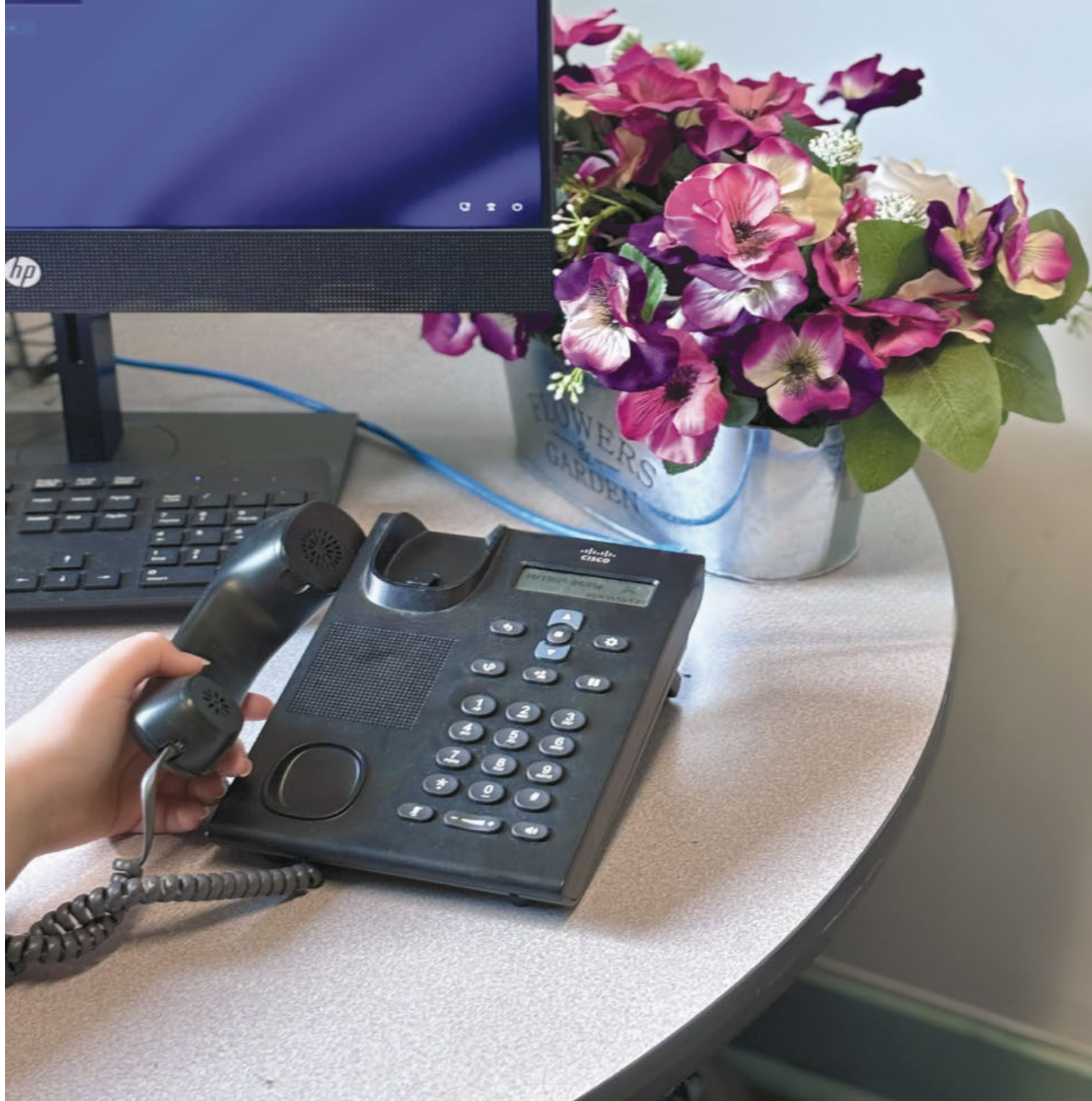


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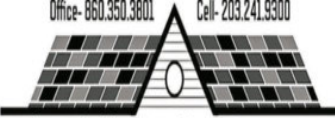
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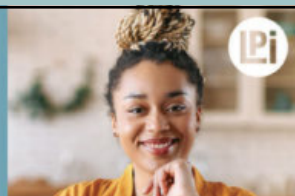
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Models sought for April fashion show at senior center

Do you have a favorite outfit that makes you feel fabulous? Are you ready to strut your stuff and celebrate confidence at any age?

