



**Young volunteers are active in town  
and at the Montville Senior Center**





# Events

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## The Mayor's Corner

As we move further into 2014 Montville continues in our quest to move toward a stronger economic stability. As we watched a new generation of young people graduate this past June, it is important to recognize the value of a strong education, and Montville continues to turn out some of the highest achieving students in Connecticut. Our work as a team, the ability to share ideas and goals, & develop concrete and feasible action plans are the keys to overall success. Montville is fortunate to have our share of well-educated and skillful employees in both Town Hall departments and the Education System, and I look forward to continuing my work with town employees, our school system staff, and the Town Council in our commitment to grow and develop. As many of you already know, Montville was selected to participate in Solarize CT, a program where residents can get free information and a free consultation to see if their home is right for solar. The program offers deeply discounted incentives for our residents. Please be sure to check our Town Website at [www.townofmontville.org](http://www.townofmontville.org) for the link to the flyer, and remember that all contracts must be signed by September 23, 2014.



*Ronald K. McDaniel, Mayor  
Town of Montville*

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– Paige D. –

I want to thank Polito & Quinn and staff for the amazing work. Thank you for being so understanding and caring. I am very happy with your service.  
– Erika S. –

If you need a personal injury lawyer they are the ones to call. If I had a question about anything they would give me the truth and if they didn't have the answer they would get it within days. Everyone in this office cares about the injured as well as family. They were very knowledgeable about all aspects of the wellbeing of my family and they actually made my family feel like a part of theirs.  
– Graham H. –

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# HAPPY SUMMER!

from all of us  
at Essex Printing  
& Events Magazines

## *On our Cover...*

Many of our youth in town are active volunteers with our seniors.

Youth pictured at Senior Center:

Michaela Peck,  
Avery Peltier, Eva Peltier,  
Alexandria Peck,  
and Amanda Perkins.

Seniors:

Mary Whitehead,  
Lydia Novakowski,  
Adele Sosnowski,  
and Dot Almedia.



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# Senior and Social Services

## Letter from the Director

Dear Montville Community Friends,

Summer is in full swing and we have so much going on! Come to the Senior Center and participate in the many programs we have, ask about our services, and take advantage of all the benefits available!

The Montville Events Magazine is a great resource for our community and a great way to show all that our Town has to offer! Our Senior Center is extremely active

and available to our residents 60 and over. Our Social Services Office is available to any Montville resident falling on hard times! Please come and see all we have to offer! Have a healthy & happy summer!

*Sincerely,*  
*Kathleen Doherty-Peck,*  
*Director of Senior & Social Services*  
*Montville Senior Center*

### SENIOR & SOCIAL SERVICES STAFF

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

### SENIOR SERVICES & CENTER PROGRAMS

PLEASE NOTE: We offer our programs and services for our Montville seniors, age 60+ for FREE! This is possible largely in part to the efforts of writing and receiving grants, our donations and the many internal fund-raising activities we have. Thank you all for making our MONTVILLE SENIOR CENTER the very best! We have a wonderful staff and wonderful volunteers! Our seniors should be proud!

### HEALTH PROGRAMS

#### HEALING TOUCH

Healing Touch is available on Fridays, by appointment. Performed by Healing Touch Certified Practitioner Cecelia Sullivan. "HEALING TOUCH is a medically approved therapy, promoting healing. This therapy relieves pain and anxiety, and strengthens the immune system with a light, on-the-body or near-the-body touch."

#### 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. We are also providing Healing Touch Services at the same time for those interested. All services at the Clinic are FREE - donation box is available for contributions. Call Kathie @ 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 and date of next visit.



### 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.

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### **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. Sign up on the bulletin board. Call Kathie @ 860-848-0422 for details.



### **ALZHEIMER'S SUPPORT GROUP**

We have an Alzheimer's support group here at the Senior Center on the first Friday of every month at 10:00 a.m. Come get the support you need, you do not have to handle issues alone. 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**

### **ZUMBA GOLD EVENING CLASS**

Classes every Wednesday from 6:00 - 7:00 pm. Must be 60+ to participate, please register in front office during regular office hours – wear comfortable clothing and sneakers and have some fun! Come and join us for a new exercise program - ZUMBA GOLD Evening Class - 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!

### **CARDIO EXERCISE**

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. Cardio is a great form of exercise to help with heart health, weight control, and so much more. Classes are free, wear comfortable clothing and sneakers, and have some fun!

### **STRENGTH TRAINING**

Every Wednesday from 2:30 – 3:30 pm. Strength training increases muscle mass and also strengthens your bones, helps with weight management, provides relief from arthritis pain, lowers risk of injury, and improves cardiac health. 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. 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. 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!

### **BALLROOM DANCING**

We offer a Ballroom Dancing Class on Wednesdays from 1:15 – 2:15pm. Classes are once again FREE to our Montville Seniors. Classes run for 8-week sessions. If interested, call / sign up in the front office.

