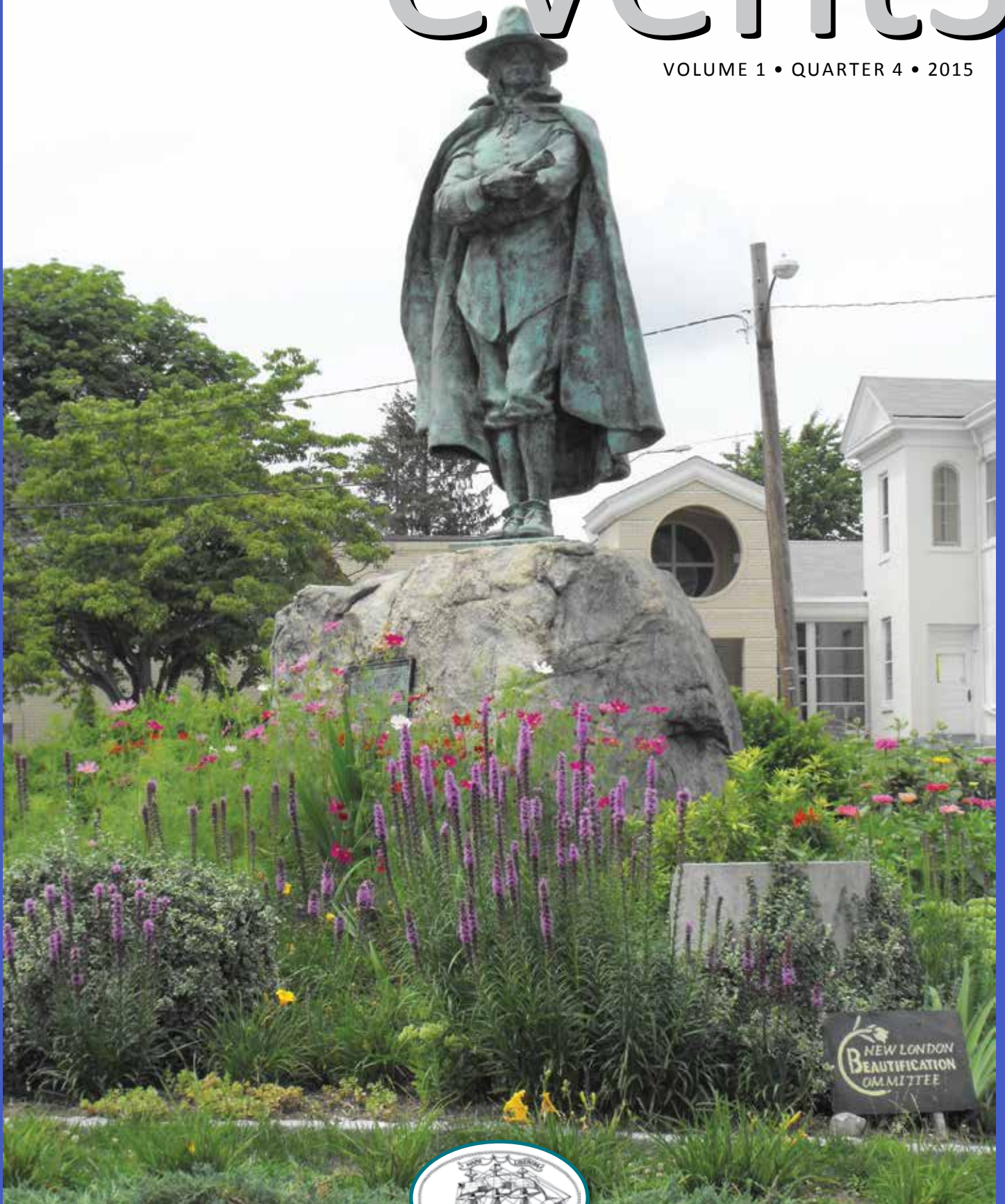


New London

events

VOLUME 1 • QUARTER 4 • 2015





United Community & Family Services

351 North Frontage Road, Suite 24, New London

Visit Our Newly Expanded Office Located in New London

UCFS is pleased to announce that we have a newly expanded office located at 351 North Frontage Road, Suite 24 (*entrance to the left of Marshalls in the New London Shopping Center*).

Our behavioral health team works with children, teens and adults offering individual, couples, family and group therapy. Our team of trained professionals include:

- Social Workers
- Marriage and Family Therapists
- Counselors

SERVICES OFFERED

Our clinicians have extensive experience and expertise in treating:

- Trauma
- Anxiety
- Depression
- Mood Disorders
- ADHD
- Autism Spectrum Disorder
- Grief and Loss
- Anger Management
- Substance Abuse/Addiction
- Co-occurring Disorders
- Problem Gambling

Psychiatric evaluations and medication management are also available to our clients.

SUPPORT GROUPS FOR CHILDREN, TEENS & ADULTS

- **Teen Support Group** (*grades 9-12*)
- **Social Learning Group** (*ages 7-8*)
- **LGBTQ Youth Support Group** (*ages 14-17*)
- **TREM for Adult Women** (*Trauma Recovery & Empowerment Group*)
- **Mindfulness Group** (*adults 18+*)
- **M-TREM** (*Men's Trauma Recovery & Empowerment Group*)
- **Self-Esteem Group** (*adults 18+*)
- **Coping with Depression** (*adults 18+*)
- **Recovery — Maintaining Freedom from Addiction** (*adults 18+*)

We gladly accept Medicaid, Medicare and private insurances, and also offer an income based sliding scale fee.

**For more information,
please call 860-442-4319.**

ucfs.org  

Mayor's Corner

Dear New London Residents,

In this issue of New London Events, you will find information on fall and winter festivals, Recreation programs, new legislation and seasonal fire prevention tips.

Many of the events listed in this magazine would not be possible without the hard work of not only our municipal employees, but also

a wealth of dedicated volunteers. New London is small in square miles, but large in community spirit. I hope you all enjoy the many family-friendly events listed in this magazine, support our local businesses, and have a safe and joyful holiday season.

Sincerely,
Mayor Daryl Justin Finizio



Mayor Daryl Justin Finizio

Office of Development & Planning

City Hall, 181 State Street, 2nd floor
8:30 am- 4:00 pm Monday – Friday

The Office of Development & Planning (ODP) is the point of contact for developers, entrepreneurs seeking assistance in opening a new business, expanding an existing business, or developing or redeveloping land. ODP provides guidance with the land use regulation process and information on the City of New London's Business Incentive Programs. ODP staff are instrumental in the preparation and record-keeping of many of the City's major planning documents and reports.

ODP is responsible for handling zoning & wetlands activities. The staff maintains an environment that is customer/resident friendly and is available to assist with any questions, concerns or land use related problems that the resident/customer may have. The staff assists both homeowners and contractors in the process of obtaining zoning permits for residential and commercial property modifications such as decks, additions, sheds, etc., the opening of new businesses, home based businesses, signage, parking, etc. The Office of Development & Planning also administers a broad array of economic and community development programs

Continued on page 2

Broadway at the Garde Series
Joseph & The Amazing Technicolor Dreamcoat
Friday, January 22 • 7:30pm

The first collaboration of composer Andrew Lloyd Webber (Phantom of the Opera, Cats) and lyricist Tim Rice (The Lion King), JOSEPH blends pop, country and rock into an uplifting, technicolored story of biblical proportions.

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Development & Planning ... continued from page 1

including Enterprise Zone (EZ) programs, business loan programs, building façade and sign improvement grants, and other business assistance programs.

