



TOP OF THE GREEN

New Milford Senior Center News and Activities

December 2016

Jingle Bell Time It's a Swell Time

*Wishing you and yours a Happy and Healthy
Holiday Season from your Friends at the
New Milford Senior Center!*



2 New Milford Senior Center

40 Main Street
New Milford, CT 06776

TELEPHONE: 860-355-6075

FAX: 860-354-2843

HOURS: 8:00 AM to 4:00 PM Mon. - Fri.

WEBSITE: www.newmilford.org

Click on "Departments" along top of page, then choose "Aging, Senior Center" and access our newsletter by clicking on "Top of the Green".

[www.facebook.com/
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Senior Citizen Services

Jasmin Marie J. Ducusin,

Program Coordinator-

Assistant Director

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Municipal Agent/Senior Services Advisor

Mira LeVasseur, *Senior Services Advisor*

Kim Fitch, *Secretary*

Leslie Koellmer, *Bus Driver*

Tom Williams, *Bus Driver*

Erin M. Baldwin, *Grant Support/Clerical*

COMMISSION ON AGING

Monthly meeting: 4 PM second Thursday

Gretchen O'Shea Reynolds, *Chairman*

Michael Moran, *Vice-Chairman*

Robert Bennett

Patricia Hammer

Rudy Kuss

Mary Jane Lundgren

Debbie Wilcox

SENIOR CITIZENS ADVISORY BOARD, INC.

Monthly meeting: 9:30 AM second Thursday

Patricia Hammer, *President*

Nettie McKenna, *Vice President*

Carolyn Critelli, *Treasurer*

Marie Crawford, *Secretary*

Lou Abella, Anthony (Tony) Chioldo,

Frances Dempewolf, Thea Gruber, Rita Hull,

Lorna MacInnis, Diane Martell, Roland Miller,

James Polito, Jean Ritchie

ADVISORY BOARD SUBCOMMITTEE

TRIAD

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Rita O'Neill, *Recording Secretary*

Andrea Wilson, *Corresponding Secretary*

WHEELS

Thea Gruber, *Program Coordinator*

Laura Weimar, *Scheduler*

Sueanne Sheppard, *Office Support*

HEALTH & WELLNESS PARTNERS

Carolyn DeRocco, *Vice President of Programs and Education of the Alzheimer's Association, CT Chapter*

Alecia Coffin, *Walk Manager of the Alzheimer's Association, CT Chapter*

Gerri Rodda, RN, *Community Health Nurse*

New Milford VNA

New Milford Health Department

New Milford - Danbury Hospitals

Community Culinary School of NW CT

SENIOR COMMUNITY CAFÉ

CW RESOURCES

Serving lunch Mondays, Tuesdays, and Thursdays

at 12:00 PM. Suggested Donation: \$2.00.

Sign up for lunch in person or by telephone at least 72 hours in advance. **860-355-6075**

Café Staff: Margaret Whelton, *Site Manager*

New Milford School District

The New Milford School District has arranged for our Seniors to attend any school sponsored event held in New Milford for FREE! You must be able to provide your own transportation to the event and your free tickets can be picked up at our front desk here at the Center.

If you need more information regarding school events, check out what's happening in the NM Public Schools by visiting their website at

<http://www.newmilfordps.org>

While you're there, sign up for their e-newsletter "Spotlight on New Milford Schools" for the latest updates and event details!

To our readers: Our newsletter accepts advertising from a number of various businesses and service providers. Please note that although we publish these advertisements, the identification of any product or service provider contained or referred to in any ad does not constitute an endorsement, referral, guarantee or recommendation of or by the Town of New Milford or the New Milford Senior Center.

Robo-Calls for Reminders and Notifications

Please make note that the Center has been using a new calling feature that allows an automated message to be delivered via phone call. We will be using this feature to invite or remind you about upcoming events, notify you of changes or cancellations of events or programs, and much more. The number that calls you is a voice-activated Massachusetts number so please know that it is the Center calling with an important message!

NMVNA & HOSPICE AND NEW MILFORD SENIOR CENTER. TOGETHER WE TAKE CARE OF OUR SENIORS.



NMVNA SPONSORED PROGRAMS INCLUDE: CAREGIVER SUPPORT GROUP. LIVING WITHOUT A PARTNER SUPPORT GROUP. BLOOD PRESSURE CLINICS. COOKING FOR ONE. DIABETES SELF-CARE.



The Gourmet Group • Saturday, December 10th

For this group, some of their best friendships have formed around the table. The Gourmet Group meets on the second Saturday of each month at a member's home. Everyone brings a surprise dish to share no matter how simple or intricate and the host/hostess will provide the paper plates, utensils, napkins, and beverages. So if you enjoy good food and good company, this is the group for you! We meet at the home of the host or hostess at 5 PM and invite group members to bring a silly, fun or unusual item for a Chinese Auction, so come enjoy good food and great company! Call Mary at **860-354-3525** for more information.

The Lunch Bunch • Saturday, December 17th

The Lunch Bunch meets the third Saturday of each month to enjoy new or favorite local area hot spot restaurants such as Tivoli's, The Hearth, Royal Buffet & Grill, and much more! Come and join the group for both the delicious food and the friendships that will come with it! Call Jean at **860-354-4649** for more information.

The Day Trippers

Culinary Institute of America-American Bounty and Mills Mansion • Tuesday, December 6th

For the holidays, the Day Trippers are making their way to the Culinary Institute of America for a sumptuous lunch followed by a stopover at Mills Mansion (Staatsburgh State Historic Site) to marvel at the holiday décor and have a guided themed tour about the Titanic! The cost of the trip is \$92* and detailed flyers are available at the Center!

Payments can be made by check to "NM Senior Citizens Adv. Bd. Inc." as this will secure your reservation so stop in or give us a call at **860-355-6075 for more information today!*

Elsie's Group

Elsie's Group does fun things all year long including trips to Foxwoods, dinner, theaters and day or stay-away excursions! Her trips are open to anyone interested in making new friends and having a great time! On Wednesday, December 7th, Elsie will be heading to the Aqua Turf Club in Plantsville, CT to see The Company Men, who have a unique talent for combining timeless classics with today's hits and turning them into a brilliant music experience. Then, mark your calendars for October 2017. Elsie will be on an eleven-day fall foliage cruise to New England, Canada, and Newfoundland! For more information on any of her trips including her monthly trips to the casino, feel free to call Elsie at **860-355-0055** or stop by the Center for a copy of her flyers!

Eat and Be Entertained with Entertainment as the Appetizer! • Friday, December 2nd, 11:00 AM

Join us for lunch and music on the first Friday of the month! Before lunch at noon, we will be served with a round of wonderful entertainment! We welcome singer and entertainer, Melanie "Nina" Goingo, who will serenade us with the songs of Broadway Stage! Then for lunch, we welcome back Helen Early of Heirloom Bakery and Catering who will make a delicious meal of cheese ravioli in a meat sauce with salad, garlic bread, and cannolis for dessert! The cost of the meal is \$5.00 and your payment will confirm your lunch reservation. For more information, please call the Center at **860-355-6075** and come eat and be entertained!

Volunteer Appreciation Night

**Thursday, December 8th,
4:30 – 5:30 PM**

With the holidays upon us, let us take a moment to thank all of our volunteers for all their hard work and dedication to our Center and the programs we provide! Join us for an evening of wine and cheese as we say "Thank You for Your Time!" We ask that you please RSVP by calling Thea in the WHEELS Office at **860-354-6012** or the Senior Center at **860-355-6075**.



Help Fill Our "Giving Tree"!

'Tis the season to be giving and what better way than through the gift of warm with hats, scarves, gloves, and mittens! Please feel free to donate items such as these to our Giving Tree where your "made with love" and/or "bought with love" donations will be gifted to families in need right here in our New Milford community!

