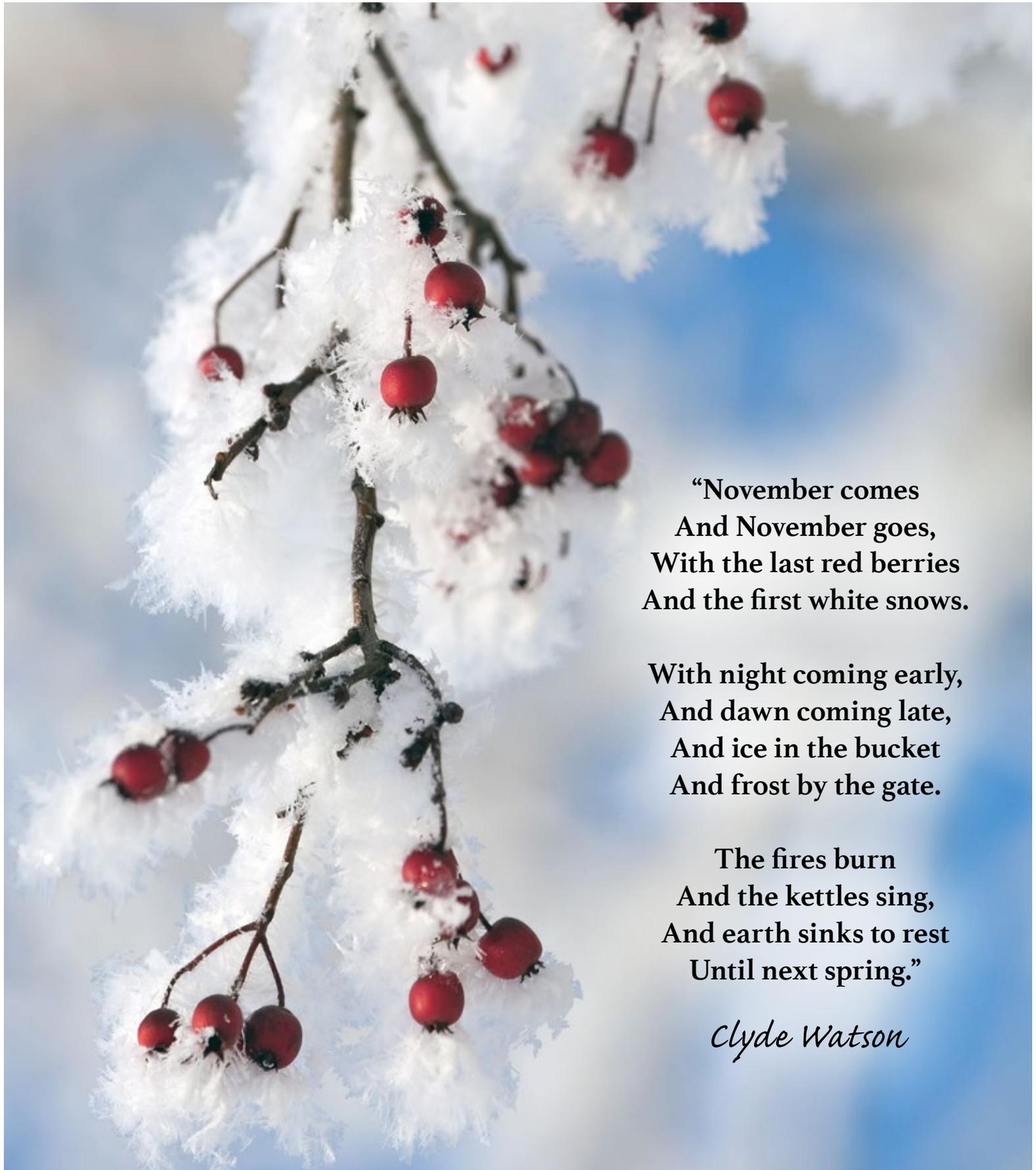




# TOP OF THE GREEN

New Milford Senior Center News and Activities

November 2016



“November comes  
And November goes,  
With the last red berries  
And the first white snows.

With night coming early,  
And dawn coming late,  
And ice in the bucket  
And frost by the gate.

The fires burn  
And the kettles sing,  
And earth sinks to rest  
Until next spring.”