ODP provides staff support to several Boards and Commissions, including the Planning and Zoning Commission, the Zoning Board of Appeals, the Conservation Commission/Inland

Wetlands Agency, the New London Foreign Trade Zone Commission, the New London Port Authority, the Parking Authority, and the Economic Development Commission. ODP staff are actively involved with New London Main Street, the City Center District, RCDA, and the regional economic development and planning organizations, SeCTer and SCCOG.

Office of Development & Planning
Economic Development Division
(860) 437-6309
Planning & Zoning Division
(860) 437-6379

More information, applications, agendas and minutes are available on the City's website www.ci.new-london.ct.us.

Finance Department

The Finance Department is composed of seven divisions: Administration, Accounts Receivable (Tax), Assessment, Payroll/Accounts Payable, Accounting, IT and Parking Enforcement. The Department of Finance, under the supervision of its Director, is responsible for managing the City's financial matters in a manner consistent with established laws, ordinances and generally accepted accounting principles. The department is a service-oriented entity and provides the City with the following services: Purchasing, Accounts Payable, Treasury Management, Accounting and Bookkeeping, Financial Statement Preparation, Financial Planning and Policy Making, Debt Management, Revenue Collection, Property Assessment, Capital Projects Administration, Budgeting and Risk Management.

Administration's primary goal this fiscal year is getting the BOE and City Finance staffs together and beginning the implementation of a new financial management software package, MUNIS. As our old SunGuard system is being phased out over the next several months, the Tax and Assessment divisions will be employing a new system, QDS, as well which will allow us to better serve the public.

- Effective November 2nd, parking tickets will be handled by the Parking Authority.
- The second installment of real estate and personal property taxes are due January 1st.
- Supplemental motor vehicle taxes are also due on January 1st.

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New London Youth Affairs



EARLY CHILDHOOD PROGRAMS

EARLY CHILDHOOD FAMILY CENTER

FREE playgroups for children 8 months- 4 years old with a parent or other caregiver. The Family Center offers a variety of playgroup themes throughout the week including dance, music, art, science, gross motor and discovery. Guest entertainers, field trips, and parent workshops are scheduled. Reading readiness is targeted through supporting developmental milestones and assisting towards preschool placements. Parent resources and individual appointments are available for assistance in finding childcare and meeting family educational, health, and social service needs, including food, diapers, clothing. Programs are in collaboration with Child and Family Agency Family Resource Centers. Go to www.newlondonyouthaffairs.org for schedule of programs or call 860-447-0459 or email tsalcedo@ci.new-london.ct.us for more information. Supported by Palmer Fund, Shea Trust, Dime Bank Foundation, Liberty Bank Foundation, Veolia Water Authority, Community Development Block Grant, Department of Education, Community Foundation of Eastern CT donor designated, Electric Boat Employees Association.

- Date: Mon.-Fri., varied programs (attendance days flexible)
- Time: 10:00 am
- Ages: 8 months-4 years old
- Location: Martin Center, 120 Broad St, Jennings Family Resource Center, 50 Mercer St, Nathan Hale Elementary School, Beech Dr., call, email or go on-line for location schedule.
- Fee: FREE



Continued on page 5

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Youth Affairs ... continued from page 3

FAMILY AND COMMUNITY PROGRAMS

WHALE'S TALES CHILDREN'S BOOK BANK

Date: Monday-Friday
Time: 9:00 am- 4:00 pm
Ages: All
Location: The Martin Center, 120 Broad St., mezzanine floor.
Fee: FREE

Whale's Tales provides free books to children and their families, teachers and youth serving organizations, through visits, programs, and literary events. You are welcome to come in and choose books for your family or to donate gently used children's books. Supported by New London Kiwanis.

PEP PARENT LEADERSHIP COURSE (People Empowering People)



Date: Every Tuesday evening starting in fall.
Specific dates to be announced
Time: 6:00 pm-8:30 pm
Age: Any Parent or Community Resident Welcome
Location: Martin Center, 120 Broad Street, 1st floor,
Yellow Room
Fee: FREE

The parent leadership course trains parents and other community adults to advocate for children in the schools and community. The program includes communication skills, problem solving, leadership, community assessment, and action planning. Trainees will complete community projects. Free dinner and childcare are provided. Supported by Liberty Bank Foundation, partnering with Children First New London.

TEENS

TIA (Teens In Action)

Date: October 2015-June 2016
Time: After school, Mon-Fri
Age: Grades 9-11
Location: Martin Center, 120 Broad Street
Fee: FREE

TIA targets high school graduation and employability. Program includes community service, leadership, academic support, employability development, internships, college tours, excursions, individualized success plans, and meals. Supported by Community Foundation of Eastern CT, Bodenwein Foundaton, Chelsea

Groton Foundation, Pfizer, Department of Education, Community Foundation donor designated, Electric Boat Employees Association; partners with New London Public Schools and Connecticut College.

C.O.O.L Directions (Careers of Our Lives)



Date: September 2015-June 2016
Time: During and after school
Age: Grades 11-12
Location: Martin Center, 120 Broad Street
Fee: FREE

This program targets high school age juniors and seniors who meet eligibility criteria attending New London High School, Grasso Technical High School and Science & Technology Magnet High School. COOL assists with the following: career and educational guidance, job seeking skills and portfolio development, potential driver's education support, and work based learning experiences such as internships and job shadowing. Funding is provided through Eastern Connecticut Workforce Investment Board (EWIB) and EASTCONN.

NEW LONDON COMMUNITY AND CAMPUS COALITION (NLCCC) MEETINGS

Date: 3rd Wednesday of each month, from
September 2015 - June 2016
Time: 11:30 am
Age: All community members are welcome - age 12 & up
Location: 120 Broad Street, New London, Martin Center,
1st floor,
Fee: FREE

The goal of the Coalition (NLCCC) is to engage the New London community in combating risky behaviors and reduce use and abuse of alcohol, tobacco, marijuana, and prescription drugs by promoting healthy, vibrant, and productive lifestyles for our teens. NLCCC targets this goal through public education, promoting positive programming, enforcement of laws, social marketing, and policy change. NLCCC is supported by the Substance Abuse and Mental Health Services Administration (SAMHSA), and Southeastern Regional Action Coalition (SERAC). Please call 860-442-1497 or e-mail nlccc@ci.new-london.ct.us. <<mailto:nlccc@ci.new-london.ct.us>> for more information.

Continued on page 6

New London Youth Affairs ... continued from page 5

NEW LONDON JUVENILE REVIEW BOARD (JRB)

Date: Monthly
Age: 10-17 Years of age
Fee: FREE

The New London JRB was created to divert first-time, City of New London, youth offenders, who meet the criteria, from the Juvenile Justice System. The JRB connects referred youth with local services and resources, appropriate for their needs. JRB's are confidential. Supported by Connecticut Youth Services Association, Southeastern Regional Action Coalition; partners with New London Police Department, Waterford Juvenile Court, Department of Children and Families, and other agencies.

Please call 860-442-1497 or e-mail nlccc@ci.new-london.ct.us for more information.

SADD (STUDENTS AGAINST DESTRUCTIVE DECISIONS)

Date: School year; September - June
Time: After school
Age: Grades 6-8
Location: BDJMS and ISAAC
Fee: FREE

Young people participate in prevention, community service, and leadership opportunities. SADD is supported by Southeastern Regional Action Coalition and SAMHSA, in partnership with New London Public Schools. Please call 860-442-1497 or e-mail nlccc@ci.new-london.ct.us for more information.

