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New Milford Senior Center, New Milford, CT

06-5288



Senior center file/Seniors will don costumes and hand out candy at the town's annual Trunk-or Treat event Oct. 26.

## Senior center to participate in annual Trunk-or-Treat on Green

The senior center will again reach out to the community through its participation in the annual Trunk-or-Treat Halloween event on the Village Green **Sunday, Oct. 26.**

The center will bring one of its buses to a designated parking space on the west side of Main Street and staff and volunteers will hand out candy from the bus to trick-or-treaters from 5:30 to 7:30 p.m.

Those who sign up to help distribute candy at our bus are asked to dress in a Disney-themed costume.

Senior transportation will be available by request.

Donations of full bags of unopened candy being accepted through Friday, Oct. 26, the senior center, 40 Main St.; Parks and Rec, John Pettibone Community Center, 2 Pickett District Road; and the Mayor's Office at Roger Sherman Town Hall, 10 Main St.

For more information, or to sign up to volunteer for the event, contact the senior center at 860-355-6075.

**TO VIEW THE SENIOR CENTER CALENDAR, VISIT  
[WWW.NEWMILFORD.ORG](http://WWW.NEWMILFORD.ORG)**

**Click on "Departments" and select "Senior Center"**

## ABOUT US



**NEW MILFORD  
SENIOR CENTER**

**40 Main Street ♦ New Milford, CT 06776**

**Telephone (860) 355-6075 Fax (860) 354-2843**

**Hours: Monday-Friday, 8 a.m.-4 p.m.**

**Email: [senior@newmilfordct.gov](mailto:senior@newmilfordct.gov)**

**Website.....: [www.newmilford.org](http://www.newmilford.org)**

Click on "Departments" and select "Senior Center"

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### SENIOR CENTER SUBCOMMITTEES

#### **TRIAD for Senior Safety**

Andrea Wilson, *Chairperson*

Nanette Bergin, *Secretary*

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

#### **WHEELS Program of Greater NM**

Carrie Lee Bunblasky, *Program Director*

Marianne Tarby, *Scheduler*

Jen Thierfelder, *Office Assistant*

Leo Ghio, Erin Baldwin,

Rui Anderson-Sousa, Jess Umbarger,

### COMMISSION ON AGING

**Monthly Meetings take place every**

**Second Thursday at 3:30 PM**

Gretchen O'Shea, *Chairperson*

Bob Bennett, *Vice Chairperson*

Carrie Lee Bunblasky, Mary-Ellen Foster, Atty. Michelle Liguori, Holly Mullins, Dean Prokos, Geri Rodda, Cecile Rooney

### HEALTH & WELLNESS PARTNERS

Alzheimer's Association

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**Erin Baldwin**

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*Chore Services Coordinator*

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**Sue Desgro**

*Per Diem Sub Senior Center Bus Operator*

**Rufus de Rham**

*Per Diem Sub Senior Center Bus Operator*

**Ann Robinson**

*Per Diem Sub Senior Center Bus Operator*

### SENIOR CENTER COMMUNITY CAFÉ

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## Registration open for Citizens Police Academy

The New Milford Police Department's Citizens Police Academy gives community members an inside look at the daily operations of law enforcement and the department.

The next CPA session will be held **Thursdays from 6 to 8 p.m. Oct. 2 through Nov. 20** at the senior center.

The free program is designed to build understanding, trust, and strong partnerships between officers and the community they serve.

Participants will experience hands-on activities like mock traffic stops, crime scene investigations, and use of force' fire-arms simulator; presentations from specialized units (K-9, dive team, aviation / drone, detectives, dispatch, and more); and open discussions on topics like use of force, investigations and community policing.

Residents, business owners and community members aged 18 and older who want to learn more about policing are welcome. A background check is required.

CPA graduates will gain a deeper understanding of how policing works, build relationships with officers, and become ambassadors for safety and positive community relations with NMPD.

To apply, complete a form (available at senior center and at NMPD) and return to [JSchneider@NewMilfordPolice.org](mailto:JSchneider@NewMilfordPolice.org) or drop it off at the dispatch window at NMPD, Route 202.

