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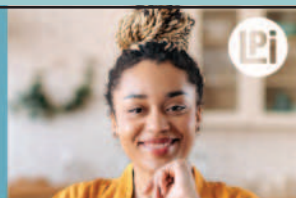
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06-5288

Sign up underway for 'Good Morning, New Milford'



volunteers will provide weekday morning check-in calls for older adults who may be living alone, are homebound, have limited support systems, or simply appreciate a friendly "good morning" to start their day.

The program began Thanksgiving week.

This new service aims to promote well-being, safety, and social connection through brief, uplifting daily phone calls.

This new service aims to promote well-being, safety, and social connection through brief, uplifting daily phone calls. Whether offering reassurance for family members or companionship for seniors, the program reflects the center's commitment to supporting the seniors in town.

Residents who would like to receive a daily call—or those interested in becoming a "Good Morning" call volunteer—are encouraged to contact the New Milford Senior Center at 860-355-6075.

The New Milford Senior Center is accepting registration for its opt-in Good Morning, New Milford program. Trained

Center offers Tree of Warmth

'Tis the season of giving and what better way to give than through the gift of warmth with hats, scarves, gloves, mittens, and blankets.

Items such as these "made with love" or "bought with love" donations will be gifted to those in the community. All donations should be placed in the basket at the base of the center's Tree of Warmth.

Those who can benefit from an item are welcome to take an item.

The tree, affectionately called Slim due to its pencil-like structure, is located in the senior center's lobby, near the Top of the Green Boutique and the Community Table, and will be up through the holiday season.



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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SENIOR CENTER SUBCOMMITTEES

TRIAD for Senior Safety

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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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Ann Robinson

Per Diem Sub Senior Center Bus Operator

SENIOR CENTER COMMUNITY CAFÉ

C&C Delicatessen of New Milford, *Elderly Nutrition Program Food Provider*

Odd Fellows to serve breakfast

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, Dec. 19, 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.

Volunteer meeting on tap

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.

There is no meeting in December. The next meeting will be held **Jan. 28 at 10:15 a.m.**

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

For more information, connect with the center.

Tickets soon available for Lions Club holiday party

The New Milford Lions Club will once again bring cheer to the community as it hosts its annual holiday party for senior citizens on **Sunday, Dec. 7, beginning at noon.**

The festive gathering will take place at the VFW Hall on Avery Road in New Milford, offering local seniors an opportunity to enjoy an afternoon of good food, seasonal music, and warm company.

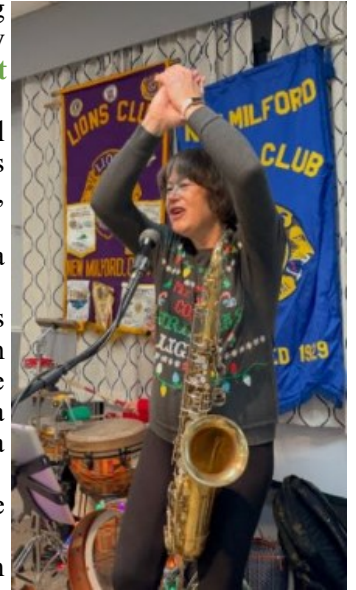
The event will feature live music, a festive dinner, and a gift for every attendee.

A longstanding tradition in New Milford, the Lions Club holiday party is designed to celebrate the season while honoring the older adults who enrich the community. Volunteers work together to create a welcoming and joyful atmosphere, complete with a holiday meal and entertainment.

Attendance is limited to 125 seniors, and tickets will be offered on a first-come, first-served basis.

Tickets will be available Monday, Dec. 1, through Friday, Dec. 5, from 8 a.m. to 4 p.m. each day at the New Milford Senior Center, 40 Main St. Butter Brook and Glen Ayre residents can pick up their tickets at their respective facility Monday, Dec. 1, through Friday, Dec. 5.

For more information, connect with the senior center.