New London Police Department

The world of technology has opened a new vein of communication for all; Facebook, Twitter, Instagram, LinkedIn and so much more. It has given us the opportunity to connect with millions of people at the push of a button. Many of us forget that along with the utilization of this technology comes a great responsibility. Having an awareness of our children's on-line activity is crucial in helping to ensure their responsible use of this technology.

New Public Acts (Laws) effective October 1, 2015:

SEXTING - The intentional dissemination of any image, by electronic or other means,

a photograph, film, videotape or other recorded image of an intimate nature of another person

ELECTRONIC STALKING - The willful and repeated use of a global positioning system or similar electronic monitoring system to determine or track another person's position or movement which causes an individual to fear for his/her physical safety.

REVENGE PORN - The sharing of intimate images without consent in an effort to harm or harass - punishable by up to one year in prison

Hollweentown

The New London Police Department, Downtown New London Association and the Spirit Gallery are hosting Hollweentown on Friday, October 23rd, from 6:00 - 9:00 p.m. Activities include, but are not limited to, trick or treating along the Waterfront Pier, costume contest and more. Please bring your "Little Whalers" out for an enjoyable, safe and fun-filled night along the pier. Anyone wishing to make a donation of wrapped candy should contact Barbara Neff, DNLA 860-443-3786 or Officer Max Bertsch at NLHSSRO@NewLondon.org.

Community Development Division

The Community Development Division administers a variety of programs that are designed to improve the lives of New London residents. This is accomplished through housing rehabilitation efforts, social service programs and economic development initiatives.

COMMUNITY DEVELOPMENT BLOCK GRANT

The purpose of the Community Development Block Grant (CDBG) is to improve communities by providing adequate housing, a suitable living environment and expanding economic opportunities.

PROGRAMS FOR PROPERTY OWNERS

- HOUSING REHABILITATION

The Community Development Division operates two programs designed to protect the safety of New London residents and preserve the aging housing stock. Property owners qualify based on unit income and other factors. Contact the Loan Specialist at 860-447-5243.

HOUSING CONSERVATION PROGRAM (HCP)

(funded by CDBG) provides deferred (forgiven) and low-interest loans to low-to-moderate income residents to address health and safety code violations thereby improving the housing stock of New London.

LEAD HAZARD REDUCTION PROGRAM (LHARP)

(funded separately) is to reduce childhood lead poisoning by providing deferred loans to clear housing units of lead based paint hazards and provide training to property owners and contractors. Eligible housing units will be inspected and cleared of lead hazards by a licensed lead abatement contractor.

HISTORIC PRESERVATION

Historic preservation is a part of the environmental review process and therefore this division provides staff support to the Historic District Commission & Design Review Board (HDC & DRB).

FAIR HOUSING

New London's Fair Housing Plan was approved in 2007 and includes eight goals that work to protect renters or buyers from landlord or seller discrimination.

OLD TOWN MILL, 8 MILL STREET

Built in 1650 the Old Town Mill is on the National Historic Register. The beautiful grounds are always open to the public and the mill is open to tour by appointment. The Mill hosts an Annual Harvest Festival in October on the Saturday before Halloween, October 25, 2015 from 11 am – 3 pm.

For more information on Community Development visit www.ci.new-london.ct.us and follow the links to City Government>Office of Development & Planning>Community Development Division.

OLD TOWN MILL HARVEST FESTIVAL

There will a free Harvest Festival at the Old Town Mill, 8 Mill Street, New London on Saturday, October 24 from 11:00 a.m. to 3:00 p.m. Featured will be the seventh annual apple pie baking contest along with free horse drawn carriage rides, activities for children, musical entertainment, kettle corn, cider, doughnuts, and more. Enjoy the afternoon listening to the music provided by Sherwood, Dean Denis, The Carolans, Gaetano, Robin and Randy St. Pierre, Jim Lampos, and Ned Ruete.

There will also be craft vendors. Start your holiday shopping at booths featuring jewelry, yarn products, Christmas decorations, hand- made sachets, pottery, photography, handcrafted soap and skincare products, wreaths, candy, and much, much more.

The apple pie contest will take place at noon.

Anyone planning to enter an apple pie in the contest should have his or her apple pie at the Old Town Mill no later than 11:30 a.m.

The Mill building will be open.

Tours and the showing of a video on mill operations.

The City of New London is sponsoring this FREE, family oriented Harvest Festival. For further information call 860-437-6394.

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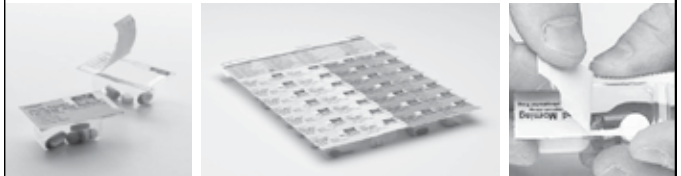
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City of New London Public Works

As Summer slowly transitions into Fall, our focus and day to day activities transition as well. Grounds keeping changes from grass grooming to leaf removal. Work begins for preparing trucks and equipment for the coming winter snows. In the building area, late Summer focus was on getting the schools ready for another school year. The next step is making sure all of our mechanical systems are ready for coping with the coming cold weather.

Solid waste trash removal and recycling challenges remain pretty much the same. These needs are constant year round. We are proud to be building a steady record of avoiding accidents and injuries throughout the entire solid waste division.

Parks Division will continue providing service to recreational fields in support of Board of Education and Parks & Recreation Department activities, including games and special events.

New London recently experienced a two inch an hour deluge of rain, an intensity which is expected to occur only once in a

hundred years. Our combination pumping and piping system effectively dispersed the volume of storm water in a matter of hours. Our engineering department is constantly planning and managing construction of more effective ways to handle storm water, and this event confirmed our understanding of where our critical needs are.

We will be collecting yard waste this Fall from October 15 through December 5. Collection will be on Saturdays; yard waste must be collected in brown paper craft bags (no plastic bags will be picked up). Small quantities of brush – tied with a string and no longer than 4 feet – will be accepted as well. Leaves can also be brought to the Transfer Station.

Transfer station hours are Monday – Friday, 7:30 am to 11:30 am and 12:30 pm to 3:00 pm, and Saturday, November 7, November 14, November 28 and December 5.

Public Utilities

The City of New London promotes the American Water Works Association five basic elements of a sound, reasonable and effective water conservation program for everyone. Don't let water go to waste. Do your part to use water wisely. Everyone wants to help conserve valuable resources, and water is one of the most valuable there is. We couldn't live without it.

But what can an individual do to help? The answer is in these five simple suggestions. Follow them and you'll be water-wise, not wasteful.

1. Check every faucet in your home for leaks. Just a slow drip can waste 15 to 20 gallons a day. Fix it and you save almost 6,000 gallons a year.
2. Put a drop or two of food coloring in each toilet tank. Without flushing, watch for a few minutes to see if the color shows up in the bowl. It's not uncommon to lose up to 100 gallons a day from one of these otherwise invisible toilet leaks. And that's more than 30,000 gallons a year.

3. Don't shower too long or fill the tub too full. Five minutes for showering and about five inches in the tub is plenty.
4. Try to use automatic dish and clothes washing machines with full loads only. Even when the machines feature short cycles, you're being more efficient with your water when there are enough dirty things for a full load.
5. Most importantly, water your lawn and garden with good sense. Do it early or late, not in midday heat. Avoid windy days. See that water goes where it should, not on sidewalks or driveways. Stick a spade in the ground now and then to see that water is getting down deep. A good soaking encourages good root systems. But remember this: A single lawn sprinkler spraying five gallons per minutes uses 50% more water in just one hour than a combination of ten toilet flushes, two 5-minute showers, two dishwasher loads and a full load of clothes. Let's be sensible!

