

# Ledyard **events**

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Thank You to Our Essential  
Workers... p.30

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# Mayor's Corner

Strange times indeed!

As the colors of summer return to the trees, yards and bird-feeders, we have an opportunity to embrace the positive in the crazy world of COVID-19. Meals with the family are more common, board games make a return, and social distancing is part of the “now-normal.” But it does not mean life stops, it means we learn to adapt and live. Summer is my top season- the warm summer months brings long days, grilling on the deck, and outdoor enjoyment, which might include hiking, biking, fishing and boating to name a few. During this time, many residents continue to take the opportunity to clean up their yards, garages and homes and it shows at the transfer station! Remember to take your old paint, oil, anti-freeze, car batteries and electronics to the transfer station for a no-cost drop off. I'll never forget hauling my last “tube TV” to the transfer station- all 150 pounds of it.

As we adjust to life with the new virus, please remember to continue doing the things that kept you healthy, including proper hand-washing, covering your mouth for coughs and sneezes and using hand-sanitizer. Extra caution must be followed for those 80+ years old as the virus is particularly dangerous to that age demographic. Take time to plant a garden and reap what you sow, sharing a bumper crop with friends and neighbors. Not a green thumb? The Ledyard Farmer's market will be open from June-September. Due

to the ongoing improvements on the Town Green, the market is taking place in the open-air pole barn on the lower Town Green. Social distancing will be in place, your favorite vendors will be there and so will the food trucks! A new parking area has also been completed right next to the open-air market barn, so parking is even more convenient.



Fred Allyn, Mayor

With the budget passed, summer road work is underway, so be sure to keep an eye out if your road is on the list for resurfacing this year. The Sherwood Forest subdivision is being resurfaced now. Resurfacing will also occur on Ash Drive and Amber Circle. The mild winter made the work a bit easier this year as prep work to replace curbing was limited and street sweeping was finished weeks early.

Don't forget to find me on Facebook as “Mayor Fred.” I share quick updates on how I represented your town at various meetings and functions. Ledyard is an amazing town and the people make it so!

Best regards,

Fred B. Allyn III



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# events

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## **COVER PHOTO**

Town Council Chairwoman Linda Davis

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

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# Ledyard Town Council

Governor Lamont has implemented several Executive Orders to slow the spread of the COVID-19 virus in our State. During this time, the Town Council held emergency meetings to adopt provisions that allowed for remote meeting participation enabling Ledyard to continue to conduct business on behalf of our residents and to keep our community's dedicated volunteers safe.

## THE TOWN COUNCIL ALSO TOOK THE FOLLOWING ACTIONS:

- **Adopted** a "Resolution Regarding a Tax Deferment Program Pursuant to Governor Lamont's Executive Order 2020-78" providing eligible taxpayers a deferment of 90 days for the payment of taxes or sewer and water assessments from the time the taxes first became due and payable.
- **Supported** the purchase and installation of a State Police Radio Bridge allowing Ledyard to communicate with our

emergency service mutual aid partners and the State Police all on one system.

- **Delayed** the adoption of a Fiscal Year 2020/2021 Budget and related meetings in accordance with the Governor's Executive Order 7c. The Town Council has scheduled a Public Hearing on the Budget to be held on June 1st. Copies of the budget were prominently posted and remain on the Town's website.

We would like to thank our residents for their diligence in exercising physical distancing while staying connected and informed using social media and other technology. Please continue to support and help your neighbors as we work through this time together.

Our prayers and thoughts remain with those who have been affected during this time.

## Town Clerk - CT Presidential Preference Primary

Gov. Lamont has moved Connecticut's Presidential Preference Primary to August 11, 2020. Please be assured that all absentee ballot applications presently on file will be honored for the August 11, 2020 Presidential Primary.

## Publisher's Note

As of press time, our country is still in the midst of the COVID-19 pandemic. These are, indeed, difficult times for all. Included in this issue of Ledyard Events Magazines is information regarding various programs and activities that span the upcoming quarter. Given the circumstances, some dates and times are subject to change.

Please check with the applicable organizations for any potential changes and/or cancellations.

We hope that the situation resolves as quickly as possible and that we can all get back to some sense of normalcy!

Please also take note of our The Last Word feature (on page 30). The array of pictures celebrates the strength of our community as we persevere through hard times.

Thank you to all!

We are pleased to be able to continue to provide you with Ledyard Events Magazines. Please stay safe and healthy.

We look forward to celebrating better times ahead!

William McMinn,  
Essex Printing and Events Magazines

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## Town Clerk - Dog Licensing Month of June



In this pandemic and as dog license month is here, please do not forget to make sure your family pet has an updated rabies vaccination. Vaccinations are usually good for three years, after an initial one-year shot. The rabies expiration date is on the paperwork provided by your vet. If you are unsure of the rabies expiration date, contact your vet or Town Clerk office. This may also help us make dog license month run more smoothly - Due to COVID-19,

licensing will be accepted through mail, online and by Town Hall drop box.

## Funding Available for Home Repairs

The Town of Ledyard has funding available to assist income eligible residential property owners for repairs to existing residential properties. Funds can be used to perform a variety of repairs and upgrades including, but not limited to, code violations, increased energy efficiency and accessibility improvements and other general rehabilitation and improvements as approved by the Town.

Funding is offered to owner-occupied households as a 0% interest, deferred payment loan. Deferred payment loans accrue no interest and payment is not due until there is a transfer of title by means of sale, transfer of title, re-finance, owners' demise or if the property is no longer their principal place of residency.

Eligible items include heating updates, plumbing repairs, electrical updates, roof replacement weatherization, such as insulation, window replacement and siding. Well & septic repairs and water & sewer connections are also eligible. All work must conform to state and local codes and is awarded through a competitive bidding process approved by the Town.

Applicants are eligible for participation based upon federal income limits. Maximum gross household income limits vary based on the household size; for example, a one-person household can earn up to \$52,850; 2-persons \$60,400; 3-persons \$67,950 and 4 persons \$75,500. Income limits are based

continued on page 8

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## Home Repairs... continued from page 6

on gross household income. Additional household size income limits are available and other eligibility requirements apply. Applications are accepted and processed

on a first come first served basis, pending the availability of funds.

