The Warren Parks and Recreation Department 2020 Trip Schedule is here! Based on availability, trips are open to Kent residents. MORE INFORMATION COMING SOON

Additional information and cost, as available, will be posted on the Warren Parks and Recreation page on the Warren town website www.warrenct.org. To get further information and to register for any of these trips contact the Warren Parks and Recreation office 860-868-7881 ext.113.

HELP US BE GREEN. If you no longer wish to be on our mailing list, please contact Kent Social Services. If you would like to receive the SENIOR TIMES electronically, please send a request via email to socialservices@townofkentct.org.

Selectmen’s E-newsletter and Emergency Alerts: Residents can sign-up to receive the Selectman’s monthly newsletter by sending an email request to firstselectman@townofkentct.org. To receive town and state emergency alerts register through the following link on the Town website: www.townofkentct.org/emergency-and-safety-services. Selectmen’s Meetings: If you cannot attend in person, all meetings are recorded and are available to be viewed via YouTube. Please use the following link: https://www.youtube.com/channel/UCFJci08_V79oZQI_dfhvhpw

The editor wishes to acknowledge the printing of this newsletter by Kent School. Thank you, Kent School, for your donation. A special thank you to Ruth Woodard and a group of Templeton Senior Housing residents for preparing the newsletter for mailing.

Editor:
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socialservices@townofkentct.org

"Editor reserves the right to edit submissions for content and space"
Kent Park and Recreation
announces Easy Tai Chi, a simplified Tai Chi exercise class with Christopher Kiely Tuesday mornings, 10-11 a.m. at the Kent Community House, North Main Street, Kent. The six-week course will be offered January 7 through February 18. The cost is $60/session.

Tai Chi is a traditional Chinese fitness system rooted in the natural integration of mind, body and spirit. This class was developed in collaboration between Kent Park and Recreation and Christopher Kiely, founder of the Falling Water Tai Chi School with the sole intention of providing an easier path to learning. No experience necessary. The only prerequisite is being able to stay on one’s feet for at least an hour.

Pre-registration is required by contacting Chris at cloudbandy@yahoo.com or call 802-349-2725; or Lesly Ferris at parkandrec@townofkentct.org or call 860-927-1003.

Town Business & Reminders

Energy Assistance Program: Beginning in September, Kent Social Services will be scheduling appointments for the CT Energy Assistance Program (EA). Kent Social Services serves as a voluntary intake site for all Kent residents that qualify for EA. Application review and final approval is completed by Community Action Agency of Western CT. During the winter months, this program assists with the purchase of heating fuel including oil, propane, kerosene, electric, wood, and wood pellets. EA has specific gross income and asset limit requirements. Since the entire household benefits from this program, income and asset verification will be required for all adult household members. For example, this year’s gross income guidelines are: Household size 1/Max income $36,171.00; Household size 2/Max income $47,300.00; Household size 3/$58,430.00; etc. To determine if your household qualifies for this program or to schedule an appointment, contact Leah Pullaro, Kent Social Services 860-927-1586.

Adult Men’s League Basketball: Kent Park and Recreation sponsors the program Wednesday evening at 6:30 p.m. at Kent Center School gymnasium, 9 Iudd Avenue. Free. The program will meet January 8, 22, 29 and February 12, 19, 26 and March 11, 18. Please note the program would not meet on these scheduled days if KCS is closed or dismisses early due to weather. Call 860-927-1003 for more information.

