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New Milford Senior Center, New Milford, CT

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NEW MILFORD
SENIOR CENTER

40 Main Street ♦ New Milford, CT 06776
Telephone (860) 355-6075 Fax (860) 354-2843
Hours: Monday-Friday, 8:00 AM-4:00 PM
Email: senior@newmilfordct.gov
Website: 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,
Lt. Lee Grabner, Kim Harrington

WHEELS Program of Greater NM

Carrie Lee Bunblasky, *Program Director*
Marianne Tarby, *Scheduler*
Kathy Granata, *Office Assistant*
Leo Ghio, Erin Baldwin,
Rui Anderson-Sousa, Jess Umbarger,
Shelley Scalzo, Eleanor Covelli, Thea Gruber

SENIOR CENTER COMMUNITY CAFÉ

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

NEW MILFORD SENIOR CENTER ENRICHMENT FUND

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

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

COMMISSION ON AGING

Monthly Meetings take place every Second Thursday at 3:30 PM

Gretchen O'Shea, *Chairperson*
Bob Bennett, *Vice Chairperson*
Mary-Ellen Foster, Atty. Michelle Liguori,
Holly Mullins, Geri Rodda,
Cecile Rooney, Bonnie Weed

HEALTH & WELLNESS PARTNERS

Alzheimer's Association
Housatonic Valley Health District
RVNA-New Milford
Nuvance Health

STAFF DIRECTORY

Jasmin Marie J. Ducusin-Jara
Director of Senior Services

Janette Lynn Ireland
Program Coordinator/Asst. Director

Marisa J. Levine
Municipal Agent/Elder Advisor

RJ Yarrish
Municipal Agent/Elder Advisor

Kim Fitch
Office Coordinator/13b Clerical

Tom Williams
Senior Center Bus Operator

Erin Baldwin
Senior Center Bus Operator

John DeLaura
Chore Services Coordinator

Sue Desgro
Per Diem Sub Senior Center Bus Operator

Rufus de Rham
Per Diem Sub Senior Center Bus Operator

Lori McNamara
PT Seasonal Office Coordinator for MAs

SENIOR CENTER CODE OF CONDUCT

The participant Code of Conduct is now proudly on display in our Senior Center hallway to promote a positive and respectful environment for all.

FOR YOUR INFORMATION



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

The Elderly Nutrition Program provides nutritionally balanced meals to individuals

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

HOME DELIVERED MEALS: MEALS ON WHEELS

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

TOP OF THE GREEN BOUTIQUE

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



DURABLE MEDICAL EQUIPMENT LENDING CLOSET

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



THE LUNCH BUNCH

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



"ELSIE'S TRIPS" DAY TRIP INFORMATION

Day Trip information for "Elsie's Trips" are advertised in the Trip Book at the Senior Center. Stop by for flyers and contact info.



COMMUNITY FUEL BANK OF NEW MILFORD

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

ODD FELLOWS SENIOR BREAKFAST

Friday, January 24th, 9:00 AM
Odd Fellows Hall—25 Danbury Road



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

HELPING HANDS OF NEW MILFORD SENIOR CENTER VOLUNTEER MEETING

NEW DAY AND TIME

Wednesday, January 22nd, 10:15 AM



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

HAPPY NEW YEAR FROM ALL OF US AT THE NEW MILFORD SENIOR CENTER!

THE NEW MILFORD SENIOR CENTER WILL BE CLOSED ON WEDNESDAY, JANUARY 1ST IN CELEBRATION OF NEW YEAR'S DAY AND MONDAY, JANUARY 20TH IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY

UPCOMING DAY TRIPS

MEDIEVAL TIMES DINNER & TOURNAMENT

Thursday, March 27th

Chivalry, rivalry, & revelry! Knights, horses, jousting, and falconry all set in an 11th century-style medieval castle. The Royal Court invites you to join in a spectacle from the Middle Ages. A royal feast awaits as you watch the incredible pure Spanish horses perform feats of equine skill. Enjoy this two hour live horse show while dining on a meal fit for royalty -- all eaten with your hands! Detailed flyers including itinerary, menu, and pricing are available at the Senior center. Payment for registrations will be accepted starting on Tuesday, January 7th.



