

# Ledyard **events**

SERVING LEDYARD AND GALES FERRY

VOLUME 1 • QUARTER 4 • 2019



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN



**Donna Williston**  
860-912-3293



**John Vincent**  
860-460-3463



**Sarah Turner**  
860-501-0551



**Erika Swanson**  
480-296-9861



**Amy Swan**  
860-908-2568



**Carol Sormrude**  
860-303-6442



**Corrie Sublett  
Romano**  
860-938-9393



**Don Miller**  
860-861-5609



**Judy Meucci**  
860-690-3371



**Renee  
McCammon**  
860-705-8084



**Fallon LeGare**  
443-306-7945



**Norm Krayen**  
860-235-9222



**Katie Korpi**  
443-223-1385



**Lucia Johnstone**  
860-912-4144



**Michelle  
Hallamore**  
401-741-3075



**Robin Hall**  
860-334-9679



**Amanda Greene**  
860-910-7842



**Bambi DiRoma**  
401-924-4730



**Leslee Cook**  
860-985-1766



**Laurie Cameron**  
909-717-0509



**Erin Campbell**  
860-235-0266



**Deb Bochain**  
860-884-4584



**Ann Bergendahl**  
860-460-3909



**Carol Barnes  
Craig**  
860-460-0943



**Jill Bach**  
860-908-3758



**Cheryl Auerbach**  
860-235-9099



**BERKSHIRE  
HATHAWAY**  
HomeServices

New England Properties

2 Williams Avenue, Mystic, CT | (860) 536-4906

163 Water Street, Stonington, CT | (860) 535-2490

[www.bhhsNEproperties.com](http://www.bhhsNEproperties.com)

© 2019 BHHS Affiliates, LLC. An independently operated subsidiary of HomeServices of America, Inc., a Berkshire Hathaway affiliate, and a franchisee of BHHS Affiliates, LLC.

# Mayor's Corner

Happy Holidays Ledyard!

With the changes in seasons comes another exciting change to Ledyard - EVENTS MAGAZINE! We're excited to provide you this inaugural issue that combines Town, Parks and Rec, libraries, and senior center all in one publication, saving on preparation, mailing and duplicitous efforts while providing the residents a more comprehensive, high-quality publication for reading and reference to enjoy until the next quarterly issue arrives in your mailbox. On the cover this quarter is the historic Nathan Lester House (circa 1793.) Once a bounding farm- now on the National Register of Historic Places, the museum is open seasonally and walking and hiking trails are open year-round. Make time to visit the museum when open and hike the trails.

Please be mindful of winter parking regulations and snow removal. Public Works crews do their best to clear the roads for travel and the job cannot be as thorough when plowing around parked cars on the roads. Per Ordinance, the Town has the right to have vehicles parked in the street during winter snow operations to be towed. We make every effort to avoid towing, but your help and understanding is appreciated.

Parks and Rec and the Senior Center are now under one roof! This change has allowed for improved efficiency, increased

programming and has really added a positive feel at the senior center. Please stop in, sign up for programs (online or in person) or visit for lunch. The center is a "hidden gem" at the end of Van Tassel Drive off Route 12 in Gales Ferry and is available for all Ledyard/ Gales Ferry residents. Don't miss out on the bus trips to NYC, Boston, Cape Cod and others.



Fred Allyn, Mayor

Facebook users, if you haven't already done so, please search "Mayor Fred" and friend me. You can keep up with me as I represent our Town and find out important information in a timely manner. In closing, please have a safe, happy and prosperous New Year and thank you for your continued support. Ledyard is an amazing town, but it's really the people that make it so!

Best regards,

Fred B. Allyn III



## Furniture | Fashion | Lifestyle

2 MAIN STREET, OLD SAYBROOK, CT | 860-388-0891 | SAYBROOKHOME.COM

# events

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

18 Industrial Park Road, P.O.Box 205  
Centerbrook, CT 06409  
860-767-9087 Fax 860-767-0259  
email: [print@essexprinting.com](mailto:print@essexprinting.com)  
[www.essexprinting.com](http://www.essexprinting.com)

**PUBLISHER**

William E. McMinn

**LAYOUT & AD DESIGN**

Lynne Hardt  
Kathy Alsop

**SALES REPRESENTATIVES**

**ESSEX • WESTBROOK  
CLINTON • MADISON**  
Ward Feirer  
914-806-5500  
[wfeirer@gmail.com](mailto:wfeirer@gmail.com)

**OLD SAYBROOK**

**OLD LYME • EAST LYME**  
Betty Martelle 860-333-7117  
[betty@eventsmagazines.com](mailto:betty@eventsmagazines.com)

**CHESTER • EAST HADDAM  
EAST HAMPTON • HADDAM**

Contact Essex Printing 860-767-9087  
[print@essexprinting.com](mailto:print@essexprinting.com)

**GUILFORD • LEDYARD**

Contact Essex Printing 860-767-9087  
[print@essexprinting.com](mailto:print@essexprinting.com)

**EAST LYME**

Kelly Harper 860-391-5534  
[kelly@eventsmagazines.com](mailto:kelly@eventsmagazines.com)

**COVER PHOTO**

Nathan Lester House in winter  
by Barry Watrous

[www.eventsmagazines.com](http://www.eventsmagazines.com)

**Over three quarters of a million readers.  
13 towns every quarter.**

Copyright© 2019 Events Magazines. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system without written permission. Not responsible for omissions or typographical errors. All advertising material created by Essex Printing and Events Magazines is to be considered proprietary. Essex Printing and Events Magazines reserves the rights and license to all ad designs and photographic images produced by Essex Printing and Events Magazines. Reproduction rights for individual use in other publications is offered and available by purchase directly through Essex Printing and Events Magazines. Editorial appearing in this magazine is submitted by municipal agencies and other approved sources.

## CONTENTS

Mayor's Corner .....	3
Welcome Ledyard! .....	5
Ledyard Town Council .....	5
Ledyard Economic Development Commission (EDC).....	6
Get Fresh With Us! .....	8
Ledyard Garden Club .....	8
Assessor's Office.....	9
Tax Collector's Notice Town of Ledyard.....	9
Public Works Winter Operations .....	10
Emergency Management.....	10
Ledyard Registered Visiting Nurse Association .....	11
Ledyard Senior Center .....	12
Youth & Social Services .....	16
Parks & Recreation .....	16 - 28
Ledyard Public Library.....	28
The Last Word... The Hartford Whalers – Forever and Always .....	30

### Support our Advertisers / Support Ledyard Events Magazines

Please remember to support those who help us bring  
**Ledyard Events Magazines**  
to you each and every quarter  
**- our advertisers!**

Thanks to *them* for making it all possible.

And when you frequent their businesses,  
don't forget to tell them that you saw them in  
**Ledyard Events Magazines!**



### Looking for a Few Good People!

*Earn Supplemental Income*

**Be Part of the Outstanding Sales Team at Events Magazines**

- Part-Time Commission-Based Sales
- Flexible Schedule in Designated Locations
- Leads Ready to Work
- Training and Ongoing Support Provided

If interested, contact Essex Printing/Events Magazines at:

**[print@essexprinting.com](mailto:print@essexprinting.com)**

# Welcome Ledyard!

On behalf of Essex Printing and Events Magazines, I welcome Ledyard/Gales Ferry to our prestigious list of towns in which Events Magazines are published. We are delighted to have Ledyard/Gales Ferry on board and look forward to bringing you the Town's news, quarter after quarter. That will include a message from your Mayor, important information from town departments, like Parks & Recreation, upcoming community and social events, and important happenings that affect everyone in the community.

The addition of Ledyard/Gales Ferry brings the total number of municipalities partnering with Essex Printing and Events Magazines to 13. For the past 24 years, we have become a trusted source of information for our partners along the CT Shoreline and CT River Valley. As "Connecticut's #1 Local News Source," over three quarter of a million readers now enjoy receiving their local town news delivered directly to their homes.

Each magazine brings tremendous value to both town residents as well as to our advertisers. We are excited to be adding Ledyard/Gales Ferry to our Events Magazines family. We look forward to working with the Town on this venture. Don't hesitate to reach out to us with any question or comments. And a special "thank you" to our advertisers who are making this all possible. Be sure to tell them you saw their ad in Ledyard Events!

William McMinn  
Essex Printing and Events Magazines

## Ledyard Town Council

The Twenty Fourth Ledyard Town Council supported fresh ideas to improve communication with Town residents including this Events Magazine, an updated Town website and iCompass, a new meeting portal where the public can more easily find and follow meeting agendas and minutes of the council and other boards and committees. The Council established the Ledyard Farmers Market Committee, bringing the Town Green to life every Wednesday during summer and moving indoors for the winter, this year to St. David's Church. The Ledyard Beautification Committee was created to keep Ledyard beautiful one project at a time, taking on initiatives like banners in Ledyard Center, finding local landscapers to adopt locations throughout town and "Blanket Ledyard with Bulbs," a project to plant over 3000 daffodils which will be revealed spring 2020.

Town Governance received a thorough evaluation as this council completed a Town Charter Revision which was approved by the voters. They also conducted a comprehensive  
**continued on page 6**

**Holdridge**  
**Home & Garden** est. 1912

*Family owned and operated since 1912!*

**Year Round Garden Center,  
Full-line *TrueValue* Hardware,  
Greenhouse Plants, Nursery Stock,  
Gift & Garden Decor,  
Indoor & Water Garden Supplies,  
Weber Grills**

**Poinsettias, Orchids,  
Christmas Cactus,  
Great selection  
of bird feed &  
accessories.**

**SERVICES WE OFFER:**  
Gardening advice & troubleshooting,  
Garden Designs, Tree Installation, Bulk Mulch,  
Indoor Gardening Supplies, Soil Testing,  
Delivery, UPS, Keymaking,  
Tool Sharpening service,  
True Value Ship to Store, Weber Grill Repair.

Visit our website for all upcoming events,  
specials, and circulars!

**749 Colonel Ledyard Highway,  
Ledyard, CT 06339**  
**www.holdridgegarden.com**  
**860-464-8400**  
**Open Everyday of the Week!**

VISA MasterCard  
DISCOVER American Express  
f Instagram BUY LOCAL

## Town Council... continued from page 5

review of Ledyard's 154 Ordinances. This review established a consistent numbering format, updated language and canceled outdated Ordinances. The culmination of this project resulted in 80 active Ordinances,

which are now easier to search, find and understand by the public.

As the Twenty-fifth Town Council takes the Oath of Office at its Organizational Meeting

on December 2nd, we would like to thank you for participating in the municipal election and express our appreciation for your support. It is with gratitude and privilege that we serve you.

# Ledyard Economic Development Commission (EDC)

## EDC COMMISSIONERS

- John Vincent - Chair
- Richard Tashea - Vice Chair
- Michael Dreimiller - Secretary
- Jennifer Holdsworth
- Carol Schnieder
- Vacant
- Vacant

The Ledyard Economic Development Commission (EDC) is responsible for expanding the tax base of the Town of Ledyard and for advocating, facilitating, promoting, and advising on economic development issues within the town through marketing, property tax incentives, and infrastructure improvement.

The EDC's objective is to increase the quality of life for residents, retain the town's rural heritage, and to expand the town's tax base through the diversification of business and industry in town.

*There are currently two open seats on the EDC. Contact Ledyard Town Hall for more information.*

Regular meetings are scheduled on the first Tuesday of the month (except for conflicts with holidays) from 6:00 - 7:00 pm in Town Hall Annex and are open to the public. Check the Town of Ledyard Meeting Portal to confirm upcoming meeting dates, times, and locations at: <https://townledyard.civicweb.net/>.

The agricultural roots of Ledyard can be seen all over town. In this first issue of the new Ledyard Events Magazine, the Economic Development Commission would like to spotlight the town's many farms and agricultural businesses.

