

Montville events

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Mayor's Corner

Dear Members of the Montville Community, Happy Summer Montville! As we move from spring to summer I look forward to continuing to pursue opportunities for economic growth & development in our town.

Over the past several years we have seen many changes in our town and though we have experienced some difficulties, we have experienced our share of successes as well! I would like to take this opportunity to sincerely congratulate all of our graduates

and wish each one of them safe, happy and successful futures. Hopefully they will return to us one day and become active members in the Montville community! Please be sure to stay tuned to the Town of Montville's website for important information and updates: www.townofmontville.org, and remember that my door always remains open.

Sincerely,
Ron McDaniel
Mayor, Town of Montville




Ronald K. McDaniel
Mayor, Town of Montville




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Senior & Social Services Department

Kathleen Doherty-Peck, Director

Dear Montville Community Friends,
I am very happy to again offer *The Montville Events Magazine* to our community. It is a great resource for our residents and presents all that our Town has to offer! Please look for the community events sponsored by many of the civic groups and organizations in our Town along with each of our Town Departments.

I am extremely proud of my Department and all we have to offer through each of the offices. I feel very fortunate to be able to enjoy what I do every day and I take great pride in the offices I run and the programs and services I am able to provide. Our Senior Center is busier than ever and available to our residents 60 and over. Our Social Services Office provides many services for our low-income Montville residents and those facing hardships and crisis! Please come and see all we have to offer. Wishing you a healthy & happy summer!

Sincerely,

Kathleen Doherty-Peck

Director of Senior & Social Services
Montville Senior Center

SENIOR & SOCIAL SERVICES STAFF

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

The Department of Senior & Social Services consists of two offices; the Social Services Office, designed to assist the general public and the Senior Services Office & Senior Center designed to assist the elderly population.

The Senior Center is located at 12 Maple Avenue, Uncasville and offers a wide range of services. Senior Services provide our elderly with information and assistance for relevant / pertinent issues. The primary function of the Senior Services Department is to provide assistance, services, referrals, and information to our elderly population and their families, as well as planning, administering, organizing, and supervising all programs and services within the Center. We provide a great many services along with recreational activities. We have an extremely active, busy Senior Center with a great deal to offer our Montville seniors; call 860-848-0422.

The Social Services Office is located in the Old Town Hall. (In front of current Town Hall). The Social Services Office offers the privacy needed for our low or no-income residents and those facing hardships and crisis. Confidentiality is of the utmost importance for our clients as we believe they deserve and need to receive services and assistance with compassion in a comfortable setting. The primary function of the Social Services Office is to provide immediate assistance and crisis intervention for Montville residents. We also provide weekly supplemental food assistance, direct social services programs, application assistance for state and federal programs, resources and referrals, and much more; call 860-848-0422.

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Senior Services & Center Programs



We have one of the best Senior Centers around because we have some of the best seniors around! We offer our programs and services for our Montville seniors, age 60+ for FREE! This is possible largely in part to the efforts of writing and receiving grants, donations, and the many internal fund-raising activities we have. I am very proud of our Montville Senior Center and all we have to offer. As you look through this magazine, you will see the numerous activities we have along with the many services we provide. I have a wonderful staff and wonderful volunteers. Senior Centers are vital to the elderly community and provide many recreational programs along with many other necessary services: social services (energy assistance, food stamps, Medicaid, SSI), Medicare, Medicare Managed Care, Medigaps, Medicare Savings Programs, Benefits Check, Renter's Rebates, general information & assistance, and many more. We also offer many health programs right at the Center to afford all of our seniors access to the necessary medical services they might not receive otherwise. I am always looking to add to our extensive list of activities and services and my goal is always to offer them for FREE for ALL of our Montville seniors! I am proud to be able to bring all that I can to our Montville seniors.

HEALTH PROGRAMS

HEALING TOUCH

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

MedRIDES and MedRIDES II

The Town of Montville Department of Senior & Social Services offers MedRIDE, a FREE transportation for any/all medical appointments for our senior residents. Doctor appointments, hospital tests & screenings, therapy, pharmacies, dentists, etc. Any medical related appointment. Call Ruthie @ 860-848-0422 for details and to schedule appointments. This program is free for our Montville Seniors; a donation box is located on the van for contributions. This program is supported by the Town of Montville and the Eastern Connecticut Area Agency on Aging with Title III funds made available under the Older Americans Act. MedRIDES II is the same type of medical transportation

program though it is a joint effort between the Town of Montville and the City of Norwich. Funds are provided by the State of Connecticut. Driver is located out of the Montville Senior Center. Appointments need to be made by calling the Norwich Senior Center at 860-889-5960.

HEALTH CLINIC

We offer a Health Clinic at the Senior Center on Tuesdays from 9:00 – 11:00 a.m. We have a visiting nurse come to the Center to perform blood pressure, blood sugar, and anemia screenings every week. We are also providing Healing Touch Services at the same time for those interested. All services at the Clinic are FREE – donation box is available for contributions. Call Kathie @ 860-848-0422 for details.

PODIATRIST

We have a wonderful Podiatrist, Dr. Thomas Walter, come to our Center once a month on Wednesday to perform routine foot care. Not a service normally covered by Medicare unless you are a Diabetic. Dr. Walter will perform routine foot care for a cost less than a regular office visit. This Program is free to Montville seniors. Funding for the program is provided by Title III funds made available through the Area Agency on Aging and the Town of Montville. Call Kathie for details and date of next visit.

EQUIPMENT PROGRAM

The Department of Senior and Social Services has medical equipment (i.e. wheel chairs, walkers, shower seats, commodes, etc.) available for our Montville residents on a loan basis. The equipment can be borrowed for any length of time and returned whenever finished. FREE program, a release form must be signed. Call @ 860-848-0422 for details.

MASSAGE THERAPY

Massage Therapy offers many health benefits (relief from arthritis, circulation, aids in digestion, etc.) Appointments are FREE to Montville seniors. Sign up is first come, first serve – one appt per month per senior as the schedule fills up and we have a waiting list each month. Don't miss out on this wonderful program. Sign up on the bulletin board. Call Kathie @ 860-848-0422 for details.

ALZHEIMER'S SUPPORT GROUP

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

HOSPICE SUPPORT GROUP

We have a volunteer from the Hospice Association that comes to facilitate a Hospice support group and activities. Please call the Center for next date and time. Confidential.

