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New Milford Senior Center, New Milford, CT

06-5288



NEW MILFORD
SENIOR CENTER

40 Main Street ♦ New Milford, CT 06776
Telephone (860) 355-6075 Fax (860) 354-2843
Hours: Monday-Friday, 8:00 AM-4:00 PM
Email: senior@newmilford.org
Website: www.newmilford.org

Click on "Departments" and select "Senior Center"



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



www.agewellct.org/newmilford

SENIOR CENTER SUBCOMMITTEES

TRIAD for Senior Safety

Andrea Wilson, *Chairperson*

Nanette Bergin, *Secretary*

Ellen Tamburri, Catherine DeLuca, Heidi
Bettcher, Atty. Michelle Liguori, Michael Gold,
Lt. Lee Grabner, Kim Harrington

WHEELS Program of Greater NM

Thea Gruber, *Program Coordinator*

Marianne Tarby, *Scheduler*

Leo Ghio, Erin Baldwick, Richard Power, Rui
Anderson-Sousa, Jess Umbarger, Shelly Scalzo

SENIOR CENTER COMMUNITY CAFÉ

C&C Delicatessen of New Milford,
ENP Food Provider

NEW MILFORD SENIOR CENTER ENRICHMENT FUND

Monetary donations to benefit the New Milford Senior Center may be accepted through the newly established **New Milford Senior Center Enrichment Fund** which provides financial support for services, uplift, compassion, and scholarship for senior citizen programs and activities. Contributions are deductible for Income Tax purposes to the extent allowed by law. Municipalities are considered a qualified organization for said donations under the Internal Revenue Code-Publication 526, as long as use is for public purpose.

Town of New Milford, CT EIN: #06-6002046

FOR YOUR INFORMATION



ELDERLY NUTRITION PROGRAM: CONGREGATE LUNCH SERVICE Monday - Thursday, 12:00 PM

The Elderly Nutrition Program provides nutritionally balanced meals to individuals

60 years of age and over and their spouses with Congregate Lunch Service at the Senior Center! Lunch is prepared locally four days a week by food provider, C&C Delicatessen of New Milford. To make a reservation, please connect with the Senior Center at least 3 days in advance. Suggested donation per meal is \$5.00 which will help offset the cost of lunch services. All congregate in-house dining will follow the most current health and safety protocols. Lunch menus are on Page 14 of this newsletter and hard copies are available for pickup at the Senior Center. See you at the table!

HOME DELIVERED MEALS: MEALS ON WHEELS

For seniors 60 years of age or older and of homebound status, meaning not able to access public places without assistance and not be able to drive, can qualify for home delivered meals with Meals on Wheels. Prepared meals are delivered to a person's home for individuals who are unable to prepare or obtain nourishing meals on their own. Western CT's Area Agency on Aging's home-delivered meal programs provide two meals a day and can be obtained anywhere from one to seven days per week depending on need. To apply or make a referral, please call the WCAA at 800-994-9422 or 203-757-5449.

TOP OF THE GREEN BOUTIQUE

Check out our handmade craft boutique featuring pieces made by our own senior community. All proceeds from these sales will benefit the New Milford Senior Enrichment Fund.



NEWMILFORDNOW.ORG

Visit the Town of New Milford's official tourism and community website to read about the people, places, events and experiences that comprise New Milford's history, beauty, and spirit!

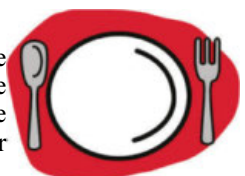
DURABLE MEDICAL EQUIPMENT LENDING CLOSET



Did you know that the New Milford Senior Center houses a "lending closet" of durable medical equipment for donated items in clean + excellent condition for those in need? Connect with the Senior Center for further details, availabilities, or acceptable items for donation.

THE LUNCH BUNCH

The Lunch Bunch is back and meets one Saturday a month to enjoy a new or favorite area restaurant. Join in for delicious local fare and friendships! Connect with the Senior Center for contact information.



NEW MILFORD SENIOR CENTER STAFF DIRECTORY

Jasmin Marie J. Ducusin-Jara
Director of Senior Services

Janette Ireland
Program Coordinator/Asst. Director

Marisa J. Levine
Municipal Agent/Elder Advisor

RJ Yarrish
Municipal Agent/Elder Advisor

Kim Fitch
Office Coordinator/13b Clerical

Tom Williams
Senior Center Bus Operator

Erin Baldwick
Senior Center Bus Operator

John DeLaura
Chore Services Coordinator

Sue Desgro
Per Diem Sub Senior Center Bus Operator

Rufus de Rham
Per Diem Sub Senior Center Bus Operator

Lori McNamara
PT Seasonal Office Coordinator for MAs

NEW MILFORD LIBRARY HOMEBOUND SERVICES



In keeping with its mission to provide access to books and other materials for the purpose of enriching their lives, the NM Public Library offers delivery and pickup of library materials to homebound New Milford residents. The library is pleased to partner with the Senior Center for delivery and pick-

up services. Materials include but are not limited to books, magazines, DVDs CDs, audiobooks, and puzzles. For more information, please connect with the New Milford Library by calling 860-355-1191 x201 or by visiting their website: www.newmilfordlibrary.org with links to the registration form.