New London Fire Department

WINTER FIRE SAFETY

In the winter months the potential for fires in our homes increases dramatically. Cooking fires is the leading cause of fires during this season. The number one reason for these cooking fires is unattended

cooking or simply stated forgetting the stove is turned on. Always have someone watch the stove!

With winter comes the heating season. It is important to have your furnace inspected by a qualified specialist annually. Keep

combustibles at least three feet away from any heating appliance. Plug a space heater directly into the wall receptacle; never use extension cords to power electric space heaters. Ensure that your space heater has the automatic shut off feature. This feature

will shut the space heater off should it be knocked over. Turn the space heater off when you leave the room.

CARBON MONOXIDE

The winter season brings increased fire department responses to carbon monoxide incidents. Carbon Monoxide is called the “invisible Killer” because it’s a colorless, odorless, poisonous gas. Any improperly used or incorrectly vented fuel burning appliance can produce dangerous amounts of Carbon Monoxide. Install Carbon Monoxide alarms inside your home to provide early warning of Carbon Monoxide. These alarms should be located on every level of your home and outside the sleeping areas. In the United States someone dies in a home fire every three hours.

Many of these deaths can be prevented by simply installing and maintain smoke alarms in your home or apartment. At the very least install smoke alarms outside the bedrooms and on every level of the home.

FIRE HYDRANTS

If there is a fire hydrant located near your home please consider keeping it clear of snow so that the fire department can locate it should it be needed. Keep your sidewalks clear and your house numbers visible.

If you need either a smoke alarm or carbon monoxide alarm please contact the Fire Marshal’s Office (860) 447-5294. There is no cost but the supply is limited!

Public Library of New London

DADDY & ME

Saturday, November 14

10:30 am

Calling all fathers, grandfathers, uncles and any man who has a special child in his life. Come spend Saturday morning bonding over stories, songs and games. Activities will be geared towards 2-3 year olds but all ages welcome.

GLOW-IN-THE-DARK PUMPKINS

Saturday, October 31

10:30-11:30 am

Stop by the library to paint a glow-in-the-dark pumpkin to light up your door step this Halloween night! Materials will be provided. All ages.

CREATE A HOLIDAY

PHOTO CARD

Saturday, November 28

10:30-11:30 am

Make a personalized card you can reproduce for family and friends this holiday season. Bring your own photo or take one here at the library! All ages.

TRICK OR TREAT PARTY

Friday, October 30

3:00-5:00 pm

Come make a craft and trick or treat in your Halloween costume. There will be a story and Halloween parade throughout the library at 4:00 pm. All ages.

THANKSGIVING PARTY

Monday, November 16

3:00-5:00 pm

Celebrate Thanksgiving at the library! We will have a craft, activity and story.

COUNTDOWN TO NOON

Thursday, December 31

11:00 am

Listen to a New Year’s Eve Story, make a clock craft, write your New Year’s Resolution and make an apple juice toast to 2016! Noisemakers provided to all participants. Registration encouraged but not required. All materials will be provided. Free for all ages.

For information on more events, call 860-447-1411 ext 3 or visit www.plnl.org.

New London Main Street

SMALL BUSINESS SATURDAY

An opportunity to start holiday shopping right; by supporting your local businesses. On Saturday, November 28 from 10 am - 7 pm, downtown New London retail stores, restaurants and galleries will hope to lure shoppers from the shopping malls in the suburbs to the downtown, where shoppers can buy gift certificates to one of over 30 restaurants, memberships to historic sites such as Custom House Maritime Museum and gifts at such unique and special stores as Spindrift Guitars, Sarge’s Comics, Flavours of Life: The Fair Trade Store, Studio 33 Frame Shop & Art Gallery; Zaria & Bellas and many more.

Go to the calendar of events at

www.newlondonmainstreet.org for more information.

CELEBRATION OF LIGHTS AND SONG

Saturday, November 28, visit Santa Claus at the Nathan Hale School House at 3 pm; enjoy caroling led by our local talent at 5 pm and cheer on the lighting of the Christmas Tree on Parade Plaza at 5:15 pm. All visitors to Santa Claus receive a free book from *Whale Tales Book Bank*. Check out Small Business Saturday activities for much more to do to kick off the holiday season locally this year. Free!

Recreation Department



RECREATION REGISTRATION INFORMATION

Registration is required for all programs. If the class does not reach its minimum enrollment, it will be cancelled. The Recreation Department reserves the right to cancel any program. Participants will be notified of all cancellations. Full payment of fees on all activities and classes must be made at the time of registration. Checks are payable to the "City of New London." Cash, check, money order, MasterCard, or Visa accepted.

No payment may be made over the phone. Recreation Division programs only may register online at www.newlondonrec.com or stop in our office at 120 Broad Street in the Martin Center building 8:30 am - 4:00 pm Mon-Fri. Call 860-447-5230 with any questions.

REFUND/CANCELLATION POLICY

If the Recreation Department cancels a program/class, then a full refund will be given. Should an individual decide to drop out of a course he/she has already paid for, a refund request must be made prior to the first class session and will be assessed a \$10.00 processing fee.

If a session is cancelled due to weather or other problems, an effort will be made to schedule a make-up session. If a make-up session can not be scheduled, no partial refund will be made. Whenever school is cancelled or closes early, programs taking place at a school location will be cancelled.

Recreation Guide

DANCE FOR ALL AGES AND GYMNASTICS

TAP DANCE

Date: Tues & Thurs, Oct 13-Dec 8
Tues & Thurs, Jan 5-Feb 25, 2016
Time/Age: 6:30-7:30 pm / Ages 4-6, 7-10, 11-15

Location: Martin Center Dance Room
Fee: \$40.00 for 8 week session residents / \$45 nonresidents

Instructor: Amanda Darling
Beginner and intermediate tap dance lessons. Program runs throughout the school year. Class meets 2 times per week. Tap shoes required. Bring a water bottle

and wear comfortable clothes to dance in.

BALLET

Date: Tues & Thurs, Oct 13-Dec 8
Tues & Thurs, Jan 5- Feb 25, 2016
Time: 5:30-6:15 pm / 4-6 yr & 7-10 yr old

PARKS IN NEW LONDON

PARK	LOCATION
Winthrop School Field	Grove St
Riverside Park	Crystal Ave
Caulkins Park	Crescent St
Toby May Park	Ocean Ave
Mercer Park	Willetts Ave
Bates Woods Park	Jefferson Ave
Mahan Park	Broad St/Vauxhall St
Williams Park	Broad St/Williams St
Williams Memorial Park	Hempstead St/Broad St
Mitchell Park	Montauk Ave
Green Harbor Park	Pequot Ave
Bartlett Park	Broad St/Ct Ave
Blackhall Park	Blackhall St/CT Ave/Garfield Ave
Fulton Park	Crystal Ave

FACILITY RENTAL

To obtain permission/reserve a facility (parks, fields, pavilions, and meeting rooms/gymnasium), a representative must attend the Parks and Recreation Commission meeting at least one month prior to the event. This includes birthday parties and family reunions under the park pavilions. Meetings are held the first Wednesday of each month at 6:30 pm in the New London Senior Center Library. Scheduling permits must be completed, signed, fees paid (if applicable) and copy of certificate of insurance provided prior to use of any facility. All forms need to be completed at the Recreation Department. Group rentee must follow and respect all facility rules and noise ordinances.