Deborah Rose/The New Milford Lions Club holiday party annually draws well more than 100 guests. Last year's party, above, featured lively music.

TO VIEW THE SENIOR CENTER CALENDAR & FLYERS FOR DECEMBER, VISIT WWW.NEWMILFORD.ORG/SENIORCENTER
Click on "Departments" and select "Senior Center"

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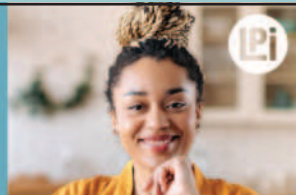
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Center emphasizes spirit of giving, offers comfort during holidays



The holiday season often brings images of sparkling lights, festive gatherings, and the joy of giving.

Yet for many older adults in our community, this time of year can also carry unique challenges.

Some seniors may feel the absence of loved ones who have moved away or passed on. Others may be coping with health concerns that limit their mobility or energy.

Financial stress can also intensify during the holidays, especially for

those living on fixed incomes. And for some, the season stirs emotional memories—both joyful and bittersweet—that can heighten feelings of loneliness or reflection.

Senior center staff witnesses how the holidays can be both beautiful and complicated for the seniors who walk through their doors. That understanding is exactly what inspires two special holiday programs designed to bring comfort, dignity, and joy to those who need it most - Grandparent Giving and Santa for Seniors - and programs, like the upcoming Healthy Chat focused on grief, healing and the holidays.

GRANDPARENT GIVING HELPING SENIORS SHARE THE MAGIC

Imagine the joy of a grandparent who can hand a carefully chosen gift to a grandchild—watching their face light up, feeling that moment of connection that only the holidays can bring.

For many seniors in our community, providing gifts can be difficult due to financial constraints or unexpected hardships. The Grandparent Giving program helps bridge that gap.

Through the generosity of donors - many of them seniors, and visitors to the center - the program allows grandparents who meet eligibility requirements to select and give a holiday gift to their grandchildren.

It's not just about the item itself; it's about giving seniors the chance to participate in family traditions, to feel included.

For many, being able to give a gift strengthens bonds that might otherwise feel stretched by distance, finances, or life circumstances.

Donations of items should be geared toward children ages infant through 16, and be unwrapped when delivered to the senior center by **Friday, Dec. 12.**

SANTA FOR SENIORS: BRINGING JOY HOME

While the Grandparent for Giving program supports seniors in their role as grandparents, the Santa for Seniors program shines the light directly on the seniors themselves.

This initiative provides a gift of uplift, comfort or need—chosen with care—for eligible older adults who may be isolated, facing financial hardship, or simply in need of a reminder that they are valued members of the community.

The gifts vary—cozy blankets, personal care items, warm socks, puzzles, small treats, or seasonal comfort. For many recipients, these gifts carry more than material value; they send a message of compassion and connection at a time when it's most needed.

Gifts sought by seniors will be listed on tags hung on the tree on the main level of the senior center. Santas are welcome to take a tag, purchase and wrap the item, secure the tag to the gift and bring the item to the senior center by

Friday, Dec. 12, and delivered in time to brighten someone's holiday season.

"GRIEF, HEALING & THE HOLIDAYS"

As the year draws to a close, many people look forward to festive gatherings, cherished traditions, and joyful celebrations. Yet for those mourning the loss of a loved one, this season can feel overwhelming.

Customs that once brought warmth and comfort may now trigger difficult memories, deepen feelings of absence, or heighten emotional stress.

Recognizing these challenges, the upcoming session aims to provide understanding, compassion, and tools for moving through the holidays with intention and care through a special Healthy Chat, "Grief, Healing & the Holidays," **Wednesday, Dec. 10, at 9:30 a.m.**

The conversation will be led by Garrett Walkup, RVNAhealth Spiritual Care and Bereavement Coordinator, who brings extensive experience supporting individuals and families through grief. Walkup will offer practical strategies for navigating emotional highs and lows, suggestions for honoring loved ones in ways that feel authentic, and guidance on how to care for one's physical, emotional, and spiritual well-being.

