

# Montville events

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## The Mayor's Corner

Dear Montville families and residents:

The summer season is upon us and as always I remain hopeful that the town of Montville will enjoy stronger economic stability, and a significant growth in business. In this difficult budgetary climate it can be hard to stay positive, but if we do our best to work together & set aside differences we can overcome the toughest of times! I am proud to share that we will continue to work with town departments and the schools to convene more educational events and awareness campaigns to address any issues of concern in our community. My sincere congratulations to all the graduates of the Class

2016, whether you are off to the job market, college, high school or middle school remember to be proud of yourselves, because I know our community is proud of you! Have safe & fun-filled summer 2016!

Please be sure and stay tuned to the Town of Montville's website for important information and updates: [www.townofmontville.org](http://www.townofmontville.org), and remember that my door always remains open.

Sincerely,  
Ron McDaniel



Ronald K. McDaniel  
Mayor, Town of Montville

## Montville Lions Club

The Montville Lions Club has meetings every 2nd & 4th Wednesday of the month. If you would like to join us to find out what the Lions Club is all about, stop in to a meeting!

We have many activities in the works, come and join us and help your community. For more info: email [montvillelions@yahoo.com](mailto:montvillelions@yahoo.com).

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Lauren S. Bradford is an occupational therapist who specializes in pediatrics. Lauren received her Master of Science in Occupational Therapy from New England Institute of Technology. While completing her master's degree Lauren had a concentration in pediatrics including pediatric clinical affiliations. Lauren has been working in the occupational therapy field since 2009 and has spent time in the neonatal intensive care unit (NICU), birth to three early intervention and outpatient pediatrics.

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# Montville Senior & Social Services Department

Kathleen Doherty-Peck, Director

## DEAR MONTVILLE COMMUNITY FRIENDS,

I have said this many times and I am thrilled to be able to continue to do so; I am extremely proud of my Department and all we have accomplished and all we have to offer through each of the offices I oversee. I feel very fortunate to be able to enjoy what I do every day and I take great pride in the offices I run and the programs and services I am able to provide. Our Senior Center is busier than ever and available to our residents 60 and over. Our Social Services Office provides many services for our low-income Montville residents and those facing hardships and crisis! I thank our wonderful and generous community for your continued support of each office! Please come and see all we have to offer! Wishing you 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  
Patty Antoniac, Kitchen Server  
John Spinnato, MedRIDE I Driver  
Paul Bychowsky, MedRIDE I Driver  
Tom Gingerella, MedRIDE I & II Driver  
David Norman, MedRIDE II Driver

## SENIOR CENTER / SERVICES & PROGRAMS

### SPECIAL PROGRAMS

I have said this before as well and will continue to do so; we have one of the best Senior Centers around because we have some of the best seniors around! 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, donations,

Continued on page 4

# Moravela's



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## Senior & Social Services ... continued from page 3

and the many internal fund-raising activities we have. I am very proud of our MONTVILLE SENIOR CENTER and all we have to offer! As you look through this Montville Events Magazine, you will see the numerous activities we have along with the many services we provide. I have a wonderful staff and wonderful volunteers! Senior Centers are vital to the elderly community and provide many recreational programs along with many other necessary services: social services, energy assistance, food stamps, Medicaid, SSI, Medicare, Medicare Managed Care, Medigaps, Medicare Savings Programs, Benefits Check, Renter's Rebates, general information and assistance, and much more. We also offer many health programs right at the Center to afford all of our senior's access to the necessary services they might not receive otherwise. I am always looking to add to our extensive list of activities and services and my goal is to offer them for FREE!

**Of special note:** I am thrilled to announce that I have brought in over \$168,000.00 for the Montville Senior Center & Social Services Office for the 2015-2016 fiscal year in grant funds, donations, and fundraisers! The funds collected go to direct services for our Montville residents. I have been very successful over the years in my endeavors of writing and receiving grants, numerous fundraisers, and receiving donations; with the help of dedicated staff, volunteers, and our wonderful Montville community - I look forward to continuing our success for years to come!



## 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

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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 am. 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.

### **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.

### **BETTER HEALTH & SUPPORT SERVICES**

We have a wonderful service provided by UCFS to facilitate our Better Healthy & Support Services Program. Designed to help those in need feel good, deal with life's changes, and address other mental health needs, our warm and caring clinician will sit with you individually and/or in a group setting to help you with your needs. The Better Health Program provides a licensed clinician to work one-on-one with our residents along with facilitating group support services. Our program is available for seniors at the Center and our under 60 residents in the Social Services Office. This valuable program is FREE to our Montville residents! The 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. For more details or to sign up, please call Kathie the Director @ 860-848-0422.

### **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 am. 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.

### **GRIEF SUPPORT GROUP**

We have a Grief Support Group every Friday from 3:00 - 4:00 pm at the Montville Senior Center. Group is run by a licensed clinician from UCFS and is well attended and received. Group is FREE. The 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

### **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**

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.