The center is looking for senior female models aged 60 and older to take part in a High Tea & Fashion Show set for April 2026.

The uplifting event will showcase seniors in a joyful, stylish afternoon filled with tea, treats, and timeless fashion while celebrating femininity.

Whether it's a treasured vintage dress, or something that simply makes you feel your best, we look forward to seeing you on the runway.

No modeling experience is necessary.

Interested individuals are encouraged to connect with the senior center.

Volunteers welcome at meeting

Those looking to volunteer or share a talent/skill at the senior center are invited to attend the monthly Helping Hands of New Milford Senior Center Volunteer Meeting, held the fourth Wednesday of each month at 10:15 a.m.

Staff and attendees review upcoming events, brainstorm new ideas, and see where time and talents can be shared.

Transportation available for voting

The senior center bus is available to take individuals to and from polling places for the Tuesday, Nov. 4, election. For more information or to schedule a ride, connect with the senior center.



Odd Fellows to serve senior breakfast

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, Nov. 21, from 9 to 10 a.m.** at the 25 Danbury Road lodge.

For more information, sign up, or to arrange for transportation, connect with the senior center.

Lodge to provide Thanksgiving meals

The Good Shepherd Lodge #65 in town is offering made-with-care Thanksgiving meals for those who would appreciate a turkey dinner with all the fixings for Thanksgiving. The meals will be delivered to homes on Thanksgiving, Thursday, Nov. 27. There is no charge for the meal, but donations are welcome and appreciated. To sign up, connect with the senior center by **Friday, Nov. 14.**

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

Website.....: www.newmilford.org

Click on "Departments" and select "Senior Center"

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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

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Director of Senior Services

Janette Lynn Ireland
Municipal Agent/Elder Advisor

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Municipal Agent/Elder Advisor

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Office Coordinator/13b Clerical

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Senior Center Bus Operator

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PT Seasonal Office Coordinator for MAs

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Per Diem Sub Senior Center Bus Operator

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SENIOR CENTER COMMUNITY CAFÉ

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'Good Morning, New Milford' service to foster connections in community



For many seniors in New Milford, the day will soon start off a little brighter.

The center is launching a new pilot program, "Good Morning, New Milford," aimed at supporting those older adults who are homebound, live alone, or lack a consistent support system.

The voluntary service offers weekday check-in calls from trained volunteers — a simple but meaningful gesture that can make a world of difference.

Participants who opt in to the program will receive a phone call every Monday through Friday, just to say good morning and see how they're doing.

The goal? To foster connections, ensure participants' well-being, and remind older residents that they are not alone.

"This is about more than just a phone call," said Jasmin M. Duscina-Jara, director of the senior center. "It's about building community, recognizing isolation as a health issue, and making sure our seniors feel seen, heard, and cared for."

The check-in calls will be conducted by a team of trained, compassionate volunteers who offer a friendly voice, a listening ear, and — when necessary — a direct line to further support or resources. If a call goes unanswered or a participant seems in distress, a protocol is in place to follow up and ensure their safety.

The "Good Morning, New Milford" program reflects a growing recognition of the importance of emotional and social wellness among older adults.

Studies have shown that social isolation can be as harmful to health as smoking or obesity — and programs like this are a small but powerful step toward combating that.

The senior center is enrolling participants and welcoming new volunteers.

Those interested in signing up themselves or a loved one — or who would like to become a volunteer caller — should call the senior center at 860-355-6075.

The service is expected to begin in the coming months, once a core group of volunteers are trained.

As the service gains momentum, the hope is to reach seniors 60 and older who could use a friendly voice to start their day.

Because sometimes, all it takes is a "Good morning" to make someone feel a little more at home and connected.