Applications are available from the Land

Use Office, Monday to Thursday from 7:30 am to 4:45 pm. Please contact Liz Burdick, Director of Land Use & Planning at: 860-464-3215 for more info.

## Economic Development Commission

The Ledyard Economic Development Commission is running Ledyard's Eat Local Win Local program! Eat at a local restaurant to win one of ten \$25 gift certificates to a local restaurant. To participate, just spend at least \$15 at a Ledyard restaurant and email a photo of the receipt to LedyardEats@gmail.com.

Baker's Dozen (DR)  
Christo's Pizza (T, D, P)  
Dunkin Donuts (DR)  
Fireside Brick Oven (T, D, P)  
Holmberg Orchards (T, P)  
Golden Chopstix (T)  
McDonald's (DR, T, D)  
Parke's Place (T, P)

Pop's Premium Ice Cream (P)  
Subway (Gales Ferry) (T)  
Subway (Ledyard) (T, D)  
Sweet Hill Farm (T, D, P)  
Valentino's (T, D, P)  
Village Pizza (T, P)  
Yoko Loko (T)  
Zest Coffee Bar (T, D, P)

\*Drive-thru (DR), Take-out (T), Delivery (D), Curb-side pick-up brought to your car (P)

### Here are our lucky winners so far:

April 27th - Linda St. George chose Zest Coffee Bar  
May 4th - Patty Farr chose Village Pizza  
May 11th - Melissa & Greg Withbroe chose Holmberg Orchards & Winery  
May 18th - Christy Semmelrock chose Holmberg Orchards & Winery

The program runs through June 29th so there's still time to participate!



Help to support our local restaurants.

I love the view from my office.

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### \*RULES:

One gift card per winner. One winner per household. Multiple entries can be submitted. Entries must be submitted by Sunday at midnight the night before the Monday drawing. Entries roll over and do not reset each week.

Winners will be notified individually, and winners will also be announced via the Ledyard community forum on Facebook.

This restaurant list may not be all inclusive and other eateries may be approved by the Economic Development Commission.

Not included in this contest are grocery stores and package stores.

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**ARE YOU READY TO “GET FRESH ’N GO”?**

In light of the COVID-19 health concerns, the Ledyard Farmers Market is hosting a Get Fresh 'n Go market Wednesdays 4:00 - 7:00 pm, where you can shop quickly and safely. Some of these guidelines include one shopper per family, masks, allowing vendors to make selections for you, social distancing, and no eating on site.

Due to the work on the upper town green, the market will be on the lower part of the green, down the hill from the Holdridge Pavilion. Please enter by the old Ledyard Center School and exit via Fairway Drive.

While the market will be a bit smaller than last year, our vendors will still bring you field-fresh produce, plants, meats, spices, baked goods, sweet treats, soaps, sewn goods, and home decor. Some

vendors will offer pre-order/pre-pay/pick-up options, too.

Many of your favorite food trucks are returning! Be sure to pick up and take home a delicious meal to enjoy. Menus and ordering options will be available online and on FaceBook before each week's market.

Once the social distancing and stay-at-home guidelines are lifted, the market plans to transition to a more social event. We look forward to bringing back our entertainment, children's activities, community groups, and more.

Visit [www.ledyardfarmersmarket.org](http://www.ledyardfarmersmarket.org) for a detailed list of safety guidelines. Follow us on FaceBook at: <https://www.facebook.com/LedyardFarmersMarket/> for information on vendors offering pre-ordering.

Coming Soon

# Berry Picking


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Bins are available at the Transfer station during operation hours or at the Town Hall from 7:30 am - 4:45 pm Monday - Thursday.

# Paint Recycling is FREE & Required!

Did you know, CT PA 11-24 requires that leftover paint be recycled and reclaimed. This service is provided at the Ledyard Transfer Station at no cost to the consumer.



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342,000 gallons were recycled in 2018.

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# Community Safety is a Total Team Effort



In a recent report by the National Council for Home Safety and Security, Ledyard was ranked as the #2 safest city or town in Connecticut and #60 in the entire country based on a statistical analysis of crime data, population and related metrics.

What makes Ledyard so safe? In my estimation, it's the people who live and work here, and our outstanding public safety professionals in Ledyard Police Department, Ledyard Emergency Communications Center, and Ledyard and Gales Ferry Fire Companies.

At LPD, we strongly believe in the Community Policing Model, and we strive to remain connected with all segments of our community. By fostering open communication and trust in our community, we receive tremendous support and collaboration that assists us in solving problems and improving quality of life in Ledyard. The people who call Ledyard home genuinely care for the welfare of others in this community and we enjoy tremendous support in keeping the community safe for all.

continued on page 12



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## Community Safety... continued from page 10

In addition to reduced crime, we've also seen a reduction in total traffic crashes, including those resulting in injuries. As we come into the summer months, we ask that you continue to remain vigilant, report any suspicious activity and drive



safely on our roads so we can maintain our status as one of Connecticut's safest places to live.

In service,  
Chief John J. Rich, Ledyard Police Department

## Information for Ledyard's Elderly

### INFORMATION FROM LEDYARD'S MUNICIPAL AGENT FOR THE ELDERLY

The Renters Rebate Program runs until Sept 30, 2020. Due to the COVID outbreak, we will not be able to have face to face meetings. Please gather the information needed (see below), drop it off at Town Hall (Drop Box by Town Hall front door) to the attention of: Nursing Dept, Karen Goetchius. I will input the data and send you your receipt. Please include your telephone number.

### YOU NEED TO HAVE THE FOLLOWING DOCUMENTS (Application cannot be completed without them.)

- SOCIAL SECURITY end of the year TAX STATEMENT for 2019
- RENT RECEIPT from landlord for TOTAL PAID for 2019
- ELECTRIC BILL or STATEMENT for TOTAL PAID for 2019
- OTHER FORMS or STATEMENTS of INCOME EARNED: RETIREMENT, ETC.

### IF YOU HAVE ANY QUESTIONS...

Please don't hesitate to call LEDYARD VNA and ask for Karen Goetchius at: 860-464-3247 or email: nurse.director@ledyardct.org.