Continued on page 5

events

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Montville Rotary Club

The Montville Rotary Club just celebrated 20 years participating in and providing the food for the Relay for Life. We are proud to be a part of this great event. The Montville Rotary gives back to the community in many ways. We serve in the homeless soup kitchen, we provide \$3,000 annually in scholarships for Montville Seniors, we provide dictionaries to every third grade student in all of the elementary schools each year, we provide the Outstanding Student Awards in each of the schools, we provide funding to and participate in the Montville Social Services Holiday Basket Program, we deliver food to our senior citizens in Town, and we provide many other services. The motto of the Montville Rotary Club is "Service above Self"! Please consider participating in our next event, the annual Montville Race Day on Sunday, July 19th at the Camp Oakdale Pavilion. All Proceeds to benefit Montville Rotary Club Education and Literacy Programs. For more information contact: montvillerotaryct@gmail.com.

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Cover Photo - Montville Youth and Seniors at the Montville Town Hall. The children are: Antonio Brown, Alan Frank, & Amanda Peltier (front). Evelyn Bennett, Kayla Beebe, ArieAnna Simmons, Alea Rodgers, Grace Carlos, & Dessiray Taylor (back). Adults left to right: Barbara Meagher, Lucille Boltz, Emily Rodenburg, & Dian Audin.

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

HEARING CLINIC

We have a FREE hearing clinic on the second Thursday of the month (by appointment). Free hearing screening, hearing aid cleaning and screening and minimal ear wax removal. Call for details and/or to sign up.

ENHANCED BENEFIT PROGRAM

Offered every second and fourth Wednesday of the month at the Center, by appointment from 9:00 – 12:00 noon. The Enhanced Benefit Program is a program our social worker uses to see what all of the state/federal programs you might qualify for. Information on your current income is needed. This is done with confidentiality and privacy for you! Our social worker is funded by grant funds made available by Senior Resources with Title III funds.

APPLICATION ASSISTANCE

There are many programs and services available to our elderly population. Some are local, some State, and some Federal. Many times the applications for these programs and/or services can be quite lengthy and challenging for our seniors. If you need help in filling out these applications or you have questions on what service is available for you, please call Kathie at the Senior Center to make an appointment. Let's sit down and go over help, services & programs that might be available to you.

EXERCISE PROGRAMS



ZUMBA GOLD EVENING CLASS

Classes every Wednesday from 6:00 – 7:00 pm. Must be 60+ to participate, please register in front office during regular office hours – wear comfortable clothing and sneakers and have some fun! Come and join us for a new exercise program – ZUMBA GOLD Evening Class– specifically designed for senior citizens. Zumba Gold is the lower impact, easy-to-follow, Latin-inspired dance fitness class that will help keep you healthy while having lots of fun!

CARDIO EXERCISE

Mondays from 9:00 – 10:00 am. Classes are on-going; you can join at any time. Come get or stay in shape and healthy! Cardio is

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

STRENGTH TRAINING

Every Wednesday from 2:30 – 3:30 pm. Strength training increases muscle mass and also strengthens your bones, helps with weight management, provides relief from arthritis pain, lowers risk of injury, and improves cardiac health. No need to sign up; just wear comfortable clothing and sneakers, come on down and take charge of your health!

HEALTHY STRETCH

Every Thursday from 3:00 – 4:00 pm. Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life. Class is for anyone seeking to achieve the many benefits of stretching. Please wear comfortable clothing and sneakers to participate in class.

ZUMBA GOLD

Classes every Tuesday from 1:00 – 1:45. No need to sign up – just wear comfortable clothing and sneakers and have some fun! Come and join us for a new exercise program – ZUMBA GOLD – specifically designed for senior citizens. Zumba Gold is the lower impact, easy-to-follow, Latin-inspired dance fitness class that will help keep you healthy while having lots of fun!

BALLROOM DANCING

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

AEROBIC EXERCISE

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

TAI CHI

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

YOGA

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

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

LINE & COUNTRY DANCING

Come to the Center and have some fun! Line & Country Dancing taught on Thursday mornings from 9:30 – 11:00 a.m. Get some great exercise while having fun dancing! Please wear comfortable clothing and a big smile!

LINE & LATIN DANCING

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

OTHER PROGRAMS



ZENTANGLE

Art Class - Mondays, 5:30 pm– 7:30 pm. FREE. (Materials can be purchased day of class for \$10.00 kits or you can bring your own). Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. Learn to relax (the “ZEN” part) while creating beautiful, repetitive, design work (the “TANGLE” part). You will learn a variety of “tangles” (patterns) and combine them in your own unique way. It’s easy to learn, and the best part is that you don’t need to have any drawing skills to do this! Please register in front office during regular office hours.

BUCK-A-BOWL LUNCHEON

Our lunch program is very popular! Sponsored by the Montville Senior Center, we offer a luncheon special Monday - Friday. Soups, stews, pasta, salad, sandwiches, and more. No need to sign up. Lunch is 11:00 - 12:15 or while supplies last. The Montville Senior Center is Food Safety Certified and Licensed by Uncas Health District. Delicious homemade meals, great company, and you can’t beat the price! Join us for lunch. \$1.00 donation request.

DINNER & A MOVIE

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



ARTS & CRAFTS

We have Arts & Crafts at the Senior Center on Tuesdays from 12:30 – 2:00 pm. Learn new arts and skills or just come and have fun with a great group of people. Materials provided by the many donations we receive. We have a great bunch of seniors in our Arts & Crafts programs. Call Kathie @ 860-848-0422 for details.

PAINTING CLASSES

We offer three painting classes at the Senior Center. Mondays from 10:00 – 12:00 noon and Thursdays, two sessions: 10:00 – 12:00 noon and 12:30 – 2:30 pm. Even if you have never picked up a paintbrush before – come on down and get your name on the list as classes fill up fast being limited to eight people per class. You will love to learn and learn to love painting.

DRAWING CLASSES

Drawing classes are offered at the Center on Wednesdays. Two sessions to choose from: 10:00 – 12:00 noon or 1:00 – 3:00 pm. Come and learn techniques and develop your skills. Our Art classes are a great deal of fun, and no experience necessary.

COMPUTER CLASSES

Computer classes are offered on Mondays: 9:00 – 10:00 and 11:00 – 12:00, Tuesdays: 1:00 – 2:00 pm. Classes run for four-week sessions, though you are welcome to join at any time. Class topics change every four weeks. We have offered Beginners, Word, Excel, Internet, Photo, Free Forum, etc. Please contact Kathie if there is a specific program you are interested in. The Computer room is open and available at all other times and days that our Center is open for senior residents to come in and utilize and enjoy!

CREATIVE WRITING CLASSES

We offer Creative Writing Classes which run on 8 week sessions. They are once a week at the Center on Tuesdays at 10:30 – 11:30 am. You can join at the beginning of each session. Classes are very enjoyable.