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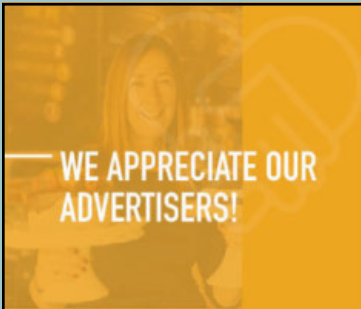
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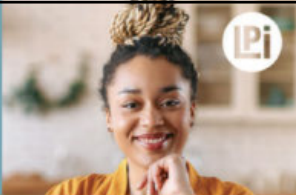


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'We're focused on staying connected' at the center, with members

Staying informed just got easier at the senior center.

In an ongoing effort to improve communication and keep our members connected and engaged, the center has announced updates to its website, and in-house and email communication methods that make them even more user-friendly and informative, and updates to its social media.

"We're always looking for ways to keep our members informed and involved," said program coordinator Deborah Rose. "These updates are all about making communication easier and more accessible for everyone." While the monthly newsletter has always been available online, the center has now added its monthly calendar of events and flyers for upcoming programs and activities directly to the website.

These new additions will help members, families, and caregivers stay up to date with everything happening at the center — all in one convenient place.

"We're focused on staying connected in all ways," Deborah said.

In addition, in-house communication has expanded.

Flyers for upcoming events have always been posted on the bulletin board at the center's check-in station. Now, a limited number of printed table copy books with the flyers for the month are located throughout the center.

Copies are to remain in the building but afford members a chance to flip them through in case they missed a

flyer on the bulletin board or elsewhere.

Email communication has also been enhanced with more consistent emails being sent to keep members informed on the center's happenings and announcements.

The center has also launched an Instagram page to further expand its reach in the community.

"Our hope is that family, friends, and caregivers of our members follow us to see their loved ones in activities, and that they have an opportunity to learn even more about us," Deborah added.

"With Instagram, we can reach a broader audience who may not yet have a loved one who can benefit from our programs and services but may in the near future," she added.

What to expect

• **On the website**, in addition to a general overview of the offerings and services at the center, users will find:

- **Monthly newsletter:** Read a digital version of the center's newsletter which is printed and mailed to subscribers.
- **Monthly Calendar:** Easily view dates and times for regular and special events in calendar format.
- **Event Flyers:** Get full details about upcoming programs and activities for the month ahead.



• **Description of center offerings.**

• **Email communication**, which comes from senior@newmilfordct.gov

• **Mid-week:** Learn about upcoming community events and happenings

• **Fridays:** Peruse flyers about upcoming special events at the senior center

• **Monthly:** Click on the link in the message to view the latest newsletter and calendar

• **Monthly:** Click on the link in the message to view a newsletter recap of the previous month's events and news, including photos, unique facts, and more

• Social media

• **Facebook:** Stay current on the latest happenings and future events; [@nmctseniorcenter](https://www.facebook.com/nmctseniorcenter)

• **Instagram:** Stay current on the latest happenings and future events; [@nmctseniorcenter](https://www.instagram.com/nmctseniorcenter)

If you would like to receive emails from the New Milford Senior Center, send an email to senior@newmilfordct.gov and a note you'd like to be added to the online mailing list.

SPECIAL EVENTS & TRIPS

What are the 10 warning signs of Alzheimer's?

This November, during Alzheimer's Awareness Month, the Alzheimer's Association urges individuals and families to learn the 10 warning signs of Alzheimer's disease, the most common form of dementia. Early detection and diagnosis are critical in accessing treatment, care, and support services.

According to the Alzheimer's Association, over 6 million Americans live with Alzheimer's, a number expected to rise dramatically in the coming decades. While some memory changes can be part of normal aging, Alzheimer's is not. The disease affects memory, thinking, and behavior, and symptoms gradually worsen over time.

Carolyn DeRocco, vice president of programs and education at the Connecticut Chapter, Alzheimer's Association, will present a program **Tuesday, Nov. 18, at 1 p.m.** about the 10 warning signs of Alzheimer's.

Early diagnosis can lead to more treatment options, better care planning, and improved outcomes.

For more information and RSVP, connect with the senior center..