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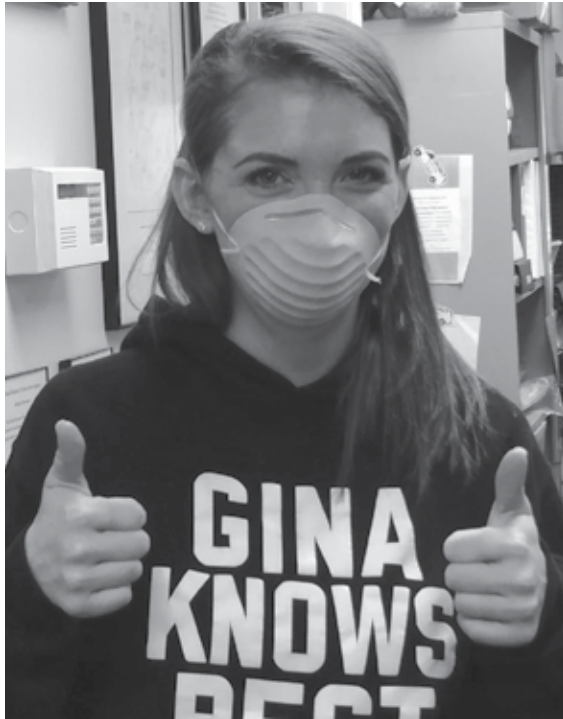
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Email: nurse.director@ledyardct.org | Office Hours: Monday – Friday 8:00 am – 4:00 pm



As I write this summer article for Ledyard Events Magazine, Ledyard, like the rest of the world, is holding its collective breath waiting for a glimmer of hope to resume some semblance of a normal life.

The nurses and staff at LRVNA are essential workers and are still open doing business to keep you safe and healthy in your homes. Our nurses, therapists and aides are working hard while taking every precaution to keep you protected from COVID-19.

I would like to thank the community for their overwhelming support in making cloth masks and providing other donations for our patients and us. And second, my dedicated staff on the frontlines ensuring Ledyard residents have everything they need.

By now everyone knows the steps to keep yourself healthy, so I will not go over them again. What you may not know is our nurses are ready to answer any questions regarding the virus or home care for you or a loved one. Call us at: 860-464-8464. Stay safe!

Karen W. Goetchius, MSN, RN, CHCE,  
Administrator Supervisor, Ledyard RVNA

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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 through Friday 8:30 am - 2:30 pm

## SENIOR CENTER STAFF

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

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

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

Office Assistant: Ginny Hungerford [lsc.assistant@ledyardct.org](mailto:lsc.assistant@ledyardct.org)

Nutrition Site Server: Jim Metcalf

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## PERMANENT SENIOR COMMISSION MEMBERS

Mary Jane Peterson, Chairman

Gary Kent Harding

Cheryl Schulmann

The Commission meets at the Senior Center

Paula Crocker

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, Doctor Appointments

FRIDAY: Senior Center, Shopping at Stop & Shop or Walmart

1st Friday—Bank Run

**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 cannot 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 at: 860-848-5910 or fax: 860-848-5917 for further information. Their website is: [www.ectcinc.org](http://www.ectcinc.org).

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

#### TVCCA MEALS ON WHEELS

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

#### SENIOR CENTER CAFÉ

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

#### HOLIDAY LUNCHEONS

Join us for festive holiday luncheons, music and more, all for just \$8! All holiday luncheons are at noon and sign-ups are required.

#### 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, as well as social security benefits or any other income from last year. For more information, call 860-464-8464.

#### PODIATRIST

Dr. Walters will be available from 9:00 am - 12:00 pm at the Ledyard Senior Center on Monday, August 17. 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 importantly, a **continued on page 16**



**Valentino's**

*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.

**Pick up your Loyalty Card Today!**

*Call for Reservations and Take Out*  
**860-464-8584**

725 Colonel Ledyard Highway  
Ledyard, CT 06339  
www.ValentinosCT.com  
*Visa & MasterCard Accepted*



**Boxing**  
MAIN EVENT

**Fitness Boxing for Teens and Adults**

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

**10% OFF ANY MEMBERSHIP**

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

## Senior Center... continued from page 15

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 date: August 24.

## Programs

**\*Due to the Covid-19 Virus, all programs are subject to change.**

### AQUACISE

Exercise in the pool to provide a lot of resistance for muscles, but no wear and tear on joints.

DAY: Tuesdays, Wednesdays, and/or Thursdays,  
8 times in one month

TIME: 10:00 - 10:45 am

FEE: \$65.00

LOCATION: Vitale Aquatics & Tennis, 14 Iron Street, Ledyard

### 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

FEE: \$50.00; \$6:00 drop-in

INSTRUCTOR: Karen Clarke

### YOGA

Mats, blocks and chairs (for props) are available or bring your own. Anyone can attend regardless of flexibility or injury and modifications are available for every pose. We practice breathing with stretching and breathing with building strength and balance poses. Come to class to recover from injury and illness or simply to improve and enjoy daily life. The movement of yoga asana may increase bone mass. Practicing yoga asana and meditation may help with anxiety and depression.

DAY: Wednesdays, 10 weeks

TIME: 8:30 - 9:30 am

DAY: Fridays, 10 weeks

TIME: 9:00 - 10:00 am

FEE: \$50.00; \$6.00 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

FEE: \$50; \$6 drop-in

INSTRUCTOR: Sandy Hartnett

### LATIN LINE DANCING

This class instructs 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

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: 11:00 am - 12:00 pm

FEE: \$50.00; \$6.00 drop-in

INSTRUCTOR: Lisa Mazzaro

### PILATES

A fusion of Pilates & Yoga for a dynamic total body workout. Focusing on the core to include balancing, weights for upper body strength, and bands for stretching connective tissue and muscles. The class will contain a therapeutic approach for better alignment and pelvis reset for lower back pain. All fitness levels are welcome. You will need a yoga or pilates mat, 1-3 pound weights, and Thera-bands will be provided for \$5.00.