YOUTH SPORTS LEAGUES

NL Youth Soccer Club	www.newlondonsoccerclub.org	860-324-6211
NL Little League	www.newlondonlittleleague.com	860-917-8345
NL Youth Lacrosse	nlyouthlacrosse@gmail.com	860-235-6959
NL Youth Football & Cheerleading	www.nlyouthfootballleague.com	860-625-5861
NL Babe Ruth	www.newlondonbaberuth.org	860-984-3333
NL American Legion		860-444-7883
NL Youth Wrestling		860-287-0526

Location: Martin Center Dance Room
 Fee: \$40.00 for 8 week session residents
 \$45 nonresidents
 Instructor: Amanda Darling
 Beginner and intermediate ballet lessons. Program runs throughout the school year. Class meets 2 times per week for each age group. Ballet shoes required. Bring a water bottle and wear comfortable clothes to dance in.

GYMNASTICS FUN

Date: Mon, Nov 23-Jan 25, 2016 -no class 12/28, 1/18
 Mon, Feb 8-Apr 4, 2016- no class 2/15
 Time/Age: Mon: 4 -6 yr: 5:00-5:45 pm
 7 years & up: 5:45-6:45 pm
 Location: Martin Center Gym
 Fee: \$45 per residents
 \$50 nonresident for 8 wks
 Instructor: Kristen Lohr
 Basics of gymnastics through tumbling, beam skills, bar skills, and the development of muscular coordination, strength and flexibility. Bring a water bottle with your hair tied back if applicable. Limit 15 per class.

HIP HOP DANCE LESSONS

Date: Tuesdays & Thursdays, Nov 10-Jan 12, 2016
 Tuesdays & Thursdays, Jan 26-Mar 22, 2016
 - no class 2/16
 Time: 5:30-6:30 pm
 Age: Girls and boys 5-12 yrs. old
 Location: Nathan Hale Dance Room
 Fee: \$50 Resident/ \$55 Non-resident- 8 wk session
 Instructor: Monica Lee Fish
 Children will learn basic exercise based dance moves to clean edited hip-hop music in a fun upbeat environment. Each student will be required to bring a water bottle, comfortable athletic clothing and shoes. No shoes by participants or spectators allowed in the dance room.

HIP HOP DANCE TEAM

Date: Tuesdays & Thursdays, Nov 10-Jan 12, 2016
 Tuesdays & Thursdays, Jan 26-Mar 22, 2016
 - no class 2/16
 Time: 6:30-7:30 pm
 Age: Boys and Girls 7yrs and up
 Location: Nathan Hale Dance Room
 Fee: \$35 Resident/\$40 nonresident- 8 wk session
 Instructor: Monica Lee Fish
 All participants will learn choreographed dance routines. Requirements for each class include water bottle, comfortable athletic clothing and shoes. Call to register for tryouts - 860-447-5230. Uniforms an additional cost- approx. \$35/ participant- fundraising available to help with uniform fee.

Continued on page 12

**CITY OF NEW LONDON
 TELEPHONE DIRECTORY**

Animal Control.....	860-447-5231
Board of Education.....	860-447-6009
City Clerk.....	860-447-5205
City Council.....	860-447-5202
City Pier.....	860-443-3786
City Planner.....	860-437-6380
Collector of Revenues/Tax Collector.....	860-437-6319
Credit Union-NL Municipal Employee.....	860-447-1585
Development & Planning (DP).....	860-447-5203
DP Community Development/Lead.....	860-437-6346
DP Housing Rehab Coordinator.....	860-437-6327
DP Loan Specialist.....	860-447-5243
DP Neighborhood Coordinator.....	860-437-6394
DP Zoning/Wetlands Enforcement Officer.....	860-437-6381
Economic Development.....	860-437-6309
Finance Assessor.....	860-437-6317
Finance Director.....	860-447-5218
Finance Purchasing Agent.....	860-447-5215
Fire Department.....	860-447-5291
Fire Dispatch.....	860-447-5268
Fire Inspector.....	860-440-6665
Fire Marshal.....	860-447-5294
Fire Station Headquarters (Station 1).....	860-440-6671
Fire Station North (Station 2).....	860-437-6340
Fire Station South (Station 3).....	860-437-6341
Harbor Master.....	860-443-6304
Housing Authority.....	860-443-2851
Information Technology.....	860-447-5212
Ledge Light Health District.....	860-448-4882
Library.....	860-447-1411
Mayor's Chief Administrative Officer.....	860-440-6691
Mayor's Executive Assistant.....	860-440-6690
Mayor's Office.....	860-447-5201
Ocean Beach Park.....	860-447-3031
Parking Garage.....	860-443-1775
Personnel.....	860-447-5210
Personnel Administrator.....	860-447-5235
Personnel Benefits & Pension Administrator..	860-440-6662
Personnel Chief Examiner/Labor Assistant....	860-447-5211
Police Detectives.....	860-447-1481
Police Dispatchers.....	860-447-5269
Police Evidence Officer.....	860-447-5286
Police Records.....	860-447-5282
Police Shift Commanders.....	860-447-5281
Probate Court.....	860-443-7121
Public Utilities.....	860-447-5221
Public Works (PW).....	860-447-5250
PW Assistant Director, Engineering.....	860-440-6645
PW Building Official.....	860-440-6644
PW Buildings/Solid Waste/Fleet Manager.....	860-447-5258
PW Engineering Technician.....	860-447-5241
PW Highway/Parks Manager.....	860-447-5237
PW Housing Property & Construction Inspector.....	860-437-6342
PW Solid Waste Transfer Station.....	860-447-5248
PW Traffic Office.....	860-447-5280
Recreation Department.....	860-447-5230
Registrar of Voters.....	860-447-5206
Senior Center.....	860-447-5232
Tax Office.....	860-447-5208
Youth Affairs.....	860-442-4994

Recreation Programs ... continued from page 11

SPORTS PROGRAMS

INSTRUCTIONAL BASKETBALL LEAGUES

Date: Practice begins December 9 and instructional league goes through mid February. One night a week players will practice skills and in January begin instructional games.

Time: Wednesdays- Practice/games 5:30-6:30 or 6:30-7:30 pm

Age: Coed League Division- Ages 7-8

Location: Winthrop Elem School Gym

Fee: \$40 per player residents
\$45 nonresidents - 8 wk session

Instructor: Volunteer Coaches

Registration taken through November 25. Spots limited after 11/25. Coaches will teach the basics of basketball to start and move into how to play in a game. Modified games will be played with lower hoops and coaches on the court to provide assistance when necessary. Coaches wanted. Please call NL Rec 860-447-5230 if you are willing to coach. Call for more information 860-447-5230. Easy registration online at www.newlondonrec.com

GIRLS PRETEEN BASKETBALL LEAGUES

Date: Skills Evaluations for all players Friday, November 6- at the Martin Center Gym; Practice begins November 19. Games begin December 5 and league goes through mid February.

Time: Practice is afterschool in the evenings during the week and games are played Saturdays and a few Sundays.