SYNERGY Homecare to sponsor Special Bingo

The center's friends from SYNERGY Homecare will sponsor special bingo **Monday, Nov. 17, from 1 to 2 p.m.**

Kay Schreiber will be on hand for this popular event. Special bingo is held monthly with a different business/organization as a sponsor.

For more information and to sign up, connect with the senior center.



Prager to discuss gut health Nov. 6

Registered Dietician/Nutritionist Judy Prager will present an informative and engaging program on gut health and the microbiome, **Thursday, Nov. 6, at 10:30 a.m.**

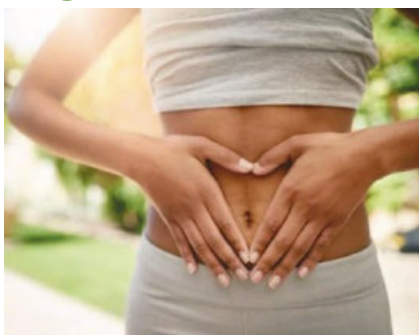
Gut health is about more than just digestion — a

balanced gut microbiome plays a key role in breaking down food, absorbing nutrients, and eliminating waste. But that's just the beginning. An optimally functioning gut also supports your immune system, regulates metabolism, influences mental health, and contributes to disease prevention.

In this program, participants will learn: what the gut microbiome is and why it matters; how diet affects gut bacteria; practical tips for improving digestive health; and the surprising connections between gut health and overall wellness.

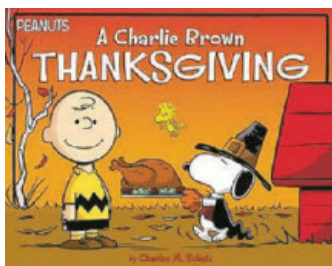
Judy brings more than 20 years of experience working with older adults and has been a trusted provider of nutrition education at our center, offering seasonal classes for the past five years.

For more information and RSVP, connect with the senior center.



Screening of 'A Charlie Brown Thanksgiving' set

In celebration of its enduring legacy, the senior center will present a beloved piece of television history, "A Charlie Brown Thanksgiving," **Thursday, Nov. 20, at 10:30 a.m.** First airing on the CBS network on Nov. 20, 1973, the heartwarming animated special marked the tenth prime-time



Peanuts special and became an instant classic, winning an Emmy Award in 1974.

Based on Charles M. Schulz's iconic Peanuts comic strip, "A Charlie Brown Thanksgiving" was the third holiday-themed Peanuts special, following the acclaimed "A Charlie Brown Christmas" (1965) and "It's the

Great Pumpkin, Charlie Brown (1966)."

However, unlike its predecessors, this special broke new ground by featuring a completely original script, crafted specifically for television — a first for the franchise, aside from its traditional opening football gag.

The story follows Charlie Brown as he tries to host a Thanksgiving dinner for his friends, only to be faced with unexpected challenges, comic mishaps, and heartfelt moments. As always, the Peanuts gang delivers timeless messages about friendship, gratitude, and the true spirit of the holidays.

For more info and RSVP, connect with the senior center.

"AS WE EXPRESS OUR GRATITUDE, WE MUST NEVER FORGET THAT THE HIGHEST APPRECIATION IS NOT TO UTTER WORDS, BUT TO LIVE BY THEM"
- JOHN F. KENNEDY

Tech Smart appointments available for Android, more at senior center

Marianna Nicholas of New Milford Public Library will visit the center for Tech Smart twice a month through the end of the year to help seniors with their basic questions about their Android phone and tablet, as well as TracFone. Marianna will be on site by half-hour appointments **Mondays, Nov. 10 and Nov. 24, and Dec. 8 and Dec. 29 from 10 to 11 a.m.**

For more information and to schedule a time on one of those dates, connect with the senior center.

Program to explore how to plan before a crisis

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 registration, connect with the senior center.

'Jars of Blessings' reflective program slated

In a world that moves fast, sometimes the greatest gift we can give ourselves is a moment of reflection.