HELPING HANDS OF NEW MILFORD SENIOR CENTER VOLUNTEER MEETING

Thursday, March 7th, 10:00 AM

Looking for volunteer opportunities or do you simply just want to help make the New Milford Senior Center a better place? Join us as we look to gather new and returning Senior Center volunteers to learn of upcoming events, brainstorm new ideas, or seeing where your time and talents can be shared and appreciated!



COMMUNITY FUEL BANK OF NEW MILFORD

Please consider making a donation to the Community Fuel Bank of New Milford. The Community Fuel Bank is a special fund shared by the New Milford Senior Center and New Milford Social Services to aid in keeping New Milford families in need warm during the winter months. Donations are graciously accepted either online on the "Senior Center" page at newmilford.org or by mail: Community Fuel Bank 40 Main Street New Milford CT 06776 with checks made payable to *Community Fuel Bank of New Milford*.

HAPPENINGS IN THE COMMUNITY



ODD FELLOWS SENIOR BREAKFAST

Friday, March 22rd, 9:00 AM

Odd Fellows Hall—25 Danbury Road

The members of Good Shepherd Odd Fellows Lodge #65 are welcoming the senior community for breakfast! Transportation available by connecting with the Senior Center. Thank you to the Odd Fellows for keeping up with this enjoyed tradition!

ODD FELLOWS EASTER DINNER DELIVERIES

The Good Shepherd Lodge #65 Independent Order of Odd Fellows has graciously offered to provide Easter Dinners for delivery on Easter Sunday, March 31st for homebound seniors and seniors in need. To sign up or for more info, please connect with the Senior Center by Friday, March 22nd. Thank you to the Odd Fellows for this kind act of service and generosity to our community!



PLEASE NOTE THAT THE NEW MILFORD SENIOR CENTER WILL BE CLOSED ON FRIDAY, MARCH 29TH IN OBSERVANCE OF GOOD FRIDAY



SUPPORT THE ADVERTISERS that Support our Community!



TICKETS AVAILABLE MARCH 1ST
The New Milford Senior Center Presents



**St. Patrick's Day
Magic Show & Luncheon**
Friday, March 15th 1PM
Tickets- \$20.00
Magic performed by- Mr. Magic
Corned Beef Sandwiches, Chips and Soda Bread
BYOB
Space is limited, connect with the Senior Center to register

INTERGENERATIONAL CONNECTIONS

Wednesday, March 6th, 10:00 AM

Join us as we welcome some little friends from the Children's Center for intergenerational fun through games, and activities! To sign up, please connect with the Senior Center.



AARP SMART DRIVER™ CLASSROOM COURSE

Friday, March 8th, 9:00 AM - 1:00 PM

Refresh your driving skills and knowledge of the rules of the road; learn techniques for handling left turns, right-of-way, and roundabouts; and discover proven driving methods to help keep you and your loved ones safe on the road. Upon completion, you may be eligible to receive an auto insurance discount (consult your insurance agent for details.) \$20.00 for AARP Members/\$25.00 for non-members and your payment will confirm your reservation in the course. To sign up, please connect with the Senior Center.



JEOPARDY AT THE SENIOR CENTER

Tuesday, March 12th, 1:00 PM

Jeopardy is a quiz game in which contestants are presented with clues in the form of answers and must phrase their responses in the form of a question. Hosted by one of our own Senior Center Helping Hand Volunteers, join us for our first ever Jeopardy complete with laughs, prizes, and fun by connecting with the Senior Center to sign up.



SAVE THE DATE!

SENIOR CENTER SPRING JUBILEE

Friday, April 12th, 12:30 PM

**El Rinconcito - Johana's Restaurant's Event
Venue at 43F Main St (Former CVS Building)**

Join us for a springtime soiree featuring a buffet lunch, music, dancing, and fun in great company! Tickets are \$25.00/person and will be available starting March 19th with proceeds to benefit the Enrichment Fund.

GOOD TO KNOW + SPECIAL PROGRAMS | 5

CARTOON CLASS—A BASIC DRAWING CLASS

Thursdays, 10:00 AM

Learn drawing skills and develop your creative ability with local cartoonist, Vic Consaga. Materials will be provided, but if you would like to bring your own, the materials needed are a 9" x 11" tracing pad, No.2 pencils, pencil sharpener, and a soft eraser. No prior experience needed, but space is limited so to sign up, please connect with the Senior Center.



THE FUNNIEST MOMENTS IN FILM

Tuesday, March 19th, 1:00 PM

Join award-winning author and pop culture historian Marty Gitlin for The Funniest Moments in Film - the biggest belly-laughs in movie history. This interactive presentation highlights the best of the best from the silent era to the modern era. Marty will show videos of the best laugh-out-loud scenes from the 1920s to today, including snippets of such stars as Harold Lloyd, Groucho Marx, Woody Allen, Peter Sellers, Mel Brooks, Dustin Hoffman and Robin Williams. You will be entertained by the funniest moments in such comedies as Some Like it Hot, The Producers, Blazing Saddles, Monty Python and the Holy Grail, Naked Gun, Tootsie, Planes, Trains and Automobiles and The Birdcage. He will discuss why they are considered the funniest ever and impact they made on pop culture. Please connect with the Senior Center to sign up.