Age: Girls League Divisions- (8-9); (10-11); (12-15) yrs old

Location: All practices in the Martin Center. Games - Various locations in New London/Groton/Ledyard/Montville

Fee: \$40 residents/ \$70 nonresident

Instructor: Volunteer Coaches

Registration taken through November 6. Spots limited after 11/6. Copy of birth

certificate required. New players or anyone moving up into a new division is required to take part in a tryout/draft prior to practice to determine which team they will join. Girls' league will be part of a regional program in which New London teams will be playing other towns during the regular season. We will travel to several other gyms to play against other towns. Coaches wanted- coaches application online. Please indicate on your child's registration form if you are willing to coach. Call for more information 860-447-5230. Easy registration online at www.newlondonrec.com

BOYS PRETEEN BASKETBALL LEAGUE

Date: Skills Evaluations for all new players November 9th (BDJMS) and 12th (MC Gym) at 6:30 pm. Practice begins Nov. 30. Games begin December 14 and go through the end of February.

Time: Practice is afterschool in the evenings during the week and games are played Fridays, Saturdays and Sundays.

Age: Boys- 9-12 yrs old

Location: Various gyms in New London

Fee: \$40 residents
\$70 nonresidents

Instructor: Volunteer Coaches

Registration taken through November 12th. Spots limited after 11/12th. Copy of birth certificate required. New players must take part in a tryout/draft prior to practice to determine which team they will join. Coaches wanted. Please indicate on your child's registration form if you are willing to coach. Call for more information 860-447-5230.

SENIOR BASKETBALL LEAGUE

Date: Skills Evaluations for all new players - December 10 and 17; @ TBD Practice begins in December. Games begin in Jan. and go into March.

Time: Practice is afterschool in the evenings during the week and games are played

Thursdays, Fridays, Saturdays, and Sundays.

Age: Boys- 13-15 yrs old

Location: Various gyms in New London

Fee: \$40 resident/ \$70 nonresidents

Instructor: Volunteer Coaches

Registration taken through December 17. Spots limited after 12/17. Copy of birth certificate required. New players and players moving up to this division will take part in a tryout/draft prior to practice to determine which team they will join.

Coaches wanted. Please indicate on your child's registration form if you are willing to coach. Call for more information 860-447-5230.

MUNCHKIN BASKETBALL CLINIC

Date: Sundays, January 10-February 21, 2016

Time: 4:00-5:00 pm Ages 5-6

Location: Martin Center Gym

Fee: \$25 resident for 6 weeks
\$30 nonresident

Instructor: (Tentative- Coast Guard Cadets)

Great program for children to learn the basics of basketball while having fun. Participants will rotate around from station to station with fun games and warm ups done as a group. The USCG Academy has partnered with us for this program in the past and the cadets teach the children directly.

TABLE TENNIS

Date: Mondays, Nov 16-Jan 4, 2016

Mondays, Jan 25-Mar 21,

2016 - no class 2/15

Wednesdays, Nov 18-Jan 13,

2016- no class 11/25

Wednesdays, Jan 20-Mar 9, 2016

Time: Mon- 7:00-8:45 pm

Wed- 6:30-8:45 pm

Age: Mon- Grades 6-12 Wed- adults 18 and up

Location: Martin Center Gym

Fee: \$10.00 Residents

\$15.00 Nonresidents- 8 wks

Instructor: Dexter Johnson Jr.

1/2 hour lesson followed by open ping pong play. Registration includes your own

ping pong paddle if you are new to the group and 8 weeks of play.

KARATE AND CHANBARA - BEGINNER & ADVANCED

Date: Tues. and Thurs., December 1- February 25, 2016- no class 12/24, 12/29, 12/31, 2/16

Time: 7:00-8:00 pm

Age: Ages 8 and up

Location: Winthrop Elem School gym

Fee: \$35.00 Residents/ \$40 Nonresidents

Instructor: Kevin Meisner

Modern martial arts class taught by master instructor with 30 years teaching experience. Class includes dynamic warm ups, forms, interactive exercises and chanbara (padded freestyle kendo). Class meets twice each week for three month sessions. Enrollment fee includes class t-shirt and belts as earned. Students must bring a clean pair of shoes for practice, street shoes are not allowed.

YOUTH TENNIS LESSONS

Date: Sundays, November 8-December 13, 2015
No class 11/29

TIME: 1:00-2:00 pm

Age: 8-14 years, boys and girls

Location: Lyme Shores Tennis Club, 22 Colton Rd., East Lyme

Fee: \$30 per resident/ \$35 per nonresident for 5 weeks

Beginner and Intermediate tennis instruction. Learn about the game of tennis including forehand, backhand, serve, and match rules. Bring your racket if you have one; rackets available for use for those who do not have one.

PRESCHOOL SPORTS CLASS

Date: Tuesdays, November 10-December 15, 2015 -
INDOOR SOCCER

January 12-February 23, 2016

- BASKETBALL- no class 2/16

Time: 6:00-7:00 pm

Age: 3-5 years old

Location: Jennings Elem School

Fee: \$25 for 6 weeks residents/ \$30 for nonresidents

Parent and child class which will focus on sport specific skills. Dribbling, passing, shooting, catching, etc will be the different skills each parent will do with their child. The class is set up in stations so that each child/parent rotates around. A beginning warm up and ending activity will be done with the lead instructors as a group. We will not be playing a soccer "game" however fun games associated with the sport will be played at the end of each night.

KOREAN FAMILY KARATE

New & Ret Students Welcome

Date: Thursdays, October 29-January 21, 2016-
no class 11/26, 12/24 & 12/31

Thursdays, February 4-April 14, 2016

Time/Age: 5:30-6:15 pm / 6-8 yr olds

6:15-7:00 pm / 9 and up

Location: Jennings Elem School gym

Fee: \$30.00 Residents/\$35 Nonresidents- 10 wks

Instructor: Roberto Padua

The goal of Tang Soo Do is to teach self-respect and respect for others. This will teach the Korean art of Tang Soo Do. Training is traditional encompassing the refinement of technique, hyung (forms) and dae ryan (sparring). There will be 8 wks. of class. Class meets 1 day a week. Additional \$15 fee at end of class for child to be tested for next belt.

SWIMMING



BABY & ME

Dates: Sundays, January 10-March 6, 2016

Time: 1:30-2:15 pm

Fee: \$40 residents/\$45 nonresidents- 8 wks

Location: Avery Point Pool, Groton

Instructor: NL Rec Swim Staff

The goal of the class is to help make the child comfortable with the water. Parents will be in the water with children. Class focuses on singing games, jumping in the water, blowing bubbles, and having fun in the water. NOTE: The temperature of the water is not within our control at the college. At times, this pool has been chilly. Children's wetsuits can be worn during the class to keep your child warmer.

SWIMMING LESSONS

Dates: Sundays, January 10-March 6, 2016

Time: 1:30-2:15 pm Level 1, 2, 3, and 4

2:30-3:15 pm Level 1, 2, 3, 5, and 6

Ages: 4 to 14 years old

Fee: \$40 residents/\$45 nonresidents- 8 wks

Location: Avery Point Pool, Groton

Instructor: NL Rec Swim Staff

Classes are in 6 levels. Please designate your level and time of choice on registration form. Call NL Rec for questions about levels- 860-447-5230.

Continued on page 14

Recreation ... continued from page 13

ADULT SWIM LESSONS

Dates: Sundays, January 10-March 6, 2016

Time: 2:30-3:15 pm

Ages: 15 through adult

Fee: \$40 residents
\$50 nonresidents- 8 wks

Location: Avery Point Pool,
Groton

Instructor: NL Rec Swim Staff

This class will focus on basic swim strokes to make all adults comfortable in the water and improve your strokes based on the level you are at. Beginner and intermediate swimmers welcome.

ENRICHMENT AND SPECIAL EVENT PROGRAMS

THE BIG EVENT RETURNS!