CHORUS

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

HAIR CUTS

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

SENIOR CENTER SPECIAL EVENTS

OUR 2nd BBQ OF THE SEASON

Wednesday, July 29 from 4:00 – 6:00 pm. Join us for some Hot Dogs, Hamburgers, & more! Entertainment by DJ MAX! Dance or listen to some great music while enjoying our BBQ with great friends. Sign up on bulletin board if planning to attend.

OUR LAST BBQ OF THE SEASON

Wednesday, August 26 from 4:00 – 6:00 pm. Burgers, Dogs, & Kathie's Clam Chowder! Entertainment too! A great time with friends! Nothing like an afternoon out in the summer. Sign up on bulletin board if planning to attend.



ANNUAL FALL SOCIAL

Friday, September 25th from 4:00 – 6:00pm. Entertainment, Autumn-inspired menu, raffles, friends, door prizes, favors, and more! A wonderful dinner of Roasted Turkey, Savory Stuffing, Mashed Potatoes & more. Help us bring in the new season with a wonderful evening of food, friends, and fun!

TRIPS

Westchester Dinner Theater – Fox Tours - Coming in July or August – please call the Center for details on date and cost! Also, we will have our next three trips (Fall Foliage, Theater, and Christmas Trips) scheduled and listed in our Monthly Newsletter! Watch for details...

MONTVILLE COMMISSION ON AGING

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

GAP PROGRAM

The Montville Commission on Aging is proud to offer the Montville Guardian Angel Protection Program (GAP). The program is FREE for Montville seniors and disabled residents. The GAP Program is a daily reassurance telephone “call” program which can call participants at their designated date/time to detect if the person is “okay.” Call for details and/or to sign up for this very beneficial program.

CHICKEN SOUP PROGRAM

The Montville Commission on Aging is proud to offer the Chicken Soup Program, which is a “feel good” program designed to make a home-bound senior feel good and know that someone cares. If you are temporarily or permanently home-bound, or you know a Montville Senior that is, you may sign up for this program. One of our registered volunteers will come for a visit and bring a little “gift” to help brighten your day! Please call for details.

MONTVILLE SENIOR CLUB NEWS

The Senior Club has a Seven Member Board of Directors: Bob Bergdoll, Barbara Meagher, Helen Thomes, Kathy Bietchowski, Ann Edwards, Ellie Matajewski, and one OPEN spot.

CLUB MEETINGS

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

SPECIAL BINGO

Sponsored by the Senior Club / First Friday of the Month 12:30 – 2:30 pm. \$5.00 donation. The always popular Special Bingo! Snacks and beverages provided and lots of fun with some great people... the more, the merrier!

EXTRA SPECIAL BINGO

Club Sponsored / One Tuesday of the Month, 3:00 - 5:00 pm. \$5.00 Donation. Come join us with our Extra Special Bingo! Snacks & beverages too! Great way to spend a Tuesday afternoon. NO need to sign up - check newsletter for the Tuesday date each month.

TUESDAY GAME NIGHT

One Tuesday of the Month - Check monthly newsletter. 4:00 - 6:00 pm. Join us once a month for Game Night! We play BUNCO, BINGO, and many others! Sometimes we have dinner, sometimes we have snacks! Watch the monthly newsletter for each month's game and program - great way to spend a Tuesday early evening.

SOCIAL SERVICES

Monday – Friday * 8:30 – 3:00 pm. The Social Services Office is dedicated to supporting the individuals, families, and seniors of our Town in need.

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Social Services ... continued from page 7

We have a compassionate staff and volunteers that work hard to ensure we are doing all we can to help our low-income Montville residents and those facing hardships and crisis. We offer many services through our Social Services Office. I am very thankful to the wonderful staff and volunteers, and our wonderful Montville community residents and organizations that help us, and help those in need.

VETERANS SPECIAL FUND

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

SOCIAL SERVICES OFFICE

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



Student volunteers who regularly help with our Food Programs for Social Services.

FOOD BANK

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

on a weekly basis to supplement your food needs. We also provide emergency services. Come to the food bank, it is here to help you.

NEW COMMODITY SUPPLEMENTAL FOOD PROGRAM FOR SENIORS

As members of the Gemma Moran Food Center, the Montville Senior & Social Services Department is able to participate in a new commodities program for our elderly, 60+. If you are a senior in the Town of Montville and your annual income is \$15,301 (for a family of one) and \$20,709 (family of two) you can qualify for this great program. Once a month the Food Center will deliver a box of food filled with great staples (juice, cereal, pasta, powdered milk, & much more) along with a block of cheese to the Montville Food Bank for distribution. You must fill out an application (myself and staff can help with that) and include a copy of income to participate in program. Redetermination is only twice a year - food boxes are distributed monthly. If interested in this great new program, please call Robin @ 860-848-8820 or Kathie @860-848-0422.

CLOTHING BANK

Do you need that power outfit for your job or a job interview? Or do you need clothes for every day wear? Come to the Montville Senior & Social Services Clothing Bank. We have a seasonally stocked clothing bank located in the Social Services Building. We have everything; men's, women's, children's and baby clothing. Walk-ins welcome Tuesday - Friday from 8:30 - 3:00 pm. Let us help you.

HYGIENE BANK

The Department of Senior & Social Services has a hygiene bank available to help those in need. Soap, shampoo, toothpaste, toilet tissue are just a few of the items we have regularly in stock to help our needy individuals and families in town. Our Hygiene Bank is located in the Social Services Building - walk-ins are welcome.

APPLICATION & REFERRAL ASSISTANCE

The Department of Senior & Social Services offers application and/or referral assistance for many State and Federal & local Programs. Some applications can be confusing and intimidating. Let us help you. We can help you fill out the application, gather info needed to accompany application. Many programs are available for our residents in need, call for an appt. and let us help you. Any questions or for more information, please call 860-848-8820.

COMPUTER SERVICES

We have a computer for clients to use located in the Social Services Building. If you need access to a computer for job search, unemployment benefits, apartment rentals, etc. or maybe you need to update and print your resume, please come in and utilize this wonderful service. Instruction for resume building will be coming soon!

INTERVIEW ATTIRE PROGRAM

We have an Interview Attire Program that is full of the appropriate clothing needed to make your first impression a good one when going on a job interview! "You never get a second chance to make a first impression!" Come to the Social Services Building and ask about our Interview Attire Program! Robin will try to help to make sure you put your best foot forward and hopefully the opportunity of landing that job! If you would like to donate to this program, please bring items to the Social Services Building.

SPORTS CLOSET PROGRAM

We are close to having a stocked SPORTS CLOSET within our Social Services Office to afford all of the children in our Town the equipment needed to participate in their designated sport. Do you have children that have out-grown their uniforms, cleats, shin guards, team jackets, etc. or try a sport for the first time and decide that it's not for them! Or maybe you have an old (in good condition) Montville Jacket that no longer fits? If you have any, or know a family that does, would you consider donating these items to our new SPORTS CLOSET PROGRAM for a bi-annual "SALE" to help support our Social Services Office? Items will be "sold" for a donated request (\$1.00, \$2.00, etc.) and help many families get these items for a considerably low price while helping to support the Social Services Programs. (Families not able to afford donation request will receive items for free.)