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AARP TAX AID—TAX YEAR 2024

Need help with your taxes? Free income tax assistance is provided at the New Milford Senior Center by the AARP Tax-Aide program for low to moderate income taxpayers. AARP Tax-Aide is a program of the AARP Foundation, offered in

conjunction with the IRS.

Please call the Senior Center to obtain additional information or to schedule an appointment with a certified AARP Tax-Aide counselor. Appointments will be available on Mondays, February 3rd through April 7th. We will start taking requests for appointments on Wednesday, January 21st.

Please bring the following to your appointment:

- Photo ID and Social Security cards for the taxpayer, spouse, and any dependents to be included on the return
- 2023 Tax return
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 forms for Social Security
- Other 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets (stocks, bonds)
- All forms indicating federal income tax paid and if a state tax refund was received
- Dependent care provider information (name, address, employer ID, Social Security #) and amount paid
- Education expenses (1098-T) and other education receipts and scholarships or grants documentation
- Business income and expenses if income less than \$35,000, not a loss, and has no inventory
- If itemizing deductions, summary of deductions OR all receipts or canceled checks for itemized deductions
- Even if not itemizing deductions, bring receipts for real and personal property tax payments
- If a tax refund is expected, a check with the routing and account numbers
- Affordable Care Act (ACA)

Information on health insurance coverage for taxpayer, spouse, and all dependents

- o If health insurance coverage was not for the full year, information on monthly coverage
- o Any health care exemptions received through the IRS or Marketplace/Exchange
- o If health insurance was purchased through the Marketplace, bring form 1095

We cannot prepare returns from the following:

- Schedule C—Profit or Loss from Business if expenses exceed \$35,000
- Schedule E—Rental Property



BRAIN GAMES

Friday, January 24th, 1:00 PM

Join us as we enjoy lunch and work our brains games with our friend, Danielle Ramos from Village Crest! To sign up, please connect with the Senior Center.

CARTOON CLASS—A BASIC DRAWING CLASS

Thursdays, 10:00 AM

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



TECH SAVVY SENIORS

Wednesdays beginning January 8th, 10:00 AM

How do I make my iPhone louder? Can my iPad let me read a book? How do I get music on my apple devices? Can I take photos and videos and send them to my friends and family? Join us as we welcome instructor, Lindsey Burk to help you become a Tech Savvy Senior! Bring your iPhone or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Please note that You MUST own an iPhone or iPad for this class and also bring/know your Apple ID and Password. Space is limited! Please connect with the Senior Center to sign up.

AGING IN PLACE: HOW TO PROTECT YOUR ASSETS AND STAY HOME

Tuesday, January 28th, 1:00 PM

Did you know that Connecticut is among the top 3 states with the highest costs for nursing home and long-term care? That's why it is so important to do your due diligence and protect everything that you have worked SO hard for – and if possible – to do so while remaining in the comfort of your home! In this program, New Milford estate planning and elder law attorney, Lynda Lee Arnold, will help you better understand how to avoid putting your-hard earned assets at risk in a way that can best position you to stay in your own home and age in place. Specifically, you'll learn about Medicaid and other public benefit programs the state has to offer as well as strategies that married or single people can use to protect their assets. Connect with the Senior Center to sign up.



AMERICAN SIGN LANGUAGE 101

**Mondays, January 6th, 13th,
and 27th, 10:30AM**

Your instructor, Mary Silvestri, is a retired teacher of the Deaf/Hard of Hearing and is Deaf herself. In this class, students will communicate ONLY in American Sign Language (ASL) with their classmates. To have more fun and fully immerse in the experience, no talking will take place in class. Connect with the Senior Center to sign up.

ONE-ON-ONE TECH HELP

Appointments Available By Request

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

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

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

SERVICES AVAILABLE TO NEW MILFORD RESIDENTS AND THEIR FAMILIES ONLY

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



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

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

MEDICARE OPEN ENROLLMENT

Upcoming Medicare Open Enrollment 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:

Open Enrollment Period. From October 15 – December 7, 2024 each year, you can join, switch, or drop a plan. Your coverage will begin on January 1 (as long as the plan gets your request by December 7).