Intergenerational Dinner and Entertainment- SAVE THE DATE

Date: Saturday, February 27, 2016

Time: 4:30-7:30 pm

Age: All ages; grandparents, parents, children, adults, guardians, etc. - welcome!

Location: Ocean Beach Port N'
Starboard

Fee: \$7 per person NL resident
\$14 nonresident; (children 3 and under free)

Pasta dinner with your family and an unbelievable lineup of entertainment! Space limited; Tickets sold at the New London Recreation Department and online at www.newlondonrec.com beginning Tuesday, December 1. Entertainment begins at 4:30 pm. Dinner served starting at 5:00 pm. Great chance to bring the whole family together for a special night out! Children will never forget this night together and you might not either! Variety of entertainment to suit and delight all ages. All families with three generations present will be put in a special drawing for prizes. Tickets will not be sold at the door.

PARENTS NIGHT OUT

Date: Friday, November 20, 2015 -
FALL FESTIVAL

Friday, December 4, 2015 -
GINGERBREAD HOUSE
DECORATING

Friday, December 18, 2015 -

GIFT MAKING

Friday, February 12, 2016 -

VALENTINES SPECIAL

DANCE PARTY

Time: 5:00-9:00 pm

Age: (4-5) and (6-10)

Location: New London Senior Center,
off Brainard Street

Fee: \$5 per child resident
\$10 nonresident

Instructor: NL Rec Staff

Parents- need a night out to have dinner together or go shopping? We will be offering 4 hours of supervised activities for your children including a special theme each night. Board games, arts and crafts and group games will also be run. Dinner will be provided each night. Children may be dropped off or picked up at anytime as long as they are preregistered.

DECEMBER VACATION SUPERVISED CAMP PROGRAM

Date: December 28, 29, 30, & 31

Age: 9:00 am -3:00 pm

Cooking/Arts Camp- Ages
4-10 yrs

Sports Camp- Ages 4-10 yrs

Dance Camp- Ages 6-12 yrs

Acting Camp- 7-14 yrs

Location: Martin Center; Ceramics room- we will email other room locations w/in building
\$35 residents/ \$40 nonresidents - 4 days of fun!

Instructor: NL Rec

Are you ready for a vacation you won't forget? Come have fun with your friends over the holiday week. Visit us online for more information www.newlondonrec.com Space limited- register early!

MY CHILD AND ME MUSIC CLASS

Date: Thursdays, January 14-
February 18, 2016

Time: 5:30-6:15 pm

Age: Birth to 5 years old

Location: Martin Center- Family Center
Room

Fee: \$35 residents
\$40 nonresidents - 6 wks

Instructor: Nicole Clarke

Early childhood music classes will provide 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.

EXERCISE, NUTRITION AND FITNESS CLASSES

ACTIVE PILATES/ YOGA FUSION

Dates: Mondays, November 30-
Feb 1, 2016- no class 12/28,
1/18

Time: 5:30-6:30 pm

Age: Adults 18 and over

Location: Winthrop Elem School Gym

Fee: \$40 residents
\$45 nonresidents- 8 wks

Instructor: Helen Ouimette

Participants of all fitness levels experience a mix of active Yoga and Pilates. Work the internal organs, glands and nerves, while you increase flexibility and strengthen your core muscles of the abs and legs. Perform various yoga postures and yogic breathing, as well as a mix of some traditional strengthening moves by adding light dumbbells. Modifications are made for the beginner through to the advanced student. Bring yoga mat, Theraband, light dumbbells, and wear comfortable clothing.

ZUMBA FITNESS

Date: Mon. & Wed., October 26-
Nov 30, 2015

Mon & Wed, January 25-
Feb 29, 2016

Time: 5:30-6:20 pm

Age: Adults 16 and above

Location: Jennings Elementary School

Fee: \$40 residents
\$45 nonresidents 5 wks, 2x per wk
(\$25/30 for 1 day a week)

Instructor: Priscilla "Pinky" Shabarekh

Join the party! Zumba is a cardio-fitness dance class based on Latin and international rhythms that is sure to have your heart pumping and feet moving! Have a fun time getting a great workout while burning calories! Designed to accommodate all fitness levels. No special equipment required; active clothing and athletic footwear recommended.

AMPED UP!

Date: Tues. & Thurs., October 27-Dec 3, 2015- no class 11/3
Tues & Thurs, January 26-Feb 25, 2016

Time: 5:30-6:20 pm

Age: Adults 16 and above

Location: Winthrop Elem School Gym

Fee: \$40 residents/ \$45 nonresidents 5 wks, 2x per wk
(\$25/30 for 1 day a week)

Instructor: Priscilla "Pinky" Shabarekh

This program is a combination of Cardio kickboxing, Strength Training, Ab work, and Mat Science. Performed 2 x a week, this 50 minute workout provides overall physical conditioning of the heart and toning of the body. Focus given strongly on proper body mechanics, alignment and technique. Hand and ankle weights are suggested to increase intensity level but not required. Bring your yoga mat.

SKILLS AND DRILLS - CIRCUIT TRAINING

Date: Tuesdays, Oct 20-Dec 15, 2015- no class 11/3

Time: 6:30-7:30 pm

Age: Adults 16 and over

Location: Nathan Hale Elem School gym

Fee: \$40 residents /\$45 nonresidents- 8 wks

Instructor: Jennifer Meninno

A fun, energetic intermediate to advanced circuit training-style workout! This class mixes cardio, weight training, functional exercises and agility. It is designed in a way that pushes you harder than you'd push yourself. It is an EXTREME workout, so get ready!

DANCERCIZE CLASS

Date: Tuesdays, December 1-January 26, 2016-
no class 12/29

Time: 5:30-6:30 pm

Age: Adults 16 and over

Location: Nathan Hale Elem School Gym

Fee: \$20 residents /\$25 nonresidents- 8 wks

Instructor: Teresa Vasquez

A fun, energetic dance exercise class. Aerobics and simple dance choreography set to R & B Hip Hop and Rock music. Bring a water bottle and sneakers.

Continued on page 16

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FOR SALE

KILLINGWORTH

Country setting. French Country Kitchen w/fireplace. MB first floor. Asking \$367,000



PRICE REDUCTION

WESTBROOK

Nantucket Colonial with views of the marina & Sound. Asking \$609,000



FOR SALE

OLD SAYBROOK

Bungalow style home within walking distance of downtown Old Saybrook & Saybrook Point. Asking \$225,000



SOLD

OLD SAYBROOK

This luxury style new construction condo offers the best of coastal living. Asking \$400,000

Recreation ... continued from page 15

ADULT BALLET BARRE CENTER

Date: Wednesdays, October 28- December 23, 2015-
no class 11/25

Time: 6:00-7:00 pm

Age: Adults 16 and over

Location: Nathan Hale Dance Room

Fee: \$40 residents /\$45 nonresidents- 8 wks

Instructor: Lu-Anne Cox

Exercise with grace and fluidity in this floor barre and standing barre ballet class. Learn basic positions and movements in a comfortable non competitive atmosphere. Wear comfortable clothes, non-skid socks or ballet slippers. Instructor is a classically trained dancer, instructor and choreographer with decades of experience.

ADULT HIP HOP DANCE EXERCISE

Date: Tuesdays, Nov 10-Dec 29, 2015
Tuesdays, January 12-Mar 8, 2016-
no class 2/16

Time: 7:30-8:30 pm

Age: Adults 18 and over

Location: Nathan Hale Dance Room

Fee: \$40 Resident/ \$45 Non-resident- 8 wk session

Instructor: Monica Lee Fish

Adults will learn basic exercise based dance moves in a fun upbeat environment. Each participant should bring a water bottle and comfortable athletic clothing. No shoes by participants or spectators allowed in the dance room.