"POSITIVE THOUGHTS" SUPPORT SERVICES

I am very close to completing the grant process and additional steps needed to be able to offer our new "Positive Thoughts" Support Services Program. Designed to help those in need feel good, deal with life's changes, and address other mental health needs. The Positive Thoughts Program, will provide a licensed clinician to work one-on-one with our residents along with facilitating group support services. Our program will be

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at 860.767.9087

available for seniors at the Center and our under 60 residents in the Social Services Office. This valuable program will be FREE to our Montville residents! Call Kathie the Director @ 860-848-0422 for details.

FREE BACK TO SCHOOL BACK-PACK PROGRAM

The Social Services Office will supply a Backpack filled with all of the items needed for a Montville child to return to school prepared and ready to go! Backpacks will have age appropriate items: paper, pens, crayons, rulers, notepads, etc. If you have a child / children and would like some help with a Backpack and items needed to start the school year off right, please call the office at 860-848-8820 to sign up. Please give ages, gender of children in need of a Backpack. If you would like to donate items, please drop off at Senior Center. Last day to sign up is August 14, 2015. Backpacks will be distributed between Wed - Fri. August 19-21st.

MONTVILLE SOCIAL SERVICES JOB BANK

If you are unemployed or underemployed, come and register with our Social Services Office for our "JOB BANK" program. This is a great program with many opportunities listed. Please stop in to view the postings and continue search for opportunities. Some of our clients have already obtained employment through this program! We can help you with the search and we are updating our folder with the available employment opportunities weekly! Call Robin @ 860-848-8820 for details.

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rob@technetcomputing.com
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860.740.0328

Raymond Library

832 Raymond Hill Road, Oakdale, CT 06370
860-848-9943

HOURS

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

PRE-SCHOOL STORY TIME

Raymond Library will begin their free pre-school story time on Tuesday, September 8 at Raymond Library. Story Hour is held for all Montville children who are 3 - 5 years old. Stories are read to them and they do age-appropriate crafts. Tuesday at 2:00 - 2:45 pm, and Thursday at 10:30 - 11:15 am.

The Montville Education Foundation

The Montville Education Foundation raises funds through community events and direct mailing to provide unique educational opportunities to learners of all ages.

The MEF Prize Patrol awarded three grants in June 2015. \$2,000.00 to Montville High School to form the MHS Guitar Class and purchase guitars and guitar cases. The students will become "ambassadors" to the Middle School where they will conduct

demonstrations and perform concerts. It is anticipated that the program will be expanded to the Middle School. \$1,395.00 to Montville High School to purchase 5 Vernier Dynamics Systems to be used in physics courses allowing students to perform high-quality experiments that relate motion to fundamental physics principles. \$2,539.48 to Tyl Middle School to expand the Video Production Club with the purchase of tripods, dollies, memory cards for

cameras, and new HD video cameras. It is anticipated that the films produced would be premiered at an event open to the community. Our next fundraiser is a Rascal Flatts Sky Box concert on October 10, 2015. Visit us on Facebook or www.montvilleeducationfoundation.org for more information.

Montville Race Day

SUNDAY, JULY 19

At Camp Oakdale Pavilion; 75 Oxoboxo Dam Road, Oakdale, CT. Sponsored by Montville Rotary Club and Montville Parks & Recreation. ALL proceeds to benefit Montville Rotary Club Education and Literacy Programs. Race Day includes: Kids Fun Run at 8:15

a.m., Open 5k Run/Walk at 8:45 a.m., 28th Annual Master Blaster 10k at 9:00 a.m. For more information, contact the Rotary Club at montvillerotaryct@gmail.com, and / or the Montville Parks & Recreation Department at 860-848-3030, ext. 380.

Town of Montville Public Works

Transfer Station & Recycling Information
860-848-0401 / 860-848-9411
669 Route 163
(At Intersection With Chesterfield Road)

HOURS

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

CLOSED on the following Holidays

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

CURBSIDE RECYCLING - HOLIDAYS

If your recycling day falls on one of the holidays it will be a day later. New Year's

Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and Christmas Day. For example, Monday will be picked up on Tuesday and Friday picked up on Saturday.

PRICES FOR STICKERS:

\$45.00 for 60 and over
\$55.00 for 59 and under
Day Pass: \$3.00 per trip passes are available for household garbage at the Transfer Station.
(Montville residents only)

Parks & Recreation

Letter from the Director, Peter Bushway

Hi Montville!

I hope your summer is providing you with ample opportunities to get outside and have some fun. This edition of the Montville Events Magazine has plenty to offer. Be sure to look at what we have to offer such as Judo, Karate, Gymnastics, Dance, Yoga, Golf, and Music Class. The next few months mean school will be starting and fall activities are gearing up so be sure to get involved with a program or two with us or one of the other youth

groups in town. We have them listed on our information page. We also have our Special Events coming in October. Check out our “Trick or Trunk”, Pumpkin Decorating and “Scarecrow Village Events”. They are all great fun and best of all they are FREE!

Be sure to read about these within this edition of Montville Events. Keep up with the latest happenings on our Facebook page or register for a program online at

www.townofmontville.org.

Click on departments, then Parks and Recreation, and then on the WebTrac icon. This will bring you to our program registration page where you can safely and securely register for programs with a debit or credit card. The system is in real time so there is no delay. A receipt is ready for you immediately. It is a great time saver.

Pete Bushway, CPRP
Director of Parks and Recreation

Parks & Recreation / Contact Information

Montville Parks & Recreation Department
310 Norwich - New London Tpke.
Uncasville, CT 06382
(860) 848-3030 Fax: (860) 848-8703

REGISTRATION INFORMATION

Register for all Parks & Recreation programs at our office located at the above address. Office hours are 8:00 am – 4:30 pm. Payment is due upon registration. Checks can be made payable to Montville Parks & Recreation. Register in person, online or by mail; receipts will be mailed promptly. Program and registration information can be located on Town’s website at www.town-ofmontville.org. Simply go to Departments & Services, “Parks & Recreation”, then WebTrac icon for all program information. Don’t forget you can register online.

REFUNDS - Full refunds will be given for any program canceled by the Recreation Department. Participants withdrawing from a program are entitled to a one hundred percent (100%) refund if canceled prior to the first meeting of each program. A refund of fifty percent (50%) of the program fee will be given after the first meeting of the program. The Parks & Recreation Director, at his discretion, may arrange for other refund options on a case-by-case basis.

