX
#111061P Beg Ages 4-5 Apr 6 – Jun 8	5:00- 5:30 pm			4/8
#111061Q Beg Ages 5-9 Apr 8 – Jun 10			4:45 – 5:30pm	4/8
#111061R Beg Ages 10 & up Apr 7- Jun 10		6:30 – 7:30pm	6:30 – 7:30pm	4/20
#111061S Inter. 6-12 Apr 7 – Jun 10		5:30- 6:30 pm	5:30- 6:30 pm	4/20
#111061T Inter. 10 & up Apr 6 – Jun 10	5:30- 6:30 pm		6:00- 7:00pm	4/20

Belt test and tournaments also through JKA Montville, LLC. Students will test for belt rank at end of each session. Students may also elect to participate at special training seminars and/or compete at special periodic events during session for an additional cost. Visit www.jkamontville.com for additional information.

Gymnastics

18 Months – 3 Yrs - Program - Specifically designed for parent/child interaction. Explore a wide range of special motor skills with an emphasis on movement, music and balance.

Ages Four – Six - Child must be able to follow basic instructions from instructors. Designed to refine motor skills, learn the basics, 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. This class is geared for ages 5 years & up.

Intermediate - For intermediate gymnast with a desire to learn gymnastics, the objective is specifically to improve tumbling, strength, increase flexibility, skill development and build self-esteem. Must be able to do a bridge kick over and pull over on bars. This class is a progression from the beginners.

Advanced – This class is a progression from the intermediate level. Instructors must give permission for students to enter this level.

All programs are run by ABC's Gymnastics Stars staff. Staff members are all USA Gymnastic Certified. Fee - Residents /\$55 Non-Residents/\$65. Minimum of five required for each class.

Continued on page 12

Start/End Date Session & Time Program #

Thursday 2/19/15 –4/9/15

Registration Begins January 26, 2015

18 Months – 3 Yrs	3:50 – 4:20 PM	#112102P
Ages Four – Six	4:20 – 5:00PM	#112102Q
Beginners	5:00 – 6:00 PM	#112102R
Intermediate	6:00 – 7:00 PM	#112102S
Advanced	6:30 – 7:30 PM	#112102T

Thursday 4/23/15 – 6/11/15

Registration begins March 30, 2015

18 Months – 3 Yrs	3:50 – 4:20 PM	#112102A
Ages Four – Six	4:20 – 5:00PM	#112102B
Beginners	5:00 – 6:00 PM	#112102C
Intermediate	6:00 – 7:00 PM	#112102D
Advanced	6:30 – 7:30 PM	#112102E

New London County Judo

Winner of the 2014 Nutmeg State Games Team Championship

This program continues to be a favorite for ages five through adult. Learn self- defense, improve your fitness and have a lot of fun doing it. Sessions run in ten-week increments throughout the year.

Our instructors have over 100 years total of Judo instruction!

Instructors are certified in first aid/CPR and “Safe Sport”.

Ron Egnor – Red and White Belt

Sharon Hunt – 4th Degree Black Belt

Jim Judy – 2nd Degree Black Belt

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

Mondays

3/9/15 – 5/18/15. No class 4/13.

Beg. Ages 5 to 8 year olds (Two times offered)

4:30 – 5:30 pm Program #171051A

6 - 7 pm Program #171051B

Beginners/Intermediate 9 to Adult

7-8:30 pm Program #171051C

Fridays

3/6/15 – 5/15/15. No class 4/17.

Inter Ages 9 and under

6 – 7 pm Program # 171051D

Advanced

12 years and Under

7-8:00 pm Program # 171051E

Ages 13 and older

7-8:30 pm Program #171051F

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.

This program will run through the end of March at Tyl Middle School Gym (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: Thru March 25th. Program #363311A.

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: \$90/Resident \$100/Non-Resident

Class: Wednesdays (10 weeks)

Location: Murphy Elementary School Cafeteria

Time: 5:30pm – 6:45pm

Program #143021A

March 4th – May 20th

No class on 3/18 or 4/22

HAPPY NEW YEAR!
FROM ALL OF US AT *EVENTS MAGAZINES!*

Parks & Recreation / Community Bulletin Board

Annual Easter Egg Hunt

For Ages up to 10 years old

Saturday, April 4th at 1pm.

Rain Date will be Sunday, April 5th at 3 pm.

Location: Camp Oakdale Ball Fields on Meetinghouse Lane

The Easter Bunny will be there, and so should you!

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, and begins Thursday, March 12th. Register by calling 860-848-3030 x 380.

Town of Montville Finance Department

Second Installment of Real Estate Tax

The second installment of Real Estate Tax is due by February 2, 2015. Bills were mailed out in July. You are still responsible for payment even if you did not receive a bill.

The Tax Office also accepts American Express, Discover, MasterCard or Visa

credit cards, debit cards and electronic checks to make a payment. Credit card companies charge a convenience fee for using their cards. The Town passes this fee on to the taxpayer, which is usually about 3% of the transaction amount. The charge for an electronic check is \$2.95.