## COMMERCIAL ENTERPRISES

### Gales Ferry Horticultural Products

476 Route 12 | 860-464-2945

Landscaping mulch, top soil, sand, stone, fire wood, farm market  
[www.galesferryhorticulture.com](http://www.galesferryhorticulture.com)

### Holdridge Garden Center

749 Rt. 117 | 860-464-8400

Year-round garden center

Annuals, perennials, vegetable plants, herbs, fruit trees, nursery stock, trees, garden and home supplies  
[www.holdridgegarden.com](http://www.holdridgegarden.com)

### Holmberg Orchards

12 Orchard Drive | 860-464-7305

Year round market 10:00 am - 6:00 pm

Picking season open June - October Apples, pears, peaches, veggies, wines, ciders, hanging baskets, plants  
[www.holmbergorchards.com](http://www.holmbergorchards.com)

### Maugle Sierra Vineyards & Winery

825 Col Ledyard Hwy | 860-464-2987

Winery and vineyards open year-round

Varied afternoon times Thurs - Sunday

St. Croix, Traminette, Cayuga grapes

[www.mauglesierravineyards.com](http://www.mauglesierravineyards.com)

### LEDYARD & GALES FERRY FARMS

#### OPEN TO PUBLIC LIMITED TIMES

#### Cedar Meadow Farm

12 Erin's Way | 860-608-7442

May - September, Sundays 12:00-2:00 pm

Poultry, beef, pork, lamb, rabbit

[www.cedarmeadowfarm.net](http://www.cedarmeadowfarm.net)

#### Chocorua Farm

304 Shewville Rd | 860-536-1484

By appointment

Horse boarding, training, and lessons

[www.chocoruafarm.com](http://www.chocoruafarm.com)

#### Full Heart Farm

193 Iron St | 860-572-2052

Meal based farming with MemberShare:

vegetables, fruits, herbs, eggs, meat

[www.fullheartfarm.com](http://www.fullheartfarm.com)

#### Geer Hill Farm

943 Col. Ledyard Hwy | 860-464-9993

Market stand open late April - mid June

Asparagus

[www.ledyardfresh.com](http://www.ledyardfresh.com)

#### Haley Brook Farm

105 Lambtown Rd | 860-536-8649

By appointment

Grain fed swine & beef

[www.ledyardfresh.com](http://www.ledyardfresh.com)

#### Heritage Hill farm

10 Pleasant View | 860-464-6081

By appointment  
Registered miniature donkeys

**Hidden Brook Gardens**

551 Col Ledyard Hwy  
860-912-1767  
By appointment  
Certified organic veggies,  
fruit, herbs with 15-week  
Community Supported Ag  
www.hiddenbrookgardens.  
com

**Mystic Valley Hunt Club**

645 Long Cove Rd  
860-464-7934

Horse boarding, lessons  
and shows  
www.mvhhorse.com

**Sweet Hill Farm**

29 Military Hwy  
860-394-9349  
Nursery sales, fresh  
produce market  
www.sweethillfarmct.com

**Outback Stables**

538 Col. Ledyard Hwy  
860-536-6434  
Horse boarding and lessons  
**continued on page 8**

*Want to Reach  
Every Home & Business in Town?  
Call Events Magazines at  
860-767-9087*



***It's always warm  
by the fire  
at Maugle Sierra.***



Open Friday, Saturday, Sunday Noon to 9pm • Live Music Friday, Saturday & Sunday

***Maugle Sierra***  
**VINEYARDS**  
825-827 Colonel Ledyard Hwy, Ledyard, CT 06339  
**860.464.2987**  
**MaugleSierraVineyards.com**



**"I am dedicated to providing the absolute finest service and expertise possible for my clients."**

- Ledyard Resident
- 20 Years of Experience
- 2015 Eastern CT Association of Realtors President
- 2014 Eastern CT Association of Realtors Realtor of the Year
- Member of ReMax Hall of Fame
- Proud Waterford Country School Foster Parent

***Experienced, Knowledgeable,  
Prompt and Responsive***



1641 Rt 12, Gales Ferry, CT 06335 / 860-625-5385 860-464-0443

Email: Merry@Cassabria.com

## Economic Development... continued from page 7

### Town Farm

49 Town Farm Rd | 860-572-8021

Farm stand by appointment

Hemp, organic vegetables, herbs, flowers

www.townfarmorganic.com

### PRIVATE FARMS

#### D & L Burton Farm

860-536-7586

veggies & fruits

#### Fire and Fleece Farm

860-464-9980

sheep, yarn, hides,

beeswax candles

#### The Flying Horse Farm

860-536-7017

horse boarding & feed grass

#### Lazy Day Farm

860-464-9558

#### Locust Grove Farm

860-464-9993

beef & hay

#### Rocky Hill Farm

860-536-3462

hale bales, feed & mulch hay

“When you have the best and tastiest ingredients, you can cook very simply and the food will be extraordinary because it tastes like what it is.”

-Alice Waters,

*The Art of Simple Food: Notes, Lessons, and Recipes from a Delicious Revolution*

## Get Fresh With Us!



The Ledyard Farmers Market began in 2008 and is now eleven years strong. Nurtured by the support of local farmers and artisans, the market continues to grow. In 2018, the Market celebrated its Tenth Anniversary in a big way, featuring products from local agricultural producers, artisan goods, a theme of the week, entertainment, children's activities, and food trucks. In

2019, the market added farm to table cooking demonstrations by Chef Jennifer Magrey. It was certainly THE place to be on Wednesdays!

**The fun doesn't end with summer!** This year, the Ledyard Winter Farmers Market will be held at St. David's Church in Gales Ferry on Saturdays from 9:00 am - 12:00 noon:

- November 16, 23, 30
- December 7, 14, 21
- January 4, 11, 18, 25
- February 1, 8, 15, 22

The Farmers Market Committee comprises a group of dedicated volunteer members appointed by the Town Council. It takes a village to run the market and the Committee thanks the many community organizations, friends from town, and school groups that make the market possible. The Committee currently has three openings and is always in need of volunteers. Please contact Market Manager Pam Ball at: [market\\_mgr@ledyardct.org](mailto:market_mgr@ledyardct.org) should you or your organization like to be part of this vibrant community and bring this popular event to life.

We look forward to seeing you at the Market!

<https://ledyardfarmersmarket.org/>

<https://www.facebook.com/LedyardFarmersMarket>



## Ledyard Garden Club

The Ledyard Garden Club meets the first Monday of the month, September to May, from 7:00 pm to 9:00 pm at the Ledyard Senior Center (there are no meetings in December or June.)

FREE & OPEN TO THE PUBLIC.

For more information, please contact Ledyard Garden Club President Linda Burk at: 860-572-5787 or email: [ledyardgardenclub@gmail.com](mailto:ledyardgardenclub@gmail.com).



## Assessor's Office

### 2020 REVALUATION OF PROPERTY

Connecticut General Statutes, specifically §12-62, require each municipality to conduct a revaluation of all real property every 5 years. The last town wide revaluation was implemented for the 2015 Grand List. In preparation for the 2020 Grand List, the town has contracted the services of Vision Government Solutions Inc (VGSi) to assist with data collection/verification and statistical analysis.

VGSi staff members and town assessment

staff will be performing field inspections beginning in early 2020. All employees will have visible identification and all vehicles will be registered with the Ledyard Police Department. Physical inspections will include, but are not limited to, properties that have sold in the last two years and those that have been issued a building permit or certificate of occupancy in the last five years.

Property owners are encouraged to review the current information recorded in the

assessment records to ensure accuracy. The key to an equitable revaluation is the validity of the data. Property record cards can be accessed at [www.ledyardct.org](http://www.ledyardct.org) through the GIS link on the home page. If you find there is an error, or you have any questions or concerns, please contact the Assessor's Office at: [assessor@ledyardct.org](mailto:assessor@ledyardct.org) or 860-464-3239.

Adrianna S. Hedwall, CCMA II,  
Assessor

## Tax Collector's Notice Town of Ledyard

Pursuant to section 12-71B of the Connecticut General Statutes, all persons in the Town of Ledyard shall pay a motor vehicle tax for vehicles registered between October 02, 2018 and July 31, 2019. Said Motor Vehicle Supplemental tax will be due and payable in full on January 1, 2020.

The second installment of Real Estate & Personal Property Tax on the levy of October 1, 2018 is due January 01, 2020. If you are a new homeowner and do not have a bill or no longer have an escrow,

please contact the Collector's Office for a duplicate tax bill. Failure to receive a tax bill does not invalidate the tax or penalties should the tax become delinquent. If payment is not made by February 3, 2020, the amount due will become delinquent and subject to interest at the rate of eighteen per annum (one and one-half percent per month) from January 1, 2019. The minimum interest is 2.00 dollars.

For collecting said tax, the Tax Collector will maintain the following office hours in the Town Hall: Monday - Thursday 7:30 am - 4:15 pm.



**HOLMBERG ORCHARDS**

Gifts - Apples - Bakery - Specialty Foods  
Open 9-6 Daily Year-Round

1990 Route 12 Gales Ferry, CT (860) 464-7305 [holmbergorchards.com](http://holmbergorchards.com)

# Public Works Winter Operations



During the winter weather season, keeping Town roads safe and free of snow and ice is the primary responsibility of the Ledyard Public Works Department (PWD). Hazardous road conditions may result from a great variety of precipitation or weather events, and within each category there are additional varieties of effects. Our mission is to keep streets as passable as possible during the storm and to clear the streets, curb to curb, within 8 hours after the storm has ended.

In any case, motorists are advised to always account for the conditions when driving during the winter season. During winter weather events, residents should expect difficult travel and adjust accordingly, staying off the roads when possible or making provisions in whatever ways necessary if travel is essential.

The Ledyard PWD employs eleven plow routes. Each plow truck driver is responsible for nearly 10 miles of roadway. Plow drivers tend to the main roads first, and then the minor roads, providing maximum attention to the areas of higher volume of traffic. The crew is also responsible for snow and ice removal at seven Town facilities.

In responding to winter weather events, if possible, forces are mobilized in anticipation of deteriorating conditions. Even in these cases, there are usually delays in treatment of certain sections of road. In the absence of clear indicators, especially during off-duty periods, on-duty police officers notify the dispatch center when conditions arise that need treatment. A PWD supervisor is notified who then assembles the necessary number of crew members.

Residents are directed to certain important restrictions related to snow removal in Town rights-of-way. The details of these are found in Ordinance #300-027. More specifically, these address prohibitions concerning parking and placement of snow.

Much more information on snow and ice removal operations, procedures and impacts is provided on the Town website at this link: <https://www.ledyardct.org/DocumentCenter/View/229/Public-Works-Winter-Operations-Facts--FAQs>.

The Ledyard Transfer Station is open 9:00 am to 3:30 pm. Tuesday, Wednesday, and Saturday. The Transfer Station is closed Monday, Thursday, Friday, and Sunday.

## Emergency Management

With winter approaching, Ledyard Emergency Management wanted to post the following information and safety reminders.

An excellent checklist for winter planning is available on the Red Cross site at: [http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240231\\_WinterStorms.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240231_WinterStorms.pdf).

It is important to have a plan and be prepared to be self-sufficient for 72 hours as it would take some time for emergency shelters to open, transportation to be established or supplies to be brought into the Town from the State after a disastrous storm. Experience has shown that unless there is a loss of power, people do not desire or require assistance.

**At Gales Ferry Medical Group** NEW PATIENTS WELCOME

our compassionate and skilled medical providers offer high quality care for a comprehensive range of acute and chronic illnesses.