Medicare Advantage Open Enrollment Period. From January 1 – March 31, 2024 each year, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. **Note:** You can only switch plans once during this period. For more info or to request an appointment, connect with the Senior Center.



Get alerted about emergencies and many other important community news by signing up for the Town of New Milford's Emergency Alert Program. To sign up, go to the Town of New Milford home page at www.newmilford.org and scroll

down to the bottom of the home page and click the "Notify New Milford" icon. For questions, please call the Mayor's Office at 860-355-6010 or email the Mayor's Office at mayor@newmilfordct.gov

NEWMILFORDNOW.ORG

Visit the Town of New Milford's official tourism and community website, to read about the people, places, events and experiences that comprise New Milford and illuminate its history, beauty and spirit. The website includes a calendar of events; stories and photographs, directory of places to dine, shop, stay, explore and play; an interactive map; a link to the Town's YouTube channel; and more!

SENIOR CENTER COMMUNICATIONS

Please note that email correspondence from Senior Center Staff or Town of New Milford employees now end in @newmilfordct.gov. If you would like to receive emails from the New Milford Senior Center, please send us an email at senior@newmilfordct.gov to say hello and we can add you to our online mailing list.

NMPL HOMEBOUND SERVICES

In keeping with its mission to provide access to books and other materials for the purpose of enriching their lives, the NM Public Library offers delivery and pickup of library materials to homebound New Milford residents. The library is pleased to partner with the Senior Center for delivery and pick-up services. Materials include but are not limited to books, magazines, DVDs CDs, audiobooks, and puzzles. For more information, please connect with the New Milford Library by calling 860-355-1191 x4216 or by visiting their website: www.newmilfordlibrary.org with links to the registration form.



ENERGY ASSISTANCE (CEAP)

Application Period: We are making appointments for applications for deliverable fuels (oil, propane, and kerosene) 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, pensions, work, interest and dividends, etc.) current assets, (bank statements from all bank accounts, stocks, bonds, IRAs and CDs) and a current electric bill.

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

A WARM THANK YOU!

Many thanks to all whose kindness and generosity made the holidays of our seniors a little bit brighter through our “Santa for Seniors” and “Grandparent Giving” programs this past holiday season! All of us at the Senior Center were humbled by the community response that answered the call to help out those in need right here in our Senior Center. Warm wishes to all as we say Thank You for all your support throughout the year!



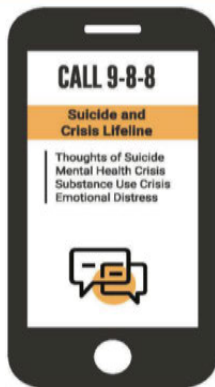
NEW MILFORD COMMUNITY CONNECT

The Town of New Milford Fire Marshal's Office announces the launch of Community Connect, a community risk reduction platform developed by First Due. The platform empowers first responders with critical life-saving information, and facilitates mass notifications of residents with essential health and life-safety preventative messaging. Community Connect not only enhances the safety of the New Milford community but also promises efficient emergency response, ensuring the improved well-being of all residents. User data is strictly used for response purposes or emergency planning, reinforcing the platform's commitment to user privacy and safety. Users can create personalized residential and business health and life safety profiles, which lead to a more efficient and tailored response from emergency services when required. For more information about Community Connect and to create your profile, visit <https://www.communityconnect.io/info/ct-newmilford>. You can also connect with the Fire Marshal's Office at 860-355-6099 or email firemarshal@newmilfordct.gov with questions.

**MEDICARE GENERAL ENROLLMENT:
JANUARY 1ST - MARCH 31ST**

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

Help is 3 Numbers Away



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

Eligibility Requirements: Are you a Homeowner in New Milford? Must be age 65 or older or Social Security disabled and owned a home throughout 2021 in New Milford. Income guidelines are \$40,300 unmarried person and \$49,100 married.