DAY: Thursdays, 10 weeks

TIME: 12:15 - 1:15 pm

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  
 FEE: \$50.00; \$6.00 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  
 FEE: Based on your insurance provider  
 INSTRUCTOR: Robin Loy

### 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.

DAY: Tuesdays, 5 weeks  
 TIME: 10:00 am - 12:00 pm  
 FEE: \$55.00  
 INSTRUCTOR: Charles Shaw

#### QUILTING

DAY: Mondays  
 TIME: 9:30 am

#### PITCH

DAY: Mondays  
 TIME: 12:30 pm

#### DOMINOS

DAY: Tuesdays  
 TIME: 9:30 am

#### Wii BOWLING

DAY: Tuesdays  
 TIME: 10:00 am

#### OPEN BRIDGE

DAY: Tuesdays & Fridays  
 TIME: 10:00 am

#### BINGO

DAY: Tuesdays  
 TIME: 12:30 pm

#### CHORUS

DAY: Wednesdays  
 TIME: 9:45 - 10:45 am

#### THE KNIT-WITS (Knitting and Crocheting Group)

DAY: Wednesdays  
 TIME: 1:00 pm

#### PINOCHLE

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

#### MAHJONG

DAY: Thursdays  
 TIME: 9:00 - 11:00 am

#### GROTON BOWLING CENTER, GROTON

DAY: Thursdays  
 TIME: 1:00 pm

### Trips

The Ledyard Senior Center offers a diverse selection of trips, both local and out of state. 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 Facebook page and on our upcoming Regional Website at: [www.seniorcentersct.org](http://www.seniorcentersct.org).

### Youth & Social Services

Ledyard Social Services hopes this finds you and your families well under these current difficult circumstances. Our community’s “new normal” of social distancing, lost wages, and closed schools has led to many facing food insecurity and in need of financial assistance. Families with school-aged children, job loss and seniors at high-risk of infection are among those we see struggling most. During this COVID-19 pandemic, Ledyard Social Services and the Ledyard Food Pantry are taking steps to safely provide food and other resources for our residents who rely on us.

Many of the guests visiting our food pantry have never done so before and are likely to be recently unemployed, not eligible for unemployment, or quarantined due to illness or exposure. Most have children to feed. We are so thankful for the support we have received from our community since the pandemic began. The response from our

continued on page 18

# 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**

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# BINGO



*Every Wednesday – 7:00 PM*

*Doors opens 4:00pm – Paper @ 6:00pm*



## Youth & Social Services.. continued from page 17

If you are in need of financial assistance or food support, please reach out to Ledyard Social Services to discuss which resources may be available to you.

For eligibility or donation information, please call Ledyard Social Services at: 860-464-3222 or email [mayoral.asst@ledyardct.org](mailto:mayoral.asst@ledyardct.org).

**\*\*Be on the look-out for information about our “Pack-it-Back to School” backpack and school supply program coming in August!! (for income eligible Ledyard students)**

Ledyard Youth Services continues to provide

mental and behavioral health counseling, family check-ins, and referrals services to anyone living in Ledyard. Youth Services is using a telehealth platform to provide these services safely and consistently.

This is a challenging time for many families in our community and Youth Services Clinicians are here to offer support, guidance, referrals or just a listening ear during this very stressful time.

### PLEASE REACH OUT TO:

Kate Sikorski, LMFT at: 860-464-3213  
Monday-Friday 9:00 am - 4:30 pm to inquire about our services.

community in the form of donations has been overwhelming. If you would like to help your neighbors during these difficult times, please consider a donation to the Ledyard Food Pantry or to Ledyard Social Services.



## Parks & Recreation

PARKS AND RECREATION OFFICE

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

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

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

### PARKS AND RECREATION STAFF

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

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

Park Caretaker: Russell Smith

### REGISTRATION AVAILABLE NOW!

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

1. Registrations for all programs must be made online, by mail-in or walk-in. Registrations will no longer be accepted by phone.
2. All fees must be paid at the time of registration. Registrations will not be processed without payment and the proper registration forms.
3. Some programs and classes have limited enrollment and registrations are accepted on a first come, first served basis.
4. We reserve the right to re-schedule, relocate or cancel any program due to facility availability and public response.
5. All cancellations due to inclement weather will be announced on Channels 3 and 8 and posted on our website: [www.ledyardrec.org](http://www.ledyardrec.org) and Facebook.
6. **Special Needs** – If you require any special accommodations to participate in our programs, please call the Parks and Rec Office so that the necessary arrangements can be made.
7. Non-residents pay an additional \$5.00 for program fees \$5 - \$50, and \$10.00 for any program over \$50.00 except for bus trips and camp fees.
8. **NO REFUNDS** after the first week of a class or program and no refunds on trips, or supply fees and some of the Specialty Summer Camps.
9. Scholarships - Families needing financial assistance are asked to call Ledyard Social Services at: 860-464-3254.

### RECREATION NEWS & CANCELLATIONS

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

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

### PARKS, PAVILIONS, GALES FERRY COMMUNITY CENTER AND SENIOR CENTER ROOM RENTALS

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

### Children’s Programs

**Due to the Covid-19 Virus, all programs are subject to change.**

#### LEDYARD YOUTH ROWING

Give rowing a try! We will row in 26’ Whitehall Gigs. Learn to row, join the comradery, make life-long friends and have a good time

AGE: 12 and up

DAY: Saturdays, 10 weeks

TIME: 10:00 - 11:30 am  
BEGINS: August 1  
FEE: \$120  
LOCATION: Thames River & Coves (*call for specific address*)  
INSTRUCTOR: Russell Smith

### ORIGAMI

Learn the ancient art of origami, paper folding. Spend a fun hour learning a new skill.

AGE: 12 and up  
DAY: Wednesday, August 12  
TIME: 5:30 - 6:30 pm  
FEE: \$20  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Wayne Swan

### HEADBOARD BENCH BUILDING

Everybody is invited to join us in our wood working shop. Learn new skills and meet new people as you build a headboard bench worthy of Pinterest! All supplies are included.

AGE: 12 and up  
DAYS: July 13 - 17  
TIME: 5:30 - 7:30 pm  
FEE: \$100  
LOCATION: Call for specific address  
INSTRUCTOR: Russell Smith

## Adult Sumer Programs

Due to the COVID-19 virus, all programs are subject to change.