*Clyde Watson*

## 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](http://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/  
NewMilfordCTSeniorCenter](http://www.facebook.com/NewMilfordCTSeniorCenter)

### STAFF

Carolyn M. Haglund, *Director*

*Senior Citizen Services*

Jasmin Marie J. Ducusin,

*Program Coordinator*

Assistant Director

Leonardo S. Ghio,

*Municipal Agent/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) Chiodo,

Frances Dempewolf, Thea Gruber, Rita Hull,

Lorna MacInnis, Diane Martell, Roland Miller,

James Polito, Jean Ritchie

### ADVISORY BOARD SUBCOMMITTEE

#### TRIAD

Leonardo S. Ghio, *Chairman*

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*

Geri 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, November 12th**

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, November 19th**

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**



**Salute to American Veterans!  
Monday, November 14th**

The Day Trippers are saluting our veterans at the Aqua Turf Club in Plantsville, CT this coming fall! "Deborah Wang and the Full Sound Band" will be providing the music for dancing and a Presentation of Colors will be featured along with a bagpiper. Then as you enjoy your lunch, "The Glamour Girls" will regale you with a USO style set for your entertainment. The cost of the trip is \$78.00\* and detailed flyers are available at the Center!

**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!  
Friday, November 4, 11:00 AM**

Join us for lunch and music on the first Friday of the month! We welcome back Helen Early of Heirloom Bakery and Catering who will make us a delicious lunch of fall flavors. But before lunch, we will be served entertainment as the appetizer! Pianist and Singer, Wayne Targove will be here to sing our way into the weekend! The cost of the meal is \$5.00 and your payment confirms your lunch reservation. For more information, please call the Center at **860-355-6075** as we welcome you to eat and be entertained!

**Holiday Festival of Lights and Tree Lighting Ceremony – 50th Year!**

**Saturday, November 26th, 5:30 – 6:30 PM on the Green**

The Greater New Milford Chamber of Commerce invites you to watch the Green be illuminated for the start of the holiday season! With the company of a parade of fire trucks and festivities going on all around downtown, you can even make your way over to the Historical Society where you can enjoy warm cider and good cheer while touring the facility! Who knows? You might even run into a jolly fellow in a red suit as it is rumored that he might make an appearance! A good time will be had by all so come down to the Green and start the holiday season of right!

**AARP NM Chapter # 3241  
Wednesday, November 9th, 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. For more information, please feel free to call Ellen at **860-354-7185**. This month's meeting will feature: **Pot Luck!**

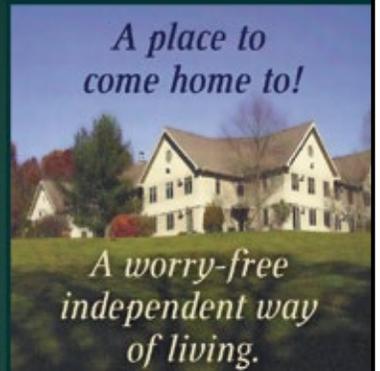
From all of the Staff at the New Milford Senior Center, we wish you and yours a very happy holiday season! Please know that we appreciate your kind wishes and greetings, but **we can no longer accept personal gifts per town policy.**

*Your presence is our present!*



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860-350-9950 | lgaudenzi@demarcomc.com

## Grandparents Raising Grandchildren Support Group



**Monday, November 14th, 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, November 8th and 22nd,**  
**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, November 1st and 15th,**  
**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, November 23rd, 1:00 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.

## DECADE REMIND - A Trip Down Memory Lane Concert and Lunch

**Friday, November 18th,**  
**10:00 AM - 2:00 PM**

**The Maxx - 94 Railroad Street**

We invite you to join us for a day filled with music and reminiscing! The Bearclaws Accademy of Music's All-Stars along with music therapist, Emily Bevelaqua, will be performing a multi-sensory concert where music therapy and music performance come together for an unforgettable experience ...and singing along is highly recommended! Tickets for the event can be picked up at the Center and reservations are required as lunch will be served. This event will be sponsored by the Alzheimer's Association and for more information, please call the Center at **860-355-6075**.



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## Relaxation Station - Allow yourself time to Relax!

### CHAIR MASSAGES

**Thursdays, November 3rd and 17th,  
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,  
November 8th  
and 22nd,  
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.