Attendees will have the opportunity to reflect on their own experiences, connect with others who may be facing similar challenges, and learn coping approaches that can ease the weight of the season.

For more information and RSVP for "Grief, Healing & the Holidays," connect with the senior center.



Senior center announces holiday party featuring dinner, live music, more



The New Milford Senior Center will ring in the holiday season with music, merriment, and memories **Friday, Dec. 12, at noon** for its annual holiday party at the center.

The event will feature live entertainment by the beloved musical group The Elderly Brothers. With a passion for performing that spans over four decades, The Elderly Brothers bring their signature tight vocal harmonies and rich instrumentals to the stage, recreating the timeless sounds of the 1950s, 60s, and 70s.

Their set list pays tribute to the golden age of folk and folk-rock music, the very tunes that once dominated the pop charts—and still warm hearts today.

The festive afternoon will be filled with great music, delicious refreshments, holiday cheer, and the chance to celebrate the season in the company of friends, both old and new.

The party will begin with charcuterie boards, followed by a meal of salad, roast beef, mashed potatoes, vegetables and dessert.

Door prizes will be awarded.

Tickets are \$25. The event is limited to 75.

For more information and RSVP, connect with the senior center beginning Dec. 1.

Grab those pajamas for Jukebox Bingo



The senior center invites members to trade in their daywear for nightwear at a special Jukebox Bingo event **Friday, Dec. 19, from 1 to 3 p.m.**

A sponsored lunch (fare to be determined) will be served at noon.

Participants are encouraged to arrive in their favorite appropriate pajamas to enjoy an afternoon of music, friends, and bingo.

Jukebox Bingo puts a musical spin on the classic game, replacing traditional number calling with hit songs from across the decades. Participants listen to a snippet of a song and mark it off on their unique bingo cards.

The cost is \$5 payable the day of the event.

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

Children's Center to visit for caroling at senior center

The center's friends from the New Milford Children's Center will pay a short visit to the center **Wednesday, Dec. 17, at 10:45 a.m.** to sing a few holiday carols. For more information and RSVP, connect with the center.

Music of '60-80s to be performed by DAM Jam

Danbury Area Musicians Jam - known as DAM Jam - will bring their signature acoustic sound to the senior center for "An Afternoon of Music," a lively event to kick off the month of December.

The program will take place **Tuesday, Dec. 2, from 1 to 3 p.m.**, bringing seniors together for a cozy, joy-filled musical experience.

DAM Jam is comprised of local musicians who perform all types of music in the Greater New Milford and Danbury area.

The group will perform the greatest hits of the 1960-80s.

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

Coming up on the big screen

The center screens a matinee Wednesdays at 12:45 p.m. on the big screen. Occasionally, a screening may be presented on another day and time. Here's what's coming up, with special screenings noted in red/

- ♦ **Dec. 3:** "The Rookie," 12:45 p.m.
- ♦ **Dec. 6: Festive Friday Film: "White Christmas," 12:45 p.m.**
- ♦ **Dec. 10:** "Woman in Gold" (in recognition of Human Rights Day), 12:45 p.m.
- ♦ **Dec. 17:** "Radio City Christmas Spectacular: The Rockettes," 12:45 p.m.

Birthday celebration on the horizon

The senior center will offer its monthly birthday celebration for all those with December birthdays **Tuesday, Dec. 16, 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.

Sheraton Caregivers to sponsor Special Bingo

The center's friends from Sheraton Caregivers will sponsor special bingo **Monday, Dec. 15, from 1 to 2 p.m.** Monique Bongartz 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 center.

Author and storyteller John Cilio to share stories of 'Christmases Past'

Step back in time and rediscover the magic of holidays gone by at the senior center's special program, "Christmases Past: A Nostalgic Look Back," on **Tuesday, Dec. 16, at 1 p.m.**

Presented by local storyteller and author John Cilio, this engaging program takes guests on a heartwarming journey through Christmas traditions of earlier generations.

