

Montville events

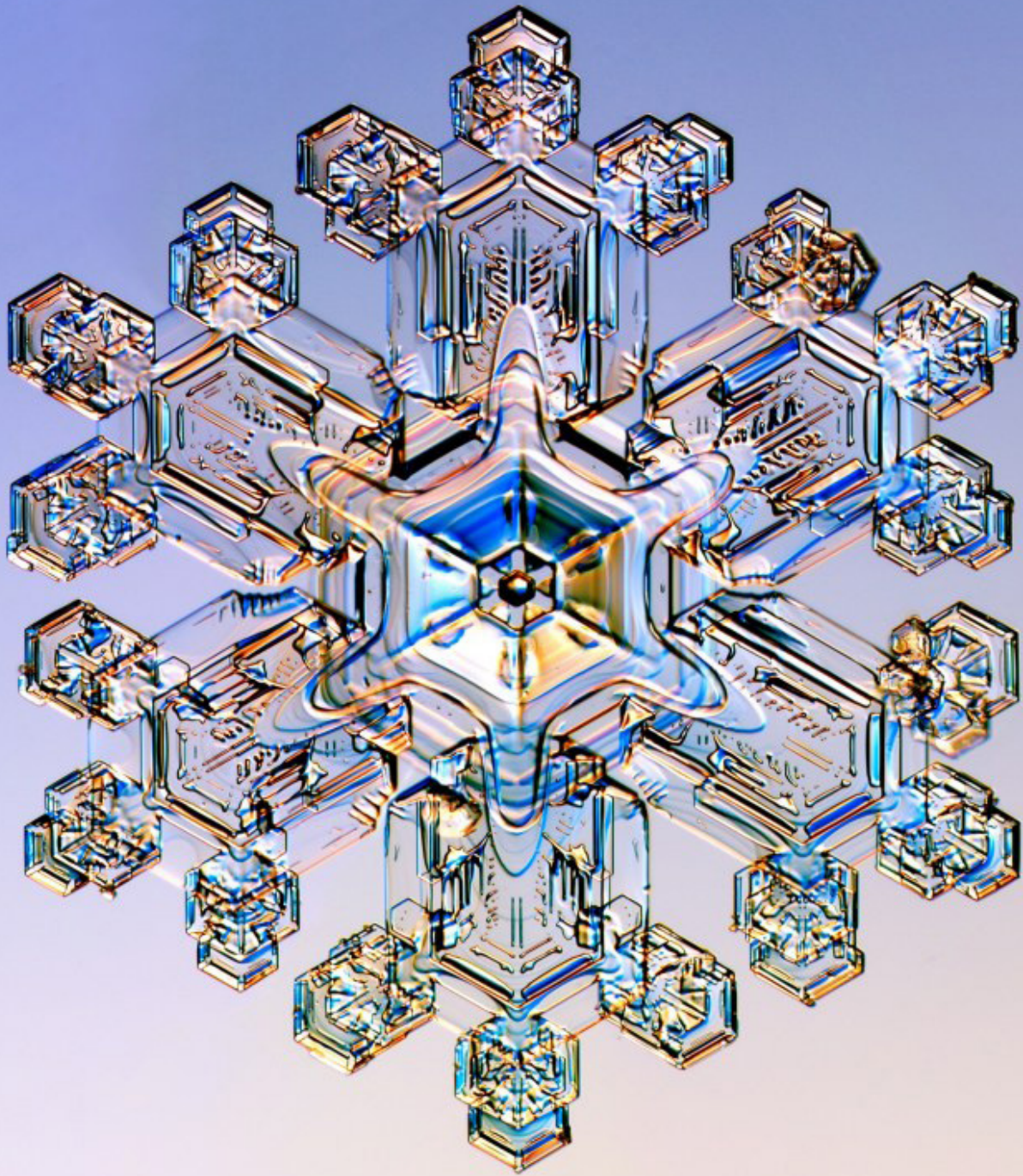
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The Mayor's Corner

Dear Montville families and residents:
First and foremost I would like to thank those of you who showed both faith and confidence in my leadership, and voted to re-elect me as the Mayor of Montville.

I am honored and grateful to resume the positive work that we have been doing over the past 4 years. I also wish to congratulate the Montville Town Council incumbents on their re-election and welcome newly elected Councilman Joe Rogulski. Together we can keep Montville strong and proud.