Taxpayers can view and pay their bill online using a credit card or electronic check. This is a new feature added to the Town's website. It is located under the Tax Collector Department tab.

www.townofmontville.org

Town of Montville Public Works Department

Transfer Station Hours

Transfer station Hours Monday and Tuesday Closed
Wednesday and Thursday 8am-4:00pm and Friday-Sunday
8:00am-3:00pm.

Transfer Station Closed on the Following Holidays

Thanksgiving Day, Christmas Day, New Year's Day, Easter Sunday, Sunday before Memorial Day, Independence Day, Sunday before Labor Day.

Curbside Recycling Holidays

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.

Hazardous Waste Collection Day

Hazardous Waste Collection is August 15, 2015 from 9am-1:00pm at Tyl Middle School. Rain or Shine



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Montville Parks & Recreation Department
310 Norwich- New London Tpke.
Uncasville, CT 06382
Phone (860) 848-3030 Ext. 380
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 Services

Barbara A. Lockhart, M.S., Director
President Connecticut Youth Services Association

Hello Montville Residents & Families,
Happy 2015! Welcome to the winter/spring 2015 edition of Montville Events Magazine! You will be well informed of all of our scheduled programs, events, and services. We have a busy season planned so get your calendars ready to save the dates for some great times. Thank you for all the support, dedication, and kindness so many of you gave to MYSB in 2014, our gratitude is both deep and sincere.

Please give us a call anytime or visit our website www.montvilleyouth.org or Facebook Page to catch up on all the happenings at MYSB! Have a sensational & safe winter into the spring season!

Best Regards, Barbara

“The Montville Youth Service Bureau is committed to addressing and meeting a variety of needs for the youth and families in the Montville Community. Our goal is to enrich the social, recreational, cultural, and educational experiences of youth, while providing opportunities for positive, social, educational, and emotional skills development. We will achieve this through positive program development, the implementation of support networks, regular needs assessments, appropriate prevention and intervention services, and coordinated planning and advocacy. Our philosophy is to make a world of difference by actively committing to make a difference in the world of the youth and families we serve.”

Youth Service Programs

289 Route 32, Uncasville, CT 06382
phone: (860) 848-7724 / fax: (860)848-4058 / www.montvilleyouth.org

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, we have a waiting list in place.

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 with occasional trips and 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 you can stop down between the hours of 9:00 am and 2:30 p.m. Please contact us for more information. To inquire about placement on the waiting list, please dial ext. 112.

There is a yearly registration fee of \$115 for this program.

Continued on page 16

STAFF

Barbara Lockhart, MS, Director
Kimberly Grant BA,
Program Developer
Dianne Peltier, Admin. Assistant
Darin D’Ammadio, LCSW
Katie Bonanno & Alicia Dahmer, Program Assistants
Rayallen Bergman & Jon Hudon, Center Assistant

Montville Youth Advisory Board

Daniel Dunn, Chairman
Leonard Bunnell
William Carlos
Brianna Messer
Robert Mitchell
Susan Rickards
Allyson Schmeizl, Secretary
Timothy Shanahan
Marilyn Williams
Grace Carlos, Youth
Kathy Pollard, Town Council Liaison



A \$25 non-refundable deposit is due at the time of registration in the program. Parents with more than one child in the ASP will adhere to a tiered payment plan: 1st child- \$115, 2nd child- \$90, 3rd child-\$65, 4th child- \$40. (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.)

Summer Center

Monday-Wednesday-Friday
8:30 am to 5 pm

Registration will be held Monday, May 4th at 9am, no exceptions!

Summer Center is open to all Montville Youth entering grade 7 and higher. There are 30 spots available on a first come, first serve basis. Total cost- \$375 per child; a \$175 non-refundable deposit is required at time of registration, includes 1 trip per week (with lunch). Scholarship spots are available, you MUST contact the office PRIOR to Registration to discuss eligibility requirements.

Summer Center Program Dates and trips will be available on our website page the week of April 7th 2015.



Montville Youth Action Council – MYAC

Montville YAC's mission is to provide opportunities for Montville youths, in grades 6 through 8 to develop and promote responsibility, cultivate leadership skills, develop an interest in the community, and foster empowerment and positive social development through active participation in the formation, coordination, and delivery of community service projects, as well as social and recreational activities. Joined by high school mentors and MYSB staff this program offers students an opportunity to “give back.” Montville YAC's past projects include a Police/Youth Memorial Bench Building Project, our Annual Penny Drive, and our 2014 Penny Drive raised funds to purchase two Apple iPads for Lawrence & Memorial Hospital's Pediatric Services. Contact Kimberly for



more information at Ext.112.

2015 Penny Drive

The 2015 Penny Drive will benefit Montville Animal Control. The Penny Drive will run from January through the end of April. The Youth Action Council will place penny jars around town and will host our 2nd Annual Penny Drive Play Day in the ASP, as well as host our Wake-A-Thon over April Vacation! Be on the lookout for flyers, and penny jars throughout the town. Remember, Every Penny Counts!