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

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



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



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

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

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

SUPPORT GROUPS

**CAREGIVER SUPPORT GROUP
Thursday, January 2nd, 1:00 PM**

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



**BEREAVEMENT SUPPORT GROUP
Friday, January 10th, 10:00 AM**



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

**SEASONAL DEPRESSION DISORDER
HOW TO AVOID THE WINTER BLUES**

Tuesday, January 7th, 1:00 PM

When days become shorter and colder with less sunlight, you may experience mild winter blues. Candace Thompson, RN of Candlewood Valley Health and Rehab will provide education on the various symptoms and remedies for seasonal depression disorder. Please connect with the Senior Center to sign up.



INTEGRATED FITNESS

Thursday, January 9th and 23rd, 10:45 AM

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



REIKI HEALING *PLEASE NOTE NEW TIME*

Tuesdays, January 14th and 28th, 2:00-3:00 PM

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



HEARING SCREENINGS

Tuesday, January 14th, by Appointment

Free Hearing Screenings will be available right here in our Health & Wellness Room in partnership with our friends from Hearing Life, formerly Hearing Aid Specialist of CT. Please connect with the Senior Center to set up an appointment.



TAI CHI FOR SENIORS Wednesdays, 1:00 PM

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



HEALING WITH SOUND

Fridays, 1:00 PM

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



ALZHEIMER'S ASSOCIATION

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



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

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

CONNECTICUT STATEWIDE RESPITE CARE PROGRAM

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



**HEALTHY CHATS & BREAKFAST SNACKS:
RADON DETECTION & PREVENTION**

Wednesday, January 8th, 9:30 AM

Heidi Bettcher, RN, BSN, of Housatonic Valley Health District will discuss Radon detection & prevention. 1 in 4 homes in Connecticut test high for radon. Learn what radon is, how it affects your health and receive a free test kit for your home. Breakfast snacks are sponsored by Synergy Home Care and Village Crest Center for Health & Rehabilitation Connect with the Senior Center to sign up.

BLOOD PRESSURE SCREENINGS

Wednesdays, 10:30 – 11:30 AM

Join us for a weekly, first come, first serve blood pressure screening with an RVNA Nurse. This free service provides you with an opportunity to check and track your blood pressure as well as meet with a nurse for basic health questions and guidance.



**LUNCH & LEARN: MIND, BODY AND SPIRIT-CREATING BALANCE FOR YOUR
HEALTH AND WELL-BEING**

Friday, January 17th, 1:00 PM

Join Garrett Walkup, RVNA Health Spiritual Care Coordinator and Gena Orten, RVNA health Licensed Clinical Social Worker for a unique program that delves into nurturing your mind and soul, alongside your body. Balance that supports your overall health and enriches your life. We invite you to come with an open mind and share in this journey towards comprehensive well-being. Please connect with the Senior Center to register.



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



RESERVATIONS AND RIDERSHIP

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

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

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

WHEELS PROGRAM OF GREATER NEW MILFORD

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 Monday - Thursday, 9:00 AM - 12:00 PM and can be reached at (860) 354-6012 or at www.wheelsofnewmilford.org. Vehicle operating hours are Monday - Thursday, 8:00 AM - 4:00 PM



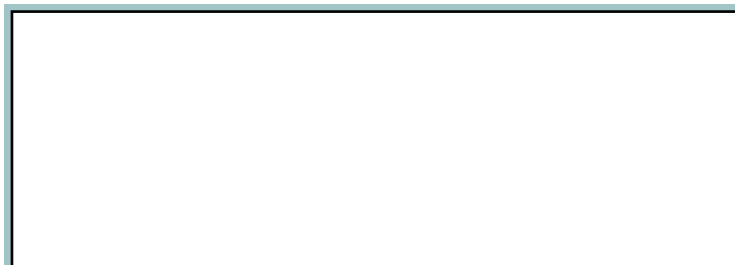
SUGGESTED DONATION IS \$1.00 PER ONE-WAY RIDE

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

MASKS STILL ENCOURAGED

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

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



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HANDIWORK CIRCLE

Mondays, 10:00 AM

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

WEEKLY BINGO

Mondays, 1:00 PM

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



**ASK THE ATTORNEY—
ROUNDTABLE DISCUSSION**

Tuesday, January 21st, 9:30 AM

Do you have an elder law concern? This free informational service is offered by local elder law attorneys in a roundtable discussion format to discuss any elder law issue that might be of interest such as estate planning, living wills, transfer of assets, Medicare, and Medicaid. These are *informational discussions* only; no legal advice is offered. Pre-registration is required, please connect with the Center to sign up.