AARP NM Chapter # 3241
Thursday, December 15th, 12:00 PM
Trinity Lutheran Church, 107 Kent Road



Regular monthly meetings are usually held at the Trinity Lutheran Church every 2nd Wednesday of the month, but this month will feature the Christmas Party at the Maxx! For more information, please feel free to call Ellen at **860-354-7185**.

From all of the Staff at the New Milford Senior Center, we wish you and yours a very happy holiday season! Please know that we appreciate your kind wishes and greetings, but **we can no longer accept personal gifts per town policy.**

Your presence is our present!



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come home to!*

*A worry-free
independent way
of living.*

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4 Health & Wellness

Grandparents Raising Grandchildren Support Group



Monday, December 12th, 5:30 – 7:00 PM
The Maxx - 94 Railroad Street

Are you a grandparent faced with the challenges of being a parent again? If so, please feel free to join us for our Grandparents Raising Grandchildren Support Group, where we discuss topics and resources related to raising children for the second time around. The meeting will begin at 5:30 PM and dinner will be served at 6:30 PM; child care will also be provided during the meeting. For questions or to RSVP, please call us at **860-355-6075**.

Living Without A Partner – Support Group

Tuesday, December 13th and 27th,
10:00 – 11:30 AM

The death of a spouse or a partner is a life altering experience. Living alone can be a difficult adjustment. Join others in a similar situation, gain support, network, and share your feelings in a safe and warm environment. This group is facilitated by Catherine Vlasto, LCSW, a clinical social worker from the New Milford VNA & Hospice and is geared towards men and women whose partners have died in the past two years. Refreshments will be served and you are invited to stay for lunch after the meetings. For more information or to sign up, please call the Center at **860-355-6075**.

Caregiver Support Group

Tuesday, December 6th and 20th,
10:00 – 11:30 AM

Join us for the first and third Tuesdays for a place to relax, express your feelings, and connect with other caregivers! Facilitated by Catherine Vlasto, LCSW, you will have professional guidance in addition to support from your peers. It's free of charge and volunteers can be arranged to stay with your loved ones at home while you attend by calling by calling the VNA at **860-354-2216**. For more information, feel free to call the Center at **860-355-6075**.

Older is Bolder – Support Group

Coming soon!

As the newest addition to our support groups at the Center, "Older is Bolder" will provide a safe place to cover topics and provide information, resources and support that are primarily focused on the LGBTQ community. Facilitated by Cristie Pacete of Mental Health Connecticut, topics will include various lifestyle changes an individual may face, sharing your "coming out" story, and challenges an individual may encounter. Please know that we take privacy, confidentiality, and RESPECT very seriously and welcome all! For more information, or to sign up, please call the Center at **860-355-6075**.



Alzheimer's Couples Social Group

Wednesday, December 28, 12:00 PM

Caregiving for a spouse with dementia can become very isolating. Join us on the fourth Wednesday of each month for our couples support group social where you and your spouse can relax in the friendship of others who are facing similar challenges. Join Carolyn DeRocco, who is your host from the Alzheimer's Association, and meet other couples who are facing similar daily events. Come enjoy light refreshments, music, and more! This program is Free; please call **860-355-6075** to sign up.

Cooking for One - Holiday Edition

Tuesday, December 13th, 10:15 AM

Join us as we welcome Chef Blythe Roberts for a cooking demonstration, "Cooking for One" with a holiday twist! Recipes and samples will be provided for this yummy program. To sign up, please call the Center at **860-355-6075** as space is limited.



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**Relaxation Station -
Allow yourself time to Relax!**

CHAIR MESSAGES

**Thursdays, December 1st and 15th,
1:00 – 3:00 PM**

Take 10 minutes for yourself for a relaxing massage every first and third Thursday! We welcome licensed massage therapists Angela and Terry who offers 10 hand and arm and/or chair massages in our Health and Wellness Center. Massage can help maintain your health, flexibility, and offer pain relief from sore stiff and aching muscles. The cost for a 10 minute massage is a suggested donation of \$7 and clients are received on a first come, first serve basis.



REIKI

**Tuesdays,
December 13th
and 27th,
1:00 – 3:00 PM**

As a new addition to our Relaxation Station, we are happy to welcome Reiki Master, Mary-Ellen Foster who will be offering 10 minute Reiki healing sessions right in our Health & Wellness Center every second and fourth Thursday! Reiki is used to reduce stress, promote relaxation, and restore physical, mental, and emotional health through simple, natural hands-on healing techniques and is accepted by hospitals and physical therapists as a form of complementary medicine. The cost for a 10 minute massage is a suggested donation of \$7 and clients are received on a first come, first serve basis.

**Color Me Calm -
Coloring for
Relaxation**

**Thursday, December 29th,
10:00 AM**

One of the newest new trends to hit the scene is adult coloring books so why not spend a relaxing morning with us releasing your inner child and creativity by COLORING? With some soft music in the background, feel free to bring your own coloring supplies otherwise we will have some here for you all to use. It is a wonderful way to take some time to relax and have fun! To sign up, please call the Center at **860-355-6075** and color me calm!

**New Milford VNA Blood
Pressure Screenings**

Wednesdays, 10:30 – 11:30 AM

Join us for a weekly first come, first served blood pressure screening with a New Milford Visiting Nurse Association nurse. This FREE service provides you with an opportunity to check and track your blood pressure, recording each measure on a wallet-sized card, as well as being able to ask the nurse about any of your health concerns regarding your results. Walk-ins encouraged.



**Diabetes Support Group
See you in a few months!**

Did you know that 30 million people in the U.S have diabetes and 1.4 million Americans are diagnosed each year? Join us as we introduce our newest program—a quarterly Diabetes Support Group instructed by Diane Cook, RN, BSN of the New Milford VNA and Hospice. Each meeting will cover a new topic and light and healthy refreshments will be served. To sign up for more information, please call the Center at **860-355-6075**.

**Visually Impaired Persons
(VIP) Support Group**

**Wishing you all a Happy Holiday
season, See you again in the Spring!**

Is deteriorating vision becoming an obstacle in your life? The Visually Impaired Persons (VIP) Group can help you to maintain your independence by teaching you new ways to do the things you've always done! Along with sharing ideas and experiences among group members, the group also hosts a variety of guest speakers from ophthalmologists and low vision specialists to occupational therapists and rehabilitation specialists. You will also learn about the many programs and services available to you, such as, the Board of Education and Services for the Blind (BESB), the Lion's Low Vision Center, Library for the Blind, CRIS Radio and much more. Feel free to join us so call the Senior Center for more information at **860-355-6075**.



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***PLEASE NOTE THAT ALL PROGRAMS AND ACTIVITIES THAT TAKE PLACE IN ROOMS 2A AND 2C WILL NOT BE HELD FOR THE MONTH OF DECEMBER UNLESS NOTED OTHERWISE IN THE CALENDAR (PAGES 12 and 13). HAPPY HOLIDAYS AND WE WILL SEE YOU AGAIN IN THE NEW YEAR!**

***Strength and Balance with Kerry**
Tuesdays & Thursdays,
11:15 – 11:50 AM



Join us as we welcome, Kerry Swift, our new Strength and Balance exercise instructor! Kerry will be teaching a low-impact exercise program which includes strength training with light hand weights, stretchy bands, chair exercises and lots of laughter! This class is designed to benefit individuals with basic to advanced capabilities. The exercises are geared to help reduce joint and muscle pain and stiffness. It will help improve mobility, muscle strength, balance, posture and functional capacity. The variety of exercise techniques are performed while sitting and/or standing and allow participants not only to enjoy themselves, but do so safely, as well. Class meets twice a week for 45 minute sessions. The cost of the class is \$30 for an 8 class session* so come by the office try out the class or sign as your payment confirms your enrollment.