Continued on page 6

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

### 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

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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 health while having lots of fun!

### **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, 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 am. 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 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 am. Classes are FREE. Wear comfortable clothing, sneakers or socks are permitted. Classes are designed for seniors. Don't forget - take charge of your health!

### **LINE & COUNTRY DANCING**

Come to the Center and have some fun! Line & Country Dancing taught on Thursday mornings from 9:30 - 11:00 am.

Get some great exercise while having fun dancing! Please wear comfortable clothing and a big smile! Dancing is fun!

### **LINE & LATIN DANCING**

Join us for some great fun with wonderful instruction on Line Dancing and Latin Dancing! Once again, a great form of exercise! Who knew exercise could be so fun! Comfortable clothing is all you need. Please join us every Monday from 3:00 - 4:00 pm!

### **OTHER PROGRAMS**

#### **BUCK-A-BOWL LUNCHEON**

Our 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! No need to sign up. Lunch is 11:00 - 12:15 pm or while supplies last! The Montville Senior Center is Food Safety Certified and Licensed by Uncas Health District. Delicious homemade meals, great company, and you can't beat the price! Join us for lunch! \$1.00 donation request.

#### **DINNER & A MOVIE**

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

#### **ZENTANGLE**

Art Class. Mondays - 5:00 pm - 7:00 pm - FREE. (Classes are off July & Aug. - will resume in Sept.) (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 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.

### **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 pm. 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 pm. Come and 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 pm. 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 am. You can join at the beginning of each session. Classes are very enjoyable.

### **CHORUS**

The Montville Senior Chorus practices every Wednesday from 9:30 - 11:00 am 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!

Continued on page 8

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

### ARTS & CRAFTS

We have Arts & Crafts at the Senior Center on Tuesdays from 12:30 - 2:00 pm. Come and learn new arts and skills or just come and have some fun with a great group of people. Materials provided by the many donations we receive. We have a great bunch of seniors in our Arts & Crafts programs, come and have some fun. 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.

### SENIOR CENTER SPECIAL EVENTS

#### **OUR 2ND BBQ OF THE SEASON - Wednesday, July 27, 2016 from 4:00 - 6:00 pm.**

Come and join us for some BBQ Chicken, salads, & much more! Entertainment by DJ MAX! Dance or listen to some great music while enjoying our BBQ! Come and have a great time with great friends! 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 31, 2016 from 4:00 - 6:00 pm.**

Come and have some fun! Burgers, Dogs, & Kathie's Clam Chowder! Entertainment too! Come and join us for a great time with great friends! Our BBQ's are always great fun! Nothing like an afternoon out with friends in the summer! Please sign up on bulletin board if you plan to attend!



### ANNUAL FALL SOCIAL

Saturday, September 24th from 2:00 - 4:00 pm. Entertainment, Autumn inspired menu, raffles, friends, door prizes, favors, and more! Come and join us for a wonderful dinner of Soup, Roasted Turkey, Savory Stuffing, Mashed Potatoes & More! Help us bring in the new season with a wonderful evening of food, friends, and fun!

### TRIPS

We have a Fall Foliage trip in the works along with a Christmas Lights & Show! Please call the Center @ 860-848-0422 or watch for our monthly newsletter for details!

### MONTVILLE COMMISSION ON AGING

Kathleen Doherty-Peck, Chairperson  
Monica MacNeil, Vice-Chairperson  
Margaret Skinner, Member  
Lou Ziegler, Member  
Mary Adams, Member  
Patty Antoniac, Member  
Karen Doherty  
Billy Caron, Town Council Liaison  
Lieutenant Bunnell, 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 CITIZENS CLUB HAS SEVEN BOARD OF DIRECTORS**

Bob Bergdoll, Barbara Meagher, Helen Thomes, Kathy MacNeil, Ann Edwards, Ellie Matajewski, Mary Adams

### CLUB MEETINGS

The Montville Senior Citizens Club meets the first Friday of the month from 10:00 - 11:00 am (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!

### **SPECIAL BINGO**

Sponsored by the Senior Club. First Friday of the Month, 12:30 - 2:30 pm. Cost: \$5.00 donation. Come and have some fun with the always popular Special BINGO! Snacks and beverages provided and lots of fun with some great people! Come on down for BINGO! The more, the merrier!

### **EXTRA SPECIAL BINGO**

Club Sponsored. One Tuesday of the Month. 3:00 - 5:00 pm. \$5.00 Donation. Come join the fun with our Extra Special BINGO! \$5.00 donation to play, snacks & beverages too! Great way to spend a Tuesday afternoon! Come and have some fun with us! NO need to sign up! Check newsletter for the Tuesday date each month!