### 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: 9:10 - 10:00 am  
BEGINS: June 29  
FEE: FREE, but you must register.  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Liz Schwebel

### YOGA BASICS

Practice includes a variety of foundational postures (standing, seated and on the floor) that focus on balanced alignment and includes breathing techniques, yoga philosophy, meditation and deep relaxation. Individual attention and variations are given as much as possible within the class situation.

DAY: Tuesdays, 7 weeks  
TIME: 11:00 am - 12:00 pm

BEGINS: July 7  
FEE: \$72  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

DAY: Thursdays, 7 weeks  
TIME: 11:00 am - 12:00 pm  
BEGINS: July 9  
FEE: \$72  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

### ALL LEVELS YOGA

This is an all levels mat class that offers a range of postures, breathing techniques, yoga philosophy, meditation, and mudras. Modifications are offered for both ends of the spectrum, beginners and more experienced students. Classes are geared toward the ability of the majority of the students in the class at the time. Beginners who have a specific physical limitation or injury may need to attend the Gentle class first. Class content and focus varies from week to week.

DAY: Wednesday  
TIME: 5:30 - 6:30 pm  
SESSION I - 5 weeks  
BEGINS: June 17  
FEE: \$52

continued on page 20



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FITNESS TRAINING

7 Hurlbutt RD, Suite 3,  
Gales Ferry, CT  
860.276.4995  
tjhepburn@yahoo.com

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

SESSION II - 5 weeks  
BEGINS: July 22  
FEE: \$52  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

### CHAIR YOGA FOR EVERY BODY

Every body can do Yoga using chairs for sitting and standing. This fun class offers a balanced approach for strength and flexibility, breath work and meditation. And we do serious work, always adapted to the needs of each person.

DAY: Thursdays, 7 weeks  
TIME: 9:30 - 10:30 pm  
BEGINS: July 9  
FEE: \$72  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

### 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: July 8  
FEE: \$65, participants must purchase boxing gloves  
LOCATION: Main Event Boxing, Gales Ferry  
INSTRUCTOR: Chris Pennenga

### LEDYARD ROWIN'

Come join us on the Thames River and Coves! If running is wearing on your hips and knees, give Rowing a try! We will row in 26' Whitehall Gigs. Learn to row, join the comradery, make life-long friends and have a good time. Everyone welcome!

#### WOMEN'S ROWING

DAY: Saturdays, 10 weeks  
TIME: 8:30 - 9:30 am  
BEGINS: August 1  
FEE: \$120

#### CO-ED ROWING

DAY: Thursdays, 10 weeks  
TIME: 5:30 - 6:30 pm  
BEGINS: July 30  
FEE: \$120  
LOCATION: Thames River & Coves (*call for specific address*)  
INSTRUCTOR: Russell Smith

### ORIGAMI

Learn the ancient art of origami, paper folding. Spend a fun hour learning a new skill.

DAY: Wednesday, August 12  
TIME: 5:30 - 6:30 pm  
FEE: \$20

LOCATION: Ledyard Senior Center  
INSTRUCTOR: Wayne Swan

### HEADBOARD BENCH BUILDING

Everybody is invited to join us in our wood working shop. Learn new skills and meet new people as you build a headboard bench worthy of Pinterest! All supplies are included.

DAYS: July 13 - 17  
TIME: 5:30 - 7:30 pm  
FEE: \$100  
LOCATION: Call for specific address  
INSTRUCTOR: Russell Smith

### MUSHROOM HUNTING: GOURMET MUSHROOMS OF CONNECTICUT

The Mushroom Hunting Foundation teaches people how to safely enjoy America's many delicious species of wild mushrooms. Immerse yourself in a fascinating hobby with this 2-session class. In the first class, Ryan Bouchard and Emily Schmidt will explain the safety rules of mushroom hunting and the science of mycology through a slideshow of all local photography. They will discuss local species of the summer season, focusing on the ones that are "safe for beginners." The second class will be a guided mushroom walk at a special forest location followed by a special cooking session with several gourmet mushroom species, where you'll experience amazing new flavors.

DAY: Saturdays, 2 weeks  
TIME: 10:00 am - 12:00 pm  
BEGINS: August 8  
FEE: \$60  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Ryan Bouchard & Emily Schmidt

### 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.

### HAMPTON BEACH SEAFOOD FESTIVAL

Sample the delicious seafood at New England's largest seaside festival! Festivities include: New Hampshire's seacoast's top restaurants serving an abundance of mouthwatering seafood and other delicacies, arts and crafts vendors promoting locally made products, Ocean Boulevard merchants offering end-of-the-season sales, and endless entertainment. All of this excitement is alongside one of New England's most beautiful beaches and boardwalks. Relax in the warm ocean breeze and smell the salt air. Dip your toes in the surf or go for a full swim!

DAY: Sunday, September 13  
DEPARTING: 8:00 am, Norwich Commuter Lot, Route 82, I-395 Exit 11, near the DMV

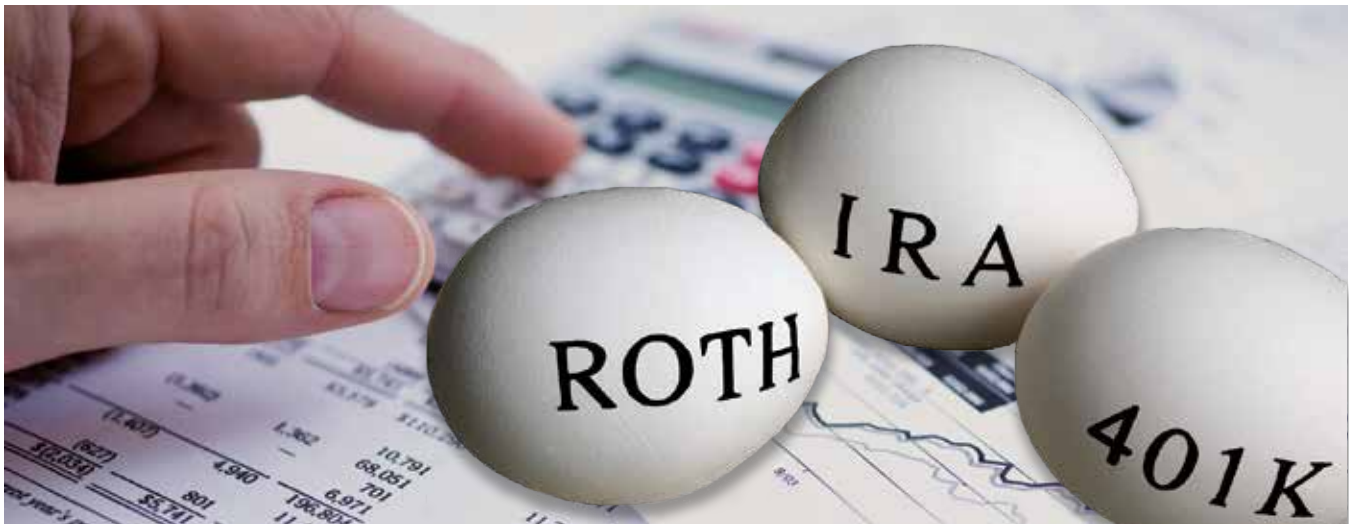
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# RETIREMENT PLANNING QUESTIONS:

- Do you still have a 401 (k) at a previous job?
- Have you reviewed your IRA (s) recently?
- Do you have a ROTH IRA or want to learn more about them?
- Want a free 2nd opinion and review of your retirement accounts?

## WE CAN HELP!

IRAs/401(k) Rollovers • Stocks • Mutual Funds • College Planning



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#### Chase Bradley

Sr. Vice President, Investments  
Financial Advisor

#### Patty Grady

Sr. Registered Client Associate



## Parks & Recreation... continued from page 20

RETURNING: 7:30 pm  
FEE: \$70 per adult; \$60 per child thru age 12

### THE BIG E

There are more things to do here than you can possibly imagine. Entertainers, horse shows and ox pulls, demonstrations of all kinds, animals, historical exhibits the whole family can enjoy, and food, food, food!!! Vendors come from all over to sell their wares. It's the only fair in the nation where more than one state participates, and is by far the largest fair in New England. So forget about the driving hassles and parking problems, join us and experience for yourself why the BIG E truly is "New England's Great State Fair!"

DAY Sunday, September 27  
DEPARTING: 8:30 am, Norwich Commuter Lot, Route 82, I-395 Exit 11, near the DMV  
RETURNING: 6:30 pm  
FEE: \$55 per adult; \$50 per child thru age 12

### FALL PROGRAMS

Due to the COVID-19 virus, all programs are subject to change.

### Children's Programs

#### 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 - 11:15 am  
BEGINS: September 9  
FEE: \$60 (siblings 9 months and younger, free!)  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Nicole Clarke

#### NATURE NUTS

Bring your preschooler to a nature based class with story time, nature activity and craft. Class will be held outside while they discuss, sing, play and create in nature.

AGES: 2 ½ - 5  
DAY: Tuesdays, 8 weeks  
TIME: 9:00 - 10:30 am  
BEGINS: September 8  
FEE: \$65  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Diane McCarthy

#### 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, 8 weeks  
TIME: 2:00 - 2:45 pm  
BEGINS: September 12  
FEE: \$60  
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, 8 weeks  
TIME: 3:00 - 4:00  
BEGINS: September 12  
FEE: \$65  
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: September 14  
FEE: \$40

DAY: Wednesdays, 6 weeks  
TIME: 4:15 - 4:55 pm  
BEGINS: September 16  
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: September 14  
FEE: \$40

DAY: Wednesdays, 6 weeks  
TIME: 5:00 - 5:45 pm  
BEGINS: September 16  
FEE: \$40  
INSTRUCTOR: Kathee Ivey

## GYMNASTICS

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

AGE: 5 - 7  
DAY: Thursdays, 6 weeks  
TIME: 5:00 - 6:00 pm  
BEGINS: September 17  
FEE: \$45

AGE: 8 and up  
DAY: Thursdays, 6 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: September 17  
FEE: \$45  
INSTRUCTOR: Kathee Ivey

## 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 & AGE: 5:30 - 6:00 pm, ages 5-8  
6:05 - 6:45 pm, ages 8-13  
BEGINS: September 9  
FEE: \$45  
LOCATION: Juliet Long School  
INSTRUCTOR: Bob Chester

## 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: September 9  
FEE: \$65, participants must purchase boxing gloves  
LOCATION: Main Event Boxing, Gales Ferry  
INSTRUCTOR: Chris Pennenga

## GOLF LESSONS

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow-through, sand shots, downswing, chipping, putting, equipment information and golf etiquette. Please bring a putter, 3 wood and 7 iron. Equipment is available to borrow if needed. There is a small fee for a bucket of balls.

AGE: 8 and up  
DAY: Saturdays, 5 weeks

continued on page 24

# New London County

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Mention this ad when booking your appointment.  
When we pump out your tank, we will donate  
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## Parks & Recreation... continued from page 23

TIME: 11:00 am - 12:00 pm  
BEGINS: September 12  
FEE: \$125  
LOCATION: Great Brook Golf Center, Groton  
INSTRUCTOR: Chris Hedden

### SPANISH LESSONS

Come learn a little Spanish! Learn some key Spanish words, play some games, design a travel brochure and learn about a different culture.

AGE: 8 - 10, accompanied by an adult  
DAY: Wednesdays, 6 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: September 9  
FEE: \$45  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Rosa Fontanez

### 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: September 8  
FEE: \$50  
LOCATION: Ledyard Middle School  
INSTRUCTOR: LeeAnn Graham

### 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 home.

AGE: 5 - 12  
DAY: Thursdays, 3 weeks  
TIME: 4:30 - 6:00 pm  
SESSION I: 9/10, 9/17, 9/24  
SESSION II: 10/1, 10/8, 10/15  
FEE: \$75, includes food and recipes to take home  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Erika Gradecki, Chef / Owner Food for Your Soul, LLC.