¡APRENDA ESPAÑOL CON NOSOTROS! SPANISH CLASS

Tuesdays, 10:30 AM

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

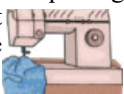
SCRABBLE Tuesdays, 12:30 PM



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

QUILT CIRCLE Tuesdays, 1:00 PM

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

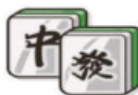


MAHJONG

Tuesdays, 12:30 PM (Beginners)

Wednesdays, 12:30 PM (Seasoned)

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



LIBRARY BOOK EXCHANGE

Wednesday, Jan 8th, 11:00 AM



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

BRIDGE CLUB

Wednesdays, 1:00 PM

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



BRIDGE 101

Mondays, 1:30 PM

Learn to play Bridge! Our fabulous volunteers will teach you the in's and out's of this classic game. Connect with the Center to sign up.



MIDWEEK MATINEE

Wednesdays, 12:45 PM

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



MONTHLY BIRTHDAY CELEBRATION

Tuesday, January 21st, 12:00 PM

Come celebrate all the birthdays with all of us at the Senior Center! Music and entertainment throughout lunch will be provided by pianist, Brian Horberg and birthday cupcakes are sponsored from our friends at the Commons in Newtown. Connect with the Senior Center to sign up and Happy Birthday to all!



WE GOT GAME CLUB

Fridays, 10:00 AM

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



Need to use a Computer?

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



SPECIAL BINGO

**Monday, January 13th,
1:00 PM**

Join us for a Special Bingo sponsored by Candlewood Valley Health & Rehab. Connect with the Senior Center to sign up.



BOOK DISCUSSIONS

**Friday, January 10th,
Thursday, January 16th, and
Tuesday, January 28th, 1:00 PM**

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

WII BOWLING

Fridays, 10:00 AM

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



**SENIOR SONGBIRDS
SINGING GROUP**

Friday, Jan. 10th, 1:00 PM

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



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

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

**MAKEUP FOR MATURE WOMEN
WITH CELEBRITY MAKEUP ARTIST
JOBY RODGERS**

**Tuesday, January 21st,
1:00 PM**



This 2.5 hour forum is the perfect place for mature women & women of all ages & experience to learn how to create a makeup style that compliments their personal features and skin tone. Explore products, tools, and 'must haves' for your personal makeup collection. You will participate in "hands-on" makeup demonstrations and leave knowing that with a little practice you can perfect your personal appearance for all occasions. Please bring a notebook and pen. Participants are Encouraged, BUT NOT required, to bring their own personal Make-up and Brushes for a professional evaluation. Space is limited, connect with the Senior Center to register.

CORNHOLE

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



Join our Silver Corn Stars for a game of cornhole! No prior experience necessary—we'll teach you! To sign up, please connect with the Senior Center and let the games begin!



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

**Thursdays, January 9th
and 23rd, 10:30 AM**

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

CHESS CLUB

Thursdays, 10:00 AM

Come join other fellow chess players to play one of the world's oldest games! All abilities welcome. Connect with the Senior Center to sign up.



PROGRAMS AND ACTIVITIES | 11

GERMAN CONVERSATIONAL GROUP

Mondays, 1:00 PM

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



ARTS & CRAFTS

**Wednesday,
January 15th,
10:00 AM**



Our fabulous volunteers will instruct us in creating a beautiful, snowman themed winter wreath. Space is limited, so be sure to sign up right away! Connect with the Senior Center to register.