*We emphasize preventive screenings.*

• Internal Medicine • Preventive Medicine • Onsite Testing & Services

 Sanford A. Greenhouse, MD	 Catherine Krenicky, APRN	 John J. Hennessey, MD
 Lori L. Ciccone, PA-C	 Mary Murphy-Fiengo, DO	

**Gales Ferry Medical Group** 860-464-7274  
fax 860-464-7404

1527 Route 12, P.O. Box 355, Gales Ferry, CT 06335  
[www.galesferrymedicalgroup.com](http://www.galesferrymedicalgroup.com)

If you have needs that are dependent on electrical power, you need to incorporate that into your plan. i.e. If you use an oxygen concentrator, plan on having enough stored oxygen on hand to last until shelters can be opened.

The primary means of communicating emergency information to residents of Ledyard will be through the utilization of the Everbridge Reverse 9-1-1 system.

If you use a cell phone as your house phone, it is important that you sign up for Everbridge to receive messages as only land line phones are in the default database. Residents can sign up at: <https://member.everbridge.net/index/892807736723676#/login>.

Social media such as the Town website and Facebook will be utilized to keep residents

informed of non-emergency actions and procedures. Shelter information can also be obtained by calling 211.

Additional information is on the Town Website under Emergency Management or at: <https://www.ready.gov/be-informed>.

Russell Shaw,  
Emergency Management Director

## Ledyard Registered Visiting Nurse Association



Ledyard nurses are in your community and schools. Medicare rates LRVNA as one of the top home care agencies in the country for quality care and patient satisfaction. We are passionate, committed and persistent in getting you to achieve your goals. Don't let your tax dollars go to another agency, ask your MD or hospital discharge planner for us! You won't be sorry. We have home health aides, physical and occupational therapist. Contact us, 860-464-8464, [nurse.director@ledyardct.org](mailto:nurse.director@ledyardct.org).

# ***FASTSIGNS***®

More than fast. More than signs.®

## ***860-437-FAST***



***fastsigns.com/586***



***Locally Owned and Operated***



# Ledyard Senior Center

## SENIOR CENTER OFFICE

12 Van Tassel Drive, Gales Ferry, CT 06335 | Phone: 860-464-0478 | Fax: 860-464-2124

Office Hours: Monday thru Friday 8:30 am - 2:30 pm

### SENIOR CENTER STAFF

Director: Scott Johnson scott@ledyardrec.org

Assistant Director: Monika Verebelyi monika@ledyardrec.org

Office Assistant: Laurie Marcotte laurie@ledyardrec.org

Office Assistant: Ginny Hungerford

Nutrition Site Server: Jim Metcalf

Van Driver: Bob Heal

### PERMANENT SENIOR COMMISSION MEMBERS

Mary Jane Peterson, Chairman

Gary Kent Harding

Naomi Rodriguez

The Commission meets at the Senior Center

Tim Holmes

Margaret Anne Harding

Norma Sokolski

on the fourth Wednesday of each month at

Alma Dougherty

Cindy McLane

John Thomas

1:30 pm. The public is welcome to attend.

**MISSION STATEMENT:** *The Mission of the Ledyard Senior Center is to promote the physical, emotional, and economic well-being of senior citizens and to promote their participation in all aspects of community life, to continually evaluate the needs of senior citizens and ways to meet their needs, and to provide an atmosphere that will be conducive for seniors to find companionship and develop friendships.*

### LEDYARD SENIOR CENTER

**Monday-Friday from 8:30 am - 2:30 pm**

The Ledyard Senior Center is a community based establishment meant to bring a wealth of information, activities and social events for people 55 years plus. Like minded individuals who do not want to stay home alone come to the center to meet new people & socialize, create memories and engage in activities to stimulate health and well-being. There is something to do for everyone of any age including our low cost breakfast and lunches in our café. The Ledyard Senior Center provides transportation to the center and back home, shopping, doctor appointments & bank runs. We have evening and weekend events too. Stop in for a visit and we'll be happy to give you a tour of our amazing facility and tell you about all our programs.

### SENIOR TRANSPORTATION INFORMATION

Call us at 860-464-0471 to schedule all transportation requests. The Ledyard Senior Center offers daily transportation to the Center for activities including lunch, along with rides to medical appointments and other necessities according to the schedule below. All individuals using our transportation must complete an annual transportation form. A wheelchair lift is available. Please be aware that the Senior Center does not provide assistance to and from the vehicle. Persons must be able to: travel without assistance, wait outside for 10 minutes, climb three 12-inch steps or use the wheelchair lift.

The Senior Center cannot provide rides home from a medical appointment/procedure that involves general anesthetics. We service Ledyard, Gales Ferry, New London, Groton, Mystic, Waterford, Norwich. Call for details.

### SENIOR VAN SCHEDULE

MONDAY: Senior Center, Doctor Appointments

TUESDAY: Senior Center, Doctor Appointments

WEDNESDAY: Senior Center

2nd Wednesday: Job Lot & Dollar Tree Stores

THURSDAY: Senior Center, Community Café for Lunch, Doctor Appointments

FRIDAY: Senior Center, Grocery Shopping

1st Friday Bank Run

2nd Friday Aldi's, Stop & Shop and Walmart

All reservations for transportation must be made at least 48 hours in advance by calling the office between 8:30 am and 12:30 pm and talking to a staff person. Requests for transportation giving less than 48 hours notice will be addressed on a case by case basis.

Drivers can not schedule appointments.

*\*Bank runs and shopping require reservations in advance\**

Round trip donations are \$1.00 within Ledyard and Gales Ferry and \$2.00 for out of town. We provide transportation to Sub Base medical appointments and the pharmacy for people with a Military/Base I.D. Driver routes are planned in advance. Unscheduled stops and pick-ups are not permitted. Please refrain from requesting any impromptu stops.

### EASTERN CONNECTICUT TRANSPORTATION CONSORTIUM, INC. (ECTC)

**Are you in need of rides to doctor's appointments and medical tests?**

If so you may be eligible for the services of Eastern Connecticut Transportation Consortium, Inc., a private non-profit 501(c)3 agency whose purpose is to promote the coordination and consolidation of para-transit services for persons of low income, elderly, physically and mentally disabled individuals in Southeastern Connecticut. ECTC can be an additional means of transportation besides the Ledyard Senior Center if your appointments fall on days and times during the week that the Ledyard Senior Center does not do. Please call 860-464-0478 or ECTC 860-848-5910

or fax 860-848-5917 for further information. Their website is [www.ectcinc.org](http://www.ectcinc.org).

**Caregiver Mileage Reimbursement and Dial-A-Ride Medical Transportation** begins July 1, 2019 through June 30, 2020 Annual registration fee is \$24.00 by check or money order made payable to: Town of Ledyard. Please call 860-464-0478 for sign up or if you have questions.

#### TVCCA MEALS ON WHEELS

Providing more than a meal to seniors in our community! Call TVCCA to schedule: 860-886-1720.

#### SENIOR CENTER CAFÉ

Join us for delicious and affordable (\$2 - \$4) breakfast and lunch menu items, Monday through Friday, here at the Senior Center. Breakfast served from 9:00 am - 12:00 pm and lunch at 12:00 pm. Please see below regarding Wednesday lunches.

#### WEDNESDAY LUNCHEONS, GUEST SPEAKERS & PROGRAMS

Every Wednesday from September through the end of June, various civic groups, organizations, etc. will provide a full course luncheon at noon for only \$6. This is followed by various guest speakers or special programs, all at no cost! Check our facebook page for these upcoming programs. Details will also be available on our Regional Website at: [www.seniorcentersct.org](http://www.seniorcentersct.org).

#### HOLIDAY LUNCHEONS

Join us for festive holiday luncheons, music and more, all for just \$8! Our Christmas luncheon and party will take place on Friday, December 20 at noon. \$5 Yankee Swap will follow. Please check our facebook page for other upcoming dates!

#### HAIR SALON

Full hair salon services ranging from haircut, set and blow dry, color, foil, and perms are offered Tuesday and Fridays at the Ledyard Senior Center. Call Amy at: 860-367-2896 to schedule an appointment.

#### BLOOD PRESSURE CLINIC

Your Ledyard nurses will take your blood pressure the second Wednesday of every month from 11:00 am -12:00 pm. We will counsel you on your meds, healthy eating habits and exercise.

#### RENTER'S REBATE TAX RELIEF PROGRAM

Renters Rebate is a State qualified program run by OPM (Office of Policy and Management) for residents who are elderly/disabled and make a certain amount of income. To qualify you need to present proof of expenses (rent, electricity, gas, water and fuel) when applying to Karen Goetchius, Municipal Agent. Also, Social Security benefits or any other income from last year. For the year 2019,

applicants apply April to Oct 2020. Call 860- 3247 in March 2020.

#### LEDYARD PUBLIC LIBRARY BOOK DISCUSSIONS

The Senior Center Book Discussion is held on the fourth Wednesday of each month at 10:30 am at the Senior Center.

#### Upcoming book discussions are as follows:

December 18th (third Wednesday due to holiday):

*Winter Street* by Elin Hilderbrand

January 22nd: *An American Marriage* by Tayari Jones

February 26th: *Eleanor Oliphant is Completely Fine* by Gail Honeyman

March 25th: *Killers of the Flower Moon* by David Grann

#### PODIATRIST

Dr. Walters will be available from 9:00 am - 12:00 pm at the Ledyard Senior Center on Monday, February 10 and April 13. Please call his office at: 860-599-4555 to schedule an appointment.

#### SHINING STARS

Shining Stars is an intergenerational program with Senior Elder Friends and 3rd grade Shining Stars, which meets four times a year to share lunch, dessert and a musical program. Throughout the school year, letters and birthday cards are exchanged and quilted stockings are given to the students for the holidays, but most **continued on page 14**

# **LEDYARD LIONS**



## **Community – Friendship**

***Come learn about us and how  
you can help in serving  
"Your community"***

### **Meetings at the Gales Ferry Firehouse Route #12 Gales Ferry**

**1st & 3rd Thursday of the month  
7:00 PM**

**Call for info: 860-464-7355**

---



# **BINGO**



*Every Wednesday – 7:00 PM  
Doors opens 4:00pm – Paper @ 6:00pm*

## Senior Center... continued from page 13

importantly, a wonderful, lasting rapport is created. Please call the Senior Center for more information.

### AARP DRIVER SAFETY PROGRAM

This program, offered by AARP, is the nation's first and largest refresher course and has been taking place for over 25 years. Their new format reduces classroom requirement to one day and only four hours. FEE: \$15.00 for members, \$20.00 for non-members. Make checks payable to: AARP at the time of the course. Upcoming dates: February 24 and May 4.

## Programs

### MAT YOGA

This gentle class is designed for seniors who want to remain active and vibrant. Using traditional yoga poses, with variations and modifications for students who have problems with knees, hips, wrist, shoulders and back, this class focuses on function, strength, balance, and flexibility. We start sitting on the floor, transition to hands and knees, then standing poses, then hands and knees again onto the belly, ending on the back for deep relaxation. We often use chairs for balance and support for the standing poses. Pranayama, meditation and yoga philosophy round out the class.

DAY: Mondays, 10 weeks  
TIME: 9:00 - 10:00 am  
BEGINS: January 6  
FEE: \$50; \$6 drop-in  
INSTRUCTOR: Karen Clarke

### YOGA

DAY: Wednesday, 10 weeks  
TIME: 8:30 - 9:30 am  
BEGINS: January 8

DAY: Friday, 10 weeks  
TIME: 9:00 - 10:00 am  
BEGINS: January 10  
FEE: \$50; \$6 drop-in  
INSTRUCTOR: Annie Chapman

### CHAIR YOGA

Chair Yoga is accessible to all abilities. This class is designed to offer the benefits of yoga including stretching, breathing practices, and relaxation.