Attendees will explore how the holiday evolved from the time President Franklin Pierce introduced the first White House Christmas tree in 1853, to the glittering trees and cherished ornaments we know today.

The presentation will reflect on the transformation from real candles to electric lights, handmade decorations, and the charming glittered cardboard candy boxes shaped like little houses that once adorned family trees.

"Christmases Past" invites everyone to share in the joy of remembrance—celebrating tinsel, ornaments, and the traditions that have brightened homes and hearts for more than a century.

For more information, connect with the senior center.



The Garden Club of New Milford will offer a holiday workshop Dec. 18. The arrangement above is not representative of the project the arrangements that will be made in 2025.

Hands-on holiday floral arrangement program set

The senior center will spread holiday cheer with a special seasonal program with the Garden Club of New Milford.

On **Wednesday, Dec. 18, at 10 a.m.**, members of the garden club will lead a hands-on workshop where participants can create their own holiday floral arrangements.

All supplies will be provided, and participants will leave with a festive floral creation to brighten their homes for the holidays.

Registration will open Monday, Dec. 1. The program is limited to 25. To RSVP, connect with the senior center.



Roundtable to explore holiday stories, traditions

Seniors are invited to come together and celebrate the season in a meaningful way through "Holiday Traditions: Stories That Bring Us Together," a special roundtable, **Tuesday, Dec. 9 at 1 p.m.**

The program is designed to foster connection, reflection, and the sharing of cherished memories.

The roundtable will offer adults a warm and welcoming space to share personal holiday traditions, family recipes, cultural customs, and seasonal stories from their past.

The program will be guided by Deborah Rose, senior center program coordinator, and time for open conversation will be available.

"Older adults carry a wealth of experience and wisdom, especially when it comes to the traditions that shape our holidays," Deborah said. "This program is about honoring those voices and creating space for joy and nostalgia.

Participants are encouraged to bring small items or photos related to their traditions (optional) to share.

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

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.

Seniors invited to festive holiday sing-along

Voices will unite **Thursday, Dec. 18, at 1 p.m.** when pianist Dan Ringuette leads guests in a holiday sing-along.

Cookies and cocoa will be served.

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

"Gratitude turns what we have into enough." – Aesop

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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Low-income pet owners may qualify for vouchers

The state of Connecticut is offering vouchers to low-income pet owners to sterilize and vaccinate dogs and cats.

The state Department of Agriculture recently opened an online portal (www.apcp.ct.gov) for applications to the Animal Population Control Program. All applications must be submitted online.

The state of Connecticut is offering vouchers to low-income pet owners to sterilize and vaccinate dogs and cats.

The state Department of Agriculture has opened an online portal (apcp.ct.gov) for applications to the Animal Population Control Program. All applications must be submitted online.

Eligible pet owners must live in Connecticut and receive benefits from one of five programs through the state Department of Social Services — the Supplemental Nutrition Assistance Program (SNAP); Husky A, C, or D (Medicaid); State Administered General Assistance (SAGA); Temporary Family Assistance (TFA); and State Supplement, according to a news release.

Upon approval, vouchers will be issued electronically for up to two pets on a first-come, first-serve basis, the release said.

The voucher is valid for 60 days and provides two vaccinations and a one-time sterilization benefit of \$200 for a female dog, \$180 for a male dog, \$120 for a female cat and \$80 for a male cat, according to the agriculture department.



'Prepared & Empowered: How proper documents make a difference' slated

The senior center will offer an upcoming Lunch & Learn, "Prepared & Empowered: How Proper Documents Make a Difference," **Friday, Jan. 16, at 1 p.m.**

The town's municipal agents RJ Yarrish and Janette Ireland will lead the program.

Staying organized with important paperwork can make all the difference when applying for local services, benefits, or assistance programs.