## Quarterly Hearing Screening Thursday, November 10th, 9:00 – 10:30 AM

Join us as we welcome Verilyn Davee of Hearing Aid Specialists of CT who will be providing free hearing screenings right here in our Health & Wellness Center! Appointments are recommended though walk-ins are welcome so to sign up for your free hearing screening, please call the Center at **860-355-6075**.

## Color Me Calm - Coloring for Relaxation

**Thursday, November 30th, 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

**Monday, November 21st, 10:00 AM**

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**.



# Lillis Funeral Home



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**Strength & 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.

**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.



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

Yoga is 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.

**Arts and Crafts**  
**Make Your Own Dream Catcher**  
Tuesday, November 15th, 1:00 PM

Join us for an afternoon of crafting fun! We will be making dream catchers with instructor Jodi Bogus to admire in your home or to give as a gift for the holidays. The class is free but sign-ups are required so please call the Center at **860-355-6075** to register today!

**AARP Smart Driver™ Course**  
Friday, November 18th,  
9:00 AM – 1:00 PM

The AARP Smart Driver™ Course has given millions of drivers the skills and tools they need to drive safely on today's roads. There are no tests to pass - just useful information to keep you safe on the road!. Update your driving skills, knowledge of the rules and hazards of the road and learn about normal age-related physical changes including how to adjust your driving to compensate. Highlights of the course include how to maintain a proper following distance, the safest way to change lanes and make turns at intersections, the effects of medications on driving, reducing driver distractions, and even get an insurance discount! (Check with your auto insurance company as they may offer a multi-year discount to course graduates!) The cost of the course is \$15 for AARP members and \$20 for non-AARP members. Checks can be made out to "AARP" and your payment, which can be dropped off at the Center or mailed to 40 Main Street (Attn: Program Coordinator) New Milford, CT 06776 will reserve your spot in the class as space is limited. For more information or to enroll in the course, please call the Center at **860-355-6075** and become a smarter driver!



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## 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.*



## Save the Date! Holiday Celebration - Jingle & Mingle

Friday, December 9th, 10:00 AM at the Maxx (Snow Date: Friday, December 16th)

Tickets cost \$10.00 and will go on sale Monday, November 7th and as always, your payment confirms your reservation. Our Holiday Celebration is sponsored by the New Milford Senior Citizens Advisory Board and from all of us at the Senior Center, we wish you and yours all the best this holiday season!



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# The Vacation Travel Expert

Kate Leas-Clisson

## **Welcome to the new vacation/travel section!**

*This will be your go-to guide for all things travel. Here you will find FAQs in the "Ask the Travel Expert" column, group travel opportunities, travel tips and trends, destination spotlights, reviews, and photos.*

### Vacation Travel Expert's FAQs

**It has been three months since we started this new section of the newsletter and I want to share with you the most frequently asked questions I've received!**

**Q. I don't want to go on the cruises you've advertised, can you plan another trip for me going to XYZ (We've had requests for Iceland, Australia, Canada, Italy, etc.)**

**A.** Of course! The group trips we've advertised are to get you thinking about travel and where you would like to go. You do not need to travel with a group to book a vacation through Vacation Travel Expert and you are not limited to the advertised trips. Cruising is a great way to travel, but it isn't for everyone and every destination. Please contact us with dates, destination, and budget and we will customize a vacation package just for you.