## Odd Fellows to serve senior breakfast

Friendship, fellowship, and food go hand in hand at the breakfast for seniors hosted by the members of the Good Shepherd Lodge #65 monthly on the fourth Friday of each month from 9 to 10 a.m.

The next breakfast will be **Friday, Oct. 25** at the 25 Danbury Road lodge.

For more information, sign up, or to arrange for transportation, contact the senior center at 860-355-6075.



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## Consagas crowned king and queen of New Milford Apple Festival

**By Deborah Rose**

It all started with a Christmas card.

While stationed in Germany during the Berlin Crisis (1958-61), Victor Consaga was informed that someone his brother knew back home in Ossining, N.Y., was open to corresponding with him while he was serving in the Air Force.

Vic mailed the young woman, Catherine, whom he was familiar with but did not officially know, a Christmas card. It sparked a flurry of correspondence and led to a 60-year marriage.

The couple was crowned king and queen of the New Milford Apple Fest Saturday, Sept. 27. The festival is an annual event held on the Green that celebrates the onset of autumn.

"It's an honor and privilege," Vic said of the recognition.

New Milford Senior Center members nominated individuals for the titles and winners were randomly selected.

The couple credits their faith, sense of humor and teamwork as key ingredients to their life together.

"We both have a sense of humor," Vic said. "She can take my teasing." Cathy quickly chimed in, "But I give it right back."

Cathy emphasized the importance of respect and consideration for one another in their relationship. "We work together. You have to be a team."

Over the years the couple has traveled the world, in particular on cruises to Hawaii, the Panama Canal, Mexico and the Caribbean.

"We're always looking forward to something to do," said Cathy, who is a retired court services clerk for the State of Connecticut Judicial Branch in Norwalk and Danbury. Vic, an artist and retired creative services director at Gannett Newspaper Corp., and Cathy, a homemaker and past New Milford High School registrar, are longtime residents, having moved to town from Ossining with their three young children in the early 1970s.

"It was the best decision we ever made," Cathy said of the move. "It was a good atmosphere to bring up children."

At the time, the town reminded Vic of the small town in which he grew up, Yorktown, N.Y. The main difference, he said, is that New Milford had more opportunities for kids to play, which was what both he and his wife wanted for their children.

The couple reminisced about small-town life, which included cookie swaps, small neighborhoods, and friendships forged at organizations, including the Jaycees, of which Vic was a member.

Church has also played an important role in the couple's life. Vic is a founding member of Our Lady of the Lakes Church in town.

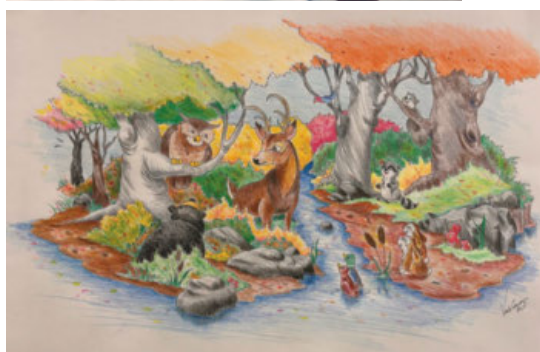
Together they raised their children, each of whom inherited a love of arts from their parents.

Valerie works in food science; Vic is a teacher and freelance photographer, and Susan is an artist/engraver.

Vic studied at Art Careers School, the School of Visual



Courtesy of the Consagas/Vic and Cathy Consaga, shown here in their wedding photo in Ossining, N.Y., were crowned king and queen of the 2025 New Milford Apple Fest. The couple spent the first few years of their marriage in Ossining before moving to New Milford, where they have lived since the early 1970s.



Deborah Rose/Vic Consaga teaches cartoon drawing at the senior center. At left is one of his drawings.

Arts and SUNY Purchase in New York, and had a lengthy career in promotions and creative services at Gannett, where he won two national newspaper awards.

He leads the weekly cartooning class at the senior center. Classes are held Thursdays at 10 a.m.