Rebecca and Janette will share their expertise on how having the right documents—readily available and properly filed—can make the process of completing applications smoother, faster, and far less stressful.

Participants will learn practical tips on what documents to keep on hand, how to maintain personal records, and how being prepared not only saves time but also builds confidence and independence.

"Having your documents in order is more than just good organization—it's empowering," Janette said. "It helps ensure that when opportunities or needs arise, you're ready to take action with confidence."

The program is open to all.

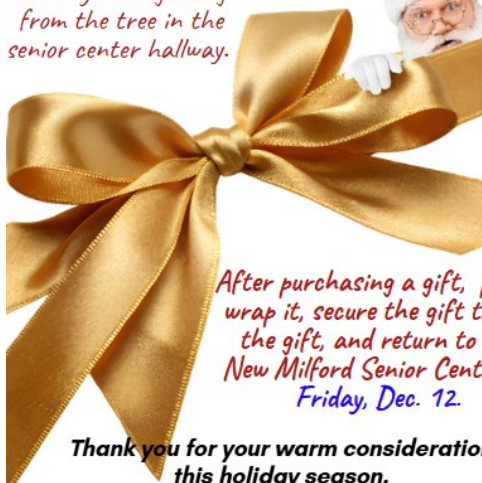
Lunch fare will be determined closer to the date.

For more information and RSVP, connect with the senior center beginning Dec. 29.



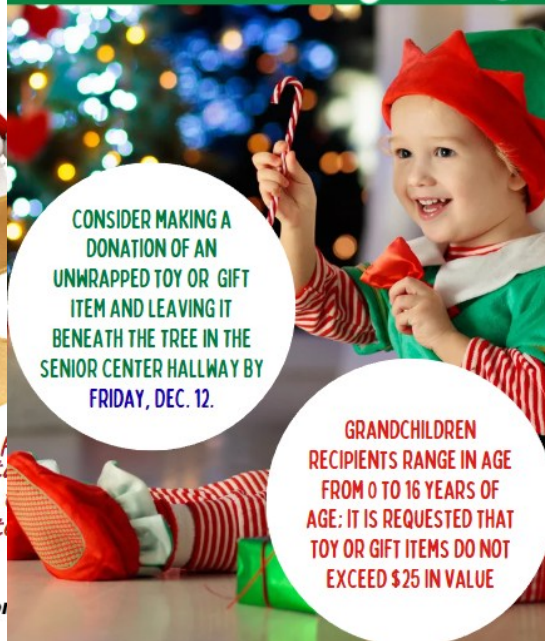
Provides a gift of uplift, comfort or joy for a senior in need in the New Milford community.

Considering fulfilling a Santa for Seniors wish by taking a tag from the tree in the senior center hallway.



After purchasing a gift, wrap it, secure the gift to the gift, and return to New Milford Senior Center Friday, Dec. 12.

Thank you for your warm consideration this holiday season.



CONSIDER MAKING A DONATION OF AN UNWRAPPED TOY OR GIFT ITEM AND LEAVING IT BENEATH THE TREE IN THE SENIOR CENTER HALLWAY BY FRIDAY, DEC. 12.

GRANDCHILDREN RECIPIENTS RANGE IN AGE FROM 0 TO 16 YEARS OF AGE: IT IS REQUESTED THAT TOY OR GIFT ITEMS DO NOT EXCEED \$25 IN VALUE

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: 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.

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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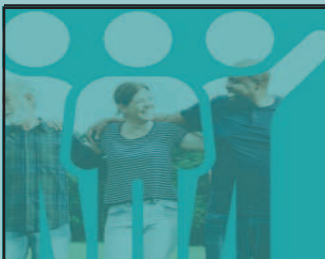
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Partners team up for diabetes screening

The senior center will offer free diabetes screening **Friday, Dec. 19, from 10 a.m. to noon.**

The screenings are in partnership with the Regional YMCA of Western Connecticut, RVNAhealth, and New Milford Public Library.