TECH SAVVY SENIORS

**Wednesdays starting March 13th, 1:00 PM and
Thursdays, starting March 14th, 10:00 AM**

How do I make my iPhone louder? Can my iPad let me read a book? How do I get music on my apple devices? Can I take photos and videos and send them to my friends and family? Join us as we welcome instructor, Lindsey Burk to help you become a Tech Savvy Senior! Bring your iPhone or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Please note that you MUST own an iPhone or iPad for this class, it is not for any other devices and also bring/know your Apple ID and Password. Please connect with the Senior Center for course curriculum details and/or to sign up.



INTERGENERATIONAL EASTER EGG HUNT

Monday, March 25th, 2:30 PM

The Easter Bunny has hidden eggs all over the Senior Center! Join us for a fun afternoon together with our friends from the NM Youth Agency and Letters to Pat from the NMHS! To sign up, please connect with the Senior Center.



UPCOMING SENIOR CENTER DAY TRIPS

SIGHT & SOUND THEATRE

Wednesday - Friday, June 26th - June 28th

The Day Trippers are extending their stay and heading to Lancaster, PA to see "Daniel" at the Sight and Sound Theater with some other area attractions! Detailed flyers including itinerary and pricing are available at the Senior Center and payment for reservations are currently being accepted while space is available.

RESORT WORLD CATSKILLS CASINO

Tuesday, March 26th

The Day Trippers will be trying their luck at Resorts World Casino in the Catskills! Detailed flyers including itinerary and pricing are available at the Senior Center and payment for reservations are currently being accepted while space is available.

MARISA J. LEVINE & REBECCA (RJ) YARRISH MUNICIPAL AGENT FOR THE ELDERLY/SENIOR SERVICE ADVISORS

Our Municipal Agents/Senior Service Advisors are available for appointments at the Senior Center, home visits and may be also contacted by phone and email.

SERVICES AVAILABLE TO NEW MILFORD RESIDENTS AND THEIR FAMILIES ONLY

- Information and Referrals • Housing Options • Prescription Drug Plans • Energy Assistance • Renter & Tax Rebates •
- Medicaid • Medicare and Supplemental Plans • Medicare Advantage Plans • Long Term Care Planning and Insurance •
- Social Security Counseling • Meals On Wheels • Home Care Options • Life Line • Financial Hardship • Transportation •
- Title 5 Senior Employment Options • Chores • Elderly Nutrition/SNAP/Farmers Market Coupons •
- Volunteer Opportunities • Support Groups •



The mission of New Milford Chore Services is to assist senior residents of New Milford with heavy chores work so that they are able to remain living independently and with dignity, at home. *We assess work on a case by case basis, but here are some examples of how we might be able to help:* Trim hedges,

rake leaves, weed the garden, wash windows, spring cleaning, decluttering, rearrange furniture, switch out screen/storm windows, change lightbulbs, or even tighten screws. The New Milford Chore Services program is funded through federal and state grants and donations based on a sliding scale of client fees. If you think we might be able to help, give Chore Services a call at **860-355-6075**

SENIOR CENTER ARPA FUNDS

The Senior Center has received ARPA (American Rescue Plan Act) Funds to assist New Milford households who were financially impacted by COVID-19. Applications are available at the Senior Center or in the Senior Center section of the Town of New Milford's website: www.newmilford.org. There is no income limit to applying, however, proof of residency and financial impact are required. Grants are limited. Applications and supporting documentation must be sent to the New Milford Senior Center at 40 Main St New Milford, CT 06776 for review and consultation. For more information, please connect with the Senior Center.



Get alerted about emergencies and other important community news by signing up for the Town of New Milford's Emergency Alert Program. This system enables the town to provide you with critical information

quickly in a variety of situations such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhood. Not only will you receive notifications regarding emergencies, but you also have the option to sign up for information relevant to you such as age related programs and town events. You will receive time-sensitive messages where you specify, such as your home, mobile or business phones, email address, text messages, and more. To sign up, go to the Town of New Milford home page at www.newmilford.org and scroll down to the bottom of the home page and click the "Notify New Milford" icon. For questions, please call the Mayor's Office at 860-355-6010 or email mayor@newmilford.org.



ENERGY ASSISTANCE (CEAP)

Application Period: Generally, applications for deliverable fuels (oil, propane, and kerosene) are accepted starting September 1st. The first day EA clients can receive a delivery is around November 1st. Generally, electric heated households are scheduled for appointments after January 1st.

Eligibility Requirements: Please see the matrix below regarding this season's Benefit Matrix of Eligibility

Documents required: Recent electric bill, proof of income for ALL residents in the home (i.e. last 4 paystubs, if on Social Security, we can accept most recent bank statement or Social Security letter sent in January stating the monthly amount)

For more information or to make an appointment, please connect with the Senior Center.

Connecticut Energy Assistance Program (CEAP) 2023/2024 Benefit Matrix

Household Size	Maximum Income Eligibility							
	1	2	3	4	5	6	7	8
Annual Income	\$41,553	\$54,338	\$67,124	\$79,910	\$92,695	\$105,481	\$107,878	\$110,275

MEDICARE ADVANTAGE OPEN ENROLLMENT



From January 1 – March 31 each year, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. **Note:** You can only switch plans once during this period. For more info or to request an appointment, connect with the Senior Center.