### **AEROBIC EXERCISE**

We have an Aerobics class, which is geared toward the senior population, on Fridays at the senior center. Classes are free. Wear loose and comfortable clothing and sneakers. Class is at 9:00 a.m. Don't be afraid to join and take charge of your health! Go at your own pace.

**TAI CHI**

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

**YOGA**

One of our most popular classes! YOGA Classes are every Tuesday from 9:15 – 10:15 a.m. Classes are Free. Wear comfortable clothing, sneakers or socks are permitted. Classes are designed for seniors. 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!

**OTHER PROGRAMS**

**BUCK-A-BOWL LUNCHEON**

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! The Montville Senior Center is Food Safety Certified and Licensed by Uncas Health District.

**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 as well! Call for details @ 860-848-0422 and come and have some fun.

**ZENTANGLE Art Class**

Will begin again on Monday, Sept. 22nd, 5:30 pm– 7:30 pm. FREE. (Materials can be purchased day of class 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 3-1/2 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 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.

**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. Learn techniques and develop your skills. Our Art classes are a great deal of fun. No experience necessary.

**COMPUTER CLASSES**

Computer classes are offered on Mondays: 9:00 - 10:00 am and 11:00 - 12:00 pm, 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, 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**

The Montville Senior Chorus practices every Wednesday from 9:30 - 11:00 a.m. at the Senior Center. Come join a great group of people - no experience necessary! Have some fun and sing with us; you can join at any time.

**ARTS & CRAFTS**

We have Arts & Crafts at the Senior Center on Tuesdays from 12:30 - 2:00 pm. Learn new arts and skills or just come and have 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. Call Kathie @ 860-848-0422 for details.

**HAIR CUTS**

We have a licensed/insured professional hair stylist come to the Center every Thursday (by appointment) Very inexpensive and easy access to the Center. Our senior bus is available for the Thurs. appts. Call for details.

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# Events

MAGAZINES



## Montville Events

**TM Ventures, LLC**  
**dba Essex Printing & Events Magazines**

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By Kathie Dougherty-Peck, Director of Senior & Social Services.

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*Senior & Social Services ... continued from page 5*

### SENIOR CENTER SPECIAL EVENTS

#### OUR 2ND BBQ OF THE SEASON

Wednesday, July 30 from 4:00 - 6:00 pm. Come for delicious BBQ Chicken with all the fixings! Entertainment by DJ MAX. Nothing like a BBQ with friends in the summer! Please sign up on bulletin board if you plan to attend.

#### OUR LAST BBQ OF THE SEASON

Wednesday, August 27, from 4:00 - 6:00 pm. Sock Hop Fun! Burgers, Dogs, Fries & Root Beer Floats. Entertainment by Rockin' Robin. Please sign up on bulletin board if you plan to attend.

#### ANNUAL FALL SOCIAL

Friday, September 26th from 4:00 - 6:00 pm. Entertainment to be announced. Join us for a wonderful dinner of Roasted Turkey, Savory Stuffing, Mashed Potatoes & More. Help us bring in the new season with a wonderful evening of food, friends, and fun.

### TRIPS

**BOSTON DUCKS** - Tuesday, August 26th - \$89.00 - trip includes: Boston Duck Tour and Cruise, Boston Common Visit, Luncheon at No Name Restaurant (Entrée choice: Broiled Swordfish, Haddock, Chicken, Salmon & More), Luxury Coach. Please sign up right away!

#### WATCH FOR DETAILS FOR THESE UPCOMING TRIPS:

Captain Jack's & Casino, Ellis Island & Statue of Liberty and Bourne Scallop Festival.

### MONTVILLE COMMISSION ON AGING

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

### 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.

### CHICKEN SOUP PROGRAM

The Montville Commission on Aging is proud to offer the Chicken Soup Program, which 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.

**MONTVILLE SENIOR CLUB NEWS**

Senior Citizen Club Officers

Sandy Stauffer, President

Bob Bergdoll, Vice-President

Barbara Meagher, Asst. Vice-President

Helen Thomes, Secretary

Kathy Bietchowski, Treasurer

Ann Edwards, Asst. Treasurer

Trustees: Geri Buffington, Bob Bergdoll, Theresse Dunn



**CLUB MEETINGS**

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

**SPECIAL BINGO**

Sponsored by the Senior Club. First Friday of the Month, 12:30 – 2:30 pm. (Special BINGO will start AFTER lunch program!) Cost: \$5.00 donation. Have some fun with the always popular Special BINGO! Snacks and beverages provided. The more, the merrier!

**EXTRA SPECIAL BINGO**

Club Sponsored - One Tuesday of the Month (check monthly newsletter). 3:00 - 5:00 pm. \$5.00 donation to play, snacks & beverages too! Great way to spend a Tuesday afternoon. NO need to sign up.