DAY: Fridays, 10 weeks  
TIME: 10:30 - 11:30 am  
BEGINS: January 10  
FEE: \$50; \$6 drop-in  
INSTRUCTOR: Sandy Hartnett

### LATIN LINE DANCING

Instruct seniors in various line dance routines in both Latin and Ballroom Style. Latin dances include samba, merengue, rumba, cha cha, salsa, swing and mambo; Ballroom dances includes

waltz, foxtrot and tango. From these various dance styles, routines are learned; such as, Burlesque, Hello Dolly, Singing in the Rain, Puttin' on the Ritz, Senorita, Sway and many more. Dance is excellent physical activity for seniors, as well as utilizing the mind in remembering steps/routines and lastly a means of interacting socially with other seniors.

DAY: Tuesdays, 10 weeks  
TIME: 10:30 - 11:30 am  
BEGINS: January 7  
FEE: \$50; \$6 drop-in  
INSTRUCTOR: Marjorie Winslow

### BEGINNER COUNTRY LINE DANCE

Don't worry if you have never line danced before. We take it slow and start with the basic steps. If you can count to 8 and know your right from left, you can learn how to line dance! Great music, lots of fun and good exercise too! No partner needed.

DAY: Thursdays, 10 weeks  
TIME: 1:00 - 2:00 pm  
BEGINS: January 9  
FEE: \$50; \$6 drop-in  
INSTRUCTOR: Lisa Mazzaro

### PILATES

A fusion of Pilates & Yoga for a total body workout. Focus on the core including balancing exercises, weights for upper body strength, strong bones and definition, bands for stretching connective tissue and muscles. Additionally, the classes will contain a therapeutic approach for better alignment, connecting to your body and your breath for a more fluid execution. You will work at your own pace and modifications to exercises are always available. Please bring 1 - 3 lb. weights and a yoga or pilates mat.

DAY: Thursdays, 10 weeks  
TIME: 12:30 - 1:30 pm  
BEGINS: January 9  
FEE: \$50; \$6 drop-in  
INSTRUCTOR: Anne Nelson

### TAI CHI

Tai Chi has been described as "a prescription to good health for men and women, whether young or old, weak or strong." Some benefits include improved balance, decreased tension, and better breathing. For beginning and continuing students.

DAY: Mondays, 10 weeks  
TIME: 1:00 - 2:00 pm  
BEGINS: January 7  
FEE: \$50; \$6 drop-in  
INSTRUCTOR: Alex Culligan

### SILVER SNEAKERS FLEX

Strength training to help maintain and improve functional, daily living movements. Working muscles that are associated with balance, walking, walking up and down stairs, getting in and

out of chairs reaching and many other moves to help maintain function.

DAY: Tuesdays, 10 weeks  
TIME: 1:00 - 2:00 pm  
BEGINS: January 7  
FEE: Based on your insurance provider  
INSTRUCTOR: Robin Loy

#### CRAFTING WITH AMY

Join us each month to create a fun, festive holiday craft worthy of Pinterest!  
All materials are included.

DAYS: Wednesday, January 8, February 12, and March 11  
TIME: 1:00 pm  
FEE: \$10 per project  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Amy Kendall

#### DRAWING CLASS

Students will create still life compositions through a variety of drawing techniques: exploring line, color, and shade. All materials are included.

DAY: Thursdays, 10 weeks  
TIME: 9:00 - 10:00 am  
BEGINS: January 9  
FEE: \$50  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: LeeAnn Graham

#### FROM PHOTO TO CANVAS - ADULT BEGINNING LANDSCAPE PAINTING

Each class will start with a demonstration of techniques including use of brushes, palette knives, mediums and color mixing. Students need to bring a landscape picture from which you would like to paint. All materials are included.

TIME: 1:00 - 2:30  
BEGINS: January 9  
FEE: \$50  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Charles Shaw

#### QUILTING

DAY: Monday  
TIME: 9:30 am

#### PITCH

DAY: Monday  
TIME: 12:30 pm

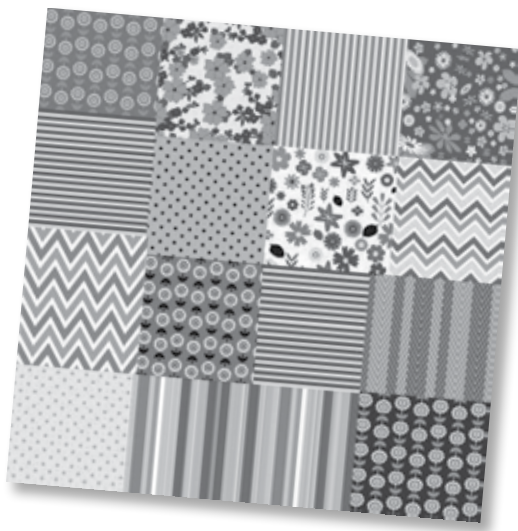
#### DOMINOS

DAY: Tuesday  
TIME: 9:30 pm

#### Wii BOWLING

DAY: Tuesday  
TIME: 10:00 pm

continued on page 16



*Welcome!*

*We pride ourselves in providing you with the finest dining experience.*

We cook to order with only the freshest ingredients. It may take a little extra time but it tastes better, and your patience will be greatly rewarded!

Having a Party? Leave the cooking to us... ask about our catering menu.

The Ledyard Christmas Carolers  
will be singing here  
on 12/19 from 5:30 pm to 7

Call for Reservations and Take Out

**860-464-8584**

725 Colonel Ledyard Highway

Ledyard, CT 06339

[www.ValentinosCT.com](http://www.ValentinosCT.com)

Visa & MasterCard Accepted

*Holiday  
Special*

**50% OFF**

OFFER GOOD UNTIL JANUARY 1st

- Weight Loss
- Body Toning
- Increase Muscle Strength

**PURE FIT**

FITNESS TRAINING

7 Hurlbutt RD, Suite 3, Gales Ferry, CT

860.276.4995

[tjhepburn@yahoo.com](mailto:tjhepburn@yahoo.com)

## Senior Center... continued from page 15

### OPEN BRIDGE

DAY: Tuesday and Friday  
TIME: 10:00 am

### BINGO

DAY: Tuesday  
TIME: 12:30 pm

### CHORUS

DAY: Wednesday  
TIME: 9:45 am

### THE KNIT-WITS

(Knitting and Crocheting Group)  
DAY: Wednesday  
TIME: 1:00 pm

### PINOCHLE

DAY: Thursday  
TIME: 9:00 am - 1:00 pm

### MAHJONG

DAY: Thursday  
TIME: 10:00 am - 12:00 pm

### BOWLING AT SPARE TIME, GROTON

DAY: Thursday  
TIME: 1:00 pm

### TRIPS

The Ledyard Senior Center offers a diverse selection of trips. Join us for local outings as well as day long trips to shows, plays, museums, lunches and more! Details of upcoming trips will be available on our Regional Website at [www.seniorcentersct.org](http://www.seniorcentersct.org).

## Youth & Social Services

Ledyard Social Services may be able to provide assistance to income eligible households with access to the Ledyard Food Pantry, information & referrals, one-time emergency fuel and rental assistance and help with the holidays (Thanksgiving food baskets, winter holiday food baskets, the Adopt-a-Family gift program, "Operation Easter Bunny" and Back-to-School supplies.)

### The Ledyard Food Pantry is open:

Tuesdays	9:00 am to 11:00 am
Wednesdays	9:00 am to 11:00 am
Thursdays	9:00 am to 11:00 am and 4:00 pm to 6:00 pm
Saturdays	9:00 am to 11:00 am

The Ledyard Food Pantry is located next to the Ledyard Congregational Church, 722 Colonel Ledyard Highway.

For more information or to schedule an appointment, please contact Mary-Beth Hubbard, Social Services Coordinator, at: 860-464-3222 or email: [mayoral.asst@ledyardct.org](mailto:mayoral.asst@ledyardct.org).

Ledyard Youth Services is a Town-based professional counseling center. Counseling is provided by our master's level clinicians and supervised by our licensed marriage and family therapist and AAMFT approved supervisor. Ledyard Youth Services provides individual, and family counseling services to anyone living or attending school in Ledyard. Please feel free to contact Kate Sikorski, LMFT, CADC with any questions regarding our services at: 860-464-3213 or visit us online at: [youth.services@ledyardct.org](mailto:youth.services@ledyardct.org).



## Parks & Recreation

### PARKS AND RECREATION OFFICE

12 Van Tassel Drive, Gales Ferry, CT 06335 | Phone: 860-464-9112 | Fax: 860-464-2124

Email: [laurie@ledyardrec.org](mailto:laurie@ledyardrec.org) | Access us online: [www.ledyardrec.org](http://www.ledyardrec.org)

Office Hours: Monday thru Thursday 7:30 am - 4:45 pm

### PARKS AND RECREATION STAFF

Director: Scott Johnson [scott@ledyardrec.org](mailto:scott@ledyardrec.org)

Assistant Director: Monika Verebelyi [monika@ledyardrec.org](mailto:monika@ledyardrec.org)

Office Assistant: Laurie Marcotte [laurie@ledyardrec.org](mailto:laurie@ledyardrec.org)

Park Caretaker: Russell Smith

### PARKS & RECREATION COMMISSION MEMBERS

Kenneth DiRico, Chairman	Lucrezia Finegan	Kate Kohrs	Thomas Olsen
Shaileen English	Loretta Kent	Barbara Leandri	Naomi Rodriguez

The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Tuesday of each month at 7:00 pm. The public is welcome to attend.

### REGISTRATION AVAILABLE NOW!

Registrations will be accepted ONLINE, by MAIL or WALK-IN.

1. Registrations for all programs must be made online, by mail-in or walk-in. Registrations will no longer be accepted by phone.
2. All fees must be paid at the time of registration. Registrations will not be processed without payment and the proper registration forms.
3. Some programs and classes have limited enrollment and registrations are accepted on a first come, first served basis.



4. We reserve the right to re-schedule, relocate or cancel any program due to facility availability and public response.
5. All cancellations due to inclement weather will be announced on Channels 3 and 8 and posted on our website: [www.ledyardrec.org](http://www.ledyardrec.org) and Facebook.
6. Special Needs - If you require any special accommodations to participate in our programs, please call the Parks and Rec Office so that the necessary arrangements can be made.
7. Non-residents pay an additional \$5.00 for program fees \$5 - \$50, and \$10.00 for any program over \$50.00 except for bus trips and camp fees.
8. NO REFUNDS after the first week of a class or program and no refunds on trips, or supply fees and some of the Specialty Summer Camps.
9. Scholarships - Families needing financial assistance are asked to call Ledyard Social Services at 860-464-3254.

### RECREATION NEWS and CANCELLATIONS

Follow us on Facebook for updates, news and cancellations. Search for: "ledyardrec" Check our website for all the latest program information and sport league information: [www.ledyardrec.org](http://www.ledyardrec.org)

The Parks and Recreation Department follows the school schedule for most of our classes. If there is no school, there will be no class for any program held in the schools. All cancellations due to inclement weather will be announced on Channel 3, Channel 8 and posted on our website: [www.ledyardrec.org](http://www.ledyardrec.org) and Facebook page.

### PAVILIONS, COMMUNITY CENTER & SENIOR CENTER ROOM RENTALS

Reserve any of our pavilions and Gales Ferry Community Center and Senior Center Event Rooms. Call 860-464-9112 for more details.

## Children's Programs

### TABLETOP GEEKDOM

Ascension! Valeria! Century Spice Road! These are just a few games you will play. Come have fun doing something new! Each week we will teach 1-2 new tabletop games and new trending terminology. Requests for games are very welcome. JOIN THE GEEKDOM!!!

AGE: 10 and up (ages 10-14 must have adult present)  
 DAY: Wednesdays, 10 weeks  
 TIME: 6:00 - 8:30 pm  
 BEGINS: January 8  
 FEE: \$40 per individual, \$55 per family  
 LOCATION: Ledyard Senior Center  
 INSTRUCTOR: Jennifer Fontanez

### CHEF JR. KIDS' COOKING CLASS

The class for your young chef! Learn how to make delicious dishes for the whole family in this fun, interactive class! Bring your favorite apron and containers to take food.