### **TUESDAY BUNCO**

One Tuesday of the Month. (Check monthly newsletter) 2:00 - 4:00 pm. Come join us once a month for GAME NIGHT! We play BUNCO, BINGO, and many others! Come and have some fun with some senior friends! Sometimes we have dinner, sometimes we will have snacks! Watch the monthly newsletter for each month's game and program! Great way to spend a Tuesday early evening; with friends having fun!

### **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 low-income Montville residents and those facing hardships and crisis. We offer many services through our Social Services Office! I am very thankful to the wonderful staff and volunteers, along with the community and organizations that help us, help those in need!

### **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 are used to support the Veterans Fund. The program runs entirely on donations. The Veterans Fund is designed to help our veterans with "life necessities" and crisis and difficulties that may arise. This is designed specifically for our Veterans in need. For details and/or to contribute, please call/see Kathie the Director @ 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 little white house). Our Social Services Building houses are Food Bank, Clothing Bank, Hygiene 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**

Our Social Services Office, @ 860-848-8820 has a fully stocked Food Pantry located in the Social Services Building open Monday - Friday from 8:30 - 3:00 pm or by appt by calling Kathie the Director @ 860-848-0422. We often have canned goods, pasta, cereal, and rice along with frozen meats and breads. We run entirely on donations and are able to distribute what we receive in. We also have FRESH veggies & herbs during the summer months to help those in need! 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!



### **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 the 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 program. Redetermination is only twice a year - food boxes are distributed monthly! If interested in this great new program, please call Robin @ 860-848-8820 or Kathie @ 860-848-0422.

### **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

Continued on page 10



**The Caddy Shack  
Cafe 2**



• Full Bar • Outside Dining  
**Prime Rib Dinners  
 on Friday, Saturday & Sunday**  
**Breakfast on Saturdays & Sundays**

Hours  
 M-Wed 11 am to 8 pm / Thurs-Fri 11 am to 9 pm  
 Sat 8 am - 9 pm / Sun 8 am - 8 pm

**Caddy Shack Cafe 2,  
 685 New London Turnpike  
 Norwich, CT 06360  
 860-887-8231**



**Senior & Social Services ... continued from page 9**

to baby's clothes available. Walk-ins welcome Tuesday - Friday from 8:30 - 3:00 pm. 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 & local Programs. Some applications can be confusing and intimidating. Let us help you. We can help you fill out the application, gather info needed to accompany application. Many programs are available for our residents in need, call for an apt and let us help you. Any questions or for more information, please call for appointment. 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!

**INTERVIEW ATTIRE PROGRAM**

We have an 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**

If you have any "sports clothing" or equipment you would like to donate, we are working with the schools and some organizations with our sports closet to make sure those in need to not have to go without! Please make your donations to the Social Services Office or they can be dropped off at the Center! The children and teens who receive the items, truly appreciate the items and opportunities.

**SUMMER UTILITY PROGRAM**

The Montville Senior & Social Services Office partners with Operation Fuel to be able to offer assistance, if qualified by Op Fuel guidelines, to help pay utility costs and/or avoid utility shut-off. For details, information, or to make an appointment, please call the Social Services Office.

**BETTER HEALTH & SUPPORT SERVICES**

We have a wonderful service provided by UCFS to facilitate our Better Healthy & Support Services Program. Designed to help those in need feel good, deal with life's changes, and address other mental health needs, our warm and caring clinician will sit with you individually and/or in group setting to help you with your needs. The Better Health Program provides a licensed clinician to work one-on-one with our residents along with facilitating group support services. Our program is available for seniors at the Center and our under 60 residents in the Social Services Office. This valuable program is FREE to our Montville residents! The 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. For more details or to sign up, please call Kathie the Director @ 860-848-0422.

No water,  
 no problem.  
 If your hot is cold  
 and your cold  
 is hot, dial:



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### 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 at 860-848-8820. Please give ages, gender of children in need of Backpack. If you would like to

donate items, please drop off at Senior Center. Last day to sign up is August 12, 2016. Backpacks will be distributed after Monday, August 22, 2016.

### 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 great program with many opportunities listed. Please stop in to view the postings and continue search for opportunities. Some of our clients have already obtained employment through this program! We can help you with the search and we are updating our folder with available employment opportunities weekly! Call Robin @ 860-848-8820 for details.

## Montville Rotary Club Busy in the Community

The Montville Rotary Club has been busy this year with numerous projects and community volunteerism. Among the events that the members of the Rotary Club are involved in are providing food and service at the Relay For Life held at Dodd Stadium, the Montville Race Day which includes a 5K Fun Run and a 10K Masters Run, Holiday Party for special needs citizens, as well as providing food and volunteering once a month at a local homeless shelter. The Club members also help deliver Holiday food baskets and hot meals supplied by Montville Social Services to local residents in need. A major focus of the Montville Rotary Club is to support Education in the town. We start off by providing dictionaries to every 3rd grader in the Montville school

system. We honor the teacher of the year, the student of the year at the various schools and we give out two (2), \$1,000 college scholarships to graduating seniors who reside in Montville. One of our newest projects is the Free Little Libraries. The Rotary Club of Montville built 2 Free Little Libraries in the town of Montville. The Free Little Library is a small structure on a post built in the design of a house that contains free books for children to read. The motto of free little library is "Take a Book - Leave a Book". The Free Little Libraries were built by the Rotary Club. They will be maintained and supplied books by the Rotary Club. The libraries are located at Camp Oakdale in the playground area and right outside the front door of Fair

Oaks Community Center. The Montville Race Day is the next event on our calendar. We sponsor the event in partnership with The Montville Park and Recreations Dept. The event day Sunday July 17th. We will have a kids run, a 5K fun run/walk and our annual 10K Masters Run. All profits go to fund our Educational programs throughout Montville.