**SOCIAL SERVICES**

Monday - Friday 8:30 - 3:00 pm. The Social Services Office is dedicated to supporting the individuals, families, and seniors of our Town in need. We have a compassionate staff that works hard to ensure we are doing all we can to help our Montville residents finding themselves facing hardships and providing immediate assistance and crisis intervention.

**VETERANS SPECIAL FUND**

We have a Special Social Services Program, specifically for our Veterans, to help with the social services they might need. Fundraisers and donations will be used to supply the Veterans Fund, much like the fund the Director has for our residents in need. The program will run entirely on donations. The Veterans Fund is designed to help our veterans with "life necessities" and crisis and difficulties that may arise. For details and/or to contribute, please call/see Kathie, Director, at 860-848-0422.

**SOCIAL SERVICES OFFICE**

Our Social Services Office and Programs are located in the Old Town Hall Building. (In front of New Town Hall - Entrance is on the back-side, across from old Social Services Building) Our Social Services Building houses are Food Bank, Clothing Bank, and Office. Donations can be made directly at the Office or at the Senior Center. All of our assistance programs run entirely on donations, we thank you for your support.

**FOOD BANK**

The Department of Senior & Social Services has a fully stocked Food Pantry located in the Social Services Building open Monday - Friday from 8:30 - 3:00 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). We will also have FRESH veggies & herbs! 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 8:30 - 3:00 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.

**APPLICATION & REFERRAL ASSISTANCE**

The Department of Senior & Social Services offers application and/or referral assistance for many State and Federal &

*Continued on page 8*


*Senior & Social Services ... continued from page 7*

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.




**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. Instruction for resume building will be coming soon!



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thegauthierlawoffice@gmail.com

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**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, as "you never get a second chance to make a first impression!" Come to the Social Services Building and ask about the program. Robin will try to help 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 are working on a NEW program 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 Robin @ 860-848-8820 or Kathie the Director @ 860-848-0422 for details.

**FREE BACK TO SCHOOL BACK-PACK PROGRAM**

The Social Services Office will supply a Backpack filled with all of the items needed for a Montville child to return to school prepared and ready to go! Backpacks will have age appropriate items: paper, pens, crayons, rulers, notepads, etc. If you have a child / children and would like some help with a Backpack and items needed to start the school year off right, please call the office to sign up; 860-848-8820. Please give ages, gender of children in need of backpack. If you would like to donate items, please drop off at Social Services. Last day to sign up is August 15. Backpacks will be distributed between Wed - Fri. August 20-22nd.

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# *Parks and Recreation ~ Contact Information*

**Montville Parks & Recreation Department**  
**310 Norwich - New London Tpke., Uncasville, CT 06382**  
**(860) 848-3030 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 are 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](http://www.townofmontville.org). Simply go to Departments & Services then to "Parks & Recreation", then to the 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. A determination to cancel a class will be made one week prior to the start of a class. 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 flyers. 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  
Kristin Ventresca- Member  
Derek Wainwright – 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.

## **Other Helpful Numbers for the Town Of Montville**

Montville Town Hall ..... (860) 848-3030  
[www.townofmontville.org](http://www.townofmontville.org)  
Montville Police (Non-Emergency)..... (860) 848-7510  
Montville Dispatch..... (860) 848-3974  
Raymond Hill Library..... (860) 848-9943  
Montville Public Works..... (860) 848-7473  
Montville Animal Control..... (860) 848-3529  
Transfer Station..... (860) 848-0401

## **OTHER PROGRAM OPPORTUNITIES**

Little League –Chris Baxter.....[www.montvilleamerican.org](http://www.montvilleamerican.org)  
Montville Babe Ruth – Mark McGrath...[gooster12@aol.com](mailto:gooster12@aol.com)  
Youth Football – Dave Jarry..... [montvillefootball.com](http://montvillefootball.com)  
Cheerleading – Kathy Calash.....[montvillefootball.com](http://montvillefootball.com)  
Montville Youth Soccer– Matt Beaupre  
[montvillesoccer.com](http://montvillesoccer.com) or [beaupre21@yahoo.com](mailto:beaupre21@yahoo.com)  
Youth Lacrosse – Kristen Ventresca....[montvillelacrosse.org](http://montvillelacrosse.org)

## **CAMP OAKDALE PAVILIONS AND FAIR OAKS**

### **SCHOOL RENTALS**

Consider having 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 broadcast on Channel 8, Channel 3, several local radio stations.

## *Parks and Recreation Community Bulletin Board*

### **HALLOWEEN TRICK OR TRUNK**

Montville Parks & Recreation is excited to announce our Annual Halloween Trick or Trunk Event. This Spooktacular event will take place in the parking lot of Leonard J. Tyl Middle School, 166 Chesterfield Road, on Saturday, October 25th from 6:00 - 8:00 pm. Rain date is schedule for Sunday, October 26th from 6:00 - 8:00 pm. Admission is FREE with a donation of a non-perishable food item.