AGE: 5-9  
 DAY: Wednesdays, 3 weeks  
 TIME: 3:30 - 5:00 pm  
 BEGINS: March 11  
 FEE: \$75

AGE: 5-9  
 DAY: Tuesdays, 3 weeks  
 TIME: 3:30 - 5:00 pm  
 BEGINS: March 17  
 FEE: \$75

AGE: 9-13  
 DAY: Thursdays, 3 weeks  
 TIME: 3:30 - 5:00 pm  
 BEGINS: March 12  
 FEE: \$75  
 LOCATION: Ledyard Senior Center  
 INSTRUCTOR: Erika Gradecki, Chef / Owner  
 Food for Your Soul, LLC.



### DRAWING CLASS

Students will create still life compositions and create greeting cards through a variety of drawing techniques: exploring line, color, and shade. Materials required: sketch pad, drawing pencil.

AGE: 8-12  
 DAY: Tuesdays, 6 weeks  
 TIME: 5:00 - 6:00 pm  
 BEGINS: January 7  
 FEE: \$50  
 LOCATION: Ledyard Middle School  
 INSTRUCTOR: LeeAnn Graham

### TUNES 'N TOTS

This engaging music class enables all children to grow to their musical potential through informal activities by listening, feeling and moving to all kinds of music. Their imaginations will be developed through the use of songs, stories and rhymes, movement activities, games and playing percussion instruments, while aiding in speech and language, motor development, social skills, sensory integration/awareness and attention to task. Your child will develop an appetite to love and enjoy music!

AGES: Birth - 5 and their caregivers  
 DAY: Wednesdays, 6 weeks  
 TIME: 10:30 - 11:30 am  
 SESSION I: 6 weeks  
 BEGINS: January 8  
 FEE: \$55 (siblings 9 months and younger, free!)  
 SESSION II: Wednesday, 6 weeks  
 BEGINS: February 19  
 FEE: \$55 (siblings 9 months and younger, free!)  
 LOCATION: Gales Ferry Community Center  
 INSTRUCTOR: Nicole Clarke

**continued on page 18**

## Parks & Recreation... continued from page 17

### MINI LEAPERS

This class will introduce your preschooler to basic ballet steps, motor skills, and rhythms through games in this lively class. Don't be surprised if they twirl, leap, gallop, and skip everywhere after this class!

AGES: 3-5  
DAY: Saturdays  
TIME: 2:00 - 2:45 pm

#### SESSION I - 5 weeks

BEGINS: January 11  
FEE: \$45

#### SESSION II - 5 weeks

BEGINS: February 22  
FEE: \$45

LOCATION: Ledyard Senior Center

INSTRUCTOR: Annaleah Ramos

### BEGINNER BALLET & JAZZ

This class will be a split lesson of ballet and jazz. For the first half we will focus on simple ballet steps and dance etiquette. For the second half, we will learn basic jazz warm-ups and combinations. We'll play some games and do some partnering exercises and possibly even a short dance!

AGES: 6-8  
DAY: Saturdays  
TIME: 3:00 - 4:00 pm

#### SESSION I - 5 weeks

BEGINS: January 11  
FEE: \$50

#### SESSION II - 5 weeks

BEGINS: February 22  
FEE: \$50

LOCATION: Ledyard Senior Center

INSTRUCTOR: Annaleah Ramos

### TUMBLEWEEDS

The child and a parent/caregiver participate together in basic movement and gymnastic activities.

AGE: 18 months to 2 years  
DAY: Mondays, 6 weeks  
TIME: 3:30 - 4:10 pm  
BEGINS: January 6  
FEE: \$40

DAY: Wednesdays, 6 weeks

TIME: 4:15 - 4:55 pm  
BEGINS: January 8  
FEE: \$40  
INSTRUCTOR: Kathee Ivey

### TUMBLEBUGS

Tumble, stretch, roll, balance and swing in this exciting class for preschoolers.

AGE: 3-4  
DAY: Mondays, 6 weeks  
TIME: 4:15 - 5:00 pm  
BEGINS: January 6  
FEE: \$40

DAY: Wednesdays, 6 weeks

TIME: 5:00 - 5:45 pm  
BEGINS: January 8  
FEE: \$40  
INSTRUCTOR: Kathee Ivey

### GYMNASTICS

These gymnastic classes will include some apparatus. Participants will also work on their tumbling skills - walkovers, handsprings, and cartwheels.

AGE: 5-7  
DAY: Thursdays, 6 weeks  
TIME: 5:00 - 6:00 pm  
BEGINS: January 9  
FEE: \$45

AGE: 8 and up  
DAY: Thursdays, 6 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 9  
FEE: \$45  
INSTRUCTOR: Kathee Ivey

### FUN & FITNESS

Come run, play games and race an obstacle course while making new friends this winter.

AGE: 3-6  
DAY: Mondays, 6 weeks  
TIME: 5:00 - 5:45  
BEGINS: January 6  
FEE: \$40  
LOCATION: Gallup Hill School  
INSTRUCTOR: Casey Fry

### PARENTS' NIGHT OUT

Choose one of three nights out, or maybe even all three! Get your Christmas shopping done while we play games and make crafts with your little ones. Pizza dinner and a movie provided. Get even comfier by bringing your little one's pillow and blanket for the movie.

AGE: 4 and up  
DAY: Friday, December 13  
DAY: Saturday, December 14  
DAY: Friday, February 14 (Valentine's Day!)

TIME: 5:00 - 9:00  
FEE: \$25; \$20 for siblings for each night  
LOCATION: Ledyard Senior Center

### LEDYARD ROWIN'

Weather permitting, we will row on the Cove and the Thames every Saturday. Wear layers! We will be preparing for the Snow Row in March. Everyone welcome!

AGE: 12 and up  
DAY: Saturdays, 10 weeks  
TIME: 9:00 - 10:00 am  
BEGINS: January 11  
FEE: \$100  
LOCATION: Thames River and Coves  
(call for specific address)  
INSTRUCTOR: Russell Smith

### HORSEBACK RIDING

Improve your riding skills or try horseback riding for the first time. Classes include the basics of horseback riding and grooming of horses.

AGE: 8 and up  
FEE: \$37 for (2) - one-hour classes  
DAY & TIME: Classes can be set up according to your schedule.  
LOCATION: Leaning Birch Equestrian Center, Ledyard

### WRESTLING

Join our very successful wrestling program. Learn the sport and have fun competing.

AGE: 1st - 6th grades  
DAYS: Mondays and Thursdays  
TIME: 5:30 - 7:00 pm  
DATES: December 2 - February 27  
FEE: \$52  
LOCATION: Ledyard High School  
INSTRUCTOR: John Crawford

### TAE KWON DO

Tae Kwon Do is a Korean martial art that means "foot/hand way." It develops many skills such as coordination, focus, balance, strength, and agility. Children will develop self-confidence and listening skills while practicing the art of modern and traditional Tae Kwon Do. Through drills, students will learn respect, manners, self-defense (Stranger Danger,) and improved fitness.

DAY: Wednesdays, 6 weeks  
TIME: 5:30 - 6:00 pm, ages 5-8  
6:05 - 6:45 pm, ages 8-13  
BEGINS: January 8  
FEE: \$45  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Bob Chester

continued on page 20

**ANDERSEN  
OIL COMPANY**  
860-464-7628

*"A Full Service Oil Company"*

#### DELIVERING:

Fuel Oil, Kerosene, On and Off-Road Diesel  
COMPETITIVE PRICING & FAST, EFFICIENT SERVICE

Pricing Programs  
Prebuys and Price Caps  
Budget Plans  
Heating System Service & Installation

#### LICENSED & INSURED

Dealer Reg. # 167 License #387363  
[www.andersenoilcompany.com](http://www.andersenoilcompany.com)



**OPEN 7 DAYS A WEEK  
6 AM TO 9 PM**

**VISIT US ON THE WEB  
TO VIEW OUR WEEKLY  
SALES FLYER**

[ledyardvillagemarket.com](http://ledyardvillagemarket.com)

**STOP BY TODAY AND SIGN UP FOR  
OUR GAS REWARDS PROGRAM!**

## Parks & Recreation... continued from page 19

### SWIM LESSONS

Your child will learn skills such as proper water breathing, gliding, and rotary arm movement. Once perfected, skills such as proper technique for freestyle and backstroke will be introduced. As a child advances through swim lessons, freestyle, backstroke, bilateral breathing and streamlines are perfected.

AGE: 5-7  
DAY: Saturdays, 4 weeks  
TIME: 3:30 - 4:00 pm  
BEGINS: January 1, February 8, March 7  
FEE: \$70

AGE: 8-10  
DAY: Saturdays, 4 weeks  
TIME: 4:00 - 4:30 pm  
BEGINS: January 1, February 8, March 7  
FEE: \$70  
LOCATION: Vitale Aquatic and Tennis

### BOXING

Participants will learn the skills of boxing on punching bags. There is also a heavy emphasis on core and conditioning. This is a sweat filled heart pumping workout that will get you in fantastic shape.

AGE: 13 and up  
DAY: Wednesdays, 6 weeks  
TIME: 6:30 - 7:15 pm  
BEGINS: January 8  
FEE: \$65, participants must purchase boxing gloves  
LOCATION: Main Event Boxing, Gales Ferry  
INSTRUCTOR: Chris Pennenga

### ALCOHOL INK PAINTING ON TILES

Learn how to paint beautiful art with alcohol inks! In this fun and creative workshop, participants will create one or two paintings to take home or give as gifts.

AGE: 13 and up  
DAY: Wednesday, February 5  
TIME: 6:00 - 8:00 pm  
FEE: \$20.00  
LOCATION: Ledyard Middle School  
INSTRUCTOR: April Brunelle

### MAKE AND TAKE VALENTINE'S GIFT

Join us as we make a bath salt and teacup for that special someone which you can take home as a Valentine's gift that night.

AGE: 8 and up  
DAY: Tuesday, January 28  
TIME: 6:00 - 7:00 pm  
FEE: \$15.00  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Sara Holliday

## Adult Programs

### TABATA MOMMAS

A free, open group set up for women and Mommas with little ones. Get fit, feel great, meet new people and support each other as we work towards our own individual goals! All fitness levels are welcome and encouraged.

Workouts will primarily be HIIT/High Intensity Interval Training - Circuit style body weight workouts. Children are welcome but will be the responsibility of the parent attending. Bring a toy or two for your kids to enjoy.

DAY: Monday, Wednesday, Friday  
TIME: 9:00 - 10:00 am  
BEGINS: January 6  
FEE: FREE, but you must register.  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Liz Schwebel

### PILATES and MOVEMENT

A fusion of Pilates & Yoga for a total body workout. Focus on the core including balancing exercises, weights for upper body strength, strong bones and definition, bands for stretching connective tissue and muscles. Additionally, the classes will contain a therapeutic approach for better alignment, connecting to your body and your breath for a more fluid execution. Bands will be provided or you may purchase one for \$5.00.

DAY: Tuesdays, 10 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 7  
FEE: \$100  
LOCATION: Gales Ferry School Library  
INSTRUCTOR: Anne Nelson

### YOGA CLASSES by Karen Clarke

INSTRUCTOR: Karen O'Donnell Clarke, E-RYT500, Certified Yoga Therapist, Advanced Certifications from Kripalu Center for Yoga and Health, Integrative Yoga Therapy and Yoga of the Heart. Recommended: Yoga mat, 2 yoga blocks, 1 yoga strap - 8 - 10ft, 1 blanket.