***Yoga with Penny**
Fridays, 9:15 – 10:15 AM
and 10:30 – 11:30 AM

Yoga is a not only a type of exercise, but a discipline that includes breath control, simple meditation, and the adoption of specific bodily postures that practiced for health and relaxation. Come and join us as we welcome one of our newest yoga instructors, Penny Cidri, who brings compassion and a positive approach to her work by helping people maintain a healthy lifestyle! She believes in people! You're never too young or old to start learning. Taking time to care for you is an important part of staying active for a lifetime. She has been working with folks ages 8-89 in the area for seventeen years and has provided them with the tools necessary to achieve their individual goals where it is keeping healthy, recovery from physical illness or dealing with a disease. "Exercise is medicine!" The cost of the class is \$50 for an 8 class session and your payment confirms your enrollment. Stop by the office for information on signing up or to try it out today! Namaste.

***Chair Yoga with Elaine**
Thursdays, 1:30 – 2:15 PM

Join us as we welcome Elaine Donahue, our newest Chair Yoga instructor! Some of you may recognize Elaine from Candlewood Valley Health and Rehab or from calling Special Bingo, but one of Elaine's other talents is with chair yoga! Chair yoga is a great way to stretch and relax from head to toe without the stress of getting out of your chair. It is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support to deepen flexibility and strengthen personal body awareness. The cost of the class is \$50 for an 8 class session and your payment confirms your enrollment. Stop by the office for information on signing up or to try it out today! *Namaste.*

***Tai Chi with Dee**
Thursdays, 9:45 – 10:45 AM
***NEW* Beginners' Class Wednesdays, 1:30 – 2:30 PM**

Tai Chi is a form of exercise that originated in China. Recently it has been shown to be an effective part of an exercise regimen for older adults, increasing flexibility, posture and strength. Most people do best with personal instruction through individualized training. Everyone can benefit in some way, Tai Chi is particularly helpful for individuals with arthritis, gait or balance disorders, and those with the potential for falls. How does Tai Chi work? It increases flexibility, posture, muscle strength, and overall fitness. Tai Chi is gentle exercise of all joints and muscles of the body, requires no special equipment and improves the connection between body and mind. To protect yourself try Tai Chi! The cost of the class is \$50 for an 8 class session and your payment confirms your enrollment. Stop by the office for information on signing up or to try it out today! *Peace.*



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Line Dancing with Jill Mondays, 2:00 – 3:00 PM

Get ready to LINE DANCE! Come and join this fun filled class with instructor, Jill Weiss, a local New Milford resident who has been teaching line dancing at other regional senior centers! Her classes are designed to be fun and lighthearted, so no need to be a star dancer to enjoy her class! The cost of the class is \$50 for an 8 class session* so come by the office try out the class or sign as your payment confirms your enrollment.



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The Vacation Travel Expert

Kate Leas-Clisson

Destination Spotlight: Ireland

I hope you've enjoyed the Vacation Travel Expert column these past few months. This month we are diving into our first destination spotlight, Ireland!

In September, I hosted a small group of travelers on a 10 day tour from Limerick to Belfast. Ireland is so different than any other place I've been because it isn't about landmarks, museums, or a checklist of things to see and do. What makes Ireland special is the people, their traditions, and history. The Irish are jovial and outgoing and love their music and pub life, but have overcome so much in their history including multiple revolutions and famine, which makes them strong and rugged at the same time. Highlights of our trip were the Cliffs of Moher, the Ring of Kerry, Book of Kells, the Titanic museum, and Giant's Causeway. The landscape of Ireland is so green and natural, pictures just can't do it justice! If you'd like to read more about our trip, please visit www.vacationtravelexpert.com/blog.

Are you ready to see Ireland for yourself?

The flight is 6.5 hours, non stop from Boston to Dublin. There are many tours ranging between 5 and 15 days with the option to include Scotland, England, and Wales. I recommend spending 7-10 days in Ireland and I have tours under \$1500 per person land only for 8 day and airfare is approximately \$650 depending on dates, contact Kate for more details!



Cruise the Best of the with Celebrity Cruises

Mediterranean

11 nights Roundtrip from Rome
May 8-19, 2017



From Rome you will visit:

- ✦ **La Spezia, Italy** - So many choices of excursions! Florence, Pisa, a wine tasting in Tuscany or Cinque Terre.
- ✦ **Villefranche, France** - Explore the French Riviera, take a day trip to Monaco or visit the artist village of St. Paul de Vence.
- ✦ **Barcelona, Spain** - With 2 full days and an overnight, you will have plenty of time to marvel at Gaudi's famous architecture, enjoy traditional Catalan tapas, or travel into the mountains to visit the ancient Benedictine monastery in Montserrat.
- ✦ **Gibraltar, UK** - Visit the Rock of Gibraltar and meet the Barbary Apes and visit St. Michael's Cave.
- ✦ **Malaga, Spain** - Spend the day at the beaches of the Costa del Sol or take a trip to the Alhambra Palace in Grenada.
- ✦ **Cartagena, Spain** - one of the oldest cities in Spain with history dating back to 223 BC
- ✦ **Ibiza, Spain** - Relax on the beach or visit D'Alt Vila, a medieval walled city and UNESCO World Heritage Site during your port visit to this island off of Spain.

Aboard MS Celebrity Reflection. This sailing will include an onboard host, exclusive cocktail party, and a private shore event in Malaga.

Pricing

\$1,869/person + tax
(cat 2C)

for a Deluxe Verandah stateroom.

Deposit of \$450 per person due at time of booking, pricing is guaranteed until December 9, 2016 and then subject to increase. Balance is due by Feb. 7, 2017

Each stateroom will receive \$100 onboard credit for booking with Vacation Travel Expert AND 1 free perk when booking an oceanview stateroom or above. Choose from: Classic Beverage Package, Internet, Pre-paid Tips, or \$300 to spend onboard.

**Prices are based on double occupancy, cruise only, airfare pricing available on request. Rates for single or other occupancy on request. If you qualify for other promos at time of booking, you will receive best pricing.*

Cruise to Alaska with Holland America

7 night Northbound Glacier Discovery Cruise
June 18-25, 2017

Leaving from Vancouver, Canada, aboard MS Noordam. You will cruise through the scenic Inside Passage to the ports of:

- ✦ **Ketchikan, Alaska** - Plenty to see and do in this port known as Alaska's "First City", Historic Creek St., Saxman Native Village and Totem Pole Park, Salmon Fishing, Bear Viewing, and Misty Fjords by Floatplane
- ✦ **Juneau, Alaska** - Known for the spectacular Mendenhall Glacier and one of the best places to whale watch in Alaska. You can get close to the glacier by kayaking, hiking, helicopter landing, or by bus to the scenic photo point and visitors center.
- ✦ **Skagway, Alaska** - Take a journey on the White Pass & Yukon Railroad, explore quaint Skagway, have a beer at the Red Onion Saloon, or go to a Musher's Camp and experience dog sledding!

You will continue to cruise through Glacier Bay and disembark in Seward, AK. You can then explore Alaska by land with many different post cruise options or fly home from Anchorage at the end of your cruise. A passport is required for this cruise since you will begin the cruise in Canada. Airfare and travel insurance are available at an additional cost.

Pricing

\$1,889/person + tax
(cat VA)

for a Verandah Stateroom.

Deposit of \$350 per person due at time of booking, pricing is guaranteed until January 15, 2017 and then subject to increase. Balance is due by March 24, 2017. Each stateroom will receive a \$50 on board credit.