That's exactly what the upcoming "Jars of Blessings" craft event will provide **Friday, Nov. 21, at 1 p.m. at the senior center.**

The unique and uplifting gathering invites participants to slow down and take stock of the many blessings—big and small—that fill their lives.

Through guided reflection and hands-on crafting, attendees will create their own decorative jar, each one a personal and colorful expression of gratitude.

It will be facilitated by Deborah Rose, senior center program coordinator.

For more information and RSVP, connect with the senior center by Nov. 14.

Movers & Shakers to head to Harrybrooke Park

Those looking for fresh air, exercise, and fellowship can find it **Friday, Nov. 14, from 10 to 11 a.m.** when the center's Movers & Shakers go to Harrybrooke Park for a flat, level walk, with some uneven areas. For more information and to sign up, connect with the senior center.



Seniors invited to screening of 'Wicked: For Good' at Bank Street



It's here—the second part of a two-part feature film adaptation of the Broadway musical “Wicked” — and seniors are invited to a special screening **Tuesday, Nov. 25, at 12:30 p.m.**

In this, part two, “Wicked: For Good,” Elphaba, now demonized as the Wicked Witch of the West, living in exile in the Ozian forest,

while Glinda resides at the palace in Emerald City, reveling in the perks of fame and popularity. As an angry mob rises against the Wicked Witch, she'll need to reunite with Glinda to transform herself, and all of Oz, for good.

Tickets are \$5. A \$20 combo ticket includes the movie and a beverage and popcorn.

Bus transportation will be available by RSVP.

To RSVP to the screening, connect with the senior center, beginning Nov. 1. Tickets are first come, first served.

Sharon Audubon to bring 'Birds of Prey' program to senior center

Two species of live birds of prey will accompany Sharon Audubon Center staff to demonstrate their beauty, power and connection with the natural world **Tuesday, Nov. 4, at 1 p.m.**

Similarities and differences of these amazing birds of prey will be discussed and several props will also be on hand for viewing.

Through this program, the audience will understand why raptors and their environment should continue to be protected and respected, and how our conservation efforts have made an impact on birds.

The Sharon Audubon Center is currently home to over 11 different species of birds of prey, including Red-tailed Hawks, a Bald Eagle, American Kestrel, Turkey Vulture and more.



All of the resident education birds are non-releasable birds of prey who are no longer able to survive in the wild due to some type of human interference such as gun shot wounds and being struck by cars. The birds are ambassadors of their species and some travel with Sharon Audubon staff to educate people about the importance of

these predators.

For more information and RSVP, connect with the senior center.

'Our volunteers are at the heart of the center'

The center's “Thanks-for-Giving” event, a heartfelt celebration dedicated to honoring the incredible volunteers who support the center and its senior community all year long, is set for **Thursday, Nov. 20 at noon.**

The event, to be held at the center, will recognize the generous spirits who give their time, compassion, and energy in both big and small ways.

From organizing daily activities and leading wellness classes to offering companionship, transportation, and a listening ear, volunteers at the center play a vital role in creating a warm, inclusive environment for older adults in our community.

“Our volunteers are the heart of the center,” said Director Jasmin Marie J. Ducusin-Jara. “They show up without expecting anything in return—just a desire to help. This event is our way of saying, ‘We see you. We appreciate you. We thank you.’”

Registration for lunch is required by Friday, Nov. 14.

For more information and RSVP, connect with the senior center.

RVNAhealth staff to present 'Guidance for Growing Older, Your Way'

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.

Whether one has a curiosity about resources, planning ahead, or simply wants to talk things through, this forum will provide a space to ask questions, gain support, and feel genuinely heard.

Topics that might be explored include maintaining independence while preparing for life's “what ifs,” navigating health changes confidently, understanding options for care and support, and how to communicate needs and wishes with family members.

For more information and registration, connect with the senior center.

Meet and greet set with health director

Housatonic Valley Health District Health Director Amy Bethge will visit the center **Wednesday, Nov. 5, at 9:30 a.m.** for a meet and greet. Bethge holds a Masters of Public Health degree from Southern Connecticut State University and has worked in public health and the healthcare industry for over a decade.