### YOGA BASICS

For all levels, especially beginners. Enjoy the calm, peace, and self-acceptance of yoga no matter what shape you're in. Karen's gentle approach infuses her classes with humor, humility and warmth as she invites you to go at your own pace using props and modifications that provide an accessible yoga experience for everybody.

DAY: Mondays, 9 weeks  
TIME: 5:00 - 6:15 pm  
BEGINS: January 6  
FEE: \$92  
LOCATION: Gales Ferry School  
INSTRUCTOR: Karen O'Donnell Clarke

DAY: Tuesdays  
TIME: 11:00 am – 12:00 pm  
SESSION I - 6 weeks  
BEGINS: January 7  
FEE: \$62  
SESSION II - 5 weeks  
BEGINS: February 18  
FEE: \$52  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

DAY: Thursdays  
TIME: 11:00 am - 12:00 pm  
SESSION I - 6 weeks  
BEGINS: January 9  
FEE: \$62  
SESSION II - 5 weeks  
BEGINS: February 20  
FEE: \$52  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

#### **MODERATE YOGA**

This flow style class is done at a moderate pace including longer holding and posture explorations focusing on proper alignment and movement coordinated with breath. This class is designed for students who enjoy a sometimes challenging yoga class. Modifications are given as needed to ensure the postures are done safely. Students who are new to yoga are recommended to take the Basics class first.

DAY: Mondays, 9 weeks  
TIME: 6:30 - 8:00 pm  
BEGINS: January 6  
FEE: \$92  
LOCATION: Gales Ferry School  
INSTRUCTOR: Karen O'Donnell Clarke

#### **THERAPEUTIC YOGA FOR BACKS & HIPS**

This series addresses postural alignment, core strength, muscular tension and techniques to relieve stress. Techniques include gentle stretching using the breath to relieve tension and somatic movements to rewrite the neuromuscular patterns that contribute to chronic pain, deep relaxation and mindfulness practices that can be integrated into daily life. This is not a substitute for medical care.

DAY: Wednesdays  
TIME: 6:00 - 7:30 pm  
SESSION I - 6 weeks  
BEGINS: January 8  
FEE: \$62  
SESSION II - 5 weeks  
BEGINS: February 19  
FEE: \$52  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

#### **CHAIR YOGA FOR EVERY BODY**

Are you interested in Yoga but not interested in getting onto the floor? Then this class is for you! Everybody can do Yoga using chairs for sitting and standing individuals who need to support for balance and safety; individuals recovering from illness or injury or have problems with knees and hips; or for anyone interested in learning more ways to improve balance, strength, and flexibility. This fun class offers a balanced approach for strength and flexibility, breath work and meditation. All ages, levels and abilities welcome.

DAY: Thursdays  
TIME: 9:30 - 10:30 pm  
SESSION I - 6 weeks  
BEGINS: January 9  
FEE: \$62  
SESSION II - 5 weeks  
BEGINS: February 20  
FEE: \$52  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

#### **DEEP REST YOGA NIDRA**

Yoga Nidra is a guided, relaxing experience that can bring incredible calmness, quietness, and clarity to the mind. It's a state of conscious deep sleep where you remain awake and alert while deeply relaxing the body. Bring your yoga mat, one or 2 blankets, and a small pillow. No experience necessary. You'll leave a lot more relaxed than you arrived. You need this!

DATE: Thursday, January 23  
Thursday, February 20  
Thursday, March 19  
TIME: 6:30 - 8:00 pm  
FEE: \$17 for one class OR \$45 for all three classes  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

#### **TAI CHI**

Tai Chi has been described as "a prescription to good health for men and women, whether young or old, weak or strong." Some benefits include improved balance, decreased tension, and better breathing. For beginning and continuing students.

DAY: Thursdays, 8 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 9  
FEE: \$52  
LOCATION: Gallup Hill School  
INSTRUCTOR: Alex Culligan

#### **INTRO TO ARNIS - Filipino Stick Martial Art**

Get an introduction to the Filipino stick art of Arnis (meaning "armor") and some basic Jeet Kune Do (Bruce Lee's art.) This 8-week class will cover: boxing techniques, footwork drills, empty hand drills, and Arnis stick drills. This class will be high energy  
**continued on page 22**

## Parks & Recreation... continued from page 21

and you do not have to have any prior martial arts training. The rattan stick is included in the registration fee, but students must bring their own boxing gloves.

DAY: Thursdays, 8 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 9  
FEE: \$95, includes the stick  
LOCATION: Juliet Long School  
INSTRUCTOR: Bob Chester, 6th degree Black Belt  
in Tae Kwon Do

### POUND®

Pound is the world's first Cardio Jam Session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout can be modified, and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

DAY: Tuesdays, 10 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 7  
FEE: \$100  
LOCATION: Gallup Hill School  
INSTRUCTOR: Lindsay Strand

### FITNESS BOXING

Participants will learn the skills of boxing on punching bags. There is also a heavy emphasis on core and conditioning. This is a sweat filled heart pumping workout that will get you in fantastic shape.

DAY: Wednesdays, 6 weeks  
TIME: 6:30 - 7:15 pm  
BEGINS: January 8  
FEE: \$65, participants must purchase boxing gloves  
LOCATION: Main Event Boxing, Gales Ferry  
INSTRUCTOR: Chris Pennenga

### ZEN BODY, ZEN MIND

Zen Body, Zen Mind is a workshop exploring breath, posture, and body-mind unification. It combines principles and methods from Zen, Integral Bodywork, and Aikido.

DAY: Thursdays, 6 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 9  
FEE: \$60  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Rick Gendo Testa

### WOMEN'S BASKETBALL

When was the last time you picked up a basketball? Come join our friendly 3-on-3 half court games. Get some exercise and have fun while you're doing it. All ages and experience levels are welcome. Come give it a try! You're sure to have fun and be challenged.

DAY: Mondays  
TIME: 7:00 - 9:00 pm  
BEGINS: January 6  
FEE: \$20  
LOCATION: Ledyard Middle School

### MEN'S OVER 30 BASKETBALL - Ledyard Residents ONLY!!!

Get some exercise in a pick-up play format.

DAY: Tuesdays  
TIME: 7:00 - 9:00 pm  
BEGINS: January 7  
FEE: \$20  
LOCATION: Ledyard Middle School

DAY: Fridays  
TIME: 7:00 - 9:00 pm  
BEGINS: January 10  
FEE: \$20  
LOCATION: Ledyard Middle School

### LEDYARD ROWIN'

Weather permitting, we will row on the Cove and the Thames every Saturday. Wear layers! We will be preparing for the Snow Row in March. Everyone welcome!

DAY: Saturdays, 10 weeks  
TIME: 9:00 - 10:00 pm  
BEGINS: January 11  
FEE: \$100  
LOCATION: Thames River and Coves  
(call for specific address)  
INSTRUCTOR: Russell Smith

### BOAT SHOP SKILLS

Come join us and bring your ideas as we build some wooden projects and learn to maintain boats. Some knowledge of wood-working is helpful, but not necessary, as we will teach you the skills.

DAY: Thursdays, 10 weeks  
TIME: 5:30 - 7:00 pm  
BEGINS: January 9  
FEE: \$100  
LOCATION: Call our office for address  
INSTRUCTOR: Russell Smith

### BALLROOM DANCE

#### BACHATA

Warm up with hot Bachata! A fun flirty easy dance. Discover

continued on page 24

# Ann McBride Real Estate, Inc

Real Estate | Property Management

*Celebrating 65 Years of Excellence*

**Sold**

5 days on the Market



2 Greystone Ct  
Ledyard

**Sold**

2 days on the Market



205 Sandy Hollow Rd  
Gales Ferry

**Sold**

2 days on the Market



10 S. Glenwoods Rd  
Gales Ferry

**Sold**

9 days on the Market



5 St. Peters Ct  
Ledyard

## McBRIDE REAL ESTATE

### Our Mission

Ann McBride Real Estate offers residential sales and property management services to Southeastern Connecticut. We are committed to clear, straightforward communication in order to facilitate the most optimal outcome for our clients. McBride Real Estate brings experience and a strong work ethic to best determine strategic solutions in all of our transactions.

### Our Team



Adam Mancini  
Broker



Kelly Ascioffa  
Property Manager



Megan Osborne  
Property Manager/Agent



Dani Scalise  
Sales Coordinator

McBRIDE  
Real Estate

860.464.8430  
annmcbride.com

41 Kings Hwy, Suite 201  
Gales Ferry, CT 06340

## Parks & Recreation... continued from page 22

some different Bachata styles and why this dance is becoming so popular.

DAY: Tuesdays , 8 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 7  
FEE: \$102  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Susan Morgan

### INTERMEDIATE AMERICAN RUMBA

This is a continuation of the beginner Rumba class. Please know a few of the basic steps. Leather or suede soled shoes highly recommended.

DAY: Tuesdays, 4 weeks  
TIME: 7:00 - 8:00 pm  
BEGINS: January 7  
FEE: \$51.00  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Susan Morgan

### CHA CHA

Cha cha surprise. Learn a cool routine that can be done solo or with a partner. Some previous cha cha will be helpful.

DAY: Tuesdays, 4 weeks  
TIME: 7:00 - 8:00 pm  
BEGINS: February 4  
FEE: \$51.00  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Susan Morgan

### WEST COAST SWING REVIEW

Come review and practice your basic West Coast Swing steps to prepare for the next level. For students that already completed the 8 week beginner course.

DAY: Friday, January 10  
TIME: 6:00 - 7:00 pm  
FEE: \$15.00  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Susan Morgan

### WALTZ

Learn how to travel and what the line of dance is all about.

DAY: Friday, February 7  
TIME: 6:00 - 7:00 pm  
FEE: \$15.00  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Susan Morgan

### WEST COAST SWING

Review and practice to prepare for the next level. For students that already completed the 8 week beginner class.

DAY: Friday, February 28  
TIME: 6:00 - 7:00 pm

FEE: \$15.00  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Susan Morgan

### COOKING: THE DINNER RUSH

Short on time? This class offers home-cooked meals that are quick to whip up for any busy person or family!

DAY: Thursdays, 3 weeks  
TIME: 5:30 - 7:00 pm  
BEGINS: March 12  
FEE: \$75  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Erika Gradecki, Chef / Owner  
Food for Your Soul, LLC.

### FROM PHOTO TO CANVAS - ADULT BEGINNING LANDSCAPE PAINTING

Each class will start with a demonstration of techniques including use of brushes, palette knives, mediums and color mixing. Students need to bring a landscape picture from which you would like to paint, oil or acrylic paints, brushes, and canvases.

DAY: Tuesdays, 7 weeks  
TIME: 5:30 - 7:30 pm  
BEGINS: January 7  
FEE: \$75  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Charles Shaw

### MAKE AND TAKE VALENTINE'S GIFT

Join me for an evening all about you! A make and take class where you will be able to make a massage oil and tea blend to take home for a special date night or relaxing night by yourself! Tea and treat samples will also be provided to participants.

DAY: Tuesday, February 11  
TIME: 6:00 - 7:00 pm  
FEE: \$15.00 per person or \$26.00 per couple  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Sara Holliday

### ALCOHOL INK PAINTING ON TILES

Learn how to paint beautiful art with alcohol inks! In this fun and creative workshop, participants will create one or two paintings to take home or give as gifts.

DAY: Wednesday, February 5  
TIME: 6:00 - 8:00 pm  
FEE: \$20.00  
LOCATION: Ledyard Middle School  
INSTRUCTOR: April Brunelle

### BALLOON CENTERPIECES

Learn how to make beautiful centerpieces out of balloons to brighten any party or room. Participants will be able to take home what they create.



DAY: Wednesday, February 12  
TIME: 6:00 - 8:00 pm  
FEE: \$20.00  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: April Brunelle

### KNITTING

Learn to knit or bring a project that you are working on or need help with. You will also learn how to correct any mistakes you make!