### PARENTS' NIGHT OUT

Enjoy a nice date night out or just some alone time; we won't judge! Drop off your child so they can play games and make crafts with our experienced staff. 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, October 9  
TIME: 5:00 - 9:00 pm

FEE: \$25  
LOCATION: Ledyard Senior Center

## 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: 9:10 - 10:00 am  
BEGINS: August 31  
FEE: FREE, but you must register.  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Liz Schwebel

### PILATES & MOVEMENT

A fusion of Pilates & Yoga for a dynamic total body workout. Focusing on the core to include balancing, weights for upper body strength, and bands for stretching connective tissue and muscles. The class will contain a therapeutic approach for better alignment and pelvis reset for lower back pain. All fitness levels are welcome. You will need a yoga or pilates mat, 1-3 pound weights, Thera-bands will be provided for \$5.00.

DAY: Tuesdays  
TIME: 6:00 - 7:00 pm

SESSION I - 7 weeks  
BEGINS: September 8  
FEE: \$75

SESSION II - 7 weeks  
BEGINS: October 27  
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, 6 weeks  
TIME: 5:00 - 6:15 pm  
BEGINS: September 14  
FEE: \$62



LOCATION: Gales Ferry School  
INSTRUCTOR: Karen O'Donnell Clarke

DAY: Tuesdays, 7 weeks  
TIME: 11:00 am - 12:00 pm  
BEGINS: September 15  
FEE: \$72

LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

DAY: Thursdays, 7 weeks  
TIME: 11:00 am - 12:00 pm  
BEGINS: September 17  
FEE: \$72

LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Karen O'Donnell Clarke

### MODERATE KRIPALU 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, 6 weeks

TIME: 6:30 - 8:00 pm  
BEGINS: September 14  
FEE: \$62  
LOCATION: Gales Ferry School  
INSTRUCTOR: Karen O'Donnell Clarke

### GENTLE YOGA

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: Wednesdays, 7 weeks  
TIME: 6:00 - 7:30 pm  
BEGINS: September 16  
FEE: \$72  
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 **continued on page 26**

**Summer is finally here!**  
That means it is time to ensure that your boat is in perfect running condition.

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**\*HOURS**  
Sunday & Monday - Closed  
Tuesday - Friday - 9:30 am - 5:00 pm  
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Galesferrymarinact@gmail.com  
**Galesferrymarinact.com**  
We can also be found on  
Facebook and Instagram.



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

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, 7 weeks  
TIME: 9:30 - 10:30 pm  
BEGINS: September 17  
FEE: \$72  
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: September 10  
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 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: September 10  
FEE: \$95, includes the stick  
LOCATION: Juliet Long School  
INSTRUCTOR: Bob Chester, 6th degree Black Belt, Tae Kwon Do

### POUND®

Join the world's first cardio jam session with Pound! Become the beat by using lightly weighted drumsticks (provided) to get a total body workout, all while rocking out to the music. Try the first class for FREE!

DAY: Tuesdays, 8 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: September 8  
FEE: \$80  
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: September 9  
FEE: \$65, participants must purchase boxing gloves  
LOCATION: Main Event Boxing, Gales Ferry  
INSTRUCTOR: Chris Pennenga

### ZAZEN - Seated Meditation

Experience seated meditation in the Zen Buddhist tradition with ordained Monk Reverend Gendo Testa.

DAY: Thursdays, 6 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: September 10  
FEE: \$60  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Rick Gendo Testa

### WOMEN'S BASKETBALL

All ages (18-100) and all skill levels are welcome. We play friendly 3-on-3 half-court games. Get some exercise and have fun while doing it!

DAY: Mondays  
TIME: 7:00 - 9:00 pm  
BEGINS: September 14  
FEE: \$20 for the school year  
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: September 8  
FEE: \$20 for the school year  
LOCATION: Ledyard Middle School

DAY: Fridays  
TIME: 7:00 - 9:00 pm  
BEGINS: September 11  
FEE: \$20 for the school year  
LOCATION: Ledyard Middle School

### GOLF LESSONS

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow - thru, sand shots, downswing, chipping, putting, equipment information and golf etiquette. Please bring a putter, 3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10.

### ADULTS' CLASSES

CLASS I -  
DAY: Thursdays, 5 weeks  
TIME: 10:00 - 11:00  
BEGINS: September 3

# Ledyard Public Library



## Library Information

### BILL

860-464-9912

Email: bill-lib@ledyard.lioninc.org

### GALES FERRY

860-464-6943

Email: gf-lib@ledyard.lioninc.org



### LIBRARY HOURS

As of this writing the libraries are closed to the public. Staff are available to answer your email or phone request at Bill Library Monday Friday 9:00 am - 5:00 pm. For up to date information go to the library website at: [www.ledyard.lioninc.org](http://www.ledyard.lioninc.org).

### DID YOU KNOW

that the library provides digital resources that can be accessed from home 24/7 on your computer or mobile device? Hoopla, Overdrive, and RB Digital will provide you with a wide selection of downloadable entertainment.

Hoopla provides online and mobile access to eBooks, audiobooks, comics, music, movies, and TV. Use Hoopla and your valid library continued on page 28

### CLASS II -

DAY: Thursdays, 5 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: September 3  
FEE: \$125

### WOMEN'S CLASSES

#### CLASS I -

DAY: Mondays, 5 weeks  
TIME: 10:00 - 11:00 am  
BEGINS: September 14

#### CLASS II -

DAY: Mondays, 5 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: September 14  
FEE: \$125  
LOCATION: Great Brook Golf Center, Rt. 184, Groton  
INSTRUCTOR: Chris Hedden

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

## Library... continued from page 27

card, to borrow, instantly stream, and download dynamic content via Hoopla's mobile app or [www.hoopladigital.com](http://www.hoopladigital.com). Simple to access and use, with no waiting and no hassles. All you need to get started is your library card and a web browser, smart phone, or tablet. Sign up today!

**Overdrive** at: <https://lion.overdrive.com/> provides another source of ebooks and audiobooks available through the LION consortium. Borrowed ebooks, and audiobooks can be enjoyed immediately in your web browser or can be downloaded to the free Libby app for mobile devices.

With hundreds of popular titles to choose from, this collection is guaranteed to have something for everyone. Enjoy best-sellers and classic literature, stories for kids and teens, and much more anytime, anywhere.

**Library Card Self Registration** - Ledyard residents who do not have a library card are invited to register at: <https://lb.catalog.lionlibraries.org/MyAccount/SelfReg>. A temporary library card number will be emailed to you within two business days.