CAPITAL HOME IMPROVEMENT PROGRAM

The Town of New Milford has made a portion of its American Rescue Plan funds available to income-eligible residential property owners impacted by the COVID-19 pandemic and needing home repairs. Types of work that may be eligible for funding include the correcting of health and safety violations, code compliance, roofing, carpentry, electrical work, painting, plumbing, heating and other non-luxury work subject to the approval of the Town and Program Manager. Eligibility, instructions, and applications are available at the Senior Center.



TAX PREPARATION ASSISTANCE— TAX YEAR 2023

The New Milford Senior Center welcomes and thanks the AARP Tax-Aide program for providing their services this tax season. AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS. All our available appointments at the Senior Center are currently booked. If you are still in need of Tax Prep Assistance, you may connect with 2-1-1 or the Danbury Volunteer Income Tax Assistance (VITA) at 203-826-9517. Danbury-VITA provides free tax preparation for families and individuals in the New Milford region with appointments at the John Pettibone Community Center.

MEDICARE GENERAL ENROLLMENT: JANUARY 1ST - MARCH 31ST

During Medicare general enrollment you can join Medicare Part B if you did not join during your 7-month initial enrollment period when you first became eligible for Medicare. Also during this time, if you have a Medicare Advantage plan you can switch into a different Medicare Advantage Plan or back to Original Medicare plus a Part D Plan. You can only make one change during this enrollment period. Please bring you Medical Insurance Cards, Prescriptions and Primary Care Doctor information and connect with the Senior Center to make an appointment.



HOMEOWNERS PROPERTY TAX CREDIT: FEBRUARY 1ST - MAY 1ST

Eligibility Requirements: Are you a Homeowner in New Milford? Must be age 65 or older or Social Security disabled and own a home in New Milford. Income guidelines are \$40,300 unmarried person and \$49,100 married.

Documents Required: Applicants will need to provide proof of income from all sources in the previous year. If applicants file a tax return this must be included along with SSA-1099s. If applicants don't file tax returns then all 1099s are required.

For more information or to make an appointment, please connect with the Senior Center.



VETERANS ADDITIONAL TAX CREDIT: FEBRUARY 1ST - OCTOBER 1ST

Eligibility Requirements: Must have filed DD-214 at the Town Hall and must meet the established income guidelines.

Documents required: Applicants will need to provide proof of income from all sources in the previous year. If applicants file a tax return this must be included along with SSA-1099s. If applicants don't file tax returns then all 1099s are required.

For more information or to make an appointment, please connect with the Senior Center.

HEALTHY SAVINGS PROGRAM

The Healthy Savings Program, through the United Way of Western CT, offers substantial discounts at the grocery store that help shoppers with limited budgets increase their purchasing power and put more fresh, nutritious food on their tables. Connect with the Senior Center for more information on eligibility or to sign up.

NOTES FROM OUR MUNICIPAL AGENTS | 7



**With your Municipal Agent/Senior
Advisors:**

Marisa Levine & Rebecca Yarrish

MARCH 22ND, 12PM

Turning 60 Soon? Thinking of Retirement, but not sure where to begin?

Need help with Medicare/Medicaid? Housing concerns?

Need extra help at home? Rent assistance? Energy

Assistance? Financial Emergencies? SNAP benefits?

These are just some of the things that we can help with.

Join us to learn how we can assist you with your needs!

Lunch is sponsored by AccentCare Hospice.

SPACE IS LIMITED-REGISTRATION IS REQUIRED



**New Milford Senior Center
40 Main St
New Milford, Ct
(860)-355-6075**

SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Thursday, March 7th, 1:00 PM

Are you a caregiver seeking a compassionate and supportive community? We invite you to join our monthly caregiver support group, where an RVNA health professional leads meaningful discussions and provides valuable insights. In these gatherings, you can connect with fellow caregivers, share your unique experiences, and find the empathy and understanding you deserve. Every first Thursday of the month, we come together to offer emotional support, exchange information, and collaboratively address common caregiving challenges. For questions, more information or to sign up, please connect with the Senior Center.



BEREAVEMENT SUPPORT GROUP

Friday, March 8th, 10:00 AM



Bereavement support groups allow participants to process their grief, share and receive helpful advice, and create a community with others walking in similar paths. Join us as we welcome Garret Walkup, RVNA health Manager of Bereavement, Social Work and Pastoral Care Services and receive emotional support, validation and understanding, coping strategies, community and connection, and healing and recovery. For questions, more information or to sign up, please contact Garret Walkup at 475-529-6118 or gwalkup@rvnahealth.org or connect with the Senior Center.



***NEW NAME* INTEGRATED FITNESS**
Thursdays, March 14th and 28th
11:00 AM

Circus Moves is now called Integrated Fitness! Functional movement and playful content promoting body and mind strength and flexibility, core strength and balance, cardio vascular health, brain function and elasticity, and mental well-being. Movement activities are adaptable for most mobility levels and participants are invited to stand or sit as needed at any time during the class. For curious and creative adults. "So much fun it doesn't feel like exercise!" Presented by Circus Moves. This class offering is made possible by Senior Center ARPA allocations and is free of charge for participants. Space is limited so to sign up, please connect with the Senior Center.