**Prices are per person based on double occupancy. Cabin Space is limited and subject to availability, at the time of booking. Rates for Single Occupancy OR other categories are available upon request. Book early for the best cabin selection. PLEASE NOTE: If any current promotional fares are pricing lower than our group rates-you will be confirmed with the better pricing.*

WORLD WAR II - Poland & East Germany History Tour

13 Day Tour from Warsaw to Munich

August 21-September 3, 2017



Warsaw - Welcome dinner, guided sightseeing, visit the Cathedral of St. John, Warsaw Rising Museum (2 nights)

Auschwitz & Birkenau - Visit the sites of the former concentration camps

Krakow - Guided sightseeing, visit St. Mary's Church, Oskar Schindler's factory, walking tour of Kazimierz, visit the Remuh Synagogue (2 nights)

Wroclaw - Sightseeing, visit cathedral and market square (1 night)

Dresden - Guided walking tour, visit Zwinger Palace Courtyard, dinner at a local restaurant (1 night)

Torgau - See the monument commemorating the meeting of the US and Soviet forces, visit the courtyard of Hartenfels Castle

Berlin - Guided sightseeing, Brandenburg Gate and the Holocaust Memorial, visit Kaiser Wilhelm Memorial Church, optional excursion to Potsdam (2 nights)

Weimar - Walking tour (1 night)

Buchenwald - Visit the site of the former concentration camp

Nuremberg - Visit the Memorium Nuremberg Trials and Court Room 600 (if available), Document Center, Zeppelin Field, walking tour of Old Town, special dinner at a local restaurant (1 night)

Dachau - Visit the site of the former concentration camp

Munich - Visit Marienplatz, farewell dinner (2 nights)

Pricing

\$2,669/person

based on double occupancy, land only. Single Room Supplement \$571.

****Save \$150 per person if you book tour with Airfare by January, 3, 2017****

Deposit is \$250 per person for land only or \$550 per person for air inclusive and is due at time of booking.

Deposits are non-refundable. Space is limited and subject to availability.

Call for current airfare pricing.

PLEASE NOTE: If any current promotional fares are pricing lower than our group rates-you will be confirmed with the better pricing.



Highlights of the Canyonlands

7 Day Trip Roundtrip Las Vegas

October 24-30, 2017



Day 1 - Arrive in Las Vegas with free time to explore

Day 2 - Drive on Historic Route 66 through the desert to **Grand Canyon National Park**. Experience the breathtaking views of the Grand Canyon, watch the sunset inside the park where you will stay overnight in one of the park's lodges.

Day 3 - Wake up to the sun rising over the Grand Canyon! You will have an opportunity for an optional helicopter flight seeing tour in the morning before you depart for the **Navajo National Monument** known for its villages dating back to 1250-1300 AD. Optional Navajo cookout this evening.

Day 4 - Explore **Monument Valley** on a 4 wheel drive tour, visit Glen Canyon Dam, and take an optional cruise through Antelope Canyon.

Day 5 - Optional flight seeing over Lake Powell and Rainbow Bridge, the largest natural arch on earth. Continue onto **Bryce Canyon National Park**, famous for its unique geology and slot canyons.

Day 6 - A full day in **Zion National Park** with amazing landscapes of steep canyons and stone towers.

Day 7 - St. George, UT tour, Snow Canyon State Park-carved from red and white Navajo sandstone, and return to Las Vegas either to the airport or spend a few extra nights in Las Vegas.

Pricing

\$999/person

based on double occupancy, land only. Single Room Supplement \$420.

Deposit of \$250 per person due at time of booking.

Balance is due by August 9, 2017.

Deposits are non-refundable. Space is limited and subject to availability. Rates for single occupancy available on request. Airfare will be available 330 days prior to travel date.

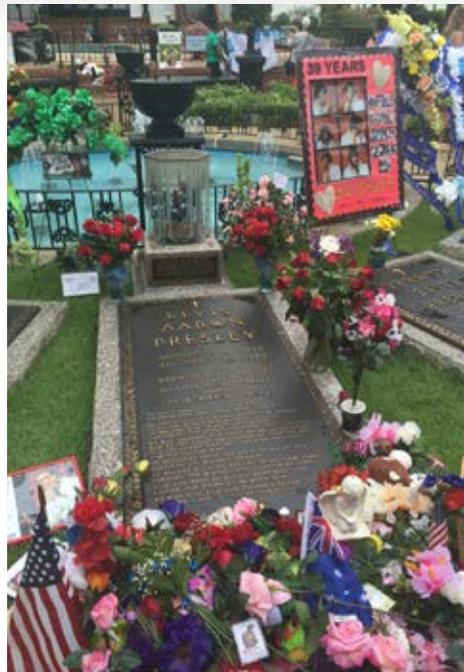
PLEASE NOTE: If any current promotional fares are pricing lower than our group rates-you will be confirmed with the better pricing.

Elvis and the Southern Sounds

8 Days from Memphis to Nashville

Multiple departures starting in March 2017-November 2017

- Spend 4 nights in Memphis and 3 nights in Nashville
- Visit Elvis Presley's birthplace in Tupelo
- Tour Graceland and board Elvis's private jet
- Visit Sun Studio, the Stax Museum of American Soul Museum, and the Rock N Soul Museum
- See special hard to find and hidden Elvis sites throughout Memphis
- Special entrance to the Johnny Cash Museum with a private performance and meet and greet with John Carter Cash, son of the late Johnny and June Cash
- Tour the Country Music Hall of Fame and Studio B
- Watch a performance at the famous Grand Ole Opry



Pricing

\$1,639/person

based on double occupancy, land only. Single Room Supplement \$560.

Deposit of \$250 per person due at time of booking.

Deposits are non-refundable. Space is limited and subject to availability. Airfare is additional. PLEASE NOTE: If any current promotional fares are pricing lower than our group rates-you will be confirmed with the better pricing.

12 December 2016 Calendar

Richmond Dining Room (R)
Lounge (L)

2nd Floor Classroom (2A)
2nd Floor Small Classroom (2C)

Monday

Tuesday

Wednesday



*December
2016*

<p>12:00 – 4:00 Sunday, Dec. 4th Lion's Club Christmas Party (VFW Hall) 4 <i>*Bus rides will be available</i></p> <p>10:00 Handwork Circle (R) 5 10:00 Intermediate Bridge (L) 10:30 Mexican Train Dominoes (R) 11:00 Dine and Dance - Line Dancing (JK Shuffles) 12:00 Lunch (R) 12:30 Mahjong (L) 12:45 Bingo (R) 2:00 Holiday Wreath Making Workshop (R) <input type="checkbox"/></p>	<p>Day Trippers: Culinary Institute of America and Mills Mansion 6</p> <p>9:30 Carving Group (2C) 10:00 Caregiver Support Group (L) 11:15 Strength & Balance with Kerry (2A) 12:00 Lunch (R) 12:30 Scrabble (L) 1:00 Quilt Circle Holiday Party (R) 1-3:00 Relaxation Station: Reiki (HW) 1:00 Senior Singers (R)</p> <p><input type="checkbox"/></p>	<p>10:30-11:30 Blood Pressure Screening (HW) 7 11:15 Book Exchange with NM Library (R) 12:00 Lunch (R) 12:30 Bridge (L) 1:00 Special Bingo (R) 2:00 Holiday Cookie Bake and Decorate (R)</p> <p><input type="checkbox"/></p>
<p>10:00 Handwork Circle (R) 12 10:00 Intermediate Bridge (L) 12:00 Lunch (R) 12:30 Mahjong (L) 12:45 Bingo (R) 2:00 Line Dancing with Jill (R)</p> <p><input type="checkbox"/></p>	<p>10:00 Living Without a Partner - Support Group (L) 13 10:15 Cooking for One - Holiday Edition (R) 10:30 Senior Singer's Holiday Concert (Village Crest) 12:00 Lunch (R) 12:30 Scrabble (L) 1-3:00 Relaxation Station: Reiki (HW) 1:00 Q&A with the Counselors (R) 2:00 Senior Singer's Holiday Concert (Candlewood Valley)</p> <p><input type="checkbox"/></p>	<p>10:30-11:30 Blood Pressure Screening (HW) 14 12:00 Lunch (R) 12:30 Bridge Group (L) 12:45 Midweek Matinee (R)</p> <p><input type="checkbox"/></p>
<p>10:00 Handwork Circle (R) 19 10:00 VIP Holiday Party (Off-Site) 10:00 Intermediate Bridge (*HW) 10:00 Mexican Train Dominoes (R) 12:00 Lunch (R) 12:30 Mahjong (L) 12:45 Bingo (R) 2:00 Line Dancing with Jill (R) <input type="checkbox"/></p>	<p>10:00 Caregiver Support Group (L) 20 10:00 "Ask the Attorney" Roundtable Discussion (HW) 12:00 Lunch (R) 12:30 Scrabble (R*) 1:00 Gingerbread House Workshop (R)</p> <p><input type="checkbox"/></p>	<p>10:00 Storytime with the Children's Center (L) 21 10:30-11:30 Blood Pressure Screening (HW) 12:00 Lunch (R) 12:30 Bridge Group (L) 12:45 Midweek Matinee (R)</p> <p><input type="checkbox"/></p>
<p>Christmas Day (Observance) CENTER CLOSED 26</p> <p><input type="checkbox"/></p>	<p>10:00 Living Without a Partner - Support Group (L) 27 11:15 Strength & Balance with Kerry (2A) 12:00 Lunch (R) 12:30 Scrabble (L) 1:00 Book Discussion Group (L) 1-3:00 Relaxation Station: Reiki (HW)</p> <p><input type="checkbox"/></p>	<p>10:30-11:30 Blood Pressure Screening (HW) 28 12:00 Lunch (R) 12:00 Alzheimer's Couples Social Group (LL) 12:30 Bridge Group (L) 12:45 Midweek Matinee (R)</p> <p><input type="checkbox"/></p>