**Q. Why don't the trips include airfare and transfers from my home to the airport?**

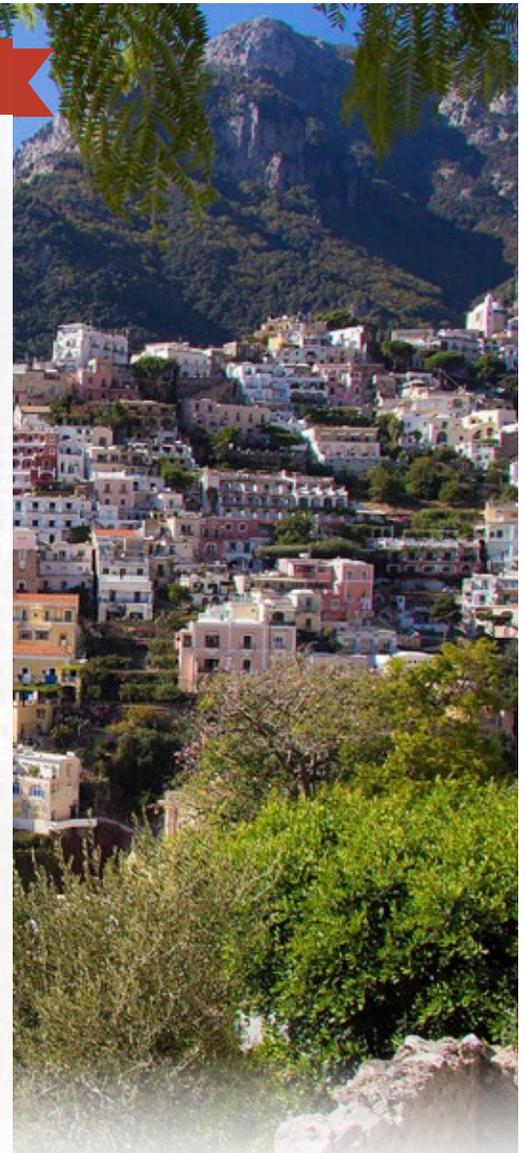
**A.** Airfare is additional because it changes constantly and some people want to use airline miles or fly in early/stay later than the scheduled trip dates. If you need airfare, please let us know and we can quote and book it for you or you can book it yourself depending on your circumstances. Since we don't know how many people will go on these advertised group trips, we cannot arrange bus transportation to/from your area to the airport. If we receive enough response, we may offer it in the future.

**Q. I'm a single traveler, what are my options when traveling?**

**A.** We can arrange for you to travel on your own independently or we can find you an escorted tour you can join. As a single traveler, you may be responsible for a single supplement depending on the tour or cruise you choose. This is an extra cost which can range from a couple hundred dollars to 200% of the trip cost. Many times there are promotions waiving or reducing the single supplement if you can travel during non-peak times.

**Q. What destinations are popular right now?**

- A.**
1. Vietnam/Cambodia-Either by land, a Mekong River cruise or both
  2. Iceland-A great 1 week vacation on it's own or as a 3-4 night stopover to/from Europe
  3. Croatia-National Parks and beaches on the Adriatic coast for something off the beaten path
  4. Cuba-Since the US has ended the embargo with Cuba, it is time to go explore this country in some ways frozen in the past.
  5. Colombia-Cosmopolitan, colonial cities and beautiful beaches make it a new, hot destination.



**Give Vacation Travel Experts an opportunity to help you with your vacation planning and see how we can make your trip a vacation to remember.**

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- ✦ **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.

*This sailing will include an onboard host, exclusive cocktail party, and a private shore event in Malaga.*



## Pricing

**\$2,119/person + tax**  
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**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 also receive a \$75 on board credit.**

*\*Prices are per person based on double occupancy. Cruise only, airfare available on request. Cabin Space is limited and subject to availability, at the time of booking. Rates for Single, Triple, or Quad 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.*



# Cruise to Alaska with Holland America

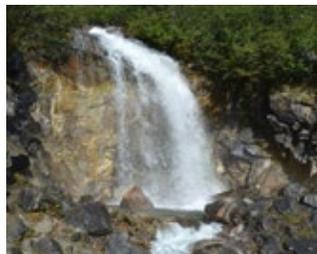
June 18-25, 2017 7 night Northbound Glacier Discovery Cruise



Leaving from Vancouver, Canada, 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.*

*Vacation*  
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# WORLD WAR II - Poland & East Germany History Tour

August 21-September 3, 2017

13 Day Tour from Warsaw to Munich



**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

**\$2,402\*/person + tax**  
based on double occupancy,  
land only.

*\*Early booking promo applied,  
rate expires 11/29/16.*

**Deposit of \$250 per person  
due at time of booking.**  
Balance is due by June 16, 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.*



# 12 November 2016 Calendar

Richmond Dining Room (R)  
Lounge (L)