OVER/UNDER ENROLLMENT POLICY

Programs have a minimum and maximum enrollment. If the class does not reach the minimum size required, the class will be canceled. A waiting list may be established for fully enrolled programs. One week prior to the start of a class is when it is determined whether to cancel a class or not. Please don’t wait until the last minute to register.

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

PHOTO POLICY - Any photograph taken of any participants of the Montville Parks & Recreation Department programs or activities may be used for publication or advertising materials such as facebook and print media. Any participant not wishing to have a photograph of them used must submit in writing not to be photographed at the time of registration.

DEPARTMENT STAFF

Recreation Director – Peter Bushway Ext. 321
Administrative Assistant - Carol Bunnell Ext. 322

Parks & Recreation Commission Members

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

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

Montville Police Department

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

Continued on page 12

Parks & Recreation ... continued from page 11

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

OTHER PROGRAM OPPORTUNITIES

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

Parks & Recreation Programs

Dance

Instructor Lana Davison. Dance class for ages three and up. This program introduces instruction to students in their dance experience. Fundamentals and terminology of dance are learned leading to a future recital dance performance in June. Program session runs for eight weeks. Classes are held at the Fair Oaks Community Center located at 836 Old Colchester Road, Oakdale.

LEVEL 1 - Classes are for children age five and in kindergarten and up. Dance level is beginner to two years of dance in that subject.

LEVEL 2 - Classes are for children eight years and up with the minimum 2 years of dance in subject level. Classes are continuous learning from Level 1 and at a faster pace than Level 1 classes. Miss Lana reserves the right to move children to another level based upon skill and experience.

Clothing and shoes for classes are as follows:

3 YEAR OLDS - Wear pink ballet slippers, any leotard of choice or flexible clothing.

4 YEAR OLDS - Wear black tap shoes and pink ballet slippers any leotard of choice or flexible clothing.

BALLET CLASSES - Wear pink ballet slippers, leotards of choice and tights. Ballet skirts are permitted.

JAZZ/HIP HOP - Wear black jazz shoes or black ballet slippers, leotard of choice or flexible clothing.

LEVEL 1 TAP - Wear black tap shoes, leotard of choice, or any flexible clothing.

LEVEL 2 TAP - Wears black tap shoes with soundboards; must buy these from a dance supplier. Mary Jane or tie up may be worn, leotard of choice or flexible clothing.

No Dresses, Jeans or Outside Clothing Allowed for Classes.

Please have a Bag for Children to Change Shoes During Class. **TAP SHOES** can be found at Allaboutdance.com or discount-dance.com. Again there are local stores in area that sell shoes and leotards.

CAMP OAKDALE PAVILIONS AND FAIR OAKS RENTALS

Have your next get together at one of our facilities. These are great places to hold your event. Contact our office for availability and fees.

WEATHER CANCELLATIONS

In case of inclement weather, cancellations will be posted on our Facebook page, aired on Channel 3, and several local radio stations. You can also call the office at (860) 848-3030 Ext. 380 during office hours.

SATURDAY CLASSES

Minimum of Six per Class / Maximum of Twelve per Class
 Sessions will run from Saturday, September 12th to October 31st
 Residents \$40.00 / Non-Residents \$45.00
 Registration opens Monday, August 24th

Program #112021M	Intro to Ballet 3 yr olds	9:30 AM – 10:15 AM
Program #112021N	Combo Class Tap/Ballet 4 yr olds	10:15 AM – 11:00 AM
Program #112021O	Level 1 Tap 5 yr and up	11:00 AM – 11:45 AM
Program #112021P	Level 1 Jazz/Hip Hop 5 yr and up	11:45 AM – 12:30 PM
Program #112021Q	Level 1 Ballet 5 yr and up	12:30 PM – 1:15 PM
Program #112021R	Level 2 Tap 7 yr and up	1:15 PM – 2:00 PM

MONDAY CLASSES

Minimum of Six per Class
 Maximum of Twelve per Class
 Sessions will run from
 Mondays, September 14th to November 9th
 Residents \$40.00 / Non-Residents \$45.00
 Registration opens Monday, August 24th

Program #112022G	Tap/Ballet Ages 4 years old	4:15 PM – 5:00 PM
Program #112022H	Jazz/Hip Hop Ages 7 & Up	5:00 PM – 5:45 PM
Program #112022I	Level 1 Ballet 7 yr and up	5:45 PM – 6:30 PM
Program #112022J	Jazz/Hip Hop 10 yrs and up	6:30 PM – 7:15 PM

New London County Judo

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

\$30/Residents & \$35/Non-Residents

Schedule as Follows:

Mondays - September 14th to November 30th

No classes - October 12th or November 2nd

BEGINNER AGES 5 TO 8 YEARS - Two times to choose from:

4:30 - 5:30 pm, Program #171051G, and 6 - 7 pm, Program #171051H.

BEG/INTER AGES 9 TO ADULT / 7 - 8:30 pm, Program #171051I. Fridays - September 18th to November 20th.

INTER AGES 9 AND UNDER / 6 - 7 pm Program # 171051J

ADVANCED - 12 years and under. 7-8:00 pm, Program # 171051K.

13 YEARS AND OLDER - 7-8:30 pm, Program #171051L.

Gymnastics

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

AGES FOUR - SIX - Child must be able to follow basic instructions such as standing in line. Designed to refine motor skills, learn the basics, develop better coordination and socialization skills.*

BEGINNERS - Recreational beginner program for young gymnasts with a desire to learn gymnastics, the objective is specifically to improve tumbling, strength, increase flexibility, skill development and build self-esteem. Ages 5 years & up.*

INTERMEDIATE & ADVANCED - Program for intermediate and advanced gymnasts with a desire to learn gymnastics, the objective is specifically to improve tumbling, strength, increase flexibility, skill development and build self-esteem. Must be able to do a bridge kick over and pull over on bars. Progression from Beginners and Intermediate program. Ages 7 years & up.*

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

Residents \$55 / Non-Residents \$65. Minimum of five required for each class. Registration opens 7/20/15

Thursday 8/13/15 -10/1/15

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

Tuesday 8/11/15 -9/29/15

18 Months - 3 Yrs	4:00 - 4:30 PM	#112102K1
Beginners	4:30 - 5:30 PM	#112102M1
Beginners	5:30 - 6:30 PM	#112102M2
Intermediate	6:30 - 7:30 PM	#112102N1

NEXT SESSIONS

Registration opens 9/14/15

Thursday 10/8/15 -12/3/15

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

No Class November 26th - Thanksgiving

Tuesday 10/6/15 -12/1/15

18 Months - 3 Yrs	4:00 - 4:30 PM	#112102P1
Beginners	4:30 - 5:30 PM	#112102R1
Beginners	5:30 - 6:30 PM	#112102R2
Intermediate	6:30 - 7:30 PM	#112102S1

No Class November 3rd - Elections

Golf Lessons

Open to resident/non-resident Youth and Adults ages 8 to adult. Five one-hour lessons will include all facets of the game, including basic rules and etiquette. Covers grip stance, posture, backswing, follow thru, sand shots, downswing, chipping and putting.