Parent Action Council- PAC

The Parent Action Council is a group of parents who work together to help Montville Youth Service Bureau develop and organize different fundraisers and community events throughout the year. Currently, PAC is looking for new members who are interested in donating a little of their time to help a really great cause. Please contact us if you are interested.

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 Barbara (Ext 116) or Darin (Ext 111) 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, Ext 113, between the hours of 9 am and 2:30 pm.

Volunteers and Internships

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, with homework assistance, 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. We are also looking for local High School juniors



and seniors who are willing to provide homework assistance to our participants. Please contact Kimberly 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.

Parent-Toddler Play Group
Birth to Five Years

Tuesdays and Fridays
Fair Oaks School
10:30 AM to Noon

MYSB sponsors a Parent Toddler Play Group which takes place at The Fair Oaks Community Center in Oakdale. The



program meets from September through June. Please contact MYSB for further program information on how to get involved.

MYSB EVENTS:

We have some fantastic new programs in the works that we are really excited about! Be sure to check with us regularly to see what we have going on here and in the community.

www.montvilleyouth.org or "LIKE" Us on Facebook

Continued on page 18

*The latest Events for all our towns
in one convenient place -
plus town information,
photos and links*

eventsmagazines.com

BRANFORD • CHESTER • CLINTON • EAST HADDAM
EAST LYME • ESSEX • GUILFORD • HADDAM
MADISON • MONTVILLE • OLD LYME
OLD SAYBROOK • VERNON • WESTBROOK • WOODBRIDGE

Coming Soon - Updated website

Youth Services ... continued from page 17

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!"



MYSB Updates & Info

Montville Education Foundation & MYSB was awarded a grant from the Montville Education Foundation to bring Play Well Teknologies Lego Program to Montville. Play Well Teknologies uses Legos to boost confidence, creativity and the ability to collaborate with others, all while learning the fundamentals of engineering and physics. MYSB will be hosting 6 workshops for Elementary and Middle School students identified by school staff to participate in February and March. Be on the lookout for pictures!



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In Partnership with SouthEastern Regional Action Council

The Montville Suicide Prevention Team.

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Did you know...?

There is a Prescription Drug Dropbox at the Montville Public Safety Building. You can bring your unused or expired prescription drugs to the drop box for safe disposal. For more information about what can be dropped off and the hours, contact Montville Police Department at 860-848-7570.



Montville Youth Service Bureau partners with the Southeastern Regional Action Council (SERAC) on Prevention Initiatives in the community. For more information visit SERAC's website; www.sectrac.org.

Montville Youth Service Bureau is an active member of the Connecticut Youth Services Association (CYSA) which represents 100 YSBs statewide. Visit CYSA's website for more information; www.ctyouthservices.org

We want your feedback!

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The long awaited metamorphous of the Norwich Ice Rink is now complete. The Norwich RoseGarden Ice Arena opened its doors to the public on Saturday, December 20th, under the direction of a private management group. The arena is essentially new and all systems in the physical plant are state of the art, from the common areas and locker rooms to

the computer controlled refrigeration and lighting systems.

Aside from the building sporting its \$1.6 million upgrade, what sets the RoseGarden apart is the new management team's commitment to customer service. The arena truly can offer something for everyone, from the very young to the very young at heart, whether elite level athletes, or beginning skaters.

The RoseGarden will operate twelve months a year. Public skating is offered seven days a week, with the very popular Laser Skates on Friday and Saturday

evenings. Admission is \$7 for adults, \$4 for children under twelve, seniors and our current armed service members. Skate rental is always available for \$4 per pair. Seal, on ice, skating aids are also available for a \$5 rental fee to aid beginning skaters and their parents!

Group skating classes are offered daily, and Learn to Play hockey clinics for children are offered on Saturdays and Sundays. Aspiring adult hockey players, you can learn the basics on Wednesday evenings at 8:30PM. Please contact Programming Manager, Tiesha DiMaggio to design the program that is perfect for you.

Please visit our website at www.rosegardenicearena.com for all the most current schedules and information.

Events *presents* ...



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The club is scrupulously clean and offers a friendly and supportive atmosphere that is second to none. Integrated access and security with remote monitoring of surveillance systems provides round-the-clock safety and security. Personal safety devices allow for one-touch access to emergency care. Private restrooms with showers offer convenience for those who wish to change at the club or freshen up before they leave.

Maximize your Anytime Fitness membership with 24/7 access to Anytime Health - your online resource for living well. Check out the great benefits available to you as an Anytime Fitness member by contacting me today.

Dawn Gilday, Owner to Inspire. 2020 Norwich New London Tpk, Uncasville, CT 06382
uncasvillect@anytimefitness.com, www.anytimefitness.com 860-848-0383.

What is Influenza?

The flu (influenza) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

How it Spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Period of Contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

How Serious is the Flu?

Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things. Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions (http://www.cdc.gov/flu/about/disease/high_risk.htm) (such as asthma, diabetes, or heart disease).

Flu seasons are unpredictable and can be severe. Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people.

Complications of Flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. The single best way to prevent the flu is to get a flu vaccine each season. There are several flu vaccine options for the 2014-2015 flu season.

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