In her capacity as the director of health, Amy is tasked with supervising administration, grants, preparedness, operations as well as the community health and environmental programs of the health district.

For more information and RSVP, connect with the senior center.

TO VIEW THE SENIOR CENTER CALENDAR & FLYERS FOR NOVEMBER, VISIT

WWW.NEWMILFORD.ORG/SENIORCENTER

Click on “Departments” and select “Senior Center”

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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Do you have questions about the Medicare Savings Programs?

- ⇒ The Medicare Savings Programs, also known as QMB (Qualified Medicare Beneficiary), SLMB (Specified Low-income Medicare Beneficiary) and ALMB (Additional Low-income Medicare Beneficiary), help pay for your Medicare premiums. And that QMB will also pay for your Medicare coinsurance and deductibles and Medicare Part A when needed.
- ⇒ A person who is eligible for Medicare Part A hospital coverage and who has income below the program limits may be eligible for one of the programs.
- ⇒ Most people become eligible for Medicare Part A when they turn 65 years old. People who are between the ages of 18 and 65 can also receive Medicare Part A if they receive Social Security benefits and have been permanently disabled for at least two years.
- ⇒ Those who fall within these income guidelines in the chart above are invited to reach out to the senior center at 860-355-6075 to arrange to make an appointment with one of the municipal agents.

Generally, if your monthly income is at or below these levels...	All MSP levels qualify you for Extra Help/Low Income Subsidy (LIS) You may qualify for...
\$ 2,752 single \$ 3,719 couple	QMB - This program is similar to a "Medigap" policy. It pays your Part B premium ⁽¹⁾ and <u>all</u> Medicare deductibles ⁽²⁾ and co-insurance. ⁽³⁾ (1) Part B = \$185 in 2025. (This amount may increase in January of each year). Your Medicare Part B covers doctor costs, outpatient services and some preventive care. (2) The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay. The amount changes January 1 every year. (3) Co-insurance is the portion of Medicare approved services that you are responsible to pay. This is usually 20% of the approved Medicare charge, up to the Medicaid approved rate. (4) It protects you from being billed for any Medicare-covered services ** LIS ("Extra Help") is automatic
\$ 3,013 single \$ 4,072 couple	SLMB - This program pays for your Part B premium only (\$185/month). ** LIS ("Extra Help") is automatic
\$ 3,209 single \$ 4,336 couple	ALMB - This program pays for your Part B premium only (\$185mo.). This program is subject to available program funding. You are not eligible for this program if you receive Medicaid. ** LIS ("Extra Help") is automatic

Medicare open enrollment is ongoing

There is still time to join, switch, or drop a Medicare Health Plan or a Medicare Advantage Plan (Part C) with or without drug coverage through Dec. 7. Your coverage will begin on Jan. 1 (as long as the plan gets your request by Dec. 7). For more information, contact with the senior center.

Are you eligible for energy assistance?

The municipal agents 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.

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.

Current income from all sources and a current electric bill are required for the process.

For more information or to make an appointment, connect with the senior center.

Thanksgiving & holiday programs under way



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 are 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**.

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.

Veterans invited to Thanksgiving dinner



The Litchfield County Irish American Club will serve a free Thanksgiving dinner to all veterans and one guest **Saturday, Nov. 15**, at one of two seatings, 12:30 to 2:30 p.m. and 3:30 to 6 p.m. at the VFW, 11 Avery Road, New Milford. To register, call Brian at 860-946-0445.

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

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.

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



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Center to launch Golden Pen poetry workshop

The senior center will launch Golden Pen, a new monthly poetry workshop where seniors are invited to explore, express, and elevate their poetic voices in a warm and welcoming environment.

Designed for writers of all experience levels, the workshop will offer participants the opportunity to bring their creativity to the page and take it further.

Through guided exercises, group discussion, and constructive feedback, seniors will discover new ways to dive deep into language, emotion, and imagery—building confidence and strengthening their poetic craft.

The group will meet once a month on the second Wednesday at 2 p.m. in the Health & Wellness room. The first meeting will be **Wednesday, Nov. 12, at 2 p.m.**

“The goal is to create a space where people feel inspired to share their stories, experiment with style, and grow as writers,” said Deborah Rose, the center's program coordinator who will lead the workshop. “Poetry isn’t about perfection—it’s about exploration and connection. This workshop is here to help people tap into their own unique voice.”