REIKI HEALING

Tuesdays, March 12th and 26th
1:00 - 3:00 PM

Reiki is used to reduce stress, promote relaxation, and restore physical, mental, and emotional health through simple hands-on healing techniques with Reiki Master, Mary-Ellen Foster every second and fourth Tuesday of the month. A 10 minute Reiki Healing session is a suggested donation of \$7.00 and clients are received on a first come, first served basis.



TAI CHI FOR SENIORS Wednesdays, 1:00 PM

Join Tai Chi Instructor, Sasha Chalif as you learn this gentle way to fight stress while also helping to increase flexibility and balance. Movements can be modified to be practiced in both standing and seated. This class will be taught in four-week sessions and is made possible by the Senior Center ARPA allocation and free of charge but space is limited so to sign up, please connect with the Senior Center. Embrace your mind, body, and spirit!



HEALING WITH SOUND Fridays, 1:00 PM

Do you want to explore sound as a way to relax and have fun? Would you like to learn some sound exercises to reduce stress and improve positive thinking? Join us as we welcome Barbara (Bobbi) Soares of Hummingbird Sound Yoga and experience Hummingbird's medicine that teaches you to listen and be deeply in the present moment. This class offering is made possible by Senior Center ARPA allocations and is free of charge for participants. Space is limited so to sign up, please

BLOOD PRESSURE SCREENINGS

Wednesdays, 10:30 – 11:30 AM

Join us for a weekly, first come, first serve blood pressure screening with New Milford's very own Community Health Nurse part of the Housatonic Valley Health District. This free service provides you with an opportunity to check and track your blood pressure as well as meet with a nurse for basic health questions and guidance.



THE HEALING BENEFITS OF REIKI

Tuesday, March 5th, 1:00 PM

Come learn about Reiki, a one hundred year old relaxation practice, with Reiki Master, Mary-Ellen Foster. Reiki therapy is based on an Eastern belief that vital energy flows through your body. The idea is that a person who specializes in Reiki treatment, referred to as a Reiki master, uses gentle touch – or places their hands just above your body – to help guide this energy in a way that leads to balance and healing. Reiki is a holistic practice which compliments medical treatments. Connect with the Senior Center to sign up.

CONNECTING WITH BALANCE

Thursdays, starting March 7th, 2:00 PM

Created by the dance company Pilobolus, Connecting with Balance is a one hour workshop tailored to help individuals reconnect with their bodies and environment. This class is open to all levels of ability. No previous experience is required, and no special equipment needed. This is an eight week class commitment that is free of charge. We are currently accepting a waitlist, so if interested, please connect with the Senior Center.

HEALTHY CHATS & BREAKFAST SNACKS: NUTRITION

Wednesday, March 13th, 9:30 AM

To carry on the theme of Wellness Wednesday, join us every third Wednesday of the month as we welcome the Housatonic Valley Health District as we discuss how good food choices can impact our health and how we can make better choices throughout the day in our diet. Breakfast sponsored by Synergy Home Care and Village Crest. Connect with the Senior Center to sign up.



ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is available with resources, advocacy, and advice. For more information, please contact the Alzheimer's Association at **1-800-272-3900**. A representative of the Alzheimer's Association can be available for questions/information by appointment.



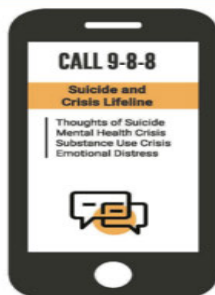
SUPPORT GROUP FOR THOSE LIVING IN THE EARLY STAGES OF ALZHEIMER'S DISEASE AND ALL OTHER DEMENTIAS

Presented by the Alzheimer's Association of Connecticut, build a support system with people who understand. Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to: develop a support system; exchange practical information on challenges and possible solutions; talk through issues and ways of coping, share feelings, needs; and concerns; and learn about community resources. Pre-registration is required to attend by contacting Amanda Lamb-Moretti at 860-383-2667 or by email at aklambmoretti@alz.org. This group will meet every last Friday of the month. Visit alz.org/ct to learn more about caregiver programs and resources. To further extend your network of support, visit ALZconnected@, our online community, at alzconnected.org

CONNECTICUT STATEWIDE RESPITE CARE PROGRAM

Are you caring for someone with a diagnosis of Alzheimer's Disease or dementia? Are you burnt out? Overwhelmed? Run down? In need of relief? If so, you may be eligible for the CT Statewide Respite Care Program, funded by the State Unit on Aging, in partnership with the Alzheimer's Association, Connecticut Chapter, and the Connecticut Area Agencies on Aging. For more information, please connect with the Western Connecticut Area Agency on Aging (WCAAA) at 203-757-5449, Option 6.

Help is 3 Numbers Away



UNTIL FURTHER NOTICE, PLEASE BE ADVISED THAT OUR SENIOR TRANSPORTATION SERVICES WILL CONTINUE TO ADHERE TO THE GUIDANCE OF MASKS OPTIONAL BUT STILL STRONGLY ENCOURAGED. WE THANK YOU FOR YOUR COOPERATION.