Trick or Trunk is a fun and safe way to trick or treat with the whole family. Registered families park their vehicle, open up their decorated trunks and pass out candy to the visiting children trick or trunking. BE CREATIVE: There will be prizes awarded for the best-decorated trunks. Please keep in mind that this event is very popular and the amount of "trick or trunkers" visiting your vehicle may be huge. Please plan accordingly so that you can accommodate all visitors. More details along with registration information will be posted on our website, as we get closer to the event date. Please contact Kerri Lawton at kerrilawton@gmail.com with any questions.

### **PUMPKIN DECORATING**

Sunday, October 26th 1 pm Rain or Shine.

For Ages 12 and under.

Camp Oakdale Large Pavilion

75 Oxoboxo Dam Road, Oakdale

Come join us to decorate with paint, markers and stickers. No carving of pumpkins will be done at the event. We will provide the pumpkins and decorations; you provide the inspiration and talent. Event is limited to the first 50 participants. We will be accepting donations of canned and dry dog food, treats, blankets, towels and toys to be donated to the Montville Animal Shelter. Those bringing a donation will be eligible for random prize drawings including a \$25 Walmart gift card.

To reserve your space, please call our office and add your child's name to our list before Oct. 23rd. Call 860-848-3030 x 322 or 321 or email Pete Bushway at pbushway@montville-ct.org. Look for new programs coming soon!

## *Letter from the Director*

I hope that this summer season has been a time for you and your family to be active outside and explore what the region and our community has to offer. The nice weather gives us more daylight to take advantage of the programs and resources the Town of Montville affords our families. Take advantage of the facilities at Camp Oakdale by walking the trails, playing basketball, soccer, volleyball, softball, flying a kite or playing on the playground. Take in a concert at the Large Pavilion located at 75 Oxoboxo Dam Road on a Tuesday night in July or play tennis on the courts located on Simpson Lane.

We are offering some new programs in this edition of Montville Events so take a look through it and get involved in some of our activities that will bring health and happiness to your family. Don't forget to also look through the Youth Services and Senior Center sections of the magazine for other programs as well.

Our online registration program has become quite convenient for people to register for programs without coming into the office or for those who cannot get here during the day. Just log onto the Town's website at [www.townofmontville.org](http://www.townofmontville.org) and click on departments, then Parks and Recreation, and then click on the WebTrac icon. This will bring up 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.

We will be once again hosting the very successful Trick or Trunk event in October. It is a safe and easy way to trick or treat. Details of this event are listed on the Community Bulletin Board article above.

Enjoy the rest of the summer and have fun!

*Pete Bushway, Director*

## *Parks and Recreation - Youth & Adult Programs*

### **BEGINNER YOUTH GUITAR CLASSES**

Ages 7-15. Amanda Sullivan-Instructor. Eight week class. Beginning Child Group Guitar Classes. 45 minute group guitar classes. Classes instructed by Amanda Sullivan, professional guitarist. Do you have a guitar sitting in the corner of your room? Do you have a little one that wants to learn an instrument? Do you wish to accompany yourself while you or others sing? Now is your time to learn a well-loved instrument! Learn to read, play notes and basic chords in the first position on the guitar. Bring your own guitar and materials. Materials

needed for classes can be found on Amanda's website under the lessons tab or you may call Amanda at 860-367-3353. [www.amandasullivanguitar.com](http://www.amandasullivanguitar.com).

Dates: Thursdays, Sept 11-Oct. 30

Time: 6-6:45 pm

Location: Fair Oaks Community Center

Fee: \$90 Residents/\$100 Non-residents

Minimum/Maximum: 3/15

Program Code: #114062A



**BEGINNER ADULT GUITAR CLASSES**

Ages 16-Adult. Eight week class Beginning Group Guitar Classes. 45 minute group guitar classes. Classes instructed by Amanda Sullivan, professional guitarist.  
 Dates: Thursdays, Sept 11-Oct. 30 / Time: 7-7:45 pm  
 Location: Fair Oaks Community Center  
 Fee: \$90 Residents/\$100 Non-residents  
 Minimum/Maximum: 3/15 Program Code: #134061A

**SCAVENGER HUNT**

Form a team of family members or friends to find the items on the list. You will need a digital or phone camera for the event to take pictures of most of the items on the list. Teams consist of 4-7 people. Prizes will be awarded based upon order of finish and points awarded. Pre-register your team as we need a minimum of five teams to hold the event.  
 Date: September 27th / Time: 3 pm  
 Location: Town Hall Parking Lot Fee: FREE  
 Minimum: Teams/5 Maximum Teams/20  
 Program Code: #266051A