Smiling and with a light in her eyes, Cathy said she enjoyed drawing in her younger years and admitted she occasionally had Vic add some details to some of her class projects.

Cathy recalled fond memories of days past, in particular when Vic returned home from overseas and visited her home.

"He was all dressed up and so cute," Cathy reminisced. "He had a big mop of curls."

Vic pulled up a photograph of him around that time on his phone. "Isn't he cute?," Cathy asked.

Even though Vic and Cathy had corresponded while he was in Germany, Cathy's mom insisted Vic join them for coffee and cake at the kitchen table before the two officially went out on a date.

"I got the third degree," quipped Vic, who grew up on a small farm before his family moved to Ossining.

Vic got the approval, and the two dated for several years, with Cathy attending secretarial school for one year and working for one year before they married.

"She proposed to me," Vic piped in.

"I did," Cathy said with a smile as she glanced at Vic.



## Registration underway for Oct. 31 costume Halloween Bash



Autumn isn't just about pretty foliage, pumpkins, and the easing into cooler temperatures and cozy blankets.

With it comes Halloween, and the senior center knows how to celebrate.

The center will hold its annual Halloween party **Friday, Oct. 31, from 12 to 2:30 p.m.** at the center.

The Grand Room will be transformed into a festive venue, complete with live music, dancing, food, treats, spooks, and a costume party.

Prizes will be awarded for best costumes.

The event is co-sponsored by Sheraton Caregivers and Stone Bridge Center for Health & Rehabilitation.

The cost is \$20. Payment confirms registration. The event is limited to 60.

For more information and RSVP, contact the senior center at 860-355-6075 by Oct. 24.

### Lunch & Learn to highlight fire prevention

New Milford Fire Marshal's Office staff will discuss prevention of falls, slips and trips, as well as how to keep a home fire safe. **Friday, Oct. 3, at noon.**

Lunch will be served.

For more information and sign up, contact the senior center at 860-355-6075.

### October birthdays to be celebrated

Everyone deserves to be recognized on their special day, so the senior center will offer its monthly birthday celebration for all those with October birthdays **Tuesday, Oct. 21, at noon.**

Pianist Brian Horberg will perform during lunch, followed by birthday cupcakes sponsored by Stone Bridge Center for Health & Rehabilitation in Newtown.

For more information and to sign up, contact the senior center at 860-355-6075.

### Author John Cilio to bring 'Bewitched' magic to New Milford

It was some 60 years ago "Bewitched" first graced TV screens and captivated audiences with tales of magic in the Stephens residence, home of a witch and her mortal husband.

Local author and storyteller John Cilio will shine a spotlight on the classic American fantasy sitcom **Tuesday, Oct. 21, at 1 p.m.** when he shares heartwarming stories about the cast and reveals trivia facts.

Among the facts, Richard Dreyfuss made a guest appearance in 1966, and other famous faces, including Raquel Welch and Willie Mays, made appearances.

For more information and registration, contact the center at 860-355-6075.



### Tunes to lift spirits at festive Jukebox Bingo

Jukebingo Bingo is one of the center's most popular offerings, bringing music, games, and fellowship into one activity.

Come **Friday, Oct. 17, at 1 p.m.**, music will be rocking and toes will be tapping for Jukebox Bingo in the Grand Room.

For information and RSVP, call 860-355-6075.

### Program to focus on how to maximize your visit with your doctor



Melissa Garthwait, resource coordinator for Hartford Healthcare Center for Aging, will present a program, "Making the Most out of Your Medical Visit" **Oct. 15 from 1 to 2 p.m.**

Due to insurance mandates and changes to our healthcare system, appointments with a provider are much shorter than they used to be and leave patients feeling rushed.

The presentation will focus on how to come prepared and make the most of the time we do have with our doctor.

For more information and registration, call 860-355-6075.

### Candlewood Valley to sponsor Special Bingo

The center's friends from Candlewood Valley Health & Rehabilitation will sponsor special bingo **Monday, Oct. 20, from 1 to 2 p.m.**

A special guest from Candlewood will serve as the bingo caller; Candlewood will sponsor the bingo prizes.