Please accept my sincerest wish for a safe, happy, and joyous holiday season for you and your families. May 2016 bring progress, prosperity, and peace. Please be sure and stay tuned to the Town of Montville's website for important information and updates: www.townofmontville.org, and remember that my door always remains open.

Sincerely,
Ron McDaniel



Ronald K. McDaniel
Mayor, Town of Montville

Happy New Year!

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Senior & Social Services Department

Kathleen Doherty-Peck, Director

Dear Montville Community Friends,
I am looking forward to another enjoyable, productive and successful year full of rewarding & beneficial services, educational & enjoyable activities & programs. We have many new programs in the works for our Social Services clients and our Senior Center is always booming with new initiatives! With our ever-changing and growing populations served through my Department, we are always looking to expand our services and to support our residents. Wishing all a Healthy and Happy New Year!

Sincerely,

Kathleen Doherty-Peck

Director of Senior & Social Services
Montville Senior Center

Montville Senior & Social Services Department

Senior & Social Services Staff

Kathleen Doherty-Peck, Director
Ruth Massey-Abruzzo, Senior Center Asst.
Robin Washington, Social Services Asst.
Larry Antoniac, Bus Driver
Tom Gingerella, MedRIDE I & II Driver
David Norman, MedRIDE II Driver
Paul Bychowsky, MedRIDE I Driver
John Spinnato, MedRIDE I Driver
Parry Antoniac, Kitchen Server

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 Town Hall parking lot (old town hall building). The Social Services building is separate from the Town Hall and affords 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 of 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

Kathleen Doherty-Peck, Chairperson
Monica MacNeil, Vice-Chairperson
Margaret Skinner, Member
Lou Ziegler, Member
Patty Antoniac, Member
Mary Adams, Member
Karen Doherty, Member
Billy Caron, Town Council Liaison
Lieutenant Bunnell, Police Liaison



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Senior Services & Center Programs ... continued from page 3

SOCIAL SERVICES PROGRAMS

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

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. Please call Robin @ 860-848-8820.

BETTER HEALTH SUPPORT SERVICES

I am very happy to announce that I have received the grant and the needed donations to offer this services to our residents.

Originally called “Positive Thoughts” our new 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. This program is made possible with Title III funds under the Older Americans Act from Senior Resources. Call Kathie the Director @ 860-848-0422 for details. Program will begin in October.

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 18th – Baskets will be distributed the week of Monday, March 21st – Thursday, March 24th.

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 for appointment. 860-848-8820.



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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.

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 donation 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.)

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 in October of 2015, assistance began on November 12, 2015. Program runs until March 15, 2016. 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 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) and include a copy of income to participate in the program. 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, @ 860-848-8820 has a fully stocked Food Pantry located in the Social Services Building open Monday – Friday from 8:30 a.m. – 3:00 p.m. (10:30 on Monday mornings as that is our donations pick-up day) or by appointment by calling Kathie the Director @ 860-848-0422.

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 a.m. – 4:00 p.m.

Continued on page 6

Senior Services & Center Programs ... continued from page 5

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 donations of tuxedo rentals for some of the boys to be afforded the opportunity to attend as well.

SENIOR SERVICES / CENTER PROGRAMS 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

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, who comes 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 and date of next visit.

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!



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.

Continued on page 8

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Social Services ... continued from page 7

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 and have some fun! 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.

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. Take charge of your health

LINE & COUNTRY DANCING

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 p.m. Socialize with friends, have a great meal and enjoy a movie. \$5.00 donation request. Free door prize! Call for details @ 860-848-0422.

TUESDAY BUNCO NIGHT

4:00—6:00 pm

Join us once a month for BUNCO NIGHT! Come and have some fun with some senior friends! We will have snacks & beverages available. FREE night out. Please sign up on bulletin board if you plan to attend.

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. 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. Get your name on the list as 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. Classes are very enjoyable.

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 – 3:00 pm .and Tuesdays from 12:30 – 3:00 pm. 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 appt.