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

Monday	Tuesday	Wednesday
	9:30 Carving Group (2C) <i>1</i> 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 (2A & 2C) 1:00 Senior Singers (R)	10:30-11:30 NMVNA Blood Pressure Screening (HW) <i>2</i> 11:15 Book Exchange with NM Library (R) 12:00 Lunch 12:30 Bridge Group (L) 1:00 Special Bingo (R) 1:30 Beginner Tai Chi with Dee (2A)
10:00 Handwork Circle (R) <i>7</i> 10:00 Intermediate Bridge (L) 10:30 Mexican Train Dominoes (R) 12:00 Lunch (R) 12:30 Mahjong (L) 12:45 Bingo (R) 2:00 Line Dancing with Jill (R)	9:30 Carving Group (2C) <i>8</i> 10:00 Living Without A Partner – Support Group (L) 11:15 Strength & Balance with Kerry (2A) 12:00 Lunch (R) 12:30 Scrabble (L) 1:00 Quilt Circle (2A & 2C) 1-3:00 Relaxation Station: Reiki (HW) 1:00 Q & A with the Counselor (R)	10:30-11:30 NMVNA Blood Pressure Screening (HW) <i>9</i> 12:00 Lunch (R) 12:00 AARP Meeting at Trinity Church 1:00 Veteran's Day Patriotic Concert (R) 1:30 Beginner Tai Chi with Dee (2A)
<b>Day Trippers:</b> <i>14</i> <b>Salute to American Veteran's</b> 10:00 Handwork Circle (R) 10:00 Intermediate Bridge (L) 12:00 Lunch (R) 12:30 Mahjong (L) 12:45 Bingo (R) 2:00 Line Dancing with Jill (R) 5:30 Grandparents Raising Grandchildren Support Group (The Maxx)	9:30 Carving Group (2C) <i>15</i> 10:00 Caregiver Support Group (L) 10:00 "Ask the Attorney" Roundtable Discussion (HW) 11:15 Strength & Balance with Kerry (2A) 12:00 Lunch (R) 12:30 Scrabble (L) 1:00 Quilt Circle (2A & 2C) 1:00 Arts and Crafts - Make Your Own Dream Catcher (R)	10:00 Storytime with the Children's Center (R) <i>16</i> 10:30-11:30 NMVNA Blood Pressure Screening (HW) 12:00 Lunch (R) 12:30 Bridge Group (L) 12:45 Midweek Matinee (R) 1:30 Beginner Tai Chi with Dee (2A)
10:00 Handwork Circle (R) <i>21</i> 10:00 VIP Group (2A) 10:00 Intermediate Bridge (*HW) 10:30 Mexican Train Dominoes (R) 12:00 Lunch (R) 12:30 Mahjong (L) 12:45 Bingo (R) 2:00 Line Dancing with Jill (R)	9:30 Carving Group (2C) <i>22</i> 10:00 Living Without A Partner – Support Group (L) 11:15 Strength & Balance with Kerry (2A) 12:00 Lunch (R) 12:30 Scrabble (R*) 1:00 Quilt Circle (2A & 2C) 1:00 Book Discussion Group (L) 1-3:00 Relaxation Station: Reiki (HW)	10:30-11:30 NMVNA Blood Pressure Screening (HW) <i>23</i> 12:00 Lunch (R) 12:30 Bridge Group (L) 12:45 Midweek Matinee (R) 1:00 Alzheimer's Couples Social Group (LL) 1:30 Beginner Tai Chi with Dee (2A)
10:00 Handwork Circle (R) <i>28</i> 10:00 Intermediate Bridge (L) 12:00 Lunch (R) 12:30 Mahjong (L) 12:45 Bingo (R) 2:00 Line Dancing with Jill (R)	9:30 Carving Group (2C) <i>29</i> 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 (2A & 2C)	10:00 Color Me Calm - Coloring for Relaxation <i>30</i> 10:30-11:30 NMVNA Blood Pressure Screening (HW) 12:00 Lunch (R) 12:30 Bridge Group (L) 12:45 Midweek Matinee (R) 1:30 Beginner Tai Chi with Dee (2A)

Thursday Friday

9:45 Tai Chi with Dee (2A) 3  
 11:15 Strength & Balance with Kerry (2A)  
 12:00 Lunch (R)  
 1:00 AARP Board Meeting (HW)  
 1:00 Brain Games (R)  
 1-3:00 Relaxation Station: Chair Massages (HW)  
 1:30 Chair Yoga with Elaine (2A)

9:15 Yoga with Penny (2A) 4  
 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)