Special bingo is held monthly with a different business/organization as a sponsor.

For more information and RSVP, call 860-355-6075.

**"Every moment is a fresh beginning."**

— T.S. Eliot



# Medicare

## Medicare open enrollment info session scheduled at center

This time of year can feel stressful and overwhelming, not just with the change of season and upcoming holidays, but because information about Medicare enrollment is everywhere - in the mail, on commercials, and in the news.

A representative from the Western Connecticut Area on Aging will explain what Medicare enrollment means and how to get through it confidently **Thursday, Oct. 9, at 2 p.m.** The presentation will include an overview of the open enrollment season and address what to consider, common pitfalls to avoid, and helpful tips to empower consumers in their decision-making process.

For more information and registration, call the center at 860-355-6075.

## Breast health will be topic of healthy chat, breakfast snacks

Dr. Christina Wolchok, certified by the American Osteopathic Board of Surgery, will visit the senior center **Wednesday, Oct. 8, at 9:30 a.m.** to discuss breast health for the October Healthy Chat & Breakfast Snacks program. The topic coincides with October being Breast Cancer Awareness Month.

The program will include answers to key questions such as: "What age should I stop screening mammograms, if ever?" "Should I still do self-breast exams?" "Should I worry about getting breast cancer again at my age?"

Dr. Wolchok has dedicated her practice to treating patients with breast cancer and benign breast disease. Additionally, she treats high-risk patient populations with particular interest in BRCA1 and BRCA2 genetic mutations.

In 2025, an estimated 316,950 women and 2,800 men will be diagnosed with invasive breast cancer, and an additional 59,080 new cases of non-invasive (in situ) breast cancer will be diagnosed, according to the National Breast Cancer Foundation.

Chances are, everyone knows at least one person who has been personally affected by breast cancer.

But there is hope. When caught in its earliest, localized stages, the 5-year relative survival rate is 99%.

October refreshments are sponsored by Village Crest Center for Health and Rehabilitation.

To sign up, contact the senior center at 860-355-6075.

## Seniors invited to arts & crafts group

Participants will gather **Wednesday, Oct. 15, at 10 a.m.** to create a craft project. Supplies will be provided. For more information and registration, contact the center at 860-355-6075.

## 'A History of Huskies Hoops: Legacy of Greatness' slated

Award-winning sportswriter and author Marty Gitlin will return to the center **Tuesday, Oct. 7, at 1 p.m.** to talk about one of the most popular sports teams - the UConn Huskies. Gitlin will present a program that celebrates the history and greatness of the UConn basketball teams with a fun, lively, and enlightening talk.

The discussion will take a journey from the beginning of the men's and women's programs to the present with video highlights of their greatest teams, players and events from the turn of the twentieth century to today.

Gitlin will talk about and show the moments these incredible teams turned dreams into national championships, as well as those whose seasons ended in disappointment.

The best of the best will be featured, including legendary coaches Jim Calhoun and Geno Auriemma, and superstars such as Art Quimby, Walt Dropo, Diana Taurasi, Rebecca Lobo, Richard Hamilton, Sue Bird, Ray Allen, Kemba Walker, Emeka

Okafor and Maya Moore.

The presentation will also feature fun trivia questions, and a Q&A.

For more information and sign up, call the center at 860-355-6075.



## Holiday Preparation reminders

New Milford Food Bank Thanksgiving Basket: Senior food bank participants are reminded to sign up for the Thanksgiving Basket that you can use to prepare your own Thanksgiving meal by connecting with the food bank at Social Services (860-355-6079) or in person when the food bank is open. The last day to sign up is **Monday, Nov. 3.** Details about pickup will be available at the food bank.



Santa for Seniors and Grandparent Giving: Santa for Seniors and Grandparent Giving are holidays programs that will provide a gift/s of need to qualifying New Milford seniors. Those interested for consideration must complete the registration form(s) available at the senior center for review by the municipal agents by **Wednesday, Nov. 19.**



## JANETTE LYNN IRELAND & REBECCA (RJ) YARRISH MUNICIPAL AGENTS 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 at 860-355-6075 and email.