Once the library reopens the temporary card can be converted to a permanent card by visiting Bill or Gales Ferry Library with a photo ID and proof of current Ledyard address.

### UPCOMING EVENTS AT LEDYARD PUBLIC LIBRARY

As of this writing all events are being done virtually via Zoom or Facebook. We will continue to plan or change activities based on the current situation. Visit us at: [www.ledyard.lioninc.org](http://www.ledyard.lioninc.org) for the most up to date information.

## Programs

### BOOK DISCUSSIONS

#### Presidents Virtual Book Discussion

DAY: Second Tuesday of the Month  
TIME: Zoom - 7:00 pm  
DATE: July 14 - James Madison  
August - No discussion  
September 8 - James Monroe

The American Presidents Book Discussion group will focus on the White House years of former American presidents. As the Library is not open at this time, we encourage participants to read different materials on the monthly topic. All are welcome to attend, whether as a listener, or as someone, who has read material.

Ledyard patrons can find digital reading materials on our website. Choices include Overdrive through the Libby App, Hoopla and RB Digital. Titles in Hoopla are always available allowing participants to read the same item simultaneously. Out-of-town participants will need to search their home libraries for digital materials.

## Monthly / Weekly Events

### COOKBOOK CLUB

DAY: First Tuesday of the Month  
TIME: Zoom - 12:30 pm  
DATE: August 4, September 1 (No program in July)  
Join us for our virtual monthly cookbook club meetings! We will pick a theme for each month and discuss recipes we have tried. We can share tips and tricks with each other! Email Assistant Librarian, [esteele@ledyard.lioninc.org](mailto:esteele@ledyard.lioninc.org) for your Zoom invitation.

### STOCK INVESTMENT DISCUSSION GROUP

DAY: First Tuesday of the Month  
TIME: Zoom - 7:00 pm  
DATE: July 7, September 1 (No program in August)  
Facilitated by Harry Pearson. The link to join this discussion group will be found on our website under "What's New."

### BEGINNERS STOCK INVESTMENT DISCUSSION GROUP

DAY: Third Tuesday of the month  
TIME: Zoom - 7:00 pm  
DATE: July 21, September 15 (No program in August)  
Facilitated by Harry Pearson. The link to join this discussion group will be found on our website. This event is for beginners, who are interested in getting started in stock investing and learning how to manage an existing or new portfolio. Discussion and questions and answers are encouraged as participants learn how economic conditions affect the stock market.

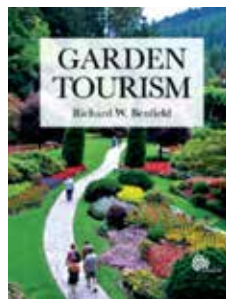
## Special Events

### AROUND THE WORLD IN 80 GARDENS

Presented by Dr. Richard Benfield, Professor Emeritus of Geography, Central CT ST University

#### A Virtual Presentation on Zoom

DAY & TIME: Friday, June 19 - 7:00 pm



A much sought-after speaker for local garden and nature clubs Dr. Benfield has spoken to groups in New Zealand, Australia, Mexico City, and throughout Europe. He has travelled extensively, and seen the parks, botanic gardens and other private reserves in over 115 countries. In 2010, he traveled to the parks and gardens of South Africa, the Middle East, China and the Valley of Flowers, India, where he researched the intersection of tourism and conservation. His books include, Garden Tourism and Parks, Plants, and Predators.

### TRIVIA NIGHTS

#### On Facebook Live

DAY: Thursdays, July 16 and August 13  
TIME: 7:00 pm  
An "Imagine Your Story" Summer Reading Program for Adults. Join us for our debut trivia nights! We will host 2 rounds of 10

questions each. Register a team of four for a chance to win a team gift card, or play along just to have some fun and test your trivia knowledge!



To register a team, email your team name to bill-lib@ledyard.lioninc.org. The questions will be read aloud on Facebook Live and your team will submit answers online. More details will be forthcoming.

## Maker Activity

### TUNISIAN CROCHET

#### Facebook

DAY: Coming soon

Senior Assistant Librarian, Lisa Murno has been creating instructional videos on Tunisian Crocheting. In lieu of in-house instruction, Lisa will post Getting Started in Tunisian Crochet videos as well as the Tunisian Simple Stitch, and a First Project. Stay tuned to our Facebook page where her videos will be uploaded.

## Teens

### TEEN ADVISORY BOARD

DAY: Fourth Tuesday beginning June 25

Are there Teens looking for volunteer hours? Join our Teen Advisory Board and help make a difference. Let us know what kind of programs you would like and what the library can provide for you. The first few meetings will take place in Zoom but eventually we will move our meetings to the Library.



## Children

### SUMMER READING

DATES: June 13 - August 8

AGES: 4-18

**Imagine Your Story Summer Reading Program:** Read, Make, Explore!

Our summer reading program will feature something for all ages. Every-

one has a different story—you choose what your story is and enter to win great prizes from the Library.

### CODING CLUB SHOWCASE

DAY: Monday, June 29

TIME: Zoom - 2:00 pm

AGES: 8 to 17



Our virtual coding club will be hosting its first showcase! Coders can share what they've been working on by either sharing their screen or just talking about their projects. Please register online to receive your Zoom invitation.

Not a part of the coding club, but looking to join? Visit app.prenda.co and create an account. You must choose "Ledyard

Library" as your code club from the drop down menu once you put in your state as Connecticut. Please email to: sburt@ledyard.lioninc.org with any questions!

### POP UP STORIES

Weekly at various Times Mrs. Burt will read stories on Facebook Live.

### LEGO CLUB ZOOM EDITION

DAY: Tuesday, June 23, July 7, 21, August 4

TIME: Zoom -10:30 am

AGES: 6-12

You will be challenged to create something prior to each session and then we will meet to share and discuss our creations.

### 4-H ACTIVITIES

We have teamed up with 4-H to do take and make activities. Stay tuned for more details!

### COMMUNITY ROCK GARDENS

AGES: All Ages

As a visual representation of our Summer Reading Program we will create a rock garden at both the Bill Library and Gales Ferry Library. Use your creativity to decorate rocks with markers, paint, or stickers and leave them in the designated space outside the library. Look for the signs beginning June 13.



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