For further info about any of the projects the Montville Rotary Club is involved in or if you wish to learn more about becoming a Montville Rotarian please visit our website, contact Michael Doherty - president of Montville Rotary at montvillerotaryct@gmail.com for more details.

## Town of Montville Public Works

### TRANSFER STATION & RECYCLING INFORMATION

(860-848-0401) (860-848-9411)

Location: 669 Route 163 (at intersection with Chesterfield Road)

Transfer Station Hours:

Wednesday and Thursday -

8:00 am - 4:00 pm

Friday, Saturday and Sunday -

8:00 am - 3:00 pm

Monday and Tuesday - Closed

### TRANSFER STATION IS CLOSED ON THE FOLLOWING HOLIDAYS

New Year's Day

Independence Day

Sunday before Labor Day

Easter Sunday

Day before Thanksgiving

Sunday before Memorial Day

Christmas Day

Thanksgiving Day

Prices for Transfer Station stickers are:

\$45.00 for 60 and over

\$55.00 for 59 and under

**Day Pass:** \$3.00 per trip passes are available for household garbage at the Transfer Station.

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

# Parks & Recreation

## Letter from the Director, Peter Bushway

I hope your summer is providing you with ample opportunities to get outside and have some fun. This edition of the Montville Magazine has plenty to offer. The next few months mean school will be starting and fall activities are gearing up so be sure to get involved with a program or two with us or one of the other youth groups in town. We have them listed on our information page.

Our Community Bulletin Board has our two concerts listed as well as an outdoor

movie. We also have a few of our Special Events coming up in October. Check out our Trick or Trunk, Pumpkin Decorating and Scarecrow Village Events. They are all great fun and best of all they are free! Be sure to read more about these events in this edition of the Montville Events Magazine.

Keep up with the latest happenings on our Facebook page or register for a program online at [www.townofmontville.org](http://www.townofmontville.org).

Click on departments, then Parks and Recreation, 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 is a great time saver.

Pete Bushway, CPRP  
Director of Parks and Recreation

## Parks & Recreation / Contact Information

**Montville Parks & Recreation Department**  
**310 Norwich - New London Tpk.**  
**Uncasville, CT 06382**  
**(860) 848-6780 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](http://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. Please don't wait until the last minute to register.

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

### PHOTO POLICY

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 facebook and print media. Any participant not wishing to have a photograph of them used must submit in writing not to be photographed at the time of registration.

### DEPARTMENT STAFF

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

### Parks & Recreation Commission Members

Scott LaVallie - Chair  
Eileen Cicchese - Vice Chair  
Nancy delaCruz - Secretary  
Matt Beaupre - Member  
Joseph Berardy - Member  
Karen Perkins - Member  
Ryan Hartman - Member  
Kerri Lawton - Member  
Kristin Ventresca - Member  
Laura Tanner - Commission Liaison

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

### MONTVILLE POLICE DEPARTMENT

(Non-Emergency) ..... (860) 848-7510  
Raymond Hill Library ..... (860) 848-9943  
Montville Public Works ..... (860) 848-7473  
Montville Town Hall ..... (860) 848-3030  
[www.townofmontville.org](http://www.townofmontville.org)



Montville Animal Control ..... (860) 848-3529  
 Transfer Station..... (860) 848-0401

**OTHER PROGRAM OPPORTUNITIES**

Little League..... www.montvillellb.org  
 Mont. Babe Ruth – M. McGrath..... gooster12@aol.com  
 Youth Football ..... montvillefootball.com  
 Youth Cheerleading..... montvillefootball.com  
 Montville Youth Soccer..... www.montvillesoccer.org  
 Montville Youth Wrestling - find them on facebook @Montville  
 Youth Wrestling  
 Montville Youth Lacrosse..... montvillelacrosse.org

**Parks & Recreation Programs**

**JUDO**

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

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

Schedule as Follows:

**Mondays** - September 12th to November 28th  
 No classes October 10<sup>th</sup> or November 7th  
**Beg Ages 5 to 8 years** - Two times to choose from:  
 4:30 - 5:30 pm Program #171051A  
 6 - 7 pm Program #171051B  
**Beg/Inter Ages 9 to Adult**  
 7 - 8:30 pm Program #171051C

**Fridays** - September 16th to December 2nd  
 No classes Nov 11th or 25th  
**Inter Ages 9 and under**  
 6 - 7 pm Program # 171051D  
**Advanced**  
 12 years and under  
 7 - 8 pm Program # 171051E  
**13 years and older**  
 7 - 8:30 pm Program #171051F

**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.\*

**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, aired on Channel 3, several local radio stations, you can also call the office at 860-848-3030 Ext. 380 during office hours.