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## Open enrollment underway for Medicare

### What does this mean?

You can join, switch, or drop a Medicare Health Plan or a Medicare Advantage Plan (Part C) with or without drug coverage during these times.

### When?

From Oct. 15 through Dec. 7, you can join, switch, or drop a plan. Your coverage will begin on Jan. 1 (as long as the plan gets your request by Dec. 7).

### What about Medicare Advantage?

From Jan. 1 through March 31, 2025, 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 information, contact the center at 860-355-6075.



## What do you need to know about energy assistance this year?

**Application Period:** We are making appointments for applications for deliverable fuels (oil, propane, kerosene, wood, gas and pellets) at this time. The first day energy assistant clients can receive a delivery is around November 1st. Generally, electric heated households are scheduled for appointments beginning in November.

**Eligibility Requirements:** Income and asset guidelines are subject to change, but you may connect with the Senior Center for the most up-to-date figures for this season.

**Documents required:** Current income from all sources (social security letter, pensions, work, interest and dividends, etc.) and a current electric bill.



## Medicare open enrollment info session scheduled

A representative from the Western Connecticut Area on Aging will explain what Medicare enrollment means and how to get through it confidently **Thursday, Oct. 9, at 2 p.m.** For more information, see Page 7.

## Help available for heavy chore work

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, please connect with the Senior Center to complete the required paperwork to begin service inquiry or if you are interested in volunteering for Chore Services as we are always looking for those who want to lend a helping hand.





## Bus rides available; RSVP required

Transportation is available for seniors and individuals who are ADA-certified to go to the senior center, work, shopping, and anywhere within New Milford.

To reserve a ride, 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, 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.

For more information or to reserve a seat, contact the center at 860-355-6075.

## How much is a senior center bus ride?

Senior Center Bus riders must present their MySeniorCenter Card upon entering the bus and bus riders must have independently mobility. The suggested donation is \$1 per one-way ride.

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 are still encouraged on busses

The health and safety of our riders and drivers are of upmost 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](http://www.newmilford.org):  
Departments —> Senior Center

## Wheels can help get you where you need to go

The Wheels Program is a volunteer organization that provides transportation to seniors and individuals with disabilities to non-emergency medical, dental, and physical therapy appointments.

Those under 60 years of age must be ADA-certified. Transportation is provided on a first come, first serve basis.

Located on the lower level of the Senior Center, the Wheels Office is open Mondays through Thursdays from 9 a.m. to noon and can be reached at 860-354-6012 or at [www.wheelsofnewmilford.org](http://www.wheelsofnewmilford.org).

Vehicle operating hours are Mondays through Thursdays from 8 a.m. to 4 p.m.

### SENIOR POLL

#### THE WHEELS PROGRAM OF GREATER NEW MILFORD

The Wheels Program is considering making our service available on Fridays. We would like to gauge interest in this service from our community seniors. If you would like to be able to book rides for medical appointments on Fridays, please contact our office to express your interest. (860) 354-6012, [CarrieLB@WheelsofNewMilford.org](mailto:CarrieLB@WheelsofNewMilford.org)



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## Tech Savvy classes to kick off Oct. 1

Technology changes daily and it's hard to keep up. We've got a safe space for you to learn the answers to everyday questions and discover unique features for iPhones and iPads.

Lindsey Burk will return to the center this fall to lead a free 10-week Tech Savvy

course for users of Apple products Wednesdays from 10 to 11 a.m. beginning **Wednesday, Oct. 1, and running through Dec. 17.**

She will discuss and teach participants the basics of one's device Oct. 1; how to download, delete, and do other tasks with apps Oct. 8 and Oct. 15; how to use the camera Oct. 22; communication tools such as calling, messaging, and using FaceTime Nov. 5 and 12; customization, including how to make the device fit one's needs Nov. 19; security, specifically securing one's device and the Health App (iPhone only) Dec. 3 and Dec. 10; and catching up on topics previously discussed Dec. 17.