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Phone: \_\_\_\_\_

**Additional Appointments  
for Bus Riders:**

9-10:30 Hearing Screenings by apt. (HW) 10  
 9:00 Odd Fellow's Breakfast -  
 Men and Women Welcome! (R)  
 9:30 Senior Advisory Board Meeting (L)  
 9:45 Tai Chi with Dee (2A)  
 11:15 Strength & Balance with Kerry (2A)  
 12:00 Lunch (R)  
 1:00 Seniors to Seniors - A Special Presentation  
 by the Animal Welfare Society (R)  
 1:30 Chair Yoga with Elaine (2A)  
 4:00 Commission on Aging Meeting (R) □

**Veterans Day  
Center Closed**

11 □

Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Destination: \_\_\_\_\_

9:45 Tai Chi with Dee (2A) 17  
 10:00 TRIAD Committee Meeting at  
 NM Hospital  
 11:15 Strength & Balance with Kerry (2A)  
 12:00 Lunch (R)  
 12:30 Monthly Birthday Party (R)  
 1-3:00 Relaxation Station: Chair Massages (HW)  
 1:30 Chair Yoga with Elaine (2A)

9-1:00 AARP Smart Driver™ Course (R) 18  
 9:15 Yoga with Penny (2A)  
 9:30 Mahjong (L)  
 10:00 DECADE REMIND: A Trip Down  
 Memory Lane Concert and Lunch  
 (The Maxx)  
 10:30 Yoga with Penny (2A)  
 1:00 Wii Bowling (R)

Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Destination: \_\_\_\_\_

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

**CENTER CLOSED** 24

*Thanksgiving Day*



**Friday after Thanksgiving  
Center Closed** 25

**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 Advisor's Notes

## Municipal Agent/Senior Services Advisor **LEONARDO S. GHIO**

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](http://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.



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**ENERGY ASSISTANCE WILL BEGIN SEPTEMBER 1st**

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](http://www.energizect.com)), or give the Toll Free Energy Information line a call at 1-877-947-3873 during normal business hours.

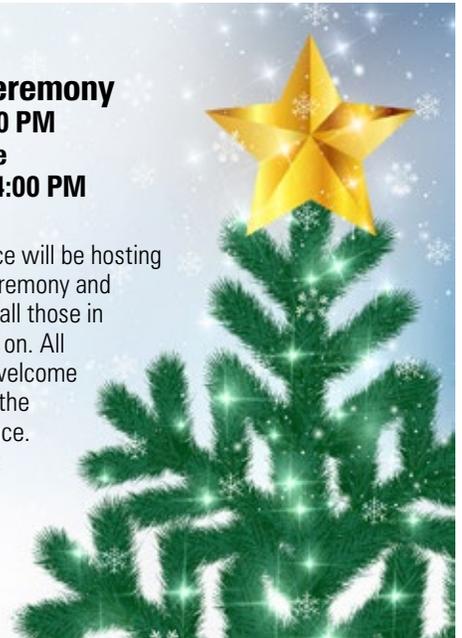


**Q&A WITH ADVISOR • Tuesday, November 8th at 1:00 PM**

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

**Tree of Life Lighting Ceremony  
Sunday, November 13th, 3:00 PM  
Remembrance Service at the  
Congregational Church and 4:00 PM  
Lighting Ceremony**

The New Milford VNA and Hospice will be hosting its annual Tree of Life Lighting Ceremony and Reception at the Center to honor all those in our community who have passed on. All members of the community are welcome to attend for readings, song, and the reading of the Roll of Remembrance. More information, please contact the VNA and Hospice at **860-354-2216** as we gather together to remember all those who continue to live on in our hearts.



**WANT TO REACH NEW MILFORD READERS 60+?  
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**ADVERTISE IN THE  
TOP OF THE GREEN**



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

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

[tom@seniorcentercommunications.com](mailto:tom@seniorcentercommunications.com)

## 16 Programs

### **Seniors to Seniors – A Special Presentation by the Animal Welfare Society Thursday, November 10th, 1:00 PM**

Join us as we welcome our friends at the Animal Welfare Society who will be bringing along some of their furry friends to introduce a new program that will warm your heart! The Animal Welfare Society will waive 100% of the usual donation fee so that a senior can adopt one of our senior cats. It is generally acknowledged that a senior person who lives alone will benefit medically and emotionally if they have a pet living with them for company and companionship so come learn about the program or just meet some of the pets that are available for adoption! For more information or to sign up, please call the Center at **860-355-6075** and maybe you will find your purr-fect companion!