**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.\*  
**INTERMEDIATE AND ADVANCED** - Program for intermediate and advanced 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 and Intermediate program. Ages 7 years & up.\*  
**ADVANCED AND ADVANCED II** - These classes are a progression from the intermediate Level. Instructors must give permission for students to enter these levels. 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

\*All programs are run by ABC's Gymnastics Stars staff, all USA Gymnastic Certified.

Fee for Residents is \$55 and Non-Residents \$65  
 Minimum of five required for each class

**SESSION 1**

Registration opens July 20, 2016 for Residents and July 23, 2016 for Non-residents  
 Tuesday August 23, 2016 - October 11, 2016

Beginners	4:00 - 5:00 PM	#112102J
Beginners	5:00 - 6:00 PM	#112102K
Intermediate	6:00 - 7:00 PM	#112102L
Advanced II (invite only)	7:00 - 8:00 PM	#112102M

Continued on page 14

# Healing with Horses Horse Camp at Wildrose Horse Farm

## We Offer:

- Extensive Horse Knowledge
- Horse Handling & Safety
- Grooming & Bonding
- Horse Communication & Behavior
- Training Demonstrations
- Horse Games & Activities
- Horse Back Riding
- General Horse Care
- Self Empowerment

**\$75 Every Saturday 10:30am - 4:30pm**

**For more information & to set up an intake appointment - call**

**536 Raymond Hill Road, Uncasville, CT 06382  
860.912.1557 or 860.705.8168  
healingwithhorsetc.org**

## Parks & Recreation Programs ... continued from page 13

Thursday, August 25, 2016 - October 13, 2016

18 Months – 3 Yrs	3:50 - 4:20 PM	#112102N
Ages Four – Six	4:20 - 5:00PM	#112102O
Beginners	5:00 - 6:00 PM	#112102P
Intermediate	6:00 - 7:00 PM	#112102Q
Advanced	7:00 - 8:00 PM	#112102R

### SESSION 2

Registration opens September 26, 2016 for Residents and September 29, 2016 for Non-residents

Tuesday October 18, 2016 - December 13, 2016

No class November 8th - Elections

Beginners	4:00 - 5:00 PM	#112102S
Beginners	5:00 - 6:00 PM	#112102T
Intermediate	6:00 - 7:00 PM	#112102U
Advanced II(invite only)	7:00 - 8:00 PM	#112102U1

Thursday, October 20, 2016 - December 15, 2016

No class November 24th - Thanksgiving

18 Months – 3 Yrs	3:50 - 4:20 PM	#112102V
Ages Four – Six	4:20 - 5:00PM	#112102W
Beginners	5:00 - 6:00 PM	#112102X
Intermediate	6:00 - 7:00 PM	#112102Y
Advanced	7:00 - 8:00 PM	#112102Z

### 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.



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Anytime Fitness, LLC

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](http://Allaboutdance.com) or [discountdance.com](http://discountdance.com) Again there are local stores in area that sell shoes and leotards.

## SATURDAY CLASSES

Minimum of Six per Class, Maximum of Twelve per Class.

Sessions will run from Saturday, September 10th to October 29th

Fee: Residents \$45.00/Non-Residents \$50.00

Registration opens Monday, August 22nd for Residents and August 25th for Non-residents.

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

## MONDAY CLASSES

Minimum of Six per Class, Maximum of Twelve per Class.

Sessions will run from Mondays, September 12th to November 7th, No class October 31th.

Fee: Residents \$45.00/Non-Residents \$50.00

Registration opens Monday, August 22nd for Residents and August 25th for Non-residents.

Program #112022G	Tap/Ballet Combo 4 yr olds	4:15 PM - 5:00 PM
Program #112022H	Tap Class Past Need Experience 8 yrs & up	5:00 PM - 5:45 PM
Program #112022I	Level 2 Jazz/Hip Hop 8 yr and up	5:45 PM - 6:30 PM
Program #112022J	Ballet - Need Past Experience 8 yr and up	6:30 PM - 7:15 PM

## THURSDAY CLASSES

Minimum of Six per Class, Maximum of Twelve per Class.

Sessions will run from Thursdays, September 8th to October 27th

Fee: Residents \$45.00/Non-Residents \$50.00

Registration opens Monday, August 22nd for Residents and August 25th for Non-residents.