Participants must own an iPhone or iPad and bring/know their Apple ID and password.

Space is limited; advance registration is encouraged by calling the center at 860-355-6075.



## FLEX!, part of Integrated Fitness series, to start mid-month

Movement is of utmost importance for the body as we age, helping to maintain physical function, prevent chronic diseases, improve mental well-being, and increase longevity and quality of life.

Cynthia Rauschert, owner and creative director of Circus Moves, will return to the center this month to offer a four-week In-

tegrated Fitness series, "FLEX!"

The session, which will focus on building reflexes and flexibility in both mind and body, will be held Thursdays **Oct. 16, 23 and 30, and Nov. 6 from 10 to 11:30 a.m.**

The series will introduce participants to functional movement exercises that build skills to support fall prevention through stretching and strengthening muscles, loosening joints, and improving reaction times.

Movement activities are adaptable for most mobility levels and participants are invited to stand or sit as needed at any time during the class.

Future four-week sessions will be held in January, March and May of 2026.

This is a free series. The class is limited to 12 participants.

For more information and sign up, call the center at 860-355-6075.

## Veteran luminary sales underway

The VFW Post No. 1672 and its Ladies Auxiliary in New Milford is sponsoring a luminary event honoring veterans.

For \$5, a resident may purchase a luminary bag - in honor or memory of a veteran and include his/her name and other information on the bag.

The bags will be lighted and placed around the Village Green Nov. 10 at dusk and remain on until they burn out.

They will remain in place until noon on Veterans Day, the following day.

Representatives from the VFW and Ladies Auxiliary will sell bags at the senior center **Monday, Oct. 27, and Monday, Nov. 3, from 10 a.m. to 1 p.m.**

Checks can be made payable to "VFW Post #1672."

## Burk to lead pop-up topical tech classes

Our Tech Savvy instructor Lindsey Burk will present pop-up tech classes about various tech topics beginning this month.

The program will meet Thursdays from 9:30 to 10:30 a.m. every other week beginning **Oct. 9 and running through December** in the center's computer lab.

Topics will cover how to create albums on the iPhone Oct. 9; Maps, Google Maps and Waze Oct. 23; shopping with the iPhone (bring any store savings cards to class and learn how the phone can help with shopping) Nov. 6; PayPal, Venmo and Apple Pay Nov. 20; Calendar and Reminders, and how to put appointments into a calendar and how it can produce a reminder when it's time to leave Dec. 4; and Camera, and how to do basic photography Dec. 18.

*Participants must own an iPhone or iPad and bring/know their Apple ID and password.*

This is a free class.

Space is limited; advance registration is encouraged by calling the center at 860-355-6075.

## Support for caregivers available

The senior center offers a safe space for caregivers to find compassion and support through its monthly caregivers support group. A RVNA health professional, leads meaningful discussions and provides valuable insights at the meetings held the first Thursday of each month at 1 p.m.

The next meeting is **Thursday, Oct. 2.**

Attendees will have an opportunity to connect with fellow caregivers, share unique experiences, and find empathy and understanding.

For more information or to sign up, contact the senior center at 860-355-6075.

## RVNA professional leads group open to bereaved individuals

A monthly bereavement support group is held at the center the second Friday of each month at 10 a.m.

The next meeting will take place **Friday, Oct. 10.**

The group is led by Garret Walkup, RVNA health manager of Bereavement, Social Work and Pastoral Care Services

Participants are invited to process their grief, share and receive helpful advice, and create a community with others walking in similar paths.

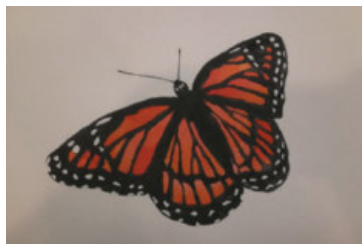
For more information, contact Garret Walkup at 475-529-6118 or gwalkup@rvnahealth.org, or call the senior center at 860-355-6075.