Thursday Friday

<p>9:45 Tai Chi with Dee (2A) 1 11:15 Strength & Balance with Kerry (2A) 12:00 Lunch (R) 1:00 AARP Board Meeting (HW) 1-3:00 Relaxation Station: Chair Massages (HW) 1:30 Chair Yoga with Elaine (2A)</p> <p style="text-align:right"><input type="checkbox"/></p>	<p>9:15 Yoga with Penny (2A) 2 9:30 Mahjong (L) 10:30 Yoga with Penny (2A) 11:00 Eat and Be Entertained - Lunch with Entertainment as the Appetizer! (R) 1:00 Wii Bowling (R)</p> <p style="text-align:right"><input type="checkbox"/></p>
<p>9:30 Senior Advisory Board Meeting (L) 8 9:45 Tai Chi with Dee (2A) 10:00 Holiday Centerpiece Making Workshop (LL) 11:15 Strength & Balance with Kerry (2A) 12:00 Lunch (R) 1:30 Chair Yoga with Elaine (2A) 4:00 Commission on Aging Meeting (R) 4:30 Volunteer Appreciation Night (R)</p> <p style="text-align:right"><input type="checkbox"/></p>	<p>9:00 Odd Fellows Men's Breakfast (R) 9 9:15 Yoga with Penny (2A) 9:30 Mahjong (L) 10:30 Yoga with Penny (2A) 10:30 Holiday Celebration: Jingle & Mingle (The Maxx)</p> <p style="text-align:right"><input type="checkbox"/></p>
<p>10:00 TRIAD Committee Meeting at NM Hospital 15 12:00 AARP Christmas Party (The Maxx) 12:00 Lunch (R) 12:30 Monthly Birthday Party (R) 1-3:00 Relaxation Station: Chair Massages (HW)</p> <p style="text-align:right"><input type="checkbox"/></p>	<p>9:30 Mahjong (L) 16 12:00 Wii Bowling (R) 10:30 Holiday Celebration: Jingle & Mingle *Snow Date* (The Maxx)</p> <p style="text-align:right"><input type="checkbox"/></p>
<p>12:00 Lunch (R) 22 1:00 Brain Games 5:00 Senior Suppers at New Milford Hospital</p> <p style="text-align:right"><input type="checkbox"/></p>	<p>9:30 Mahjong (L) 23 12:00 Wii Bowling (R)</p> <p style="text-align:right"><input type="checkbox"/></p>
<p>10:00 Color Me Calm - Coloring for Relaxation (L) 29 12:00 Lunch (R)</p> <p style="text-align:right"><input type="checkbox"/></p>	<p>9:30 Mahjong (L) 30 12:00 Wii Bowling (R)</p> <p style="text-align:right"><input type="checkbox"/></p>

Name: _____

Address: _____

Phone: _____

**Additional Appointments
 for Bus Riders:**

Date: _____ Time: _____

Destination: _____

**Please indicate if bus ride is needed
 by checking the box on Calendar!**

IMPORTANT MESSAGE:

Please note that we do not follow the New Milford School District delays or closures so for any emergency or weather-related incidents including road closures, please refer to Channel 3 News under New Milford Senior Center or call the Center at 860-355-6075

14 Senior Services Advisors' Notes

Municipal Agent/Senior Services Advisor **LEONARDO S. GHIO** & Senior Services Advisor **MIRA LEVASSEUR**

The Municipal Agent/Senior Services Advisor is available for appointments at the Center as well as home visits and may be contacted by phone.

SERVICES AVAILABLE TO NEW MILFORD RESIDENTS ONLY. Available full-time to help with a variety of issues:

- Information and Referral • Housing Options • Prescription Drug Issues • Energy Assistance, Renter & Tax Rebates, Medicaid, etc.
- Medicare, Medigap Insurance, and Medicare Advantage Counseling • Long Term Care Planning • Social Security Problems • Meals on Wheels
- Home Care Needs • Financial Problems • Long-Term Care Insurance • Transportation • Support Groups: Visually Impaired, and Reverse Annuity Mortgages
- Low-Interest Grants or Loans for Home Repair • Title 5 Senior Employment Options • Medicare Part D, etc.

ANNUAL ENROLLMENT FOR MEDICARE PART D AND MEDICARE ADVANTAGE PLANS

will begin on October 15th and end on December 7th. Please be looking for your current plan's changes for 2017 that should come to you in the mail by October 7th. If you are satisfied with your plan for next year and don't want to change it, you don't need to do anything at all and your plan will automatically roll over. But, if the premiums or co-pays have gone up or it will no longer cover one or more of your medications, you may want to make an appointment with a counselor to learn of other options that are available to you. Please call the Senior Center to make an appointment.

SUPPORT GROUPS

We offer a variety of support groups at the Center to fit various needs and interests. For more information on each of the support groups, please refer to the Health and Wellness section on pages 4-5 or call the Center at **860-355-6075**. The groups that we currently offer are the following:

- Visually Impaired Persons (VIP)
 - Living Without a Partner (Bereavement)
 - Caregivers
 - Grandparents Raising Grandchildren: When You're A Parent Again
 - Diabetes
- And *Coming Soon!* Older is Bolder

VOLUNTEER OPPORTUNITIES: The New Milford Senior Center is in search of able-bodied adults who would be willing to help seniors in the community with household chores. Chores may include raking leaves, taking AC units out of windows, trimming hedges, light house work, changing lightbulbs or even just spending some quality time with a senior at home. Volunteers must have their own transportation and be at least 25 years of age. If you are interested or would like more information, please call the center at **860-355-6075** and ask for Leo.

Are you good with numbers? Skilled in all things digital? Have a knack for running things? Love working with people? Good at getting the word out? Or speak a second language? The AARP Foundation is looking for volunteers for their TAX-Aide program to help those who are of low- to moderate-income, and especially those who are 60 and older, who need help preparing their taxes to get all the deductions and credits they deserve. There's a volunteer role for everyone so if you are looking for something that will "Work your mind" and "Warm your heart", more information can be found by visiting aarp.org/taxaide. The Tax Aide Program will begin at the New Milford Senior Center after the New Year - consider being a Tax Aide Volunteer today!

NEW MILFORD HOSPITAL SENIOR SUPPERS

New Milford Hospital offers a special dining program for seniors who live in our service area. Senior Suppers are offered at the café at New Milford Hospital from 4-5 and 5-6 PM, Monday-Friday. Seniors must obtain the special discount/identification card from the Senior Center in their respective towns and show this card when paying for their meal. The meal priced at \$5.00 includes: One entrée with two sides, one small soup or one small side salad, one coffee, tea or water (no soda), and one dessert. Any additional items chosen will be charged at the regular retail price of that item. For reservations call the New Milford Hospital at **860-210-5011**.