Senior Center



BINGO DATES

Mondays, Thursdays and Fridays at 10 a.m. and the fourth Tuesday of each month at 10 a.m. unless otherwise noted.

THE PRICE IS RIGHT GAME

Usually the first Tuesday of each month as per our newsletter. Time: 10:15 – 11:00 a.m. This is an opportunity for some lucky person to “take home the groceries”. You can’t win if you don’t play. Similar to the TV game show, a description is given for each item. It is up to you to guess the closest price to the actual total, without going over. Come join the fun!

BIRTHDAY BASH

We’d like to celebrate with you. Officers and volunteers of the program advisory committee arrange a once-a-year birthday

party celebration. Don’t be shy - make new friends, and join us in a variety of programming experiences. All are welcome.

CLASSES OFFERED

Monday, Wednesday and Friday

Exercise 9-10 a.m.

(Free to new london residents)

Monday – 12:15 p.m.

Pickleball is a tennis-like sport played by people of all ages.

Tuesday - Health & Wellness 9 - 10 a.m.

(Free to New London residents)

Tuesday – Sewing 12:30 p.m.

Tuesday and Thursday – Yoga

(residents \$15.00 Non residents, \$20.00 per 20 session card)

Wednesday – Blood Pressure checks 9 a.m.

Thursdays – Tai Chi 9 a.m.

To be announced: WII Bowling and Beginner’s Computer.

YOU CAN VOLUNTEER, YOU CAN BECOME INVOLVED!

We are always receptive to new ideas, new suggestions and new people. If you would like to be part of planning or serve on a committee, please come to the program advisory meeting the first Tuesday of each month. The regular membership meeting is the third Tuesday. Watch

the newsletter for the time. The senior affairs commission meets the fourth Friday of each month at 2 p.m. These meetings are informative and open to the public. If you have a concern, you can speak at the public comment. Please be prepared to limit your presentation to 5 minutes. Have you got an interest or hobby you'd like to share? We are interested in hearing about it. Just call 860-447-5232 and we will be glad to schedule your visit.

SPEAKERS

We are always looking to schedule speakers. If you know of someone you'd like to recommend, or a topic you'd like to learn more about, please let us know.

TRIPS

Each Wednesday, weather permitting, we take a trip to a location outside New London. This affords our population a chance to get away for a day. Day outings include a restaurant stop for lunch and shopping. Participants welcome an opportunity to meet new people and visit new places. Trips are filled on a first come first served basis.

RENTAL REBATE SEASON

Call 860-447-5232 and we will be glad to schedule you for an appointment. Income Tax Assistance Partnering with AARP we arrange appointments for income tax assistance beginning in February.

GAME DAY

Whether you play Scrabble, Cards, Checkers or Chess, we encourage individuals and groups to come play with us. Watch our monthly newsletter for official "game dates."

VISIT OUR SILVER THREADS BOUTIQUE THRIFT SHOP

Open daily unless posted otherwise. Come see what hidden treasure you may discover!

LIBRARY

The library is a place to provide material for the young at heart. You can enjoy a good book, watch a movie or television.

TVCCA SENIOR CAFÉ/SPECIAL LUNCHEON

We are open daily unless otherwise posted in the newsletter. It's a chance to meet and greet new and old friends.

FALL/WINTER SPECIAL EVENTS

OCTOBER

Intergenerational Bingo- bring your grandchildren or adopt someone else's grandchild for an evening of food, fun and entertainment.

JANUARY

Celebrating a new year! Beat the winter time blues luncheon and entertainment, in memory of Martin Luther King.

FEBRUARY

Valentine's Day Luncheon - date to be announced.

MARCH

St. Patrick's Day Party.

During inclement weather, the senior center remains open but transportation and programs may be cancelled. Please tune into the local weather station for up to date information.

THE FOOD PANTRY

The Pantry will distribute food items on Thursdays from 11:30 a.m.-12:15 p.m. A simple registration form will

be required. Food is available for emergency distribution each week day.

BENEFITS CHECK UP

Senior resources (previously known as the area agency on aging) sends a representative 1 day a month to work with senior citizens who may need some assistance navigating a variety of social service programs. Appointments can be made by calling the senior center.

TRANSPORTATION

Transportation is available to and from the senior center, to grocery shopping, door to door for trips, and to all dental and medical appointments within the New London area and parts of Waterford. The municipal grant contracted with ECTC (eastern transportation consortium) provides transportation for senior citizens to medical appointment destinations and at times our services are not available.

For up-to-date information and more detail, our newsletter is published monthly and can be found in a variety of places, including the New London Public Library, City Hall, and at various senior housing complexes throughout the city. You can also stop by the Senior Center to pick up your copy. We are located at the intersection of Brainard and Mercer Streets. We would love to meet you!

Contact the Senior Center at 860-447-5232 or stop by 120 Broad Street and pick up your copy of the monthly newsletter which can also be accessed via the internet on our Facebook site: the New London Senior Center. New members aged 55 and up are welcome. There is no fee for membership.

Visit New London!

City of New London website: <http://www.ci.new-london.ct.us>

Connecticut's Coast Guard City!



State Senator Paul Formica was proud to participate in the celebration at the Parade Plaza in downtown New London to honor the city as Connecticut's Coast Guard City! United States Coast Guard dignitaries visited the city on the Thames River to bestow this honor this past summer. Sen. Formica joined members of the Coast Guard, the community and students from the Nathan Hale Arts Magnet School to celebrate the lasting connection and long standing history shared by the USCG and New London.

Influenza Information

INFLUENZA INFORMATION

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

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

HOW FLU SPREADS

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

PERIOD OF CONTAGIOUSNESS

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

HOW SERIOUS IS THE FLU?

Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

- what flu viruses are spreading,
- how much flu vaccine is available
- when vaccine is available
- how many people get vaccinated, and
- how well the flu vaccine is matched to flu viruses that are causing illness.

Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions(http://www.cdc.gov/flu/about/disease/high_risk.htm) (such as asthma, diabetes, or heart disease).

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Influenza ... continued from page 18

COMPLICATIONS OF FLU

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Prevent seasonal flu: Get vaccinated

THE SINGLE BEST WAY TO PREVENT THE FLU IS TO GET A FLU VACCINE EACH SEASON!

WHEN TO GET VACCINATED AGAINST SEASONAL FLU

Yearly flu vaccination should begin soon after flu vaccine is available, and ideally by October. However, getting vaccinated even later can be protective, as long as flu viruses are circulating. While seasonal influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. Since it takes about two

weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

WHO SHOULD GET VACCINATED THIS SEASON?

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010 when CDC's Advisory Committee on Immunization Practices (ACIP) voted for "universal" flu vaccination in the United States to expand protection against the flu to more people. Use of the nasal spray seasonal flu vaccine Vaccination with the nasal-spray flu vaccine is an option for healthy* people 2 to 49 years of age who are not pregnant. Even people who live with or care for

those in a high risk group (including health care workers) can get the nasal-spray flu vaccine as long as they are healthy themselves and are not pregnant. The one exception is health care workers who care for people with severely weakened immune systems who require a protected hospital environment; these people should get the inactivated flu vaccine (flu shot).


WHO SHOULD NOT BE VACCINATED AGAINST SEASONAL FLU?

Different flu vaccines are approved for use in different groups of people. Factors that can determine a person's suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any relevant allergies, including an egg allergy.

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