## Doty to lead free watercolor workshop

Award-winning artist Thomas Doty will lead a free watercolor workshop **Friday, Nov. 21, from 9:30 a.m. to 12:30 p.m.**

Doty will teach participants watercolor techniques from the very beginning in simple easy-to-follow steps that will be thoroughly explained and demonstrated.



All materials will be provided.

The class is limited to 10.

For more information and registration, contact the center at 860-355-6075.

## 'Guidance for Growing Older, Your Way' on tap

Getting older often brings up new questions—but you don't have to navigate them alone.

Staff from RVNAhealth will present a coffee and conversation event, "Guidance for Growing Older, Your Way," **Wednesday, Nov. 19, from 9:30 to 10:30 a.m.**

The casual and judgement-free conversation will be with a seasoned geriatric care manager, Nichole Brant, and social worker, Cindy LaCour, who understands the real-life challenges of aging.

For more information and registration, contact the center at 860-355-6075.

## Program to explore life's 'what ifs'

Melissa Garthwait, resource coordinator for Hartford Healthcare Center for Aging, will present a program, "Navigating the 'What Ifs'" **Friday, Nov. 7, from 1 to 2 p.m.**

The presentation will focus on looking at resources and services that can help individuals and couples plan ahead, so tough decisions don't need to be made during crisis situations or changes in one's life. Various housing options, care options, and general tips for planning for the future will be addressed. For more information and RSVP, call 860-355-6075.

## ONGOING (CONTINUED ON PAGE 13)

*This is a sampling of programs; more are offered. All programs and activities require registration. For more information and sign up for an offering listed below, call the senior center at 860-355-6075.*

### ACTIVE MOVEMENT

**Bocce Ball:** Mondays, 9:30 a.m. and open hours. All levels welcome.

**Cornhole:** Mondays, 9:30 a.m. and Thursdays, 1 p.m. No prior experience necessary.

**Wii Bowling:** Fridays, 10 a.m. No prior experience necessary; volunteers are open to teaching.

### THE ARTS

#### Creative

**Handiwork Circle:** Mondays, 10 a.m. Participants work on their per-

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 COSMOPOLITAN  
 MAITAI  
 PALOMA  
 COLADA

MOJITO  
 OLDFASHIONED  
 GIMLET  
 PISCO  
 JULEP



sonal projects or ones that will be donated within the community. All levels of experience are welcome.

**Quilt Circle:** Tuesdays, 1 p.m. Participants are invited to work on their own projects or join in on a group project. Fabric, thread, quilting tools, and sewing machines are available at the center, although participants are invited to bring their own supplies if they're working on a personal project. Quilting materials in excellent condition are welcome.

**Arts & Crafts:** Third Wednesday of each month, 10 a.m. Participants create a monthly project to take home. Supplies provided.

**Cartoon Drawing:** Thursdays, 10 a.m. Learn drawing skills and develop creative ability with local cartoonist Vic Consaga. Materials provided, but participants are welcome to bring their own. Materials: 9"x11" tracing pad, No. 2 pencils, pencil sharpener, and soft eraser. No prior experience necessary.

### Literary

**Library Book Exchange:** First Wednesday of each month, 11 a.m.

**Book Discussions:** Second Friday, third Thursday, and fourth Friday of each month, 1 p.m. In partnership with NMPL.

### GAMES

**Bingo:** Balls are randomly generated by computer and are shown on a projector screen as well as announced. Prizes are awarded.

• **Weekly Bingo:** Mondays, 1 p.m.

• **Special Bingo:** Third Monday of each month, 1 p.m. Prizes are sponsored by that month's sponsor.

**Scrabble:** Tuesdays, 12:30 p.m.

**Mahjong:** Tiles are shuffled, die are cast, and rituals involving the

allocation of tiles and then the exchange of tiles begin. Center players note the game is different from the one many have seen or played online.

• **Newbies:** Second Tuesday of each month, 12:30 p.m. It is strongly recommended those who have *never played the game before attend this training session.*

• **Beginners:** Tuesdays, 12:30 p.m.

• **Seasoned:** Wednesdays, 12:30 p.m.

**Bridge:** Bridge is a trick-taking card game for four players in two partnerships, divided into two phases: bidding and play. The game requires strategy, communication, and mental stamina.