THE LION'S CLUB OF NEW MILFORD

may be able to help you with your vision screenings and lenses. **The Gift of Sight program** allows a low-income individual who needs new lenses to receive a free eye exam and a new pair of eyeglasses. Also, some Lion's Clubs run the Affordable Hearing Aid Project, which distributes 3 types of affordable hearing aids through a partnership with Rexton, Inc., a hearing device manufacturer. For more details. Contact the New Milford Lion's Club or the Senior Center Counselors.



Holiday Fun Facts!

- ★ Thanksgiving is not just an American holiday. Canada declared their Thanksgiving holiday in 1879. It is observed on the 2nd Monday in October.
- ★ President Abraham Lincoln proclaimed the first national Thanksgiving Day in 1863.
- ★ Christmas was declared a national holiday in 1870.
- ★ President Franklin Pierce was the first President to decorate the White House Christmas tree.
- ★ Since the 1970's, the Kennedy Space Center has made their shuttle landing facility available for emergency landing by Santa Claus should problems develop during his annual visit to children around the world.



ENERGY ASSISTANCE

The Senior Center will begin taking applications for the CT Energy Assistance Program beginning September 1st. Qualifying income guidelines are as follows: \$33,880.60 for individuals and \$44,305.40 for couples. Assets under \$12,000 for renters and \$15,000 for homeowners are excluded. Anything over that is added to your income. The total must be below the above numbers to be eligible. Please make sure you have all documents before coming in to apply. We will need your current income, such as, Social Security benefit, wages from work (previous 4 weeks worth of pay-stubs), interest and/or dividends, etc. If you are self-employed, please call before you make an appointment to find out what you will need to bring. We will also need proof of assets which will be ALL bank accounts, stocks, bonds and any other liquid assets. Lastly, whether you heat with electricity or not, we need a current electric bill. When all of your documents are ready, please call the senior Center to make an appointment.

IT'S TIME TO WEATHERIZE! Yes, it is that time of the year again. The cold is on its way and it's time to prepare your home for the winter weather. The Home Energy Solutions through Energize CT is a great program to help you do just that. An air flow test is performed and once leaks are found, they are fixed by caulking, weathers-stripping, installing door sweeps. They will also add aerators to faucets and install low-flow shower-heads. The cost is \$99 for the energy audit and for these simple energy-saving procedures, including new, energy-efficient light bulbs. If more work would be beneficial, you will be given information on what would need to be done and you can decide whether or not to proceed with these additional interventions at your own cost. Information on rebates and financing along with payback and investment information specific to your home will also be provided. There is also an income-eligible program for those whose income qualifies them for a free audit and weatherization services. Check out information about this program under Smart Energy Solutions on the EnergizeCT web-site (www.energizect.com), or give the Toll Free Energy Information line a call at 1-877-947-3873 during normal business hours.



Q&A WITH ADVISOR • Tuesday, December 13th at 1:00 PM

Please join Leo and Mira for an after-lunch cup of coffee and dessert to meet, chat, and answer some of your questions in a casual setting.

ACCESS HEALTH ANNUAL ENROLLMENT PERIOD NOV. 1ST – JAN. 31ST

For individuals who are not yet on Medicare and who are not covered by an employer, now is the time to enroll in a qualified health insurance plan using the Access Health marketplace. If you do not enroll during this time period and you are not eligible for a Special Enrollment Period, you will not have health coverage for the rest of the year. Please plan accordingly and call the Senior Center to make an appointment.

SOCIAL SECURITY INCREASE For those of you who have not yet heard, the Social Security Administration has adjusted the cost of living and those who receive social security benefits will see an increase of .3% to their monthly income. This increase will take place starting December 30th, 2016.



We would like to welcome *Mira LeVasseur* to the New Milford Senior Center staff! She will be joining Leo as Senior Services Advisor in providing benefit counseling to New Milford residents. Stop by and say hello!



**WANT TO REACH NEW MILFORD READERS 60+?
GET ON THE *PATH* TO NEW CUSTOMERS!**

**ADVERTISE IN THE
TOP OF THE GREEN**



Senior Center Communications, LLC
Connecting Seniors with Consumer Brands through Senior Center Communications



www.seniorcentercommunications.com

**Tom Keller - Regional Director
508-361-7000**

tom@seniorcentercommunications.com

16 Programs

Handwork Circle Mondays, 10:00 AM

Enjoy the fun and merriment as you knit and crochet! Meeting every week throughout the year, anyone can work on their own project, which may be for a family member, a friend, or a piece that is donated to a local nursing home, the Senior Center, or the New Milford Visiting Nurses Association. If you've never knitted before, there are plenty of hands willing to assist! We are presently looking for yarn donations but have enough to get you started. Come join in on the fun where everything is handmade with love and walk-ins are most welcome!

Senior Singers Tuesday, December 6th, 1:00 PM

Come and sing with us! We are a casual group who enjoy gathering on the first Tuesday of every month to lift our spirits with song. Helena accompanies us on the piano, and Lorna, our Singing Captain, has song sheets with lyrics to jog our memories. All voices are most welcome as it is the spirit of song and not the sound that is so uplifting. You do not need to know how to read music - all you need is an enjoyment of singing! Come have some old-fashioned fun! Call **860-355-6075** to sign up.

Wood Carving Group Tuesdays, 9:30 AM

Come join the fun with sharp edged tools! Sounds crazy but once you try it out, you will be astonished with your results! The group invites the novice to come with a simple tool such as a sharp paring knife and of course, the wood you're going to carve. They will show you how easy carving can be. Also, for those that are experienced and have a tool kit, be prepared to make some magic again! The group welcomes all levels of creativity to join in their fun and laughter so call the office for a seat at the carving table **860-355-6075**.

Monthly Birthday Celebration Thursday, December 15th, 12:30 PM Happy December Birthdays!

Are you celebrating a birthday in the month of December? Well come to the Center and have lunch and birthday cake to celebrate! This month's birthday celebrants will not only have "Happy Birthday" sung to them, but will also be honored with flowers, balloons, and of course, good company wishing them the happiest of birthdays and many more to come! We thank Helen of "Heirloom Catering and Baking" for their lovely birthday cake each month and "Lennie's Flower Shop" for our celebrants' flowers and hope that you call the Center at **860-355-6075** to make a reservation for the lunch so that we can celebrate your birthday with you!

Ask an Attorney Roundtable w/ Rudy Kuss & Michelle Liguori Tuesday, December 20th, 10:00 AM

Are you a senior with a question on how or if to proceed with an elder law concern? This free informational service is offered by elder care Attorney Rudy Kuss or Attorney Michelle Liguori of Kuss & Liguori, LLC. Every third Tuesday of the month either Attorney will meet with individuals in a roundtable discussion to discuss any ELDER LAW issue that might be of interest such as estate planning, living wills, transfer of assets, Medicare, and Medicaid. These are *informational* discussions only; no legal advice is offered. If you would like to join the discussion, please call the Senior Center at **860-355-6075** to attend.

Quilt Circle Tuesdays, 1:00 PM

Have you ever wanted to quilt? All levels of "stitchers" are welcome! The group works on individual projects with help from other members when needed and on group quilts. Come and join the fun and friendship! We have fabric, thread, quilting tools, and sewing machines. We can help you create a simple quilt or guide you through advanced techniques. Call **860-355-6075** to sign up today!



New Milford Library – Book Exchange Wednesday, December 7th, 11:15 AM

Every first Wednesday of the month, a volunteer from the NM Library comes to the Center's Richmond Dining Room with a new selection of books for you to "sign-out". It's just like the library is coming to you! This is a convenient way to use the NM Library services without leaving the comforts of the Center! When you are done with your book, either bring it back the first Wednesday of the following month when the library volunteer is here or drop them off with Jasmin in the drop-box in her office. It's a great program and what greater pleasure is there to get lost in the pages of a great book? So come by and see what stories await you.