Program #112023A	Intro to Ballet 3 yr olds	4:15 PM - 5:00 PM
Program #112023B	Ballet Class 5 yr and up	5:00 PM - 5:45 PM
Program #112023C	Tap Class 5 yr and up	5:45 PM - 6:30 PM
Program #112023D	Jazz/Hip Hop 5 yr and up	6:30 PM - 7:15 PM

## 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, 24 years training  
4th degree black belt

Additional Instructors: John Listorti & Abby Barrera.

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

Registration opens July 25th for Residents and

July 28th for Non-Residents

Eight - Week Sessions

Fee: Monday Class Only: August 29th - October 31st

Resident/\$50/Non-Resident/\$55

Thursday Class Only: Sept. 1st - Oct 20th

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

Continued on page 16



## Parks & Recreation Programs ... continued from page 15

Mon/Wed or Mon/Thu Classes:

Begin week of August 29

Resident/\$100 Non-Resident/\$105

Deadline for registration is September 16th

Program #	MON	WED	THURS	Size
#111061A White Belts Ages 4-5	5:00 – 5:30pm			Min of 2 max of 6
#111061B White Belts Ages 5-9			4:45 – 5:30 pm	Min of 2 max of 6
#111061C Wh/Yel/Oran belts 9 – Adult	6:15- 7:15 pm	6:150 – 7:30pm		Min of 2 max of 10
#111061D Yel/Orange belts 6-12	5:30 – 6:15 pm		5:30 – 6:30 pm	Min of 2 max of 10

\*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 (10 weeks)

Location: Murphy Elementary School Cafeteria

Time: 5:30pm - 6:45pm

Program #143021A

September 7th - December 7th

### LOOK FOR THESE UPCOMING PROGRAMS IN THE FALL.

Our next Montville Events Magazine will feature these programs and other. Keep an eye out for them on our website and Facebook Page.

### MONTVILLE YOUTH BASKETBALL

Our Youth Basketball Program takes place beginning in mid to late November and continues until the end of February or beginning of March dependent on weather. The program is for children in grades 3-9. More information will be sent home through the schools in October and in our next Montville Events Magazine that comes out mid-October. Volunteer coaches are always needed at every level.

Our 1st and 2nd Grade Basketball program will begin in January and held on Saturdays.

### HALLOWEEN TRICK OR TRUNK

#### Coming sooner than you think!

Montville Parks & Recreation is excited to announce that this year's Annual Halloween Trick or Trunk Event will take place in the parking lot of Leonard J. Tyl Middle School on October 29th. 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 or treats to the visiting trick or trunks. Registration for this event will be available in September on our website. Information will also be on our Facebook page as we get closer to the event.

When: Saturday, October 29th from 6 - 8 pm.

Rain date October 30th same times.

Where: Tyl Middle School, 166 Chesterfield Rd.

### BUILD A SCARECROW VILLAGE!!

Sunday, October 16th

Inviting young and old alike!

Put those leaves to good use and build your own scarecrow. Dress it up in a creative way. Size of scarecrow limited to a maximum of six feet tall. Challenge your neighbors and friends to see who can create the best scarecrow. We will display them until Halloween at Fair Oaks Community Center.

### HALLOWEEN PUMPKIN DECORATING

Free event

Sunday, October 23rd 1pm

Fair Oaks Community Center

Limited to the first 40 registered

For Ages 12 and under

Decorate your very own pumpkin. No carving of pumpkins will be done at the event. We will provide the pumpkins and decorations; you provide the inspiration and talent. Look for more information coming soon.

**To download previous issues of Montville Events visit [www.eventsmagazines.com](http://www.eventsmagazines.com) and download the issue you desire!**

**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 Parks & Recreation Department

# Community Bulletin Board

## FREE SUMMER SIZZLER CONCERTS

Featuring *Wicked Peach* - July 16th  
*Frankie Justin Lamprey* - August 6th  
Montville Parks & Recreation will be hosting two big outdoor summer concerts featuring *Wicked Peach* and *Frankie Justin Lamprey*. The concerts will take place on July 16th and August 6th at 6 pm on the football field at Camp Oakdale, 176 Meeting House Lane. Come and enjoy the free music. Bring a chair or blanket, friends and family. Food vendors will be on site. Plenty of parking.

## FREE SUMMER OUTDOOR MOVIE

Zootopia, July 23rd at dusk. We are hosting a free outdoor movie night this summer at the Camp Oakdale football field on July 23rd. We will be showing *Zootopia!* The movie will begin just after dusk. Food vendors will be on site. Bring your chairs or blankets to sit on under the stars and enjoy a great family night.

## 5TH ANNUAL TRICK OR TRUNK

Be on the lookout for our Annual Trick or Trunk Event on Saturday, October 29th at Tyl Middle School. Rain date is October 30th. Registration will begin September 6th. Candy collection drop off locations will be set up around town to assist those who decorate their trunks for the event. We need your support to keep this event going. Rain date October 30th, 6-8 pm.

