


NEW MILFORD SENIOR CENTER

Upcoming
Programs



***Note: Programs may be
subject to change
It's always best to call the
center to confirm.***



New Milford Senior Center
40 Main St.
New Milford, CT 06776

860-355-6075
senior@newmilfordct.gov
FB: @NewMilfordCTSeniorCenter
Instagram: @nmctseniorcenter

Free radon testing kits

Available at the New Milford Senior Center's
Healthy Chat & Breakfast Snacks
Jan. 14 at 9:30 a.m.

They can also be picked up at

- the Housatonic Valley Health District Office in New Milford at 10 Main St., New Milford
- the HVHD Office in Southbury, 77 Main St. North, Suite 205, Southbury



PRO-LAB®

**SHORT-TERM
RADON
TEST KIT**

MEETS ALL EPA AND STATE REQUIREMENTS

- ✓ You Collect the Samples, We Analyze them in Our Lab
- ✓ Email/Text Result Notifications within 1 week (5 Business Days)
- ✓ Includes Pre-Paid Return Mailer
- ✓ Free Expert Consultation Available
- ✓ \$20* Lab Fee Required per Sample

**PROTECT
YOUR
FAMILY!**

*ADDITIONAL \$10 FEE REQUIRED FOR NJ RESIDENTS

Wednesday Matinee

Jan. 7



Enola Holmes follows Sherlock's younger sister, Enola, who becomes a super-sleuth after her mother mysteriously vanishes on her 16th birthday, leaving cryptic clues and gifts, forcing Enola to flee her domineering brothers (Mycroft and Sherlock) and escape to London to find her. In London, she gets entangled in a dangerous conspiracy involving a young runaway Viscount (Tewkesbury) and uses her unique upbringing—taught independence and martial arts by her mother—to outwit villains and her famous brothers, forging her own path as a detective while solving the mystery of her mother's disappearance.

PG-13 ~ 2 hr 3 min ~ Mystery/Adventure

netflix

Jan. 14



A true story about a coach who discovers that it's never too late for dreams to come true. Jim Morris (Dennis Quaid) never made it out of the minor leagues before a shoulder injury ended his pitching career twelve years ago. Now a married-with-children high-school chemistry teacher and baseball coach in Texas, Jim's team makes a deal with him: if they win the district championship, Jim will try out with a major-league organization.

G ~ 2 hr 8 min ~ Family

DR dvd

Jan. 21



In the 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over.

PG-13 ~ 2 hr 1 min ~ Romance/Drama

Jan. 28



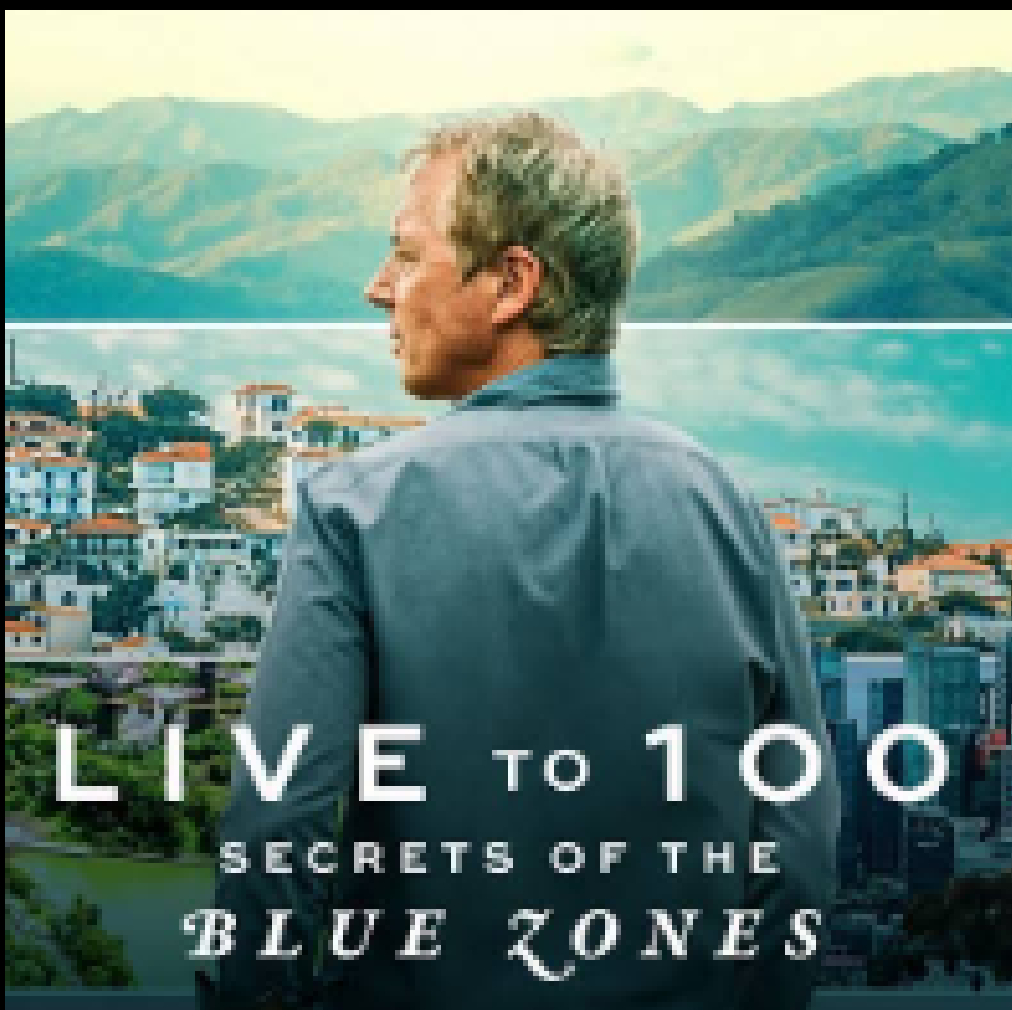
Having concluded a case, detective Hercule Poirot (Albert Finney) settles into what he expects will be a relaxing journey home aboard the Orient Express. But when an unpopular billionaire is murdered en route, Poirot takes up the case, and everyone on board the famous train is a suspect. Using an avalanche blocking the tracks to his advantage, Poirot gradually realizes that many of the passengers have revenge as a motive, and he begins to home in on the culprit.

PG ~ 2 hr 11 min ~ Mystery/Crime

BA dvd

FILM

SERIES



Four-week documentary series "Live to 100: Secrets of the Blue Zones" explores communities around the world known for longevity and vibrant living.

Netflix docuseries follows author Dan Buettner to world regions (Blue Zones) where people live exceptionally long, healthy lives, revealing shared lifestyle secrets beyond complex diets or gyms, focusing on plant-based eating, natural movement, strong purpose, family ties, and mindful rest, showing that environment and community are key to longevity, not just genes or supplements.

Each screening offers insights into lifestyle habits—such as purpose, community, and nutrition—that contribute to a long, healthy life.

TUESDAYS, 10 AM

Jan. 6 – Part 1: "The Journey Begins" (34 minutes)

Jan. 13 – Part 2: "An Unexpected Discovery" (45 minutes)

Jan. 20 – Part 3: "The End of Blue Zones?" (39 minutes)

Jan. 27 – Part 4: "The Future of Longevity