Special Bingo Wednesday, December 7th, 1:00 PM

This month we welcome back our friends from Village Crest to host our Special Bingo! Please join the staff from Village Crest as they call Bingo and offer fun, fellowship, and of course, great prizes! Walk-ins are always welcome and it's always free to play! Come try your luck and if you're here a little early, why not grab some lunch? Lunch is served at 12:00 PM, but you will need to make a reservation for lunch at least 72 hours before, so please call **860-355-6075** and you can play Bingo on a full stomach!

Bingo Mondays, 12:45 PM

Join us for an afternoon of Bingo games! Whether across, down, or diagonally it doesn't matter because everyone will walk out as a winner when they have a BINGO! This is an exciting way to meet others who enjoy the game and of course, walk-ins are always welcome. So come grab some lunch by reserving at least 24 hours in advance by calling **860-355-6075** and stay after for Bingo that way you're sure to leave with as a winner with full tummy!

Storytime with the Children's Center Wednesday, December 21st, 10:00 AM

Children are always such a joy and here at the Center, we have been given the opportunity to make a child smile! For one hour every 2nd Wednesday of the month, the three, four, and five year olds from the Children's Center come in to be read storybooks by volunteer readers, have a little snack, and maybe even do a little craft. We meet right here in the Richmond Dining Room where the books are provided and all we need from you is to make these stories come to life for these kids. In return, you will receive an appreciative smile and even get a laugh yourself as your little listeners' imaginations soar! For more information or to sign up to be a volunteer reader in the fall, please call the Center at **860-355-6075**.

Brain Games Friday, December 22nd, 1:00 PM

Get your minds working with our newest series of Brain Games! One Thursday a month, join us for different puzzles, brain teasers, and all sorts of activities that will work out your brain in a fun way! To sign up, call the Center at **860-355-6075** and keep your brain in tip-top shape.

Odd Fellows Breakfast Thursday, December 9th, 9:00 AM

The members of Good Shepherd Odd Fellows Lodge #65 are back to provide their famous breakfast here in our Richmond Dining Room! Breakfast is served promptly at 9:00 AM for a suggested donation of \$3.00. If you are interested in attending, please make a reservation by calling the Center at **860-355-6075** so the men know how many eggs to fry and pancakes to flip!

Cards & Board Games

Participating in mentally challenging leisure activities such as card games and playing board games may help people stay mentally sharp. Here at our Center, we have many activities that you can participate in that will not only challenge your brain, but be entertaining and socially engaging as well. Take a look at our calendar for the scheduled times and check out what fun we have!

Wii Bowling Fridays, 12:00 PM

Join in the excitement of Wii Bowling, a virtual bowling game that simulates all the movements of bowling minus the heavy ball! Score points and aim for a strike as you cheer on your other players and have a great game! The New Milford Senior Center's very own team: the "Wii B Happy Bowlers," hold their practices weekly and have a ball! For more information, please call the Center at **860-355-6075** and get in the action of Wii Bowling!

Midweek Matinee Wednesdays (except Special Bingo Day) 1:00 PM

What a better way to get over "hump day" than with lunch and a movie? Join us as we turn the Dining Room into a movie theater! The movie of the week will be on display at the beginning of each week so come by and see what's playing! Please call the Center at **860-355-6075** for more information or to make a reservation. It will be a good time for all so come grab the best seat in the house and enjoy the show!

Book Discussion Group Tuesday, December 27th, 1:00 PM

Do you like to read books and discuss them with others? Join the book discussion group that meets every month at the Senior Center. Books are provided by the New Milford Public Library. We read mostly fiction, but mix it up every now and then with some non-fiction and biographies. Our discussions are informal but lively, so come join the group and see what blooms! Call the Center at **860-355-6075** for more information.

Save the Date

New Year's Celebration Friday, January 6th, 11:00 AM (Snow Date: January 13th) The Maxx – 94 Railroad Street

Let's cheers to the New Year with an afternoon of dining and dancing! We will kick off with a recap of 2016 followed by a countdown and toast to 2017! Then after lunch, we will open up the dance floor and be musically entertained by the Bearclaws Academy of Music All-Stars. Tickets can be purchased at the Center throughout the month of December for \$10.00 as this will confirm your reservation. For more details, stop in or call the Center at **860-355-6075** and from all of your friends at the New Milford Senior Center, we wish you and yours a very Happy, Healthy and Prosperous New Year!



Holiday Celebration – Jingle & Mingle Friday, December 9th, 10:30 AM (Snow Date: December 16th) The Maxx – 94 Railroad Street The New Milford Senior Citizens Advisory Board cordially invites you to our annual

Holiday Celebration with this year's theme - Jingle & Mingle

Feel free to wear or bring something that jingles as we kick off the celebration with a holiday sing-along with pianist/entertainer, Hank Milligan, followed by a delicious lunch catered by the Youth Agency, and of course, fun, games, good cheer, and maybe even a visit from the man in the jolly red suit as well! Tickets can be purchased at the Senior Center until Monday, December 5th for \$10.00 as this will confirm your reservation. Also, check out our display case for our Holiday Penny Auction to benefit the Senior Center! For more information, stop in or call the Senior Center at **860-355-6075** and we wish you all a holiday season that's merry and bright from all of your friends at the New Milford Senior Center!



Lion's Club Christmas Party Sunday, December 4th, 12:00 – 4:00 PM • VFW Hall – 11 Avery Road

Tickets are available at the Center for the Lion's Club annual Christmas Party so stop in and pick up your ticket today! (Please note that we can only give out two tickets per person and guests from Butter Brook, Glen Ayre, and Chestnut Grove may pick up their tickets at their respective community offices) Our Senior Center Bus Service is available for transport to and from the party on a first come, first serve basis. For more information, please call the Center at **860-355-6075** or stop in to pick up your ticket today and Merry Christmas from your friends at the Lion's Club!

Holiday Wreath Making Workshop • Monday, December 5th, 2:00 PM

Let's kick off the holiday month of December with an afternoon of wreath making! We welcome Ann Sheeley and Erin Healy of Bethel Health Care who will be come with all the supplies you need to make your own beautiful holiday decoration. Join in on the fun! To sign up, please stop in or call the Center at **860-355-6075**.



Holiday Cookie Bake and Decorate Wednesday, December 7th, 2:00 PM

With the holidays right around the corner, we need your help...Join us make and create cookies that will be served at this year's holiday celebration! Helen Early of Heirloom Bakery and Catering will be bringing in all the ingredients to bake and decorate and you will leave with your very own sampling of the delicious goodies to enjoy! To sign up, please stop in or call the Center at **860-355-6075** and be part of this yummy afternoon!

Holiday Centerpiece Making Workshop Thursday, December 8th, 10:00 AM

As a well-loved tradition, we welcome the New Milford Garden Club for their annual Holiday Centerpiece Making Workshop! Allow your creativity to flow to create a beautiful piece to adorn your home or give as a gift right in time for the holidays. Space is limited so to sign up, please stop in or call the Center at **860-355-6075** and Happy Holidays from your friends at the New Milford Garden Club!

Gingerbread House Workshop • Tuesday, December 20th, 1:00 PM

What scent comes to mind when you think about the holidays? Gingerbread! Join us as we decorate freshly made gingerbread houses to adorn your home or to give as a gift to someone special! We will be welcoming back Helen Early of Heirloom Bakery and Catering to host this festive and creative afternoon. Space is limited so please stop in or give us a call at **860-355-6075** and sign up today!