Deborah is a lifelong writer and poet, and is the Town of New Milford's current poet laureate.

Those interested in participating but do not have a poem to share for the first meeting are welcome to attend. Those who have a sample of poetry they can share at the first meeting are asked to connect with the center by Monday, Nov. 10, so copies can be made to share with the group.

The group is limited to 8.

For more information and sign up, connect with the senior center.



One-day free watercolor workshop scheduled

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 beginning Nov. 3.

Due to interest in the class, the center is exploring offering future watercolor classes, so be on the lookout for information down the road.

Classes highlight Apple product features

The center's Tech Savvy instructor Lindsey Burk continues to present pop-up tech classes about various tech topics.

The program meets Thursdays from 9:30 to 10:30 a.m. in the center's computer lab.

Topics will cover: 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 connecting with the senior center.

November birthdays to be celebrated at center



The senior center will offer its monthly birthday celebration for all those with November birthdays **Tuesday, Nov. 18, 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, connect with the senior center.

ON THE HORIZON

These programs are on the horizon. Registration will not open up for these events until Dec. 1 or if announced earlier.

Dec. 2: 1960-80s live acoustic music by DAM Jam

Dec. 9: “Holiday Traditions: Stories That Bring Us Together,” a roundtable

Dec. 12: Holiday party

Dec. 16: “Christmas Past” Tuesday talk

Dec. 18: Holiday sing-a-long

TBA: wreath decorating

TBA: Yuletide Games

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, Nov. 14.**

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 Garrett Walkup at 475-529-6118 or gwalkup@rvnahealth.org, or connect with the senior center.

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.

Wii Bowling: Fridays, 10 a.m.

THE ARTS

Creative

Handiwork Circle: Mondays, 10 a.m. Participants work on their personal projects or ones that will be donated within the community. All levels.

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 available at the center.

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.

Literary

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

Mystery Book Discussions: Second Friday of each month, 1 p.m.

Readers connect to share their reading experiences. In partnership with New Milford Public Library. For info, call the library at 860-355-1191.

Popular Book Club Book (and the like) Discussion: Fourth Tuesday and third Thursday of each month, 1 p.m. Tuesday and Thursday groups read the same books but at different times. In partnership with New Milford Public Library. For info, call the library at 860-355-1191.

Golden Pen Poetry Workshop: Second Wednesday of each month, 2 p.m. RSVP required.

GAMES

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: 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 101: Mondays, 12:30 p.m. Players and volunteers will teach the ins and outs of the game to those who are

Bridge Club: Wednesdays, 1 p.m. Second and fourth Thursday each month, 12:30 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.

Hearing screenings: Second Tuesday of each month, by appointment, held quarterly.

Blood pressure screenings: Wednesdays, 10:30-11:30 a.m.

Sound Healing: Fridays, 1 p.m. With Barbara "Bobbi" Soares of Hummingbird Sound Yoga.

Fee

Strength & Balance: Four-week sessions held Mondays and Thursdays, 11-11:45 a.m. Led by instructor Kerry Swift, who teaches a low-impact

CONTINUED ON PAGE 13

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exercise program that includes strength training with light hand weights, stretchy bands, chair exercises and laughter. \$15 for four Mondays, or \$30 for four weeks of Mondays and Thursdays. Payment confirms registration.

Zumba Gold: Mondays, 4:30-5:30 p.m. Jasmin Ducusin-Jara, certified Zumba Gold instructor, leads this Zumba class at a lower intensity. \$25 for four-week session. Payment confirms registration.

Dancin' through the Decades: Tuesdays, 11 a.m. Professional dancer and certified personal trainer Matthew Ames leads this new dance workout designed to increase range of motion and muscular recruitment. \$25 for four-week session. Payment confirms registration.

Yoga: Yoga is not only an exercise but a discipline that includes breath control, simple meditation, and specific bodily postures for health and relaxation.