## MONTVILLE RACE DAY

5K ROAD RACE AND KID'S FUN RUN  
ANNUAL 10K MASTERS RACE

Ages 40 years and older  
6.2 Miles Certified Course

The race is co-sponsored by the Montville Rotary Club. Awards ceremony is held at the finish line at the Large Pavilion located at 75 Oxoboxo Dam Road. Contact the Montville Rotary for registration at: [montvillerotaryct@gmail.com](mailto:montvillerotaryct@gmail.com).

Date: July 17th, Time: 9 am - Registration begins at 7:30 am.

Location: Camp Oakdale Large Pavilion, 75 Oxoboxo Rd  
in Oakdale. Fee: Registration \$20 per runner - first 40 receive T-shirt.

## 5K AND KIDS FUN RUN

In conjunction with the Annual Masters Race, the Montville Rotary will also be offering a 5K Road Race and Kids Fun Run on July 17th at the Large Pavilion at 75 Oxoboxo Dam Road. Both races will start prior to the Master Race at 8:30 am. Registration begins at 7:30 am. Contact the Montville Rotary for more information or to register [montvillerotaryct@gmail.com](mailto:montvillerotaryct@gmail.com).

## 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.



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# Montville Senior Center Community Gardens

The Montville Senior Center has a Community Garden on the Senior Center grounds. The Senior Center Garden Committee and Director oversee the program. Garden beds are available for those in our community who would like to 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 1/4 of the harvest 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!

## From the Tax Office

### FIRST INSTALLMENT OF REAL ESTATE TAX

The first installment of Real Estate Tax is due by August 1, 2016. Bills were mailed out June 30, 2016. If you do not receive a tax bill please call the tax office at 860-848-6775.

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.

Visit Montville at [townofmontville.org](http://townofmontville.org)



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RSVP client/Gales Ferry

The Retired and Senior Volunteer Program (RSVP) is looking for volunteers (ages 55+) to make a difference in your community.

Many opportunities to visit or shop for older or disabled individuals, deliver meals on wheels, tutor in schools, serve veterans, and referrals to other community agencies.

Volunteer around your schedule and make a positive impact!

Gina King 860-425-6617 / [gking@tvcca.org](mailto:gking@tvcca.org)



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# Montville Youth Services

Barbara A. Lockhart, M.S., Director and 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](http://www.montvilleyouth.org)



*Happy Spring Everyone!*

The summer season is upon us, and MYSB has a very full schedule for the summer of 2016; and we still are also staying busy planning for the fall in our new location at the Fair Oaks Community Center! Get geared up for more programs, fundraisers, special events, celebrations, community campaigns and much, much more! We look forward to continuing our good work and fulfilling the goals of our mission. Our heartfelt thanks to our kids, friends, families, local & state officials, partner agencies, and countless supporters; with your help we can continue to “Make A World of Difference”!

Please give us a call anytime or visit our website [www.montvilleyouth.org](http://www.montvilleyouth.org) or our Facebook Page & Twitter Account to catch up on all the happenings at MYSB! You can also visit [www.ctyouthservices.org](http://www.ctyouthservices.org) to learn more about the 100 YSBs thriving in over 145 communities across the state of Connecticut!

Regards ~ Barbara

Barbara A. Lockhart, MS

*Director of Youth Services, Town of Montville  
Connecticut Youth Services Association (IPP)*

“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.”

\*Effective August 29th, 2016, MYSB will be located at the Fair Oaks Community Center Building on the corner of the Chesterfield & Old Colchester Roads intersection. Please call us for more information.\*

## 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  
Megan Bishop  
Dan Boisvert  
Leonard Bunnell  
Grace Carlos  
William Carlos  
Brienne Messer  
Susan Rickards  
Allyson Schmeizl, Secretary  
Timothy Shanahan, Vice Chairman  
Tim May, Town Council Liaison

## MONTVILLE YOUTH SERVICE PROGRAMS

After School Program  
Grades: 4th -12th / Monday - Friday  
After School until 6 pm  
Open to Montville Residents  
Registration Required.  
2016-2017 1st Day of School is Wednesday,  
August 31st.

\*Due to the increased interest in our After School Program, we have a waiting list in

place. The ASP is a fee based program. There will be a \$210 registration fee assessed each year your child is in the program. A \$50 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 - \$210, 2nd child - \$185, 3rd child-\$160, 4th child- \$135. (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.)

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](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 pm. Please contact us for more information. To inquire about placement on the waiting list, please dial ext. 112.

**SUMMER CENTER**

Monday-Wednesday-Friday  
 Monday, June 22nd – Friday, August 12th  
 8:30 am to 5 pm  
 Summer Center 2016 is currently FULL. A waiting list is in place, no deposit required. Please contact the Center for more information.