**GOLF LESSONS**

Open to resident/non-residents 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 bucket of golf balls for per lesson at the range.  
 Fees: Residents - \$110/ Non -Residents - \$120

Schedule as Follows:

Adult	Sept 4 to Oct 2	Thursday 6PM -7PM	Program #171023A
Adult	Sept 8 to Oct 6	Monday 10AM -11AM	Program #171023B
Adult	Oct 1 to Oct 29	Wednesday 10AM - 11AM	Program #171023C
Adult	Oct 1 to Oct 29	Wednesday 5PM - 6PM	Program #171023D
Women Only	Sept 22 to Oct 20	Monday 5 PM - 6PM	Program #171023E
Youth	July 12 to August 9	Saturday 10AM - 11AM	Program 171023K
Youth	July 13 to August 10	Sunday 10AM - 11AM	Program 171023L
Youth	Sept 13 to Oct 11	Saturday 11AM - 12PM	Program #171023M
Youth	Sept 14 to Oct 12	Sunday 11AM - 12PM	Program #171023N

**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: Monday Class Only: Resident \$35 / Non-Resident \$40  
 Tuesday and Thursday Class Only: Resident \$60 / Non-Resident \$65  
 Eight- Week Sessions  
 Classes begin week of Sept. 2nd  
 Deadline for registration is Sept. 8th

Program #	MON	TUES	THURS	MIN/MAX
#111061A Beg Ages 4-5	5:00-5:30pm			4/8
#111061B Beg Ages 5-9		6:30 - 7:15pm	6:30 - 7:30pm	4/8
#111061C Beg Ages 10 & up		6:30-7:30pm	6:30-7:30pm	2/12
#111061D Inter 6 - 12 Yrs		5:30 - 6:30pm	5:30 - 6:30pm	2/12
#111061E 10 Yrs & Up	5:30 - 6:30pm		6:30 - 7:30pm	2/12

\*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](http://www.jkamontville.com) for additional information.

**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 (12 Weeks)  
 Location: Murphy Elementary School Cafeteria  
 Time: 5:30 pm - 6:45 pm  
 Program Code: #143021C  
 September 17th - December 10th  
 No class on 11/26

*Continued on page 12*

*Parks & Recreation Programs ... continued from page 11*

**CHILDREN'S YOGA**

For children ages 2.5 - 5 years old and their caregiver. Spend quality time with the child in your life while stretching, singing and taking deep breaths! Children and adults will both benefit from this 45 minute class that includes yoga poses, meditation, breathing exercises and more. Learn new ways to interact with your child through partner poses and children's yoga songs & stories. Come join us and learn new healthy and relaxing activities that you and your little one can do together. For more information in the benefits of yoga for children, please visit [thehealingspacellc.net](http://thehealingspacellc.net).

Minimum of 5 participants/Maximum of 15

Instructor: Debra Carberry, LMT

Fee: \$45 Resident / \$55 Non-Resident

Class: Tuesdays

Location: Fair Oaks Community Center

Dates: September 9th – October 14th

Time: 10:00 – 10:45 am

Program Code: #113021B

**EARLY CHILDHOOD MUSIC CLASS**

Children ages birth to 5 years old. Early childhood music classes will provide a meaningful musical experiences 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. A great variety of musical styles and genres will be the basis for the classes.

Caregivers will be an integral part of the 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: Sept 16th to Oct. 14th

Time: 9:00 am to 9:45 am

Program Code: # 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.

The program session runs for eight weeks.

All classes will be held at the Fair Oaks Community Center located at 836 Old Colchester Road, Oakdale.

Level 1 classes are for children 5 and in Kindergarten and up.

Dance level is beginner to 2 years of dance in that dance subject.

Level 2 classes are for children 8 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. No dresses or jeans. 4 year olds wear black tap shoes and pink ballet slippers. Please have bag for dancer for children to change shoes during class. Leotard of choice, flexible clothing. No dresses or jeans. Ballet classes will wear pink ballet slippers, leotards of choice and tights. Ballet skirts are permitted; no outside clothing.

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

Level 1 Tap wears 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.

Tap shoes can be found at [Allaboutdance.com](http://Allaboutdance.com) or [discount-dance.com](http://discount-dance.com) Again there are local stores in area that sell shoes and leotards.

Session 1


**SATURDAY CLASSES**

Minimum of Six per Class / Maximum of Twelve per Class

Sessions will run from Saturday, September 6th thru October 25th.