SPECIAL EVENTS

ANNUAL VALENTINE’S DAY LUNCH & BINGO

Our annual **Valentine’s Day Lunch & BINGO** will be at the Center on Friday, February 12th, 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 Thursday, March 17th at 1:00 pm. Join us for a delicious Saint Patrick’s Day Meal with friends. Corned Beef & Cabbage, and great entertainment by the wonderful Montville High School Choir. Always a wonderful festive event. Bus is available!

TRIPS

Our first trip of the year will be in February to the **Westchester Dinner Theater**. Please call for details.

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 2016 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. - 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, \$5.00 donation. Come and have some fun with the always popular Special BINGO! Snacks and beverages provided. The more, the merrier!

SENIOR CLUB SPONSORED EXTRA SPECIAL BINGO

Once-a-month on a Tuesday, 3:00 – 5:00 pm, \$5.00 donation. The Montville Senior Club is 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

Letter from the Director, Peter Bushway

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 and announced on our Facebook page. Information regarding Summer Day Camp will be out in our next magazine, the week of April 4th.

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 our programs or who just cannot get here during the day. 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 this magazine to see what special events and happenings are going on. We will be once again hosting the very successful Easter Egg Hunt. Details of this event are listed here on the Community Bulletin Board within this magazine. Enjoy the season.

Pete Bushway, CPRP
Director of Parks and Recreation

Parks & Recreation / Contact Information

Montville Parks & Recreation Department
310 Norwich - New London Tpke.
Uncasville, CT 06382
(860) 848-3030 x 780 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. 721
Administrative Assistant - Carol Bunnell Ext. 722

Parks & Recreation Commission Members

Scott LaVallie – Chair
Eileen Cicchese– Vice Chair
Nancy delaCruz - Secretary
Kerri Lawton – Member
Joseph Berardy – Member
Karen Perkins - Member
Ryan Hartman – 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 Dept (Non-Emergency) (860) 848-7510
Raymond Hill Library..... (860) 848-9943
Montville Public Works (860) 848-7473
Montville Town Hall (860) 848-3030
Town Website..... 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 Football.....www.montvillefootball.com
 Cheerleading.....www.montvillefootball.com
 Montville Youth Soccer..... www.montvillesoccer.org
 Montville Youth Wrestling
on facebook @Tomahawk Youth Wrestling
 Montville Youth Lacrosse..... www.montvillelacrosse.org

Parks & Recreation Programs

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.

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 posted on our Facebook page and several local radio stations including 98.7, 97.7 and 100.3.

SATURDAY CLASSES

Minimum of Six per Class
 Maximum of Twelve per Class

Sessions will run from Saturday, March 12th thru April 30th.

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

Registration opens Tuesday, February 16th

Program #112021H	3 Yr Old Intro to Ballet	9:30 AM – 10:15 AM
Program #112021I	4 Yr Old Combo Class Tap/Ballet	10:15 AM – 11:00 AM
Program #112021J	5 Yrs & Up Level 1 Tap	11:00 AM – 11:45 AM
Program #112021K	5 Yrs & Up Level 1 Jazz/Hip Hop	11:45 AM – 12:30 PM
Program #112021L	5 Yrs & Up Level 1 Ballet	12:30 PM – 1:15 PM
Program #112021M	7 Yrs & Up Level 2 Tap	1:15 PM – 2:00 PM
Program #112021N	8 Yrs & Up Level 1 & 2 Ballet	2:00 PM – 2:45 PM

MONDAY CLASSES

Minimum of Six per Class
 Maximum of Twelve per Class

Sessions will run from Mondays, March 14th thru May 2nd.

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

Registration opens Tuesday, February 16th

Program #112022A	4 Yrs Old Combo Class Tap/Ballet	4:15 PM – 5:00 PM
Program #112022B	7 Yrs & Up Jazz/Hip Hop	5:00 PM – 5:45 PM
Program #112022C	7 Yrs & Up Level 1 Tap	5:45 PM – 6:30 PM
Program #112023C	Adult Tap	6:30 PM – 7:15 PM

Continued on page 12

Parks & Recreation ... continued from page 11

GYMNASTICS

18 Months – 3 Yrs

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, 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. 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 and Advanced II

These classes are 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

Tuesday 2/23/16 – 4/12/16

Registration begins February 1, 2016

Beginners	4:00 – 5:00 PM	#112102F
Beginners	5:00 – 6:00 PM	#112102G
Intermediate	6:00 – 7:00 PM	#112102H
Advanced II	7:00 – 8:00 PM	#112102I