### **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!

### **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**.

### **Book Discussion Group Tuesday, November 22nd, 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.

### **Monthly Birthday Celebration Thursday, November 20th, 12:30 PM Happy November Birthdays!**

Are you celebrating a birthday in the month of November? 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!

### **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, November 2nd, 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, November 2nd, 1:00 PM**

This month we welcome back our friends from Candlewood Valley to host our Special Bingo! Please join the staff from Candlewood Valley 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 48 hours before, so please call **860-355-6075** and you can play Bingo on a full stomach!

### **Bingo Mondays, 1:00 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, November 16th, 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**.

### **Senior Singers Tuesday, November 1st, 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.

### **Ask an Attorney Roundtable w/ Rudy Kuss & Michelle Liguori Tuesday, November 15th, 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.

## Wii Bowling • Fridays, 1:00 PM (This month only!)

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!

## Brain Games • Thursday, November 3rd, 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.

## 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!

## Odd Fellows Breakfast - Men AND Women Invited!

**Thursday, November 10th, 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!

## 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!



## Veteran's Day Patriotic Concert

**Wednesday, November 9th, 1:00 PM**

In honor of Veteran's Day and all our beloved veterans of the Center, we invite to join us for a day of remembrance and gratitude for all those who have served our Country. Come and enjoy a patriotic concert with singer/entertainer Walter Martin and if you'd like to come early and join us for lunch, all Veterans can enjoy lunch free of charge! To sign up, please call the Center at **860-355-6075** and let us always remember that this is the Land of the Free BECAUSE of the Brave!

## Veteran's Day Ceremonies

**Friday, November 11th**

This Veteran's Day, veterans and their families are welcome to a complimentary breakfast at the VFW Hall on 11 Avery Road from 7:30-10:30 AM. Following breakfast, all are welcome to make their way down to the south end of the Green (by the tank) for a Veteran's Day Ceremony at 11:11 AM. Join your community in this patriotic event as we honor and remember all of America's Heroes!

## Kiwanis Flags of Valor in New Milford

In honor of the upcoming Veteran's Day and in honor and memory of our Military Veterans and those men and women actively serving our Country today, the Kiwanis Club Foundation of Greater Danbury, Inc. will erect the Kiwanis Flags of Honor on the New Milford Historical Society and the Town of the New Milford's land on the north end of the Green. The Field of Valor will include at least 300 full size (3'x5') American flags and will be on display from Saturday, November 5th through Saturday, December 3rd. All are invited to sponsor anyone they would like to HONOR with one of these keepsake flags. Your Honoree and sponsor name will be proudly displayed on a yellow ribbon and all proceeds will support the efforts and programs of the Kiwanis Club Foundation of Greater Danbury, Inc. 501c and the New Milford Historical Society. Order forms with more details can be picked up at the Senior Center or the Historical Society on Aspetuck Ave so please consider sponsoring a Flag of Valor!

## AMERICAN DIABETES MONTH<sup>®</sup> NOVEMBER 2016



November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. Type 1 diabetes means your body doesn't produce insulin or so little that you need to take insulin. In Type 2 diabetes your body does not use insulin properly. Pre-diabetes is a condition that puts you at higher risk for Type 2 diabetes.

### The scope of diabetes is wide and it doesn't discriminate

- 29 million Americans have diabetes
- Diabetes is the 7th leading cause of death
- Every 23 seconds, someone in the U.S. is diagnosed with diabetes

### You are at increased risk for diabetes if:

- You are overweight
- Have a family history of diabetes
- Are of a minority population
- Experience high blood pressure/cholesterol

### The good news:

You can prevent or delay the onset of Type 2 diabetes with a few simple changes to your daily routine.



***If you have diabetes you can control it and live a healthy, long life.***

For more information on diabetes call 1-800-DIABETES

**American Diabetes Association.**

# 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 pay 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](http://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.

information taken from [www.realsimple.com](http://www.realsimple.com)



**\*\*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 November 30, 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 11-30-16  
 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](http://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 11/30/16 NMSC 1116

## 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 11/30/16.

[3brothersfamilyrestaurant.com](http://3brothersfamilyrestaurant.com)

[www.holidayrestaurantct.com](http://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 11/30/16

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 11/30/2016

Catering Package "Specials" Available

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

**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 11/30/16

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](http://www.candlewoodvalley.com)