RESERVATIONS AND RIDERSHIP

Transportation is available for seniors and individuals who are ADA-certified to head to the Senior Center, work, shopping, and anywhere within New Milford. To reserve a ride, please call the Center at **860-355-6075** a minimum of three days before you need transportation and you will receive a phone call the afternoon before your bus ride (Friday afternoon for Monday rides), for confirmation and

your pickup time. We require at least 24 hours notice for a change in destination as all "stops" are scheduled accordingly. We ask that bus riders be ready at least 15 minutes before your scheduled pickup time! When you are finished with your appointment and/or have been waiting for more than 15 minutes for your ride, please call the Center. All walkers and canes must be secured and wheelchairs will be secured in appropriate locked positions while onboard the bus. For the safety of yourself and others, please limit yourself to bringing no more than 3-reasonably sized bags of groceries or other goods/belongings that can be easily stored at your feet or on your lap. Bus riders must be able to independently handle/carry your belongings and purchases on and off the bus as the bus drivers are not permitted to handle your personal items and must remain within 3 feet of the bus at all times.

ADA ACCESSIBILITY Service animals are welcome on the Senior Center Bus if you travel with a service animal. Pets up to twenty pounds may be transported in carriers designed for that purpose. The Bus Drivers cannot help passengers carry pets. Senior Center busses accommodate all wheelchairs, scooters or other mobility devices up to the maximum physical dimensions and constraints of the bus. Drivers are trained to safely operate wheelchair lifts and secure mobility devices on the bus. Scooter users are asked to transfer to a seat after boarding. Most scooters cannot be tied down as securely as a standard wheelchair and are not designed for use on a moving vehicle. Other mobility devices such as walkers and canes are accommodated and must be appropriately secured. Passengers that have trouble with steps may use the wheelchair lift by request. Respirators and portable oxygen are permitted aboard the bus and must be secured by rider.

WHEELS PROGRAM OF GREATER NEW MILFORD

WHEELS 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 Monday - Thursday, 9:00 AM - 12:00 PM and can be reached at **860-354-6012** or through their website: www.wheelsofnewmilford.org



SUGGESTED DONATION IS \$1.00 PER ONE-WAY RIDE

Senior Center Bus riders must present their MySeniorCenter Card upon entering the bus and bus riders must have independently mobility. If you need assistance, aides and companions (>18 years old) are welcome to ride with you free of charge, but you must indicate that there will be an additional passenger with you at time of scheduling.

MASKS STILL ENCOURAGED

The health and safety of our riders and drivers are of utmost importance. Riders are still recommended to wear a face mask/covering that covers both the nose and mouth upon entering, exiting, and for the duration of the bus ride. Please be mindful of social distancing and proper hygiene practices when touching shared surfaces.

For information regarding Title VI, please refer to www.newmilford.org:
Departments —> Senior Center

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HANDIWORK CIRCLE

Mondays, 10:00 AM

Meeting every week throughout the year to knit and crochet, all are welcome to work on their own personal pieces or ones that will be donated within our community. If you've never knitted or crocheted before, there are plenty of hands willing to assist and yarn donations in excellent condition are always welcome!

WEEKLY BINGO

Mondays, 1:00 PM

Join us for an afternoon of Bingo! Whether across, down, or diagonally it's a- BINGO! For your own comfort, you are welcome to bring in your own supplies as well! Good luck!



**ASK THE ATTORNEY—
ROUNDTABLE DISCUSSION**

Tuesday, March 19th, 9:30 AM

Do you have an elder law concern? This free informational service is offered by local elder law attorneys in a roundtable discussion format 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. Pre-registration is required, please connect with the Center to sign up.



¡APRENDA ESPAÑOL CON NOSOTROS! SPANISH CLASS

Tuesdays, 10:30 AM

¡Hola, mis amigos! Hello my friends! Have you ever wanted to learn to speak Spanish? Well, now is your opportunity to learn! Join Señora Nora Tigner who will be providing an introductory Spanish class, right here at the Center! Together we will learn the basics of the language and explore the culture. To sign up, please connect with the Center.

SCRABBLE Tuesdays, 12:30 PM

Scrabble is a board-and-tile game in which two to four players compete in forming words with lettered tiles interlocked like words in a crossword puzzle.

QUILT CIRCLE Tuesdays, 1:00 PM

Calling all quilters! Work on your individual pieces or join in on a group project. We have fabric, thread, quilting tools and sewing machines and quilting material donations in excellent condition are always welcome and appreciated.



MAHJONG

Tuesdays, 12:30 PM (Beginners)

Wednesdays, 12:30 PM (Experienced)

Mahjong is a game of both skill and luck that originated in China many centuries ago. Tiles are shuffled, die are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin. All levels welcome!



LIBRARY BOOK EXCHANGE

Wednesday, March 6th, 11:00 AM

At the beginning of the month, a volunteer from the New Milford Library comes to the Center with a new selection of books for you to "check-out". When you are done with your book, either bring it back the following month when the library volunteer is here or drop them off with a staff member at any time.



BRIDGE CLUB

Wednesdays, 1:00 PM

Join in on the fun, but note that this is an advanced group and prior knowledge of play is required.



COMING SOON! BRIDGE 101

Interested in learning how to play bridge? We're taking an interest list! We have great volunteers ready to teach the game. To sign up, please connect with the Senior Center.