Thursday 2/25/16 – 4/14/16

Registration Begins February 1, 2016

18 Months – 3 Yrs	3:50 – 4:20 PM	#112102J
Ages Four – Six	4:20 – 5:00PM	#112102K
Beginners	5:00 – 6:00 PM	#112102L
Intermediate	6:00 – 7:00 PM	#112102M
Advanced	7:00 – 8:00 PM	#112102N

NEW LONDON COUNTY JUDO

Winner of the 2014 Nutmeg State Games Team Championship

This program continues to be a favorite for ages six 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

Junita Bean – Shodan 1st Degree Black Belt

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

Mondays

3/7/16 – 5/16/16

(No Class 4/18 Spring Vacation)

Beginners Ages 6 to 9 year olds

(Two times to choose from)

4:30 – 5:30 pm Program #171051S

6 - 7 pm Program #171051T

Beginners/Intermediate / 10 to Adult

7-8:30 pm. Program #171051U.

Fridays

3/11/16 – 5/20/16

(No class 4/22 Spring Vacation)

Inter Ages 9 and under

6 – 7 pm. Program # 171051V.

Advanced

12 years and under

7-8:00 pm. Program # 171051W.

Ages 13 and older

7-8:30 pm. Program #171051X

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. That's only \$27 per lesson compared to \$80 if you went to a similar group lesson elsewhere.

Lessons will be held at Great Brook Golf Center
Route 184 Groton

Instructor: Chris Hedden

Each person buys a small basket of golf balls for each lesson.

Fees: Residents/\$135 Non –Residents/ \$145

Schedule as Follows:

Adult	April 11 to May 9	Monday 10 AM-11 AM	Program #171023A
Adult	April 11 to May 9	Monday 6 PM-7 PM	Program #171023B
Women Only	April 6 to May 4	Wednesday 5 PM - 6 PM	Program #171023E
Women Only	May 3 to May 31	Tuesday 10 AM-11 AM	Program #171023F
Women Only	May 3 to May 31	Tuesday 6 PM - 7 PM	Program #171023G
Youth	April 30 to May 28	Saturday 10AM - 11AM	Program #171023H
Youth	May 1 to May 29	Sunday 10AM - 11AM	Program #171023I

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 other is at the heart of all training. Control is a focal point for all decisions made, both physically and mentally. 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 as Follows –

Monday or Thursday Only (8 Classes)

Resident/\$40 Non-Resident/\$45

Monday/Thursday or Tuesday/Thursday Only (16 Classes)

Resident/\$60 Non-Resident/\$65

Deadline for registration is February 12th

No Classes: February 15th or 16th

Program #	MON	TUES	THUR	MIN/MAX
#111061K Beg Ages 4-5 Jan 25 – Feb 21	5:00- 5:30 pm			4/8
#111061L Beg Ages 5-9 Jan 28 – Mar 17			4:45 – 5:30pm	4/8
#111061M Beg Ages 9 & Up Jan 26 – Mar 22		6:00 – 6:45pm	6:30 – 7:30pm	2/12
#111061N Inter. 6-12 Jan 26 – Mar 22		5:00- 6:00 pm	5:30- 6:30 pm	2/12
#111061O Inter. 10 & Up Jan 25 – Mar 17	6:15- 7:15 pm		6:30- 7:30pm	2/8

Continued on page 14



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Parks & Recreation Programs ... continued from page 13

Deadline for registration is April 15th

No Classes: Monday 4/18 – Friday 4/20 Spring Vacation

Program #	MON	TUES	THUR	MIN/MAX
#111061P Beg Ages 4-5 Apr 4 – May 30	5:00- 5:30 pm			4/8
#111061Q Beg Ages 5-9 Apr 7 – June 2			4:45 – 5:30pm	4/8
#111061R Beg Ages 10 & Up Apr 5 – June 2		6:00 – 6:45pm	6:30 – 7:30pm	2/12
#111061S Inter. 6-12 Apr 5 – June 2		5:00- 6:00 pm	5:30- 6:30 pm	2/12
#111061T Inter. 10 & Up Apr 4 – May 30	6:15- 7:15 pm		6:30- 7:30pm	2/8

*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.