Continued on page 14

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Parks & Recreation Programs ... continued from page 13

Lessons will also cover information regarding equipment. Clubs required are 3-Wood, 7-Iron, Pitching Wedge and Putter. Equipment will be made available if needed. Lessons will be held Great Brook Golf Center, Route 184, Groton. Instructor: Chris Hedden. Each person buys a small basket of golf balls for each lesson. A small bucket costs \$7
Fees: Residents - \$110/ Non -Residents - \$120

Deadline for registration is August 24th

Schedule as Follows:

Adult	Sept 1 to Sept 29	Tuesday 6PM – 7PM	Program #171023R
Adult	Sept 14 to Oct 12	Monday 6PM – 7PM	Program #171023S
Adult	Oct 1 to Oct 29	Thursday 6PM – 7PM	Program #171023T
Adult	Oct 7 to Nov 4	Wednesday 10AM-11AM	Program #171023U
Adult	Oct 7 to Nov 4	Wednesday 5PM – 6PM	Program #171023V
Women Only	Sept 14 to Oct 12	Monday 5PM – 6PM	Program #171023W
Youth	July 11 to August 8	Saturday 11AM – 12PM	Program #171023N
Youth	July 12 to August 9	Sunday 11AM – 12PM	Program #171023O
Youth	Sept 12 to Oct 10	Saturday 11AM – 12PM	Program #171023P
Youth	Sept 13 to Oct 11	Sunday 11AM – 12PM	Program #171023Q

Traditional Shotokan Karate-Do

This class explores the fundamental principles of traditional Japanese Karate. Character development for all students will be stressed. Respect for self and other is at the heart of all training. Control is a focal point for all decisions made, both physically and mentally. Students will learn strong stances, good posture and correct form of basic techniques according to the Japan Karate Association. Students will develop balance, coordination, speed, focus and control through spirited training of blocks, punches, kicks and strikes.

Instructor: Andrew Bakoleadis, 24 years training, 4th degree black belt. Additional Instructors: John Listorti, 26 years training & Abby Barrera, 10 years training, both with 3rd degree black belts
All classes held at JKA Montville, LLC located at 1242 Old Colchester Rd – Oakdale Pizza Plaza.

Monday Class Only: Resident/\$40 Non-Resident/\$45

Aug. 10 – Oct. 5th

Tuesday and Thursday Class Only: Resident/\$60 / Non-Resident /\$65.

Eight Week Session - Aug. 4th – Sept. 17th

Classes begin week of August 3rd

Program #	MON	TUES	THURS	MIN/MAX
#111061A Beg Ages 4-5	5:00 – 5:30pm			4/8
#111061B Beg Ages 5-9			4:45 – 5:30 pm	4/8
#111061C Beg 10 & Up		6:30 – 7:30pm	6:30 – 7:30pm	2/12
#111061D Inter. 6-12		5:30 – 6:30 pm	5:30 – 6:30 pm	2/12
#111061E Inter. 10 & Up	5:30 – 6:30pm		6:30 – 7:30pm	2/8

Belt test and tournaments also through JKA Montville, LLC
Students will test for belt rank at end of each session. Students may also elect to participate at special training seminars and/or compete at special periodic events during session for an additional cost. Visit www.jkamontville.com for additional information.

Early Childhood Music Class

Children ages birth to 5 years old. Early childhood music classes will provide a meaningful musical experience for children and families. Babies, toddlers and pre-schoolers will participate in musical experiences that involve singing, expressive movement, games, creative play, vocal exploration, and instrumental play. A great variety of musical styles and genres will be the basis for the classes. Caregivers will be an integral part of each class and will learn how they can incorporate music into their daily routines with children. Early childhood music classes can develop and foster children's musical literacy and a life-long love for music. Musical learning also facilitates a child's development in the area of language, motor, cognitive and social skills.

Minimum of 5 children needed / Maximum of 12 children

Instructor: Nicole Clarke. \$30/Residents or \$40 Non-Residents

Class: Tuesdays (5 weeks) at Fair Oaks Community Center, September 15th – October 13th, 9:00 am to 9:45 am.

Program: #114041A

Moderate Level Hatha Yoga

This class includes postures to increase flexibility, strength and vitality. Breathing practices to still the mind, improve concentration and reduce stress, and deep relaxation to restore balance and rejuvenate. The hour and fifteen-minute class will include a short meditation at the end. Please be sure to bring a comfortable pad, mat or towel for use on the floor. Minimum of 10 participants needed. Instructor: Rosemary Gentile.

\$90/Resident or \$100/Non-Resident.

Class: Wednesdays (10 weeks)

Location: Murphy Elementary School Cafeteria

Time: 5:30 pm – 6:45 pm. Program #143021A.

September 9th – November 18th.

No Class November 11th.

Montville Youth Basketball

Our Youth Basketball Program takes place beginning in mid to late November and continues until the end of February or beginning of March dependent on weather. The program is

for children in grades 3-9. More information will be sent home through the schools in October and in our next Montville Events Magazine that comes out mid-October. Volunteer coaches are always needed at every level.

Community Bulletin Board

Summer Sizzler Concert

Featuring *Wicked Peach*

Montville Parks & Recreation is planning a big outdoor summer concert featuring *Wicked Peach*. The concert will take place on July 25th at 6 pm, on the football field at Camp Oakdale, 176 Meeting House Lane. Come and enjoy the free music. Bring a chair or blanket, friends and family. Food vendors will be on site. Plenty of parking.

4th Annual Trick or Trunk

Be on the lookout for our Annual Trick or Trunk Event on Saturday, October 24th at Tyl Middle School.

Registration will begin September 8th. Candy collection drop off locations will be set up around town to assist those who decorate their trunks for the event.

We need your support to keep this event going.

Is Your Smartphone Hurting You?

Remember when your parents would always yell at you to “sit up straight.” Or see if you can “walk with an apple on your head without dropping it?” It may have seemed like a hassle but they were helping us to develop good posture. Most adults and children sit, looking down, at their I-phones, I-pads and video games in their laps. We spend two-four hours a day on our devices on average. Our heads weigh 10-12 pounds. Gravity, plus poor sitting posture, leads to an increased gravitational pull on your neck

of about 60 pounds. That is four adult sized bowling balls, six bags of groceries, or an eight year old child sitting right on top of your head!