The screenings are to help local seniors better understand their risk for diabetes and take steps toward prevention and management.

Each appointment is 15 minutes, with two participants being screened individually per appointment.

Participants will receive a simple finger-stick blood glucose test.

Appointments are required. To make an appointment, connect with the senior center beginning Dec. 1.

WORKSHOPS, CLASSES & GROUPS

Yoga to resume again in January

The center's yoga class will take a pause in December for the holidays but it will resume on a new day and time—Wednesdays from 10 to 11 a.m.—with the center's new instructor, Elora Herberick of EVOLVE Yoga Health Nutrition in New Milford.

Two pop-up tech classes left in series

The center's Tech Savvy instructor Lindsey Burk will presented the last two pop-up tech classes about various tech topics this month.

Topics will cover: shopping 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 that runs 9:30 to 10:30 a.m. in the computer lab.

Space is limited. To RSVP, connect with the center.

Need help with an Android device or TracFone?

Everyone carries a smartphone these days, but it seems there is always something new to learn about it.

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, 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 center.

Bereavement group offered monthly

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.

FYI

- No yoga for December; it will resume in January
- Quilters will only meet Dec. 2 in December. Gatherings will resume in January.
- Mahjong will not hold trainings for newbies Dec. 9. Instead, Mahjong players will hold a holiday get together in the Club Room that day at 12:30 p.m.
- No Arts & Crafts Dec. 16; it will resume Jan. 21
- No ASL Dec. 22 or 29; it will resume Jan. 5
- No Helping Hands Dec. 24; it will resume Jan. 28

See ongoing offerings like arts, literary opportunities, exercises, etc. in our list of ongoing activities, pages 13.

ON THE HORIZON

These are some of the programs on the horizon (times to be announced). Registration will not open up for these events until Jan. 1, unless announced otherwise.

A theme for many January programs, not yet listed, will be health esteem and empowerment.

Watch your emails for notices, and the bulletin board near check-in at the senior center. Notices are also posted on our website at www.newmilford.org/seniorcenter

- **Date TBD:** Make large paper snowflakes with Lila
- **Jan. 14:** Health Chat: Seasonal Affective Disorder
- **Jan. 15:** Nutrition Talk: Gut Health
- **Jan. 16:** "Prepared & Empowered: How Proper Documents Make a Difference" Lunch & Learn
- **Jan. 23:** Brain Games & Lunch

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. Closed for winter.
- ♦ **Cornhole:** Mondays, 9:30 a.m. and Thursdays, 1 p.m.
- ♦ **Movers & Shakers:** See special events. Meets to do various activities such as walks, hikes, kayaking, etc.
- ♦ **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 community.
- ♦ **Quilt Circle:** Tuesdays, 1 p.m. Participants 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 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. Limited to 8. RSVP required.

GAMES

- ♦ **Weekly Bingo:** Mondays, 1 p.m.
- ♦ **Special Bingo:** Third Monday of each month, 1 p.m.
- ♦ **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.
- ♦ **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 reps from Housatonic Valley Health District.
- ♦ **Hearing screenings:** Second Tuesday of month by appointment, held quarterly.
- ♦ **Blood pressure screenings:** Wednesdays, 10:30-11:30 a.m.

Continued on Page 13

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A	E	B	A	K	E	C	G	W	O	E	L	O	T	C	C
K	I	E	E	U	R	N	H	O	L	E	O	E	A	S	O
L	K	O	T	U	I	I	K	A	L	P	E	K	U	O	O
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T	A	B	L	E	S	P	O	O	N	Y	E	E	R	L	R

Word List:

CUP
SUGAR
CREAM
CAKE
ROLLS
CHOCOLATE
WHIP
COOKBOOK
CRUST

TEASPOON
MILK
BUTTER
COOKIE
PASTRY
DOUGH
BAKE
SALT

TABLESPOON
BUTTERMILK
OVEN
CUPCAKE
FROSTING
BATTER
VANILLA
YEAST

FOUR
EGGS
COOKIESHEET
BREAD
ROLLINGPIN
STIR
LOAF
PIE



- ♦ **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 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. *Next session: TBA*
- ♦ **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. *Next session: TBA*
- ♦ **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. *Next session: TBA*
- ♦ **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 gentle yoga 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. *Next session: TBA*

- ♦ **Yoga:** Wednesdays, 10-11 a.m. With Elora Heberick of EVOLVE. \$25 for four-week session. Payment confirms registration. *Next session starts Jan. 7.*

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

- ♦ **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. Movies listed on monthly calendar.
- ♦ **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.
- ♦ **Puzzles:** Individuals contribute their skills to the puzzle in process.
- ♦ **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.

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

DECEMBER 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 <ul style="list-style-type: none"> Chicken Marsala Pasta Mixed Vegetables Bread Low-Fat Milk Fruit Juice 	2 <ul style="list-style-type: none"> Baked Fish Roasted Potatoes Steamed Carrots Bread Low-Fat Milk Fruit Juice 	3 <ul style="list-style-type: none"> Pork Loin Mashed Potatoes Salad Bread Low-Fat Milk Fruit Juice 	4 <ul style="list-style-type: none"> Sausage and Peppers Tri-Colored Rotini Garlic Bread Bread Low-Fat Milk Fruit Juice
8 <ul style="list-style-type: none"> Stewed Chicken Vegetable Rice Steamed Carrots Bread Low-Fat Milk Fruit Juice 	9 <ul style="list-style-type: none"> Pasta Bolognese Steamed Broccoli Garlic Bread Low-Fat Milk Fruit Juice 	10 <ul style="list-style-type: none"> BBQ Chicken White Rice with Black Beans Corn on the Cob Bread Low-Fat Milk Fruit Juice 	11 <ul style="list-style-type: none"> Fish Francese Mashed Potatoes Green Beans Low-Fat Milk Fruit Juice
15 <ul style="list-style-type: none"> Beef & Chicken Empanadas <i>(Type of baked or fried turnover consisting of pastry and filling)</i> Coleslaw Low-Fat Milk Fruit Juice 	*Happy December Birthdays* 16 <ul style="list-style-type: none"> Pernil <i>(Slow-roasted marinated pork shoulder in Latin American cuisine commonly shared during the holidays)</i> Brown Rice with Beans Mixed Vegetables Low-Fat Milk Fruit Juice Celebration Cupcake 	17 <ul style="list-style-type: none"> Asian-Style Chicken Chofan Rice <i>(Dominican version of Chinese fried rice)</i> Salad Bread Low-Fat Milk Fruit Juice 	18 <ul style="list-style-type: none"> Grilled Chicken Roasted Potatoes Salad Bread Low-Fat Milk Fruit Juice
22 <ul style="list-style-type: none"> Pasta with Meatballs Salad Bread Low-Fat Milk Fruit Juice 	23 <ul style="list-style-type: none"> Teriyaki Salmon White Rice Green Beans Bread Low-Fat Milk Fruit Juice 	24 <ul style="list-style-type: none"> Beef Stew Egg Noodles Mixed Vegetables Bread Low-Fat Milk Fruit Juice 	25 <p>CHRISTMAS DAY Senior Center Closed</p> <p><i>(Please note that due to product availability, menu items may be subject to substitutions)</i></p>
29 <ul style="list-style-type: none"> Mac and Cheese BBQ Chicken Mixed Vegetables Bread Low-Fat Milk Fruit Juice 	30 <ul style="list-style-type: none"> Chicken Noodle Soup Salad with Cheese Crackers Low-Fat Milk Fruit Juice 	31 <ul style="list-style-type: none"> Beef Stir Fry White Rice Steamed Carrots Low-Fat Milk Fruit Juice 	<p>LUNCH PREPARED BY</p>

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