MIDWEEK MATINEE

Wednesdays, 12:45 PM

Join us as we turn the Grand Room into a Movie Theater! Upcoming movies are on display by the Sign-in Computer or connect with the Senior Center to find out what'll be playing on the big screen!



MONTHLY BIRTHDAY CELEBRATION

Tuesday, March 19th, 12:00 PM

Are you celebrating a birthday in the month of March? Come celebrate with us and all your friends at the Senior Center! Music and entertainment throughout lunch will be provided by pianist, Brian Horberg. Connect with the Senior Center to reserve lunch and Happy Birthday and best wishes to you!



WE GOT GAME CLUB

Fridays, 10:00 AM

Let's get together and play some games — Card games, dominoes, board games, and more! Have a game you want to play? Bring it along. Connect with the Senior Center to sign up and join in on the fun!



Need to use a Computer?

Check out our fully equipped Computer Lab located on the 2nd Floor available for senior use! See staff for assistance.



BOCCE BALL

**Weather-Permitting,
Open Hours**

The bocce court is open and all are welcome to play! For more info, please connect with the Senior Center.



BOOK DISCUSSIONS

Friday, March 8th,

Thursday, March 21st, and

Tuesday, March 26th, 1:00 PM

We're happy to welcome back our book discussion groups where readers can come together and share their reading experience with three different groups meeting every second Friday, third Thursday, and fourth Tuesday of the month! In partnership with the New Milford Public Library, we have multiple book discussions available throughout the month here at the Center. Books are provided by the library for your convenience. Our discussions are informal but lively, so let's see where the story takes you! Call the Center or the New Milford Library at 860-355-1191 for more information.



WII BOWLING

Fridays, 10:00 AM

Join in the excitement of Wii Bowling, a virtual bowling game that simulates all the movements of bowling minus the heavy ball!



**SENIOR SONGBIRDS
SINGING GROUP**

Friday, March 8th 1:00 PM

The Senior Songbirds are back and ready to gather around the piano once again. Local pianist, Dan Ringuette, will be join us to tickle the ivories and accompany our singers. Warm up those voices, it's time to SING!



**PLAY POOL
Monday - Friday,
Open Hours**

Let's shoot some pool! The pool table is located on the lower level of the Senior Center and available by request. Bring some competition or practice on your own, just give us a call at least one hour prior to your arrival to ensure that the table is available and ready for you to start playing! Pool sticks, balls, and chalk are available or you are welcome to bring in your own equipment Let's see those pool sharks!





WALL STREET WIZARDS

Wednesdays, March

13th and 27th, 10:30 AM

This group discusses the stock market and how it affects our IRA's, ROTH's, 401-K's, and various investments in them. The Wizards are looking into their Crystal Ball for the answers. Bring your questions and share ideas with the group. Personal finances are NOT discussed in this forum. Connect with the Senior Center to sign up.

CANASTA

Fridays, 10:00 AM

Love canasta or want to learn how to play? Whether you're a pro or a novice, come out to play this card game that combines elements of bridge and rummy. To sign up, please connect with the Senior Center.



GERMAN CONVERSATIONAL GROUP

Mondays, 1:00 PM



Sprechen sie deutsch? If you enjoy speaking German and want to join others in informal conversation, come join and practice with us! All levels welcome. Connect with the Senior Center to sign up.



**WHAT'S HAPPENING:
CURRENT EVENTS
AND CONVERSATION**

Thursdays,

March 14th and 28th, 10:30 AM

Join us for lively discussions of current events, from local to international. Some may prefer to just listen and learn while others may offer their thoughts, but all must be respectful! To sign up, connect with the Senior Center.

CHESS CLUB

Thursdays,

**March 7th and 21st,
10:00 AM**



Come join other fellow chess players to play one of the world's oldest games! All abilities welcome every first and third Thursday of the month. To sign up, please connect with the Senior Center.

SPECIAL LUCKY BINGO

**Monday, March 18th,
1:00 PM**



Join us for a Special Bingo sponsored by SYNERGY HOME CARE. Connect with the Senior Center to sign up.

CORNHOLE

**Mondays, 9:30 AM and
Thursdays, 1:00 PM**



Join our Silver Corn Stars for a game of cornhole! No prior experience necessary. We're happy to teach you how to play! To sign up, please connect with the Senior Center and let the games begin!

ARTS & CRAFTS: SPRING SURPRISE!

Wednesday, March 20th, 10:00 AM

This month our fabulous arts and craft volunteers will surprise us with a creative and fun project! Curious? Be sure to sign up! Space is limited, connect with the Senior Center to sign up.

ONE-ON-ONE TECH HELP

Appointments Available By Request

One-on-One Tech Help provides instruction on how to use cell phones, tablets or computers in a personal one to one appointment with our one of tech savvy Senior Center Helping Hands Volunteers. You can also get advice about selecting a new cell phone or computer. One-on-One Tech Help is available the first and third Tuesday each month on by connecting with the Senior Center to make an appointment.

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STRENGTH & BALANCE



Mondays & Thursdays, 11:00 - 11:45 AM

Join Kerry Swift, our Strength and Balance exercise instructor who teaches a low-impact exercise program that includes strength training with light hand weights, stretchy bands, chair exercises and lots of laughter! The cost of a 4-week session is \$15 to take only the Monday Class or Thursday Class or \$30 to take the class on both Mondays and Thursdays, and payment will confirm your registration. Take a seat and let's get movin'!