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

Registration opens Monday, August 11th



*Eastern Connecticut  
Symphony Youth  
Orchestra*

**Providing A Unique Musical Opportunity  
For Talented Young Musicians**

**Youth Orchestra available for grades 7-12  
Strings Ensemble available for grades 3-8**

**Our 2014-2015 season begins mid-September.**

**For more information visit**  
**[www.ectsymphony.com](http://www.ectsymphony.com)**



Program #112021A	3 Yrs Old Intro to Dance Ballet	9:30 AM – 10:15 AM
Program #112021B	4Yrs Old Combo Class Tap/Ballet	10:15 AM – 11:00 AM
Program #112021C	Level 1 Tap 5 Yrs and up	11:00 AM – 11:45 AM
Program #112021D	Level 1 Jazz/Hip Hop 5 Yrs and up	11:45 AM – 12:30 PM
Program #112021E	Level 1 Ballet 5 Yrs and up	12:30 PM – 1:15 PM
Program #112021F	Level 2 Tap 8 yrs 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, September 8th thru October 27th

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

Registration opens Monday, August 11th

Program #112022H	Ages 7 and up Level 1 & 2 Jazz/ Hip Hop	5:00 PM – 5:45 PM
Program #112022I	Level 1 Ballet 5 yrs and up	5:45 PM – 6:30 PM
Program #112022A	Adult Tap Class Minimum of six	6:30 PM – 7:15 PM

**GYMNASTICS**

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

Ages Four – Six - Child must be able to follow basic instructions such as standing in line. 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. Ages 5 years & up.\*

Advanced/Intermediate - Program 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. Progression from Beginners program. Ages 5 years & up.\*

\*All programs are run by ABC's Gymnastics Stars staff.

Staff members are all USA Gymnastic Certified.

Fee for Residents is \$55

Non-Residents \$65

Minimum of five required for each class

Sessions will run from:  
Thursday 8/14/14 – 10/2/14  
Registration begins July 14th

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
18 Months – 3 Yrs	6:00 – 6:30 PM	#112102D
Advanced/Interm	6:30 – 7:30 PM	#112102E

Thursday 10/9/13 – 12/4/14

No class Nov. 27

Registration begins September 8th

18 Months – 3 Yrs	3:50 – 4:20 PM	#112102F
Ages Four – Six	4:20 – 5:00PM	#112102G
Beginners	5:00 – 6:00 PM	#112102H
18 Months – 3 Yrs	6:00 – 6:30 PM	#112102I
Advanced/Interm	6:30 – 7:30 PM	#112102J

**NEW LONDON COUNTY JUDO**

For ages five through adult.

This program continues to be a favorite.

Sessions run in ten-week increments throughout the year.

Program Fee:

\$30 Residents / \$35 Non-Residents

Schedule as Follows:

Monday  
9/15/14 – 12/1/14  
Beg Ages 5-8 Classes / Two times to choose from:  
4:30 – 5:30 pm Program #171051H  
6 - 7 pm Program #171051I  
No Classes on 10/13 or 11/3

Wednesday  
9/18/13 – 12/4 /13  
Inter Ages 9 – Adult Class / 6 – 7:30 pm  
Program #171051J  
No Class on 11/5

Friday  
9/19/14 – 12/5/14  
Inter Ages 5-9 Class / 6 – 7 pm  
Program # 171051K  
No Classes on 10/31 or 11/28

Friday  
9/20/13 – 11/22/13  
Advanced Classes  
No Classes on 10/31  
12 and under / 7-8:00 pm Program # 171051L  
13 and older / 7-8:30 pm Program #171051M

**Montville Parks & Recreation Department**  
**310 Norwich- New London Tpke.**  
**Uncasville, CT 06382**  
**Phone (860) 848-3030 Ext. 321,322**  
**Fax (860) 848-8703**

First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Email Address \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Other \_\_\_\_\_

Program Name \_\_\_\_\_ Code # \_\_\_\_\_ Cost \$ \_\_\_\_\_

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

Comments \_\_\_\_\_

\_\_\_\_\_

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

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

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

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

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

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

Parent/Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Montville Parks & Recreation Department

# Montville Youth Service Bureau

289 Route 32, Uncasville, CT 06382  
Phone: (860) 848-7724 / Fax: (860)848-4058  
[www.montvilleyouth.org](http://www.montvilleyouth.org)

## Letter from the Director

Hello Montville! As you will see as you flip through the magazine, Peter, Kathie and I already have packed spring and summer schedules, and this means more things to do for Montville residents of all ages! Be sure to also keep up with "MYSB Happenings" on our website [www.montvilleyouth.org](http://www.montvilleyouth.org) or "Like Us" on Facebook for access to special events, pictures, and programs; so be sure to check it out! Of course we are already in the process of planning and organizing our fall and early winter programs. MYSB would like to take this opportunity to recognize all the 2014 graduates, we wish you happiness and success wherever the "ride" takes you. Please feel free to stop by anytime, our door is open, and we love visitors!

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

"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 pro-

gram 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."

### STAFF

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

### MONTVILLE YOUTH ADVISORY BOARD

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

## Youth Service Bureau Programs

### AFTER SCHOOL PROGRAM

Grades: 4th -12th  
Monday – Friday  
After School until 6 pm  
Open to Montville Residents  
Registration Required.

The ASP is a fee based program.

\*Due to the increased interest in our After School Program, 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, out-



door 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.

*Continued on page 16*



*Youth Service Bureau Programs ... continued from page 15*

Completed registration forms must be dropped off in person. All forms are available on our website [www.montvilleyouth.org](http://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. A \$25 non-refundable deposit is due at the time of registration in the program. The remainder of the balance is due 60 days from the original registration date. Parents with more than one child in the ASP will adhere to a tiered payment plan: 1st child- \$115, 2nd child- \$90, 3rd child-\$65, 4th child- \$40. (Parents who 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.)



*Youth Donation to Pediatric Department*

**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. Our 2014 Penny Drive raised funds to purchase two Apple iPads for Lawrence & Memorial Hospital’s Pediatric Services! New applications for the 2014-2015 YAC are being accepted. 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.

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 is looking for 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 that our volunteers 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 Kimberly or Barbara with any questions.

**PARENT-TODDLER PLAY GROUP**

Birth to Five Years  
Tuesdays and Fridays  
Fair Oaks School  
10 am to 11:30 am

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. Registration for the program is not required, just drop in and play! Please contact Youth Services for further program information.



**MYSB EVENTS**

**PANCAKE BREAKFAST**

Mohegan Fire House  
8 am - noon / Date: TBD

Tickets are \$6.00 for Adults; \$4.00 for Seniors and Kids under 12. Tickets may be purchased in advance and are also available at the door.

**SIX FLAGS NEW ENGLAND TICKETS**

Available at MYSB Monday- Friday / 9 am to 5 am.

Tickets for Six Flags New England are available at MYSB for a discounted price of \$40. (\$54.99 at the gate & \$44.99 online) Cash or check only!

The tickets are good for ANY ONE day during the 2014 season! (And can be upgraded to a season pass at the park for only \$20!) Give us a call or stop in! Save yourself a little money and support a good cause, MYSB Programs!



**MYSB UPDATES & INFO**

[www.montvilleyouth.org](http://www.montvilleyouth.org)

Throughout the year, our website & Facebook page have information about all of our programs and activities, as well as up-to-date information about everything we do! Visit our web site to download registration forms, flyers, and our monthly newsletter, the Youth Scoop. You can also view pictures from our activities, as well as contact the staff. MYSB regularly posts helpful information & resources for parents and youth!

**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](http://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](http://www.ctyouthservices.org).



## Illnesses Caused by Heat

### HEAT STROKE

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106 F or higher within 10 to 15 minutes. **Heat stroke can cause death or permanent disability if emergency treatment is not provided.**

**Recognizing Heat Stroke:** An extremely high body temperature (above 103 F, orally), Red, hot, and dry skin (no sweating), Rapid, strong pulse, Throbbing headache, Dizziness, Nausea, Confusion, Unconsciousness.

**What to Do:** If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Get the victim to a shady area and cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously. Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102 F.

**If emergency medical personnel are delayed, call the hospital emergency room for further instructions. Do not give the victim fluids to drink.**

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

### HEAT EXHAUSTION

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced

replacement of fluids. It is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

**Recognizing Heat Exhaustion:** Warning signs of heat exhaustion include: Heavy sweating, Paleness, Muscle cramps, Tiredness, Weakness, Dizziness, Headache, Nausea or vomiting, Fainting. The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. **If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if symptoms are severe or the victim has heart problems or high blood pressure.** Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

**What to Do:** Cool, nonalcoholic beverages, Rest, Cool shower, bath, or sponge bath, An air-conditioned environment, Lightweight clothing.

### HEAT RASH

Heat rash is a skin irritation caused by excessive sweating. It can occur at any age but is most common in young children.

**Recognizing Heat Rash:** Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

**What to Do:** The best treatment for heat rash is to provide a cooler, less humid environment. Keep the affected area dry. Dusting powder may be used to increase comfort. Treating heat rash is simple and usually does not require medical assistance. Other heat-related problems can be much more severe.

- [www.ct.gov](http://www.ct.gov)

# Treat's

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## Epilepsy Foundation of Connecticut

The Epilepsy Foundation of Connecticut is Connecticut's leading source of information for the thousands of people who have epilepsy. Founded in 1982, the Foundation works to ensure that people with epilepsy are able to participate in all life experiences through information, education, recreation, advocacy and support.

"There are approximately 60,000 people in CT who have epilepsy and an estimated 50,000,000 worldwide. Epilepsy is the most common neurological disorder in the United States and is equal in prevalence to cerebral palsy, multiple sclerosis and Parkinson's disease combined", said Linda Wallace, Executive Director.

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

For more information visit <http://www.epilepsyct.com> or call 800-899-3745. Offices are located at 386 Main Street, Middletown, CT.

### GROTON MEETINGS

Meetings held 6:30 every 2nd Wed. of the month at Fairview, 235 Lestertown Rd. in Groton.



# Town of Montville Transfer Station & Recycling

669 Route 163 - At intersection with Chesterfield Road  
860-848-0401 / 860-848-9411

Hours: Wednesday and Thursday 8:00 a.m. - 4:00 p.m.  
Friday, Saturday and Sunday 8:00 a.m. - 3:00 p.m.  
Monday and Tuesday - Closed

## CLOSED ON THE FOLLOWING HOLIDAYS

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

### Prices for Transfer Station stickers are:

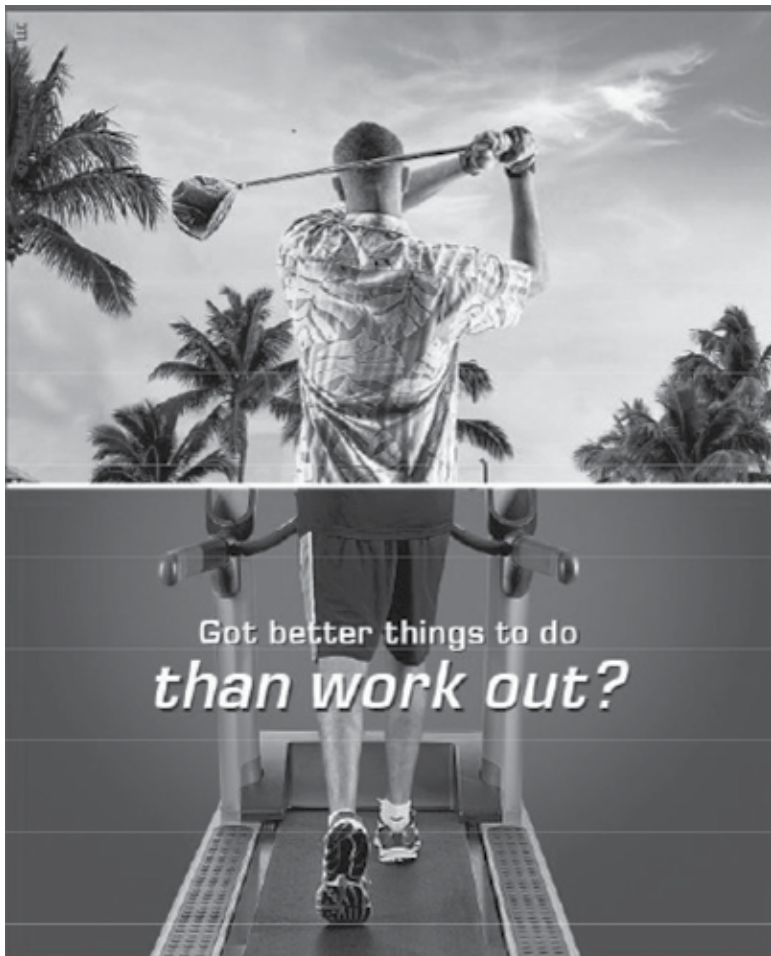
\$45.00 for 60 and over

\$55.00 for 59 and under

\$3.00 for residential pass per visit for household garbage  
only (Montville residents only)

**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, and Christmas. For example Monday will be picked up on Tuesday and Friday will be picked up on Saturday.

**The following items are recyclable:** Cardboard, newspaper/inserts, magazines/brochures, white paper, color paper, junk mail, phone books/catalogs, hard and soft cover books, paperboard boxes, cereal boxes, envelopes, file folders, school papers, multi 3 ply paper, tin cans, aluminum cans, aluminum foil, plastic milk jugs, juice and milk cartons, water bottles, plastic soda bottles, detergent bottles, #1 thru #7 plastics, small metals, empty aerosol cans, plastic buckets, plastic crates, pots and pans, and glass.



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## *Montville Non-Profit Organization Recycle / Re-Use Program*

The RE-USE Room (Yard Sale Room) at Fair Oaks School is a great way for Montville non-profit organization members to raise funds for their groups or cause, while helping the town save money by recycling. This is a very successful program for both the town and the organizations.

**Yard Sales are held Saturdays and Sundays from 9:00 am to 1:00 pm.**

We have recently added Sundays to the program and have many organizations scheduled for them. Please watch for the Sunday Sales! Saturday dates are filled for the 2014 year.



Items for the sales are available at the Non-Profit Shed at the Transfer Station. Groups are encouraged to take as many items as possible for their sale's success. It is necessary for each group to transport items to the room to help the Town with our recycling efforts and to add items to your sale for a successful event.

If you are interested in having your non-profit or not-for-profit organization raise funds while helping the Town of Montville with our recycling efforts, please call Kathie. Sunday dates are still available for 2014!



This program falls under the Town of Montville Department of Senior & Social Services, under the Director Kathleen Doherty-Peck. 860-848-0422





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