• **Chair Yoga:** Tuesdays, 10:30-11:30 a.m. Elaine Donahue, certified yoga instructor, leads the enriching gentle yoga class done with a chair. Improve balance, strength and flexibility by participating in classic yogic poses while supported by a chair. \$25 for four-week session. Payment confirms registration.

• **Yoga:** Fridays, 9:30 a.m. With instructor Kristin Wilkins who brings compassion and a positive approach to her yoga classes. \$25 for four-week session. Payment confirms registration.

Boogie Shoes: Wednesdays, 11 a.m. Target and tone legs and core muscles with funky fresh dance routines led by professional dancer and certified personal trainer Matthew Ames. \$25 for four-week session. Payment confirms registration.

Tai Chi: Wednesdays, 1 p.m. \$25 for four-week session. Payment confirms registration.

Reiki healing: Second and fourth Tuesday of each month, 2-3 p.m. Suggested donation \$7 for one 10-minute session. On a first-come, first-serve basis.

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.

FAVORITE PASTTIMES

Midweek Matinee: Wednesdays, 12:45 p.m. The center's Grand Room shades are lowered and the big screen comes down to show a variety of movies.

Monthly Birthday Celebration: Third Tuesday each month, noon. Pianist Brian Horberg will perform during lunch, followed by birthday cupcakes, sponsored by Stone Bridge Center for Health & Rehabilitation in Newtown, for all those with a birthday that month.

Intergenerational Connections: First Wednesday of each month, 10 a.m. Children from the Children's Center visit for games and activities.

Senior Songbirds: One Friday each month, usually falling on first or second Friday of the month, but subject to change, 1 p.m. Led by local pianist Dan Ringuette. All levels welcome.

HELP WANTED

ASL interpreter sought

The center is seeking an individual to serve as an occasional program/event ASL interpreter. For more information, call the center at 860-355-6075.

Spanish instructor sought

The center is seeking an individual to instruct a weekly Spanish class. For more information, call the center at 860-355-6075.

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Please note that due to product availability, menu items may be subject to substitutions

NOVEMBER 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 - Grilled Cheese Sandwich - Tomato Soup - Salad - Low-Fat Milk - Fruit Juice	4 - Baked Fish - Roasted Potatoes - Steamed Carrots - Bread - Low-Fat Milk - Fruit Juice	5 - Pork Shoulder - Rice with Pigeon Beans - Salad - Bread - Low-Fat Milk - Fruit Juice	6 - Beef & Chicken Empanadas (Type of baked or fried turnover consisting of pastry and filling) - Coleslaw - Bread - Low-Fat Milk - Fruit Juice
10 - Chicken Francese - Vegetable Rice - Salad - Bread - Low-Fat Milk - Fruit Juice	11 VETERAN'S DAY Senior Center Closed	12 - Beef Stew - Egg Noodles - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice	13 - Lentil Soup - Salad - Crackers - Low-Fat Milk - Fruit Juice
17 - Baked Ziti - Grilled Chicken - Steamed Broccoli - Bread - Low-Fat Milk - Fruit Juice	"Happy November Birthdays" 18 - Chicken Marsala - Pasta - Mixed Vegetables - Low-Fat Milk - Fruit Juice - Celebration Cupcake	19 - Macaroni and Cheese - BBQ Chicken - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice	"Thanksgiving Special" 20 - Turkey and Gravy - Mashed Potatoes - Steamed Corn - Low-Fat Milk - Fruit Juice - Bread - Low-Fat Milk - Fruit Juice
24 - Baked Salmon - Mashed Potatoes - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice	25 - Pork Loin - Mashed Potatoes - Salad - Bread - Low-Fat Milk - Fruit Juice	26 - Teriyaki Chicken - White Rice - Carrots - Dinner Roll - Low-Fat Milk - Fruit Juice	27 THANKSGIVING DAY Senior Center Closed

LUNCH PREPARED BY



ALL MEALS MEET PORTION GUIDELINES

3 Ounces Protein • 1/2 Cup Starch • 1/2 Cup Vegetables
1 Bread • 1/2 Cup Fruit or Fruit Juice • 8 Ounces Milk

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