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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



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COVER PHOTO

Nathan Lester House in winter
by Barry Watrous

www.eventsmagazines.com

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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.

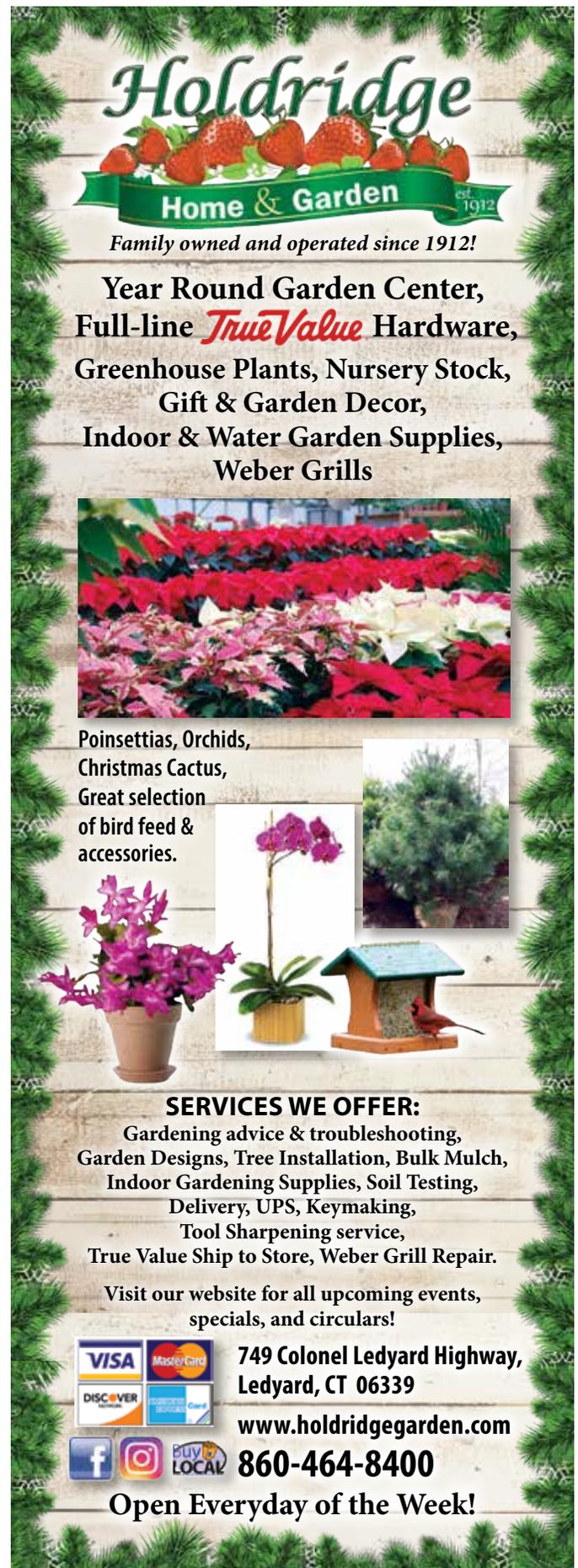
Each magazine brings tremendous value to both town residents as well as to our advertisers. We are excited to be adding Ledyard/Gales Ferry to our Events Magazines family. We look forward to working with the Town on this venture. Don't hesitate to reach out to us with any question or comments. And a 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



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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

Holdridge Garden Center

749 Rt. 117 | 860-464-8400

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Annuals, perennials, vegetable plants, herbs, fruit trees, nursery stock, trees, garden and home supplies
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
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304 Shewville Rd | 860-536-1484

By appointment

Horse boarding, training, and lessons

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

Geer Hill Farm

943 Col. Ledyard Hwy | 860-464-9993

Market stand open late April - mid June

Asparagus

www.ledyardfresh.com

Haley Brook Farm

105 Lambtown Rd | 860-536-8649

By appointment

Grain fed swine & beef

www.ledyardfresh.com

Heritage Hill farm

10 Pleasant View | 860-464-6081

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Horse boarding and lessons
continued on page 8

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Economic Development... continued from page 7

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860-464-9558

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860-464-9993

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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 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.

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 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 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.



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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.

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.

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1527 Route 12, P.O. Box 355, Gales Ferry, CT 06335
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.

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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.

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.

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

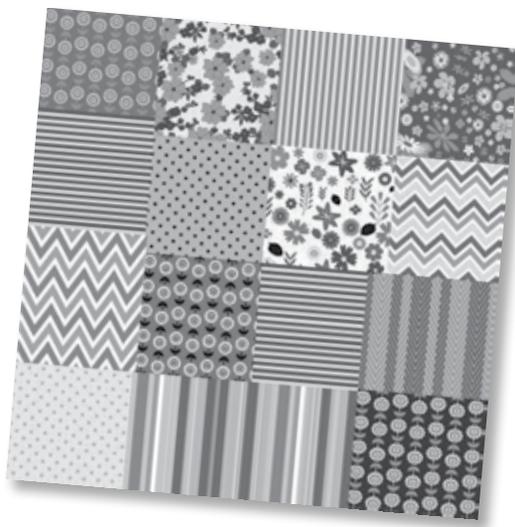
DOMINOS

DAY: Tuesday
TIME: 9:30 pm

Wii BOWLING

DAY: Tuesday
TIME: 10:00 pm

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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

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FITNESS TRAINING

7 Hurlbutt RD, Suite 3, Gales Ferry, CT

860.276.4995

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.

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.

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.



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 | Access us online: www.ledyardrec.org

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

PARKS AND RECREATION STAFF

Director: Scott Johnson scott@ledyardrec.org

Assistant Director: Monika Verebelyi monika@ledyardrec.org

Office Assistant: Laurie Marcotte 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 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.

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.



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

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 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.

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

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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

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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

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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

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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

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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.

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.



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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.

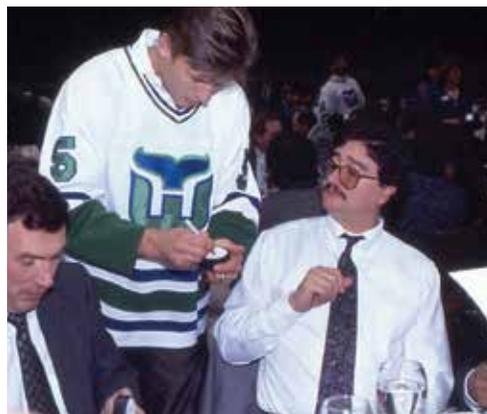
The club meets monthly. It provides for an annual scholarship for a CT student, organizes a trip to see at least one NHL game a year, and continues to hope for a Whalers return. "We do what we can to try to bring back a team," says Mark Anderson, a member since 2011. "Since we can't do it with money,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

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