Children suffer most. Kids under age 18 spend the most time on their devices texting. As many as 2800 text per month are being reported! Neck and low back pain are developing as a result of this bad posture and has been termed “text neck”. This means that their spines, which are still developing, are in serious jeopardy for pain. If left untreated, “text neck” can lead

to severe health problems such as heart and lung disorders. Having a Doctor of Chiropractic X-ray your family’s spine is the first step in determining if you are suffering from the effects of “text neck”.

So limit yours and your kids’ screen times and get them to practice that “apple balancing walk” instead!

Dr. April Little
LifeForce Chiropractic

Halloween Pumpkin Decorating & Scarecrow Village

HALLOWEEN PUMPKIN DECORATING



Free event! Sunday,
October 25th 1pm at Fair
Oaks Community Center
Limited to the first 50
registered / For Ages 12
and under / Montville
residents only. Come

decorate your very own pumpkin. No carving of pumpkins will be done at the event. We will provide the pumpkins and decorations; you provide the inspiration and talent!

There will be a random prize drawing of a gift card for those children decorating a pumpkin.

To reserve a spot, please call the Parks & Recreation 860-848-3030 x 380, or email Pete Bushway at pbushway@montville-ct.org with child’s name, address and age to be added to the list. Deadline is October 23rd

LET’S BUILD A SCARECROW VILLAGE!

Inviting young and old alike! Put those leaves to good use and build your own scarecrow. Dress it up in a creative way. Size of scarecrow limited to a maximum of six feet tall. Challenge your neighbors and friends to see who can create the best scarecrow. Stakes to display scarecrows will be provided by Parks & Recreation.

When: Register before October 8th

Where: Register at Parks & Rec office or on-line.
FREE! Bring your completed scarecrow to the Public Safety Building on Sunday, October 11th between the hours of 1:00 pm and 3:00 pm

Who: Any Montville resident.

Program #466021A

Scarecrows will be displayed until Monday, Oct. 19th. Get in on the fun, be creative, get involved! Prizes awarded for best scarecrows.

860-848-3030 x 380 for more information.



Montville Parks & Recreation Department
310 Norwich- New London Tpke.
Uncasville, CT 06382
Phone (860) 848-3030 Ext. 380
Fax (860) 848-8703

First Name _____ MI _____ Last Name _____

Date of Birth _____ Male _____ Female _____ Email Address _____

Address _____ City _____ State _____ Zip Code _____

Home Phone _____ Cell Phone _____ Other _____

Program Name _____ Code # _____ Cost \$ _____

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

Comments _____

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

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

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

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

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

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

Parent/Legal Guardian Signature _____ Date _____

Montville Parks & Recreation Department

Montville Youth Services

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

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

Hello Montville Residents & Families,
Happy Summer Montville! Welcome to another edition of the Montville Events Magazine!
You have received this magazine in your mailbox so that you can be well informed of all of our scheduled programs, events, and services.
Be on the lookout this summer for some of our new community wide awareness campaigns!
Once again we would like to thank you for all the support, dedication, and kindness so many of you have shown MYSB for over 26 years, it is deeply appreciated. Have a safe and sensational Summer Season! Please give us a call anytime or visit our website www.montvilleyouth.org or Facebook Page to catch up on all the happenings at MYSB!

Best Regards ~ Barbara

Barbara A. Lockhart, MS
Director of Youth Services, Town of Montville
President Connecticut Youth Services Association

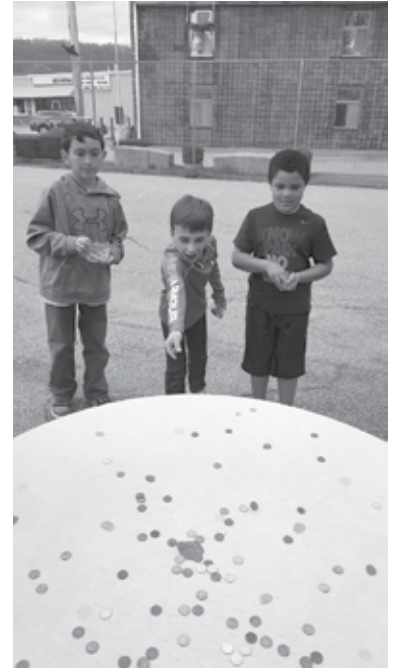
"The Montville Youth Service Bureau is committed to developing, then implementing effective, accessible programs and support services. We are dedicated to achieving positive outcomes for the youth and families in the Montville Community, and promoting overall family health. We will accomplish our goals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

Staff

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

Montville Youth Advisory Board

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



Montville Youth Service Bureau Programs

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

*Due to the increased interest in our After School Program, we have a waiting list in place. The ASP is a fee based program. There will be a \$115 registration fee assessed each year your child is in the program. A \$25 non-refundable deposit is due at the time of registration in the program. The remainder of the balance is due 90 days from the original registration date. Parents with more than one child in the ASP will adhere to a tiered payment plan: 1st child- \$115, 2nd child- \$85, 3rd child-\$55, 4th child- \$25. (Parents who have a child/children placed on the waiting list will not be required to pay the ASP fee until a spot opens in the After School Program.)

Montville ASP operates as a latch key prevention program for Montville students in grades 4 – 12. Students who attend the After School Program can choose between a wide variety of recreational and educational activities. Such Activities include: supervised homework help, computer access, outdoor recreational activities, pool, air hockey, video game systems and much more. The After School Program offers students occasional trips and special activities throughout the year. Completed registration forms must be dropped off in person. All forms are available on our website www.montvilleyouth.org. Faxed copies of the forms will not be accepted. If you would like more information you can stop down between the hours of 9:00 am and 2:30 p.m. Please contact us for more information. To inquire about placement on the waiting list, please dial ext. 112.

Summer Center / Monday-Wednesday-Friday
Monday, June 22nd – Friday, August 14th

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Montville Youth Services ... continued from page 17

8:30 am to 5 pm. Please contact the Center for more information regarding a spot. Summer Center is open to all Montville Youth entering grade 7 and higher. There are 30 spots available on a first come, first serve basis. Total cost is \$375 per child; a \$175 non-refundable deposit is required at time of registration, includes 1 trip per week (with lunch). Scholarship spots are available, you MUST contact the office PRIOR to Registration to discuss eligibility requirements.