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 30th

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)

Date: February 24th – May 4th

Location: Murphy Elementary School Cafeteria

Time: 5:30pm – 6:45pm

Program #143021C

No Class 4/20 (Spring Vacation)

ADULT DRAWING CLASS

Artist and Instructor LeeAnn Graham will lead students through this fun and interactive class. Grow your creativity! Beginners to advance students will create still life compositions through a variety of drawing techniques: exploring line, color and shade.

This class will be open for ages 18 and older. **Materials required:**

students are required to bring in a drawing pad, pencil and a kneaded eraser. The instructor will introduce the students to different types of paper and materials such as newsprint paper, charcoal and pastel chalks.

Class: Wednesdays – 6 weeks

Dates: February 3rd to March 9th

Time: 6:30 – 8:00 pm

Location: Fair Oaks Community Center Classroom

Fee: \$60/Residents/\$70 Non-Residents

Program #144503A

CHILDREN'S DRAWING CLASS

Artist and Instructor LeeAnn Graham will lead students through this fun and interactive class. Grow your creativity! Beginners to advance students will create still life compositions through a variety of drawing techniques: exploring line, color and shade. This class will be open to ages 5 – 17.

Materials required: students are required to bring in a drawing pad, pencil and a kneaded eraser. The instructor will introduce the students to different types of paper and materials such as newsprint paper, charcoal and pastel chalks.

Class: Saturdays – 6 weeks

Dates: February 6th to March 12th

Time: 10:30 am – 12:00 pm

Location: Fair Oaks Community Center Classroom

Fee: \$60/ Residents/\$70 Non-Residents

Program #144503B

COMMUNITY BULLETIN BOARD

ANNUAL EASTER EGG HUNT

For Ages up to 10 years old - Saturday, March 26th at 1pm.

Rain Date will be Sunday, March 27th 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, March 26th 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 Thursday, March 1st. Register by calling our office at 860-848-3030 x 780.

Montville Parks & Recreation Department
310 Norwich- New London Tpke.
Uncasville, CT 06382
Phone (860) 848-3030 Ext. 780
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 Youth Services

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

Montville Youth Service Bureau / 289 Route 32, Uncasville, CT 06382
(860) 848-7724 / Fax (860)848-4058 / www.montvilleyouth.org

Happy Winter Season Everyone!

The winter season is upon us and MYSB has a very full schedule for both winter and spring 2016. Get geared up for fundraisers, special events, celebrations, community campaigns and much, much more! It has been both our pleasure and privilege to have been involved with hundreds of Montville youth & families over the past 27 years that MYSB has been a fixture in our community. We look forward to continuing our work and fulfilling the goals of our mission. Our heartfelt thanks to our friends, families and countless supporters!

“The Montville Youth Service Bureau is committed to developing, then implementing effective, accessible programs and support services. We are dedicated to achieving positive outcomes for the youth and families in the Montville Community, and promoting overall family health. We will accomplish our goals through positive programming, prevention initiatives, and effective diversion based services.”

STAFF

Barbara Lockhart, M.S., Director
Kimberly Grant B.A.,
Program Developer
Dianne Peltier, Admin. Assistant
Darin D’Ammadio, LCSW
Katie Bonanno & Alicia Dahmer,
Program Assistants

MONTVILLE YOUTH ADVISORY BOARD

Daniel Dunn, Chairman
Leonard Bunnell
William Carlos
Brianna Messer
Robert Mitchell
Susan Rickards
Allyson Schmeizl, Secretary
Timothy Shanahan
Grace Carlos
Tim May, Town Council Liaison

Please give us a call anytime or visit our website at www.montvilleyouth.org or Facebook Page to catch up on all the happenings at MYSB!

You can also visit www.ctyouthservices.org to learn more about the 100 YSBs thriving in over 145 communities across the state of Connecticut!

Best Regards ~ Barbara
Barbara A. Lockhart, MS

Montville Youth Service Bureau Programs



AFTER SCHOOL PROGRAM

Grades: 4th -12th

Monday – Friday

After School until 6 pm

Open to Montville Residents

Registration Required.

*Due to the increased interest in our After School Program, we have a waiting list in place. The ASP is a fee based program. 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. Please contact us for more information.