• **Bridge 101:** Mondays, 1:30 p.m. Players and volunteers will teach the ins and outs of the game to those who are

• **Bridge Club:** Wednesdays, 1 p.m. This is an advanced group of players, so those who wish to attend should have prior experience.

### HEALTH & WELLNESS

#### Free

**Healthy Chats & Breakfast Snacks:** See special events for the topic of the month. With representative from Housatonic Valley Health District.

**Brain Games:** A variety of games that work our brains to keep us mentally fit offered with Danielle Ramos of Village Crest Center for Health & Rehabilitation.

• **Brain Games & Snacks:** See special events.

• **Brain Games & Lunch:** See special events.

### EDUCATION & LEARNING

**What's Happening? Current Events & Conversation:** Second and fourth Thursday of each month, 10:30 a.m. Lively discussion of local and international current events. Open to those who want to listen and/or share, but all must be respectful.

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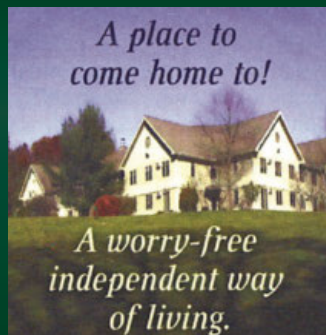
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### OCTOBER 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>PORTION GUIDELINES</b> 3 Ounces Protein 1/2 Cup Starch 1/2 Cup Vegetables 1 Bread 1/2 Cup Fruit or Fruit Juice 8 Ounces Low Fat Milk		1 <ul style="list-style-type: none"> <li>Lentos Soup</li> <li>Crackers</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	2 <ul style="list-style-type: none"> <li>Pork loin</li> <li>Mashed potatoes</li> <li>Salad</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>
6 <ul style="list-style-type: none"> <li>Teriyaki salmon</li> <li>White rice</li> <li>Steam carrot</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	7 <ul style="list-style-type: none"> <li>Meatloaf</li> <li>Mashed potatoes</li> <li>Vegetables</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	8 <ul style="list-style-type: none"> <li>Chicken Alfredo</li> <li>Pasta</li> <li>Green Beans</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	9 <ul style="list-style-type: none"> <li>Empanadas (beef and chicken)</li> <li>Cole slaw</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>
13 <ul style="list-style-type: none"> <li>Baked Fish</li> <li>Roasted potatoes</li> <li>Steam Carrot</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	14 <ul style="list-style-type: none"> <li>Beef stew</li> <li>White rice</li> <li>vegetables</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	15 <ul style="list-style-type: none"> <li>Pork shoulder</li> <li>Pigeon beans</li> <li>Rice</li> <li>Salad</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	16 <ul style="list-style-type: none"> <li>Sausage &amp; Peppers</li> <li>Pasta</li> <li>Salad</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>
20 <ul style="list-style-type: none"> <li>Chicken Marsala</li> <li>Pasta</li> <li>Mixed veggies</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	<b>*Happy October Birthdays* 21</b> <ul style="list-style-type: none"> <li>Meatball</li> <li>Pasta</li> <li>Garlic bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Celebration Cupcake</li> </ul>	22 <ul style="list-style-type: none"> <li>Grilled Chicken</li> <li>Baked Ziti</li> <li>Garlic Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	23 <ul style="list-style-type: none"> <li>Sweet Plantain Pastelon with Ground Beef</li> <li>Steam Broccoli</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>
27 <ul style="list-style-type: none"> <li>Beef Stew</li> <li>Egg Noodle</li> <li>Vegetable</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	28 <ul style="list-style-type: none"> <li>Roasted Chicken</li> <li>Spanish Rice</li> <li>House Salad</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	29 <ul style="list-style-type: none"> <li>Chicken Frances</li> <li>Mashed Potato es</li> <li>Green Beans</li> <li>Dinner Roll</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	30 <ul style="list-style-type: none"> <li>Baked salmon</li> <li>Mashed Potatoes</li> <li>Dinner roll</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>



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