ZUMBA GOLD Mondays, 5:00 - 6:00 PM

Join Jasmin Ducusin-Jara, certified Zumba Gold instructor for a class that's perfect for active older adults who are looking for a Zumba® class at a lower-intensity. The class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination as well as all the elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. The cost of a 4-week session is \$25 and payment will confirm your registration. Let's get the party started!



DANCIN' THROUGH THE DECADES

Tuesdays, 11:00 AM



Join professional dancer and certified personal trainer Matthew Ames as he hits the floor in this exciting new dance workout. Designed to increase range of motion and muscle recruitment, all while dancing to your favorite golden oldies of yesteryear. No dance experience is required, just a love of music and movement. The cost of a 4-week session is \$25 and payment will confirm your registration. Get ready to boogie!

CHAIR YOGA Tuesdays, 10:30 - 11:30 AM



Join Elaine Donahue, certified Yoga Instructor, for an enriching gentle yoga class where you have a partner on the mat: a chair! Improve balance, strength and flexibility by practicing classic yogic poses while supported by your chair. This class is welcome to all who are striving for increased energy, improved wellness, and an enhanced enthusiasm for life! The cost of a 4-week session is \$25 and payment will confirm your registration. Namaste, friends!

YOGA Thursdays & Fridays, 9:30 AM

Join yoga instructor, Kristin Wilkins who brings compassion and a positive approach to her work by helping people maintain a healthy lifestyle! With two class days available, yoga is a not only a type of exercise, but a discipline that includes breath control, simple meditation, and specific bodily postures for health and relaxation. The cost of a 4-week session is \$25 and payment will confirm your registration. "It's not about being good at something. It's about being good to yourself."



BOOGIE SHOES Wednesdays, 11:00 AM



Move and groove to classic boogie beats as you target and tone legs and core muscles with funky fresh dance routines with professional dancer and certified personal trainer, Matthew Ames. No experience or dance skill is required. Routines are easy to modify for all fitness levels. The cost of a 4-week session is \$25 and payment will confirm your registration. It's time to get toned to the sounds of the post-disco era, so put on your "Boogie Shoes."

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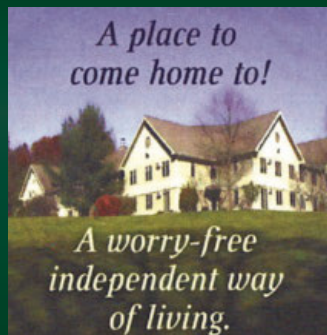
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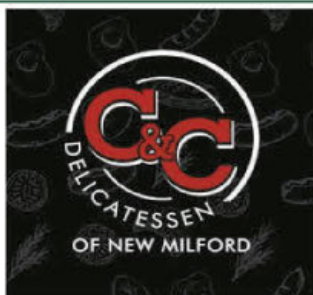
MONDAY - THURSDAY, 12:00 PM

SUGGESTED DONATION: \$5.00

PLEASE SIGN UP BY CONNECTING WITH THE SENIOR CENTER AT LEAST 3 DAYS IN ADVANCE

MARCH 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
<ul style="list-style-type: none"> • Chicken Francese • Mashed Potatoes • Green Beans • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • Beef Stew • Egg Noodle • Mixed Vegetables • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • Pork Carnitas • Mexican Rice • Zucchini & Yellow Squash • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • Lemon Pepper Grilled Fish • Baked Potato • Roasted Carrots • Low-Fat Milk • Fruit Juice • Dessert
11	12	13	14
<ul style="list-style-type: none"> • Chicken Alfredo • Penne Pasta with Garlic • Steamed Broccoli • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • Spaghetti and Meatballs • Marinara Sauce • Mixed Vegetables • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • BBQ Chicken • Mashed Potatoes • Roasted Corn • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • Pasta Bolognese • Steamed Broccoli • Garlic Bread • Low-Fat Milk • Fruit Juice • Dessert
18	*Happy March Birthdays!* 19	20	21
<ul style="list-style-type: none"> • Sausage and Peppers • Tri-Colored Rotini • Garlic Bread • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • Grilled Cheese • Tomato Soup • Low-Fat Milk • Fruit Juice • Birthday Cupcake 	<ul style="list-style-type: none"> • Chicken Stew • Rice with Mixed Veggies • Steamed Carrots • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • Perch Fish • Roasted Sweet Potatoes • Cinnamon Roasted Butternut Squash • Low-Fat Milk • Fruit Juice • Dessert
25	26	27	28
<ul style="list-style-type: none"> • Chicken Stir Fry • Vegetable Lo Mein • Peas & Carrots • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • Beef Goulash • Rigatoni Pasta • Green Beans • Dinner Roll • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • Grilled Chicken • Baked Ziti • Garlic Bread • Low-Fat Milk • Fruit Juice • Dessert 	<ul style="list-style-type: none"> • Stuffed Pork Loin • Brown Gravy • Garlic Mashed Potatoes • Mixed Vegetables • Low-Fat Milk • Fruit Juice • Dessert



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