To inquire about placement on the waiting list, please dial ext. 112. There is a registration fee assessed each year your child is in the program. Please check the April edition of the Montville Events Magazine for more information regarding the fee for the 2016-2017 school year.

SUMMER CENTER 2016

Monday-Wednesday-Friday

8:30 am to 5 pm

Registration will be held Monday, May 4th at 9 am, 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 Dates and Trips will be available in the April edition of the Montville Events Magazine.

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



Montville Events Quarter 1 2016

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, which has raised money for L&M Pediatric Emergency Services, Montville Social Services, and Habitat for Humanity, and so much more! Contact Kimberly for more information at Ext.112

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.

Continued on page 18



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Montville Youth Services ... continued from page 17

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

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 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 / 10:00 am to 11:30 am
MYSB sponsors a Parent Toddler Play Group which takes place at The Fair Oaks Community Center in Oakdale. This program is free to everyone, including those who are not Montville residents. This is a parent run program that does not require registration for newborns to 5 year olds from September to June. Parents provide snacks and crafts and the occasional field trip. If you have any questions, you can call MYSB.

MYSB EVENTS

MONTVILLE YOUTH ACTION COUNCIL PENNY DRIVE 2016

The 2016 Penny Drive will benefit Safe Future of New London. The Penny Drive is underway and will run until the end of April. Be on the lookout for the penny jars around town and at the center! Movie Nights, Play Days and the Wake-A-Thon are all planned for this spring!

MYSB'S 2ND ANNUAL CRAFTER & VENDOR FAIR

April 2016 - Stay tuned for more information!
www.montvilleyouth.org or "LIKE" Us on Facebook
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

1 WORD, 1 VOICE, 1 LIFE

Be the 1 to start the conversation.
www.preventsuicideCT.org
Suicide Hotline- 1800-273-8255 – available 24/7
In Partnership with SouthEastern Regional Action Council
The Montville Suicide Prevention Team. Reach out...
WE CARE!

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

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

COMMUNITY BULLETIN BOARD

COMMUNITY PRIDE WINDOW CLINGS



Join the Town of Montville, MYSB and the Mayor's Orange Ribbon Coalition in supporting community pride!

Purchase a window cling for \$2.00 and support Montville Youth & Families.

Stop into MYSB anytime between 8 am and 5:30 pm.



Town of Montville Finance Department

SECOND INSTALLMENT OF REAL ESTATE TAX

The second installment of Real Estate Tax is due by February 1, 2016 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 8 am-4:00 pm and Friday-Sunday 8:00 am-3:00 pm.

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.

**Why Settle
for Less...**

COME SEE US!
Owner: Candy McCarthy
Hours: Tues-Friday 8:30 - 6 pm
Saturday 8:30 - 4:30 pm
1064 Norwich New London Turnpike
Uncasville, CT 06382

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- **Cost-effective advertising rates**

**The magazine readers look forward to
for over 20 years!**

Call 860-767-9087 today

Montville Stop & Shop

The Montville Stop & Shop supports the community every day of the year! One of the organizations that benefits from their generosity is the Town of Montville, Department of Senior & Social Services. Stop & Shop recognizes the need to help feed members of our community facing difficult times all year long. They put together bags made up of items in need for the Montville Food Pantry. Each week, volunteers pick up the purchased food bags

and bring them to the Montville Senior & Social Services Food Pantry to help fight hunger and supplement the food needs of our community. The Montville Food Bank provides approximately 3,500 – 4,000 meals a month to Montville residents in need and runs entirely on donations! THANK YOU Montville Stop & Shop for supporting our community and helping those in need!



Montville Rotary Club

The Montville Rotary Club just celebrated their 20th year participating in and providing the food for the Relay for Life. We are proud to be a part of this great event. The Montville Rotary gives back to the community in many ways. We serve in the homeless soup kitchen, we provide \$3,000 annually in scholarships for Montville Seniors, we provide dictionaries to every third grade student in all of the elementary schools each year, we provide the Outstanding Student Awards in each of the schools, we provide funding to and participate in the Montville

Social Services Holiday Basket Program, we deliver food to our senior citizens in Town, and we provide many other services. The motto of the Montville Rotary Club is “Service above Self”! Please consider participating in our next event, the annual Montville Race Day on Sunday, July 19th at the Camp Oakdale Pavilion. All Proceeds to benefit Montville Rotary Club Education and Literacy Programs. For more information contact: montvillerotaryct@gmail.com

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Waterford, CT 06385
860.442.2731
www.carecoct.com**



The Montville High School ACTIVE ATHLETES CLUB is made up of athletes from all different sports who do community service throughout the year. Here they are singing Christmas Carols at the Montville Senior Center. They also sang at various nursing homes and rehabilitation centers.