DAY: Wednesdays, 6 weeks  
TIME: 6:30 - 8:00 pm  
BEGINS: January 8  
FEE: \$12  
LOCATION: Board of Ed Building  
INSTRUCTOR: Dawn Barrasso

### HOW TO LOSE WEIGHT & FEEL GREAT WITHOUT DIETING

#### Body Heal Health Coaching Classes

Are you struggling to lose weight? Maybe you've gone on a diet and lost some weight, but as soon as you stop the diet, the weight creeps back on. How many of us have tried different diets with the hope of finding the right one that will work for us? I've had the privilege of coaching many weight loss clients, and what I have found is that diets don't work for long-term weight loss. You need a better approach. In this workshop, we'll explore why diets don't work and you'll learn tips, tools & techniques that you can use to lose weight naturally and keep it off. You'll also learn the top 3 foods that may be sabotaging your weight loss and what you can do about it.

DAY: Saturday, January 25  
TIME: 1:00 - 4:00 pm  
FEE: \$47  
LOCATION: Board of Ed Building  
INSTRUCTOR: Suzanne Healy, a certified Integrative Nutrition Health Coach

### HOW MONEY WORKS

A common sense guide to financial success. The fact is, you have the power to accumulate wealth. Many people who never earned a six-figure income become financially independent. How do they do it? Come and find out. Each family will receive FREE, the 30-page guide, "How Money Works."

DATE: Thursday, February 27  
TIME: 6:30 - 7:30 pm  
FEE: FREE, but you must register  
LOCATION: Ledyard Middle School  
INSTRUCTOR: Donald Wilson

### RETIREMENT PLAN SOLUTIONS FOR YOUR BUSINESS

If you are a small business and want to reduce the BOTTOM LINE while saving for retirement then this is a must class for  
**continued on page 26**

# New London County

## SEPTIC & EXCAVATION

860-536-0420 • [nlcountyseptic.com](http://nlcountyseptic.com)

Ledyard, CT



*We are a Ledyard Family  
Serving YOUR Family*




## SERVICES

- Residential/Commercial
- Septic Tank Pumping
- Septic Inspections
- Drain Cleaning
- New System Installations
- General Excavation
- Snow Plowing

Fully Licensed and Insured  
HIC #0638216 Installers #6021

Mention this ad when booking your appointment.  
When we pump out your tank, we will donate  
\$15 to Ledyard Animal Control.

**Smart Banking.  
Community Trusted.**



**COREPLUS CREDIT UNION**  
*cpou*  
 Smart Banking. Community Trusted.

860-886-0576  
800-724-0779  
coreplus.org

Groton • East Lyme • Waterford  
Norwich • Taftville • Plainfield  
Putnam & Brooklyn Walmart Supercenters

**NCUA**  
Equal Opportunity Lender

**Rocky's** ❄️  
*Landscaping* LLC

Residential & Commercial  
**860-215-6424**  
**LEDYARD**  
 Licensed & Insured

❄️ ❄️ ❄️  
**24 HOUR EMERGENCY CALLS FOR SNOW**

**Snow Plowing, Snow  
Removal & Ice Management**



**Other Services Include**  
 Mowing - Weedwacking  
 Leaf Removal - Spring/Fall Cleanup

✉️ rockyslandscaping1@gmail.com  
 f ROCKY'S LANDSCAPING LLC ❄️

## Parks & Recreation... continued from page 25

you. This class will profile least maintenance programs to the most maintenance programs available to all size small business of 0 to 100 employees.

DATE: Thursday, February 20, March 12 OR March 26  
 TIME: 6:30 - 7:30 pm  
 FEE: FREE, but you must register  
 LOCATION: Ledyard Middle School  
 INSTRUCTOR: Donald Wilson

### ABC'S OF INVESTING

Learn the ABC's of investing and three fundamental accounts most people need. Learn wealth building concepts and one of the most effective long-term investment vehicles available.

DATE: Thursday, March 19  
 TIME: 6:30 - 7:30 pm  
 FEE: FREE, but you must register  
 LOCATION: Ledyard Middle School  
 INSTRUCTOR: Donald Wilson

### MILITARY SPACE AIR TRAVEL

This program is open to all military, active and retired. This course is designed to teach Do's and Don'ts of military space air travel. You will learn how to use this benefit in the most productive way possible. As a military member, you, your spouse and eligible children, may use this service at no cost. A great benefit not often used due to fear of the unknown. This course will teach you what to expect and how to prepare for the unexpected. React with the Space A system in a way that gives you rational experience and reasonable expectations. At the end of this course you should be able to plan, schedule, and use this service benefit to your advantage.

DAY: Mondays, 3 weeks  
 TIME: 6:30 - 7:30 pm  
 BEGINS: February 10  
 FEE: \$25 per couple or \$15 per individual  
 LOCATION: Ledyard Middle School

DAY: Saturday, March 21  
 TIME: 12:00 - 3:00 pm  
 FEE: \$25 per couple or \$15 per individual  
 LOCATION: Board of Ed Building  
 INSTRUCTOR: Donald Wilson, Ret. regular traveler since 2004

### Darrell's Day Trips

All bus trips will depart from the Norwich Commuter Lot, Rt 82, Exit 11 off of I-395 and will travel rain or shine. No refunds will be given unless a replacement is found. We will travel rain or shine, with the exception of severe weather.

### BOSTON FLOWER SHOW & QUINCY MARKET or BOSTON ON YOUR OWN

As winter wanes, the Boston Flower and Garden Show will whet your appetite for the sumptuous joys of the season ahead. Revel in the life-sized gardens, intricate floral arrangements, and informative lectures. There is also a diverse marketplace offering thousands of plants and hundreds of the newest gardening products. Enjoy the first taste of spring while gathering the recipes and ingredients you'll need for this year's successful garden. You'll have the opportunity to also visit Faneuil Hall Marketplace and Quincy Market, where there are many shops and vendors to

browse. It's also a great place to grab a light snack or a full meal. Or, be adventurous and explore this wonderful city on your own. With so much history, and countless things to do, enjoying Boston at your leisure is a terrific way to spend the day!

DAY: Saturday, March 14  
DEPARTING: 7:30 am, Norwich Commuter Lot, Route 82, I-395 Exit 11  
RETURNING: 8:30 pm  
FEE: \$75 for the flower show or \$50 to spend the day in Boston

#### **NORMAN ROCKWELL MUSEUM & MAPLE SUGARING**

After what has been a long winter, it's just about now that cabin fever has taken its grip. Let's get out for the day on an excursion that will surely chase away those doldrums! We will visit the Norman Rockwell Museum and experience Rockwell's art, life, and legacy in his charming hometown of Stockbridge, MA. The museum is home to the largest collection of Norman Rockwell art, including beloved paintings from the Saturday Evening Post and the Four Freedoms. This tour is partially guided and partially on your own. Then, it's a short drive further north into the Berkshire Mountains where warm days and cold nights means it's maple sugaring time at Ioka Valley Farm. You can see the sap flow from the trees into the sugar house and learn about the sugaring process from a real sugar maker during his demonstration. For

lunch, we will taste the pure maple syrup on a delicious stack of homemade pancakes, which is complete with all the fixin's.

DAY: Saturday, March 28  
DEPARTING: 9:15 am, Norwich Commuter Lot, Route 82, I-395 Exit 11  
RETURNING: 7:00 pm  
DAY: Saturday, March 14  
FEE: \$99

### **Special Events & Activities**

#### **LETTERS TO SANTA**

Would you like your child to receive a personal letter from Santa? Drop your child's letter to Santa Claus in our North Pole Mailbox at the Parks and Recreation Office or mail it to:

**Santa Claus**  
c/o Ledyard Parks and Recreation Department  
12 Van Tassell Drive  
Gales Ferry, CT 06335

Santa will send back a personalized letter in time for Christmas. In order for Santa to have time to respond before his busy night, the letters must reach us by December 17th. Please make sure a **Return Address** is included so that Santa can answer your letter!

**continued on page 28**



### **Fitness Boxing for Teens and Adults / Kids Boxing Class Ages 7-12**

- Full body workout routine incorporating heavy bags and focus mitts. Cardio conditioning jump rope, core, TRX, pull ups, battle ropes, kettle bells and so much more.
- We will beat or meet any competitors price
  - Classes held 7 days a week, day and evening
  - Full staff of boxing instructors



**10% OFF ANY MEMBERSHIP**

**1663 Route 12, Gales Ferry Ct**  
**860-381-5057 / FaceBook - Main event boxing LLC**

## Parks & Recreation... continued from page 27

### DO YOU WANT TO BUILD A SNOWMAN?

#### Snowman Building Contest

There is SNOW reason to be bored and spend the day in front of your TV or on the XBOX when you have a snow day

and don't have school! Join in the festivities as you and your family enjoy quality time together as well as a little friendly competition. Snowman categories will include: best traditional, largest, most creative and most artistic.

DAY & TIME: TBD (*Obviously!*)

Check our Facebook page and the Ledyard Community Facebook page for more details.

## Ledyard Public Library



### Library Hours

#### BILL

860-464-9912

Monday - Wednesday 9-8  
Thursday Closed  
Friday - Saturday 9-5  
Sunday 1-5

Email: bill-lib@ledyard.lioninc.org

#### GALES FERRY

860-464-6943

Monday - Tuesday 9-8  
Wednesday - Thursday 9-5  
Friday & Sunday Closed  
Saturday 9-5

Email: gf-lib@ledyard.lioninc.org

DID YOU KNOW that Ledyard Library is a member of Libraries Online (LION)? LION is a consortium of over 30 libraries linked to a central database with over 2.5 million items. The information provided by this shared system allows our patrons to take full advantage of resource sharing between member libraries. In addition to books and media LION libraries share a digital e-book and e-audio collection as well as downloadable magazines. Library patrons can search in house or remotely for books and other materials and have access to their account to renew books or place holds. If an item comes from another library to satisfy a request it does not necessarily mean our library does not own a copy, but rather our copy is checked out but another library's copy is available. That copy will be used to fill the request so the patron gets it a little sooner.

### UPCOMING EVENTS AT LEDYARD PUBLIC LIBRARY

For more complete information and to register please visit:  
[www.ledyard.lioninc.org](http://www.ledyard.lioninc.org).

### Programs

#### ERIN JONES, AUTHOR OF TINFOIL CROWNS

Sunday, January 5 Bill 1:00 pm

Erin Jones, a 2006 graduate of Ledyard High School will speak about her first novel.

#### BUILDING A SKIN-ON-FRAME SEA KAYAK

##### Presented by Brian Cronin

Tuesday, January 14 Bill 6:30 pm

Brian will present what he learned from building a kayak for his daughter.

#### HEALTH & WELLNESS GUIDE TO ESSENTIAL OILS

##### Presented by Amy Major

Monday, January 27 Bill 6:30 pm

Learn how essential oils can help you find an oasis to well-being.

#### ESSENTIAL OILS: MAKE YOUR OWN ROLLERS

##### Presented by Amy Major

Monday, February 10 GF 6:30 pm

Make your own Essential Oil Rollers to support health, wellness, focus, calming, sleeping, allergies, aches or happiness!

#### LINKEDIN

Tuesday, February 11 Bill 6:30 pm

Learn how to use Linked in for job seeking and building a profile.

#### MEDICARE MADE CLEAR

##### Presented by Christy Bondos, AHIP Certified

Tuesday, March 10 Bill 2:00 pm

Learn basics of Medicare, including the different parts of the program, eligibility requirements and enrollment windows.