THE PRICE IS RIGHT- GAMES & LUNCH

Friday, January 31st, 12:00 PM

'Come on Down!' The Price is Right is a game 'show' where the contestants compete by guessing the prices of the merchandise unveiled. The contestant who comes closest to the price without going over the price will win that item. Our gameshow host will be Debi Coniglio of Sheraton Caregivers and lunch will be sponsored by Charter Senior Living of Brookfield. Connect with the Senior Center to sign up.



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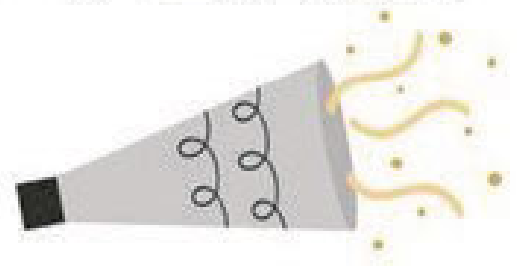
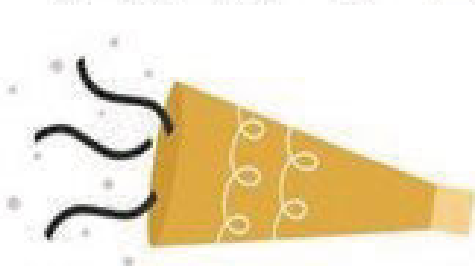
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Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers





STRENGTH & BALANCE

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

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

ZUMBA GOLD *NEW TIME*

Mondays, 4:30-5:30 PM

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



DANCIN' THROUGH THE DECADES

Tuesdays, 11:00 AM

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



EXERCISE CLASSES | 13



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

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

YOGA Thursdays & Fridays, 9:30 AM

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



BOOGIE SHOES Wednesdays, 11:00 AM

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



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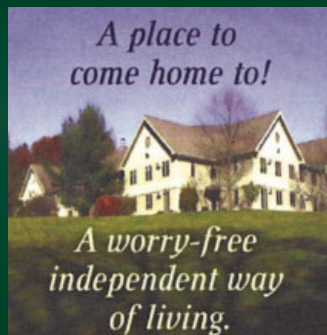
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MONDAY - THURSDAY, 12:00 PM

SUGGESTED DONATION: \$5.00

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

JANUARY 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>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 Low Fat Milk</p>	<p>LUNCH PREPARED BY</p>	<p>NEW YEAR'S DAY Senior Center Closed</p>	<ul style="list-style-type: none"> Pasta and Meatballs Tossed Salad Garlic Bread Low-Fat Milk Fruit Juice Dessert
<ul style="list-style-type: none"> Chicken Alfredo Pasta Green Beans Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> Chicken & Beef Empanadas Coleslaw Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> Pineapple Pork Shoulder Yellow Rice Salad Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> Teriyaki Salmon White Rice Steamed Carrots Low-Fat Milk Fruit Juice Dessert
<ul style="list-style-type: none"> Greek Salad Grilled Chicken Dinner Roll Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> Beef Chili Soup Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> Chicken Quesadilla Salad Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> Pork Chops Rice with Corn Mixed Vegetables Low-Fat Milk Fruit Juice Dessert
<p>Martin Luther King, Jr. Day SENIOR CENTER CLOSED</p>	<p>*Happy January Birthdays*</p> <ul style="list-style-type: none"> Tomato Soup Grilled Cheese Sandwich Tossed Salad Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> Chicken Stir Fry Lo Mein Noodles Carrots Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> Meatloaf Mashed Potatoes Mixed Veggies Low-Fat Milk Fruit Juice Dessert
<ul style="list-style-type: none"> Sausage and Peppers Pasta Dinner Roll Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> BBQ Chicken on a Bun Cheddar Cheese Tossed Salad Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> Chicken Noodle Soup Tossed Salad Crackers Low-Fat Milk Fruit Juice Dessert 	<ul style="list-style-type: none"> Orange Chicken Fried Rice Carrots Low-Fat Milk Fruit Juice Dessert

This lunch service is supported by Federal and State funds and due to recent budget reductions, this service may be facing changes beyond our control. We appreciate your patience as we navigate available options to continue providing this lunch service to our senior community. Voluntary donations are encouraged and used to provide additional program meals.

- Thank you for your understanding and consideration -



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