Montville Youth Action Council – MYAC

Montville YAC's mission is to provide opportunities for Montville Youths, in grades 6 through 8 to develop and promote responsibility, cultivate leadership skills, develop an interest in the community, and foster empowerment and positive social development through active participation in the formation, coordination, and delivery of community service projects, as well as social and recreational activities. Joined by high school mentors and MYSB staff this program offers students an opportunity to "give back". Montville YAC's past projects include a Police/Youth Memorial Bench Building Project, our Annual Penny Drive, which has raised money for Montville Social Services, Habitat for Humanity, Hurricane Katrina and so much more! New applications for the 2015-2016 YAC are now being accepted. Contact Kimberly for more information at Ext.112

Parent Action Council- PAC

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

Counseling and Referral

Confidential, short-term counseling is available to Montville youth and families, on a family income adjusted fee scale. Our counselors focus on personal needs and concerns, and the dynamics of relationships between parents and children, siblings, and peers. In addition we offer information and support to parents, children, and all family members. We also offer referrals for families and individuals who may require other services we cannot provide. Contact Barbara (Ext 116) or Darin (Ext 111) for more information.

Hire-a-Teen

This job placement program matches youth with residents who need assistance with such tasks as yard work, housework, babysitting, mother's helper, elderly help, snow shoveling and pet sitting. Participating communities include: Bozrah, Chesterfield, Montville, New London, Norwich, Salem, Quaker Hill, and Waterford. Applications need to be filled out and returned in person by anyone interested in utilizing the services and any youth



who are interested in being part of our Hire-A-Teen Program. For more information contact Dianne, Ext 113, between the hours of 9 am and 2:30 pm.

Volunteers and Internships

Montville Youth Service Bureau welcomes energetic people to volunteer, during the school year, in our After School Program. We are looking for people to volunteer on our playground, with homework assistance, arts and crafts projects and mentoring. We are also looking for local High School juniors and seniors who are willing to provide homework assistance to our participants. We ask our volunteers to make a commitment of at least one day a week throughout the school year. We are also looking for local High School juniors and seniors who are willing to provide homework assistance to our participants. Please contact Kimberly with any questions or if you are interested in giving back to your community.

Internships & Service Learning

Opportunities for Internships and Service Learning are available for those that are pursuing their education in the fields of Human Services, Psychology, Sociology, Criminal Justice, Social Work, and Education. Please contact MYSB for more information.

Parent-Toddler Play Group

Birth to Five Years / Tuesdays and Fridays
Fair Oaks School / 10:30 am to noon
This program does not meet in the summer. Program will resume in the fall. MYSB sponsors a Parent Toddler Play Group which takes place at The Fair Oaks Community Center in Oakdale. The program meets from September through June. Please contact MYSB for further program information on how to get involved.

MYSB Events

Six Flags New England Tickets
Available at MYSB Monday- Friday
9 am to 5 pm.
Tickets for Six Flags New England are available at MYSB for a discounted price



of \$43. (\$59.99 at the gate & \$41.99 online)
 Checks preferred, cash accepted.
 The tickets are good for ANY ONE day during the 2015 season! Give us a call or stop in! Save yourself a little money and support a good cause, MYSB Programs!

Pancake Breakfast

Mohegan Fire House / 8 am-noon
 Date: October 2015
 Tickets are \$6.00 for Adults; \$4.00 for Seniors and Kids under 12. Tickets may

be purchased in advance and are also available at the door.

www.montvilleyouth.org or "LIKE" Us on Facebook

Throughout the year, MYSB regularly posts helpful information and resources for parents and youth on our website & Facebook page! Our website has information about all of our programs and activities, as well as up-to-date resources for all your needs! Our website has our registration forms, flyers and of course, our monthly newsletter, the "Youth Scoop!"

MYSB Updates & Info

1 Word, 1 Voice, 1 Life

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

Did you know...?

There is a Prescription Drug Dropbox at the Montville Public Safety Building. You can bring your unused or expired prescription drugs to the drop box for safe disposal. For more information about what can be dropped off and the hours, contact Montville Police Department at 860-848-7570.

Montville Youth Service Bureau partners with the Southeastern Regional Action Council (SERAC) on Prevention Initiatives in the community. For more information visit SERAC's website; www.sectrac.org. Montville Youth Service Bureau is an active member of the Connecticut Youth Services Association (CYSA) which represents 100 YSBs statewide. Visit CYSA's website for more information; www.ctyouthservices.org.



Connecticut Fairs

Lebanon Country Fair / August 7-9

Bridgewater Country Fair / August 21-23

Wolcott Country Fair / August 21-23

Brooklyn Fair / August 27-29

Chester Fair / August 28-30

Terryville Lions County Fair / August 28-30

Haddam Neck Fair / September 4-7

Hebron Harvest Fair / September 10-13

North Haven Fair / September 10-13

Orange Country Fair / September 19-20

Woodstock Fair / September 4-7

Durham Fair / September 24-27

Berlin Fair / October 2-4



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Coming to Montville High August 2015



UCFS

School-Based Health Center
at Montville High School

Beginning August 2015, UCFS will begin providing preventive healthcare, medical treatment and behavioral health services to students enrolled at Montville High School.

What is a school based health center (SBHC)?

The UCFS school based health center at Montville High School is a doctor's office inside of your child's school. The services are provided by an APRN (advanced practice registered nurse) and behavioral health clinician who are experts in adolescent health and are employed by UCFS. Services at the UCFS SBHC are intended to supplement the care your child receives at their pediatrician's office. The UCFS SBHC staff communicate with your child's pediatrician to keep them updated about the care your child receives at the UCFS SBHC.

The goals of a SBHC are to:

- Help students stay in school to receive needed care rather than have to leave campus.
- Improve students' academic achievement by taking care of medical, dental and behavioral health needs that can make learning difficult.
- Remove barriers to care such as lack of transportation or insurance; and support school staff through wellness and educational events.

What services are provided at the SBHC?

UCFS SBHC services include: yearly well-child examinations, vaccinations, sports physicals, acute care visits (e.g. sick visits, lacerations, injuries, etc.) and chronic care visits (e.g. asthma, ADHD, etc.). We encourage early intervention and prevention

through prompt medical treatment and education. The behavioral health clinician provides mental health assessments, substance abuse screenings and counseling. The APRN and Behavioral Health Clinician work closely with the school nurse to ensure effective communication. The dental hygienist will be on site several days each year to provide oral health screenings, x-rays, fluoride treatment and cleanings.

Who can be seen at the SBHC?

Any student with a signed consent form who attends Montville High School or the PBL Campus/Pathways may be seen at the UCFS SBHC.

Will these services be billed to my insurance?

Yes, services provided at the UCFS SBHC will be billed to the identified insurance. Copays will be billed to responsible party. If your child is uninsured, please call our Access to Care Program at 860-822-4798 for a free insurance eligibility assessment.

How do I register my child for the SBHC?

Registration forms can be found on the UCFS School Based Health Center link on the Montville High School website or by calling 860-822-4914. Registration forms can also be found in the nurse's office.