Kent Parks and Recreation Senior Trips: Trips are scheduled monthly on a Tuesday or Thursday. The bus departs from Kent Town Hall parking lot. Pick-up service is available. If you are interested in being placed on the mailing list to receive notices about upcoming trips or to make a reservation for a trip, contact Park and Recreation, 860-927-1003

Weekend Ice Skating: Park and Recreation, in cooperation with South Kent School, will offer open skating at South Kent School ice rink, Bulls Bridge Road, as follows: Jan. 5, 11 a.m.-12:30 p.m.; Jan. 26, 4:30-6 p.m.; Feb. 2, 4:30-6 p.m.; Feb. 8, 12 noon-1 p.m.; Feb. 9, 2-4 p.m.; Feb. 15, 1-2 p.m.; Feb. 23, 2-4 p.m.; March 1, 2-4 p.m. Participants must wear hat and skates on the ice. A park pass is required to participate and can be purchased at the rink during skating hours. Passes are $35 for Kent residents; free to Kent residents ages 65 and older or $5/day/person. For more information, call 860-927-1003.

Kent Senior Center
1 Swifts Lane

Senior Lunch Program: lunch is served year around on Monday and Wednesday at 12:30 p.m. at the Center (see monthly menu pages elsewhere in this newsletter). Suggested donation is $4/person. Advanced reservations required by calling 860-927-2055. First lunch of the new year January 6th.

Holiday Luncheon: New Year’s Luncheon: Ring in the new year January 8 with your friends and neighbors or make a new friend. Lunch menu, which is served at 12:30 p.m., is lemon chicken, tossed salad, broccoli, and white chocolate raspberry layer cake. Suggested donation is $4/person, and reservations are required by calling 860-927-2055 by January 3.

Inclement Weather Policy: The Kent Senior Center Nutrition Program will be closed and Meals on Wheels Program will not be delivered when the Torrington Schools are closed due to inclement weather this winter. Listen to WZBG 97.3 or watch Channel 3 WFSB TV.

Friday Senior Lunch Program: Friday Lunch program returning in 2020 on March 20th. The center opens at 11:30 a.m., and the meal is served at noon. The program is offered in conjunction with Kent, Marvelwood, South Kent Schools, and Kent area restaurants. The cost is $2/person. Reservations are not necessary.

Bridge Group: All level Players are welcome Thursday afternoons, 1:15-4, at Kent Senior Center, 16 Swifts Lane. Contact Robert Norton 860-927-4980 for further information. New: Also Saturdays (beginning 1/25/2020), 1-4 for five consecutive Saturdays.

Monthly Wellness and Blood Pressure Clinics: Free screenings are available at Kent Senior Center on the first Wednesday of each month at 1:00 p.m. This service is provided by New Milford VNA. Salisbury VNA offers a free blood pressure screening on the third Wednesday of each month at Kent Station Pharmacy.

Senior Art Group: Kent Park and Recreation will host the senior art group Thursday from 9:30 a.m. to noon at the Kent Senior Center, Swifts Lane. Participants bring their own supplies. There is no charge to join this group. For more information, call Park and Recreation at 860-927-1003.

Kent Park and Recreation
Lesly Ferris at cloudhandy@yahoo.com or call 860-927-1003.

City of Kent
Energy Assistance Program:

- Program assists with the purchase of heating fuel including oil, propane, kerosene, electric, wood, and wood pellets.
- Income and asset verification required for all adult household members.
- Gross income guidelines:
  - Household size 1: Max income $36,171.00
  - Household size 2: Max income $47,300.00
  - Household size 3: Max income $58,430.00

Kent Park and Recreation

- Winter programs include:
  - Adult Men’s League Basketball: Wednesday evenings from January 8, 22, 29, and February 12, 19, 26, and March 11, 18.
  - Weekend Ice Skating: Saturday and Sunday afternoons at South Kent School.

Kent Senior Center

- Senior Lunch Program: Year-round, Monday and Wednesday lunch.
- Holiday Luncheon: New Year’s Luncheon on January 8.

Bridge Group: Thursday afternoons, 1:15-4, Kent Senior Center.

Monthly Wellness and Blood Pressure Clinics:

- First Wednesday of each month, 1:00 p.m.

Senior Art Group:

- Thursday from 9:30 a.m. to noon at the Kent Senior Center, Swifts Lane.