Montville Animal Hospital



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The Epilepsy Foundation of Connecticut

We offer 7 support groups throughout the state in Bethel, Milford, Stamford, Middletown, Guilford, Hartford and GROTON.

Our meetings are for adults living with epilepsy and parents of children with epilepsy.

Those interested in attending are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com.

For more information visit www.epilepsyct.com or call 800-899-3745.

Beat Parkinson's Today

Parkinson's Exercise Program Shows Great Results in Helping People with Parkinson's Feel Better

East Shore Region Adult & Continuing Education is hosting classes by Beat Parkinson's Today, an exercise program designed specifically to improve Parkinson's symptoms.

There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

Beat PD Today has classes for people of all ages and all stages of the disease. Beat PD Today is a program developed through personal trial and error by Michelle Hespeler, who said: "these classes were born out of the desire to offer People with Parkinson's a way to feel better – both physically, and emotionally. We've found that, in addition to the endorphins that are generated, the results are incredibly positive. As a person with Parkinson's, I can attest to that personally. Exercise has made a huge difference for me."

The Beat PD Today program is an affordable exercise class based on national research around the benefit of exercise to alleviate Parkinson's symptoms and slow the progression of the disease. Every workout is scalable to each individual within the group class. The program focuses on full functional body movements that we use in everyday life. Our sessions use a variety of basic equipment such as ropes, TRX, kettle bells, BOSUs, weights and medicine balls. We create work-outs in each session specific to the group's needs. The classes will encourage brain stimulation, challenge balance and stability and teach proper technique and form – all in an encouraging group setting.

Please register by phone/text, 860.463.3747, email at info@beatpdtoday.com, or web-site www.beatpdtoday.com.

The Montville High School Library

The Montville High School Library is open to the public on Monday and Thursday evenings from 4:00 p.m. to 8:00 p.m. when school is in session. Montville residents can borrow materials and use computer resources in the library. Check the calendar on the Montville Public Schools website <http://www.montvilleschools.org/> to verify school closing dates.



UCFS
School-Based Health Center
at Montville High School

DID YOU KNOW?

If your child is sick, they can get better in school.




The UCFS School-Based Health Center at Montville High School is a doctor's office inside of your child's school. Services include sick visits, behavioral health services, yearly well-child examinations, vaccinations, sports physicals, chronic care visits and more.

- Convenient
- Students can stay in school to receive the care they need
- Most insurances accepted

UCFShealthcare.org  

For more information, please call 860-822-4914 or email sbhc@ucfs.org.



WINTHROP
STEM ELEMENTARY
MAGNET SCHOOL

Winthrop is a Science, Technology, Engineering and Math (STEM) themed magnet school located in New London, CT. Join us at one of our tour and information sessions.

Saturday, February 6 at 10 a.m.
Tuesday, February 9 at 6 p.m.

Saturday, March 5 at 10 a.m.
Tuesday, March 8 at 6 p.m.

Information: call 860-447-6033
or visit www.winthropelementary.org
74 Grove St., New London, CT 06320

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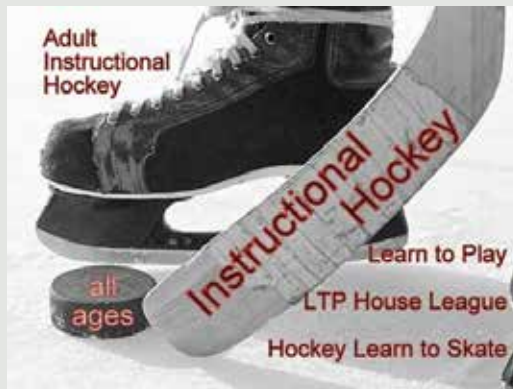
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