#### BOOK DISCUSSIONS

Ledyard Senior Center 10:30 am

Fourth Wednesday (except December)

Dec 18: *Winter Street* by Elin Hilderbrand

Jan 22: *An American Marriage* by Tayari Jones

Feb 26: *Eleanor Oliphant is Completely Fine* by Gail Honeyman

#### PRESIDENTS BOOK DISCUSSION

Second Tuesday GF 7:00 pm

January 14: Harry S. Truman

February 11: John Tyler

March 10: Woodrow Wilson

### Maker Activities

#### JEWELRY RESTRINGING & REPLACEMENT

January 25 GF 1:30 - 3:30 pm

Bring your necklace or bracelet for restringing or a new hook.  
(No soldering)

#### VALENTINE'S DAY DRAWING CARDS

##### With LeeAnn Graham

Wednesday, February 12 Bill 6:30 pm

Create Valentine's Day Greeting Cards using a variety of drawing techniques.

#### ACRYLIC PAINT POURING

Ages 12-17

Tuesday, February 18 Bill 1:30 pm

Calling all DIY crafters and artists!

## Monthly / Weekly Events

### COOKBOOK CLUB

First Tuesday of the Month GF 12:30 pm

### STOCK INVESTMENT DISCUSSION GROUP

First Tuesday of the Month GF 7:00 pm

### BEGINNERS STOCK INVESTMENT DISCUSSION GROUP

Third Tuesday of the month GF 7:00 pm

### TECH TUESDAY BILL & THURSDAY GF

Individual instruction on your own device  
2:15 and 3:00 pm

### MONDAY MATINEE MOVIES

Jan 13, 27, Feb 10, & 24 Bill 1:50 pm

### ADULT COLORING

Dec 4, Jan 22, & Feb 5 Bill 6:00 pm

### ONLINE GENEALOGY CLUB

Third Wednesday  
of the month Bill 7:00 pm

### INTRODUCTION TO 3D PRINTING & DESIGN

Dec. 11, Jan 6, & Feb 4 Bill 6:15 pm  
Learn the design features and functions of cloud-based 3D printing with Autodrop3D software.

### LEDYARD HISTORICAL SOCIETY OPEN ARCHIVE

First Saturday of the month Bill 9:30 am

## Family Activities

Ages 7 to adult

Chess Workshops (Saturdays)

Jan 11, 18, Feb 8, 15 & 22 Bill 11:30 am

### FLY TYING FOR EVERYONE (Saturdays)

Ages 8 to Adult

Jan 18, 25, Feb 1 & 8 Bill 1:30 pm

Learn about the basic tools and techniques needed to successfully tie flies.

### HIKE THE PINE SWAMP (Park at Queen Eleanor trail head)

Saturday, January 25 10:00 am

### HIKE THE AVERY PRESERVE (Park on East tract off Avery Hill Road)

Saturday, February 22 10:00 am

Ledyard Libraries and Avalonia Land Conservancy will cosponsor these 2 to 3 mile hikes. Please wear appropriate clothing and footwear.

## Children's Programs

### STORYTIMES February 3 - May 6

Registration begins January 13. Sign up online under "Children's

Storytimes" or call either library after 9:30 am.

Infant/Toddler (6-23 months)

Mondays Bill 9:30 am

Terrific Two's

Wednesdays Bill 9:30 am

Three-fives

Wednesdays Bill 1:00 pm

Tuesdays GF 9:30 am



### CODING CLUB

Ages 8 -13

Dec 5, Jan 9, Feb 6, Mar 5 GF 4:00 pm

Learn how to code with Ozobots

### TAKE YOUR CHILD TO THE LIBRARY DAY

Saturday, February 1

Mr. Magic Bill 11:00 am All ages

LEGO Junior Maker GF 1:00 pm Ages 4-8

## Friends of the Library

### FRIENDS MEETING

Tuesday, January 28 Bill 7:00 pm

Give us your input as we make plans for 2020.

### BUY ONE GET ONE FREE (BOGO) Book & Media Sale

Monday- through Saturday, Feb 24- 29

The Book Cellar at GF and Bill ongoing sale. Stock up for snowy days.



Let us Love Your Pets!  
**Smooch  
the  
Pooch**  
PET SITTING AND CANINE TAXI

860-464-7387 (PETS)



• Airport pickup • Pet 1st aid  
• Senior and Military discount  
• BBB certified with A+ rating  
• Serving Ledyard for over 10 years.

**Pamela C. Maher**  
Professional Pet Sitter ~ Ledyard, Ct 06339

www.smoochthepoochpetsitting.com  
email: smoochnpooch@gmail.com  
facebook page-https://www.facebook.com/smoochthepoochpetsitting

## The Hartford Whalers – Forever and Always

by Sigrid Kun



Longtime Whalers radio broadcaster Chuck Kaiton leads pre-game ceremony with Whaler Alums at Yard Goats Alumni Weekend. Photo courtesy Hartford Yard Goats.



The iconic logo is omnipresent. There are Hartford Whalers hats, t-shirts, and sweatshirts seemingly everywhere. It doesn't take much to get the conversation going. Bumping into someone with Whalers' gear spawns a trading of stories, a bonding moment full of laughs and nostalgia. Why do we still care so much, yearn for the past, and continue to hope for the future?

Alums like Chuck Kaiton, the beloved voice of the Whalers and John Forslund, former Whalers PR director/television broadcaster and now television broadcaster for the Carolina Hurricanes and NBC, provide some answers.

They fondly recall the Whalers as a pioneering organization that focused its efforts around the community and the fans. Together, they can compile a number of firsts: the first National Hockey League (NHL) team to earmark a charity as its own (the UConn Children's Cancer Fund); the first NHL team to have a team store right in the arena; the first NHL team to boast a blimp that dropped prizes and gift certificates to the crowd. Kaiton points out that the Whalers came up with the idea for a skills competition for the 1986 All-Star game held in Hartford. The team spearheaded youth hockey development that ultimately evolved into today's local elite programs. "We were ahead of our time," said Kaiton. "Speaking engagements, school visits. It cemented the relationship between the team and the community. The 1980s were a great period with a lot of innovation that has carried into today."

Forslund agrees. The tradition continued into the 1990s with events like the "Tip-a-Whaler" fundraiser (soon after adopted by the Kings) and Casino Nights (also later in vogue). "When we had PR and marketing meetings, we talked about programs with high schools and boys and girls clubs. It was grass roots." The community connection remains, he says, due to the hands on nature of the team.

The history is also special - beginning with the upstart World Hockey Association (WHA) to become the only U.S. based WHA team to enter the NHL in 1979. There are so many names and moments. Gordie Howe, of course. The playoff run in 1986. And there were the low moments. The Ron Francis trade in 1991. The ultimate heartbreak? The move to Carolina.

The Whaler passion endures. For the past three years, the Hartford Yard Goats host a Whalers Alumni Weekend. "It's terrific," says Kaiton. He, among other Whalers, attends every year. The weekend kicks off with tradition - visiting patients at the UConn Health Center. A luncheon on Saturday precedes the first pitch that is thrown out by the Whalers alumni. There is an autograph session.

The Whalers Booster Club continues a presence. Once down to 30 or so members it is 140+ strong.

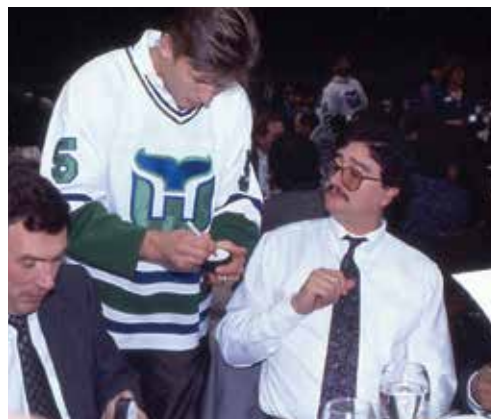
The club meets monthly. It provides for an annual scholarship for a CT student, organizes a trip to see at least one NHL game a year, and continues to hope for a Whalers return. "We do what we can to try to bring back a team," says Mark Anderson, a member since 2011. "Since we can't do it with money, we keep the name out there. We keep the spirit alive."

There are Whalers, too numerous to mention, still making a hockey impact. A few examples include; Joel Quenneville (Florida Panthers' coach), Dave Tippett (Edmonton coach), Ron Francis (Seattle GM), Mike Liut (agent), Ray Ferraro (broadcaster), and Mark Johnson (University of Wisconsin women's coach).

Both Kaiton and Forslund refer to the Whalers in terms of "we." Kaiton was there for the NHL start. "I was the luckiest person to be chosen and to broadcast from day one. I will never forget it. The relationships with management, the players, the fans ... so passionate. I really cherish the memories. 18 years - I wish it were 28 or 38." Forslund joined the Whalers shortly after the Francis trade. "We were doing damage control," he recalls. The ticket base went from over 11,000 to around 6,000." But there were still high moments. "We got through a lot of adversity. The fans came back. We wanted to be more competitive. The team was good enough to make the playoffs."

Forslund vividly recalls broadcasting the last Whalers game. It took him until a few years ago to actually watch. He wasn't sure he had done the moment justice. "It was the toughest thing I've ever done in my career," he notes. "How do you go on the air for the last game? There's no playbook for closing a franchise and leaving a city. How do you present that so it makes sense... is poignant. No one wanted to see it happen. We did [the broadcast] in the right way. You could feel the emotion of the fans."

As Kaiton puts it the Whalers years "were special years and it was a special place." The same goes for Forslund. "That's the one thing to convey, how special that time was... It was like family."



Ulf Samuelsson signing a hockey puck at the "Tip-a-Whaler" fundraiser. Photo by Diane Sobolewski Photography.

**10%  
DISCOUNT  
OFF WINE BY  
THE CASE**  
State Minimum  
Applies



# GALES FERRY SPIRIT SHOP

*Wishes You A Merry Christmas  
And Happy New Year!*

**Some of our featured sale product for December...**

## WINE

Santa Margherita Pinot Grigio 750 ML ..\$21.99  
Cloudy Bay Sauvignon Blanc 750 ML.....29.99  
Meiomi Pinot Noir 750 ML .....17.76  
Oberon Cabernet Sauvignon 750 ML .....19.99  
Josh Cabernet Sauvignon 750 ML .....12.99  
Kendall Jackson Chardonnay 750 ML .....10.99  
Apothic Wines (All Veritals) 750 ML .....9.99

*And wide selection of wines available  
for every day low prices...*

EGG NOG AND MANY GIFT PACK OF WINE AND  
SPIRITS ARE AVAILABLE FOR THE HOLIDAYS!

## SPIRITS

Macallan Rare Cask 750.ML.....\$269.99  
The Balvenie 21 Year 750.ML .....249.99  
Jack Daniels 175L.....42.99  
Titos 1.75L.....30.99  
Crown Royal Apple 175L.....39.99  
Grey Goose 750 ML.....29.99  
Bacardi,Skyy, Smirnoff 175L.....19.99

WE HAVE THE BIGGEST SELECTION  
OF CRAFT BEERS, BOURBON AND  
SCOTCH IN THE AREA... COME  
CHECK US OUT!

HOURS: Monday - Thursday 9 am to 9 pm / Friday & Saturday - 9 am to 9:30 pm / Sunday - 10 am to 6 pm

**1674 Route 12, Gales Ferry, Connecticut 06335**

In the "Ocean State Job Lot" Plaza

**860.464.2271**



LEDYARD EVENTS  
741 Colonel Ledyard Highway  
Ledyard, CT 06339

PRSR STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 155  
DEEP RIVER, CT

RESIDENTIAL CUSTOMER ONLY

# ***Buttermores*** LLC **Septic System Specialists**

GALES FERRY, CT • 860-464-8852  
**WWW.BUTTERMORES.COM**



**PROUDLY SERVING GALES FERRY,  
LEDYARD & NEW LONDON COUNTY**

- Septic Pumping • Real Estate Septic Inspections •
- Septic Repairs •
- Septic Installations •



**CALL TODAY!!  
860-464-8852**

Like us on Facebook

FULLY INSURED • CT HIC License #620261 • CT Septic License #5875