18 Local Transportation



REGULAR BUS SERVICE

When you need transportation within New Milford to work, the Center, the grocery store or the hairdresser/barber shop, please call for a reservation. The two Center mini buses operate **Monday through Friday from 8:00 AM to 4:30 PM.**

For your convenience, you now can schedule doctor's appointments in the early afternoon. Any resident of New Milford over 60 years of age, or a disabled person under 60, who has been determined ADA eligible by Housatonic Area Regional Transit (HART), can ride the bus. This is a "curb to curb" service that is scheduled on a "first call, first serve" based on availability.

RESERVATIONS & RIDERSHIP

To reserve a ride, call the Center at **860-355-6075** as early as two weeks before you need a ride, but at least three days before you need the transportation. You will receive a phone call the afternoon before your bus ride to give you the time of pick-up. Once you get on the bus, you will be taken to the destination scheduled. We cannot allow for multiple stops unless they are scheduled before hand. We also require 24-hour notice for a change in destination. If you come to the Senior Center by bus and someone else is picking you up you must let us know that you will not be on the afternoon bus. Butter Brook and Glen Ayre riders: due to our Busy

schedule, it is now necessary to call the Center with your requested destination and please wait for your pick-up in the lobby/community center. We ask that bus riders please be ready 15 minutes before your schedule pick up time! When you are finished with your appointment and/or you have been waiting for the bus for more than 15 minutes, please call the Office at **860-355-6075.**

NEW PROCEDURE FOR RIDERS

All bus riders must present their MySeniorCenter card upon entering the bus. This will only record the purpose of your trip. Donations for bus rides are still greatly appreciated! Your contributions help fray the cost of programs and activities held by the Advisory Board and are accepted in the Center's Office. **Suggested donation is \$1.00 per ride.**



Riders must have independent mobility as safety is very important to us and we ask that if you need assistance, aides and companions are welcome to ride our bus with you free of charge, but we ask that you please include this information in your bus reservation.

You may schedule a ride to the Big Y any day of the week and the schedules for other shopping plazas are as follows:

- Wednesdays & Fridays – Stop & Shop/Walmart**
- 1st and 3rd Wednesdays – Litchfield Crossings Retail Center**
- 2nd and 4th Wednesdays – Aldi's**
- Thursdays – Thrift Mart of New Milford**

The Town of New Milford requests that you please wear your seatbelt!

All walkers/ canes must be secured. Wheelchairs will be housed in the appropriate locked position. For the safety of yourself and others, please limit yourself to bringing no more than 3 reasonably-sized bags of groceries or other goods that can be placed at your feet or on your lap. YOU must have the ability to safely carry your belongings and purchases on and off the bus as the bus drivers are not permitted to handle your items and also must remain within 3 feet of the bus at all times. Riders must have independent mobility but if you do need assistance, aides and companions are welcome to ride our bus with you free of charge; please include this information when you make a reservation. Please note that this is a demand-response, curb to curb service that is scheduled on a first call, first serve basis.

The WHEELS Program of Greater New Milford is

a volunteer organization that provides seniors and individuals who are ADA-certified to non-emergency medical appointments in and around the greater New Milford area. Two cars and a wheelchair accessible van are available to transport based on availability. The WHEELS Office, located on the lower level of the Senior Center, is open Mondays - Thursday, 9:00 AM - 12:00 PM then 1:00 - 3:30 PM and can be reached at **860-354-6012** or through their newly launched website: www.wheelsofnewmilford.org



Please note that we do not follow the New Milford School District delays or closures so for any emergency or weather-related incidents including road closures, we will continue to provide information on Channel 3 News under the New Milford Senior Center.

Holiday Fun Facts!

Given the different time zones, Santa has 31 hours to deliver gifts, which means visiting 823 homes per second.

Household waste increases by 25% between Thanksgiving and New Year's Day. In the United States, trash from wrapping paper and shopping bags totals 4 million tons.

The U.S. Postal Service delivers 20 billion cards and packages between Thanksgiving and Christmas Eve.

Despite their bad reputation, poinsettias aren't deadly. Latex in the stems and leaves can be irritating, but not much more, to humans and animals.



****All offers are valid "any" day of the week during regular business hours unless otherwise noted.**
 Offers cannot be combined with any other offer. One Coupon or Offer with each party or group.
 Offers expire December 31, 2016 unless otherwise noted.

\$5 OFF Any Jewelry Repair, Watch Repair or Engraving Service* **COUPON**

ROBERTSON Jewelers

FREE JEWELRY STEAM CLEANING - LIMIT 2 ITEMS



*Minimum \$30 purchase, valid on repairs only. 1 coupon per customer
 Cannot combine with other offers - This offer expires 12-31-16
 New Milford - On the Green - 2 Bank Street - 860.354.5365

HEARING AID Specialists OF CT

Your Hearing, Our Mission!
1-860-946-4339
www.HearCT.com

337 Danbury Road, New Milford
 Veralyn Davee, M.A., CCC-A - Licensed Audiologist

HEARING TECHNOLOGY CENTER

DIGITAL HEARING AIDS STARTING AT \$995 WITH THIS COUPON

Expires 12/31/16 NMSC1216

Dining Out and Around Town

3 Brothers Family Restaurant

\$3.00 OFF ANY PURCHASE OF \$15.00 OR MORE

860-355-9269

79 Danbury Road (RT7)
 New Milford, Connecticut 06776
 OPEN 7 Days, 6am - 10pm

Offer cannot be combined with any other offer or special. Expires 12/31/16.

3brothersfamilyrestaurant.com

www.holidayrestaurantct.com **HOLIDAY RESTAURANT**

860-354-9393

LUNCH: \$2.00 OFF any purchase of \$10.00 or more
DINNER: \$3.00 OFF any purchase of \$20.00 or more

Dine-in only. Cannot be combined with any other offer or special. Expires 12/31/16

1 Kent Road, Unit 6 Big Y Plaza, New Milford, CT

The Cookhouse 860-355-4111

Featuring America's Favorite Country Food

\$3.00 Off any purchase of \$10.00 or more

SENIORS ONLY
 The Cookhouse • Expires 12/31/2016

31 Danbury Road
 New Milford, CT 06776
 Mon.-Thurs. 11:30 AM-10:00 PM
 Fri. & Sat.-11:30 AM-11:00 PM
 Sun.-11:30 AM-9:00 PM

Catering Package "Specials" Available

Brickhouse Pizza & Restaurant
Italian and Pizza at it's Finest

\$3.00 Off any purchase of \$10.00 or more

Offer Cannot be combined with any other offer or special. Expires 12/31/16

33 Danbury Road, New Milford 860-354-9192

Advertise Your Restaurant Here!
Call: 508-361-7000

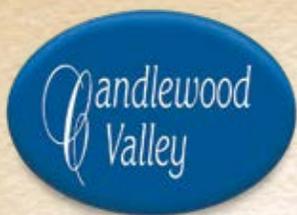


TOP OF THE GREEN

NEW MILFORD SENIOR CENTER NEWS AND ACTIVITIES

PRSR STD
US POSTAGE
PAID
AUGUSTA, GA.
PERMIT# 346

New Milford Senior Center
40 Main Street
New Milford, CT 06776



Health & Rehabilitation Center



Short Term Rehab
Outpatient Rehab
Respite Stay
Long Term Care
Dementia Care

★★★★★ *Nationally Ranked 5 stars by the Center for Medicare and Medicaid Services*



Welcome to *Candlewood Valley Health & Rehabilitation Center* located just minutes from New Milford Hospital and only a few miles from the heart of Litchfield Center. Our beautiful facility offers a tranquil setting with manicured grounds and spacious patios for our residents to enjoy. Our dedicated staff is made up of skilled RNs, LPNs, and certified nurses aides providing personalized and compassionate care to all of our residents. Our Skilled therapists deliver therapy up to 7 days a week to maximize rehabilitation results.

If you are looking for exceptional care for yourself or a family member, please call us or stop by for a tour at *Candlewood Valley Health and Rehabilitation Center*.

Proud recipients of the
American Healthcare Association
Silver and Bronze award.



(860) 355-0971 | 30 Park Lane East | New Milford, CT | www.candlewoodvalley.com