**MONTVILLE YOUTH ACTION COUNCIL – MYAC - MIDDLE SCHOOL & HIGH SCHOOL**

Montville YAC’s mission is to provide opportunities for Montville Youths, in grades 6 through 8, and grades 9 through 12, to develop and promote responsibility, cultivate leadership skills, develop an interest in the community, and foster empowerment and positive social development through active participation in the formation, coordination, and delivery of community service projects, as well as social and recreational activities. The middle school program offers students an opportunity to “give back” to their own community.



The high school program offers students an opportunity to educate their school and community on issues that affect them. 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 Room and Safe Futures of New London and a “Wear Purple Day” for Healthy Relationships. Contact Kimberly for more information at Ext.112

**PARENT ACTION COUNCIL- PAC**

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

Continued on page 22

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contact us if you are interested.

### COUNSELING AND REFERRAL

Confidential, short-term counseling is available to Montville youth and families, on a family income adjusted fee scale. Our counselors focus on personal needs and concerns, and the dynamics of relationships between parents and children, siblings, and peers. In addition we offer information and support to parents,

children, and all family members. We also offer referrals for families and individuals who may require other services we cannot provide. Contact Barbara (Ext 116) or Darin (Ext 111) for more information.

### HIRE-A-TEEN

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

Applications need to be filled out and returned in person by anyone interested in utilizing the services and any youth who are interested in being part of our Hire-A-Teen Program. For more information contact Dianne, Ext 113, between the hours of 9 am and 2:30 pm.

### VOLUNTEERS

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,

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Criminal Justice, Social Work, and Education. Please contact MYSB for more information.

### PARENT-TODDLER PLAY GROUP

Birth to Five Years

Tuesdays and Fridays

Fair Oaks School

10:30 am to Noon

Registration for Fall 216 IS required.

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

### MYSB EVENTS:

Pancake Breakfast

Mohegan Fire House

8 am-noon

Date: Sunday, October 23, 2016

Tickets are \$7.00 for Adults; \$5.00 for Seniors and Kids under 12.

Continued on page 24



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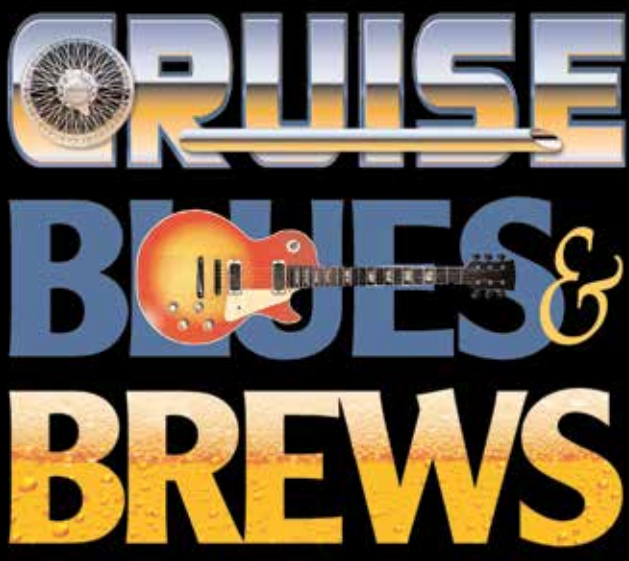
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## Montville Youth Services ... continued from page 23

Tickets May be purchased in advance and are also available at the door. [www.montvilleyouth.org](http://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!"

### MONTVILLE CARES!

The Town of Montville in Partnership with Southeastern Regional Action Council - 1 Word, 1 Voice, 1 Life. Be the 1 to start

the conversation. [www.preventsuicideCT.org](http://www.preventsuicideCT.org), Suicide Hotline- 1-800-273-8255 (Veterans press 1) or text "Go" to 741-741. Help is available 24 hours a day/7 days a week. If you or someone you know is struggling with addiction, please call the National Addiction Hotline, available 24 hours a day/7 days a week 1-800-662-HELP (4357). If you or someone you know is involved in an unhealthy relationship, please call the Safe Futures of New London Hotline for Domestic Violence and Sexual Assault, available 24 hours a day/7 days a week. 860-701-6000 or 860-701-6001 support Montville Youth & Families. Stop into MYSB anytime between 8 am and 5:30 pm.

## Raymond Library

Raymond Library, 832 Raymond Hill Rd.  
Oakdale, CT 06370, 860-848-9943

### REGULAR HOURS:

Tuesday - 12:00 - 8:00 pm  
Wednesday - 10:00 - 7:00 pm  
Thursday - 10:00 - 6:00pm  
Saturday - 9:00 - 2:00 pm

### Pre-School Story Time

Raymond Library will begin their free pre-school story time on Tuesday, September 13th at Raymond Library. Story Hour is held for all Montville children who are 3 - 5 years old. Stories are read to them and they do age-appropriate crafts.

We will also have Baby-Time on Wednesdays at 10:30 am for children 6 months to 36 months beginning Wednesday, September 14th. The scheduled times are: Tuesday at 2:00 - 2:45 pm, Thursday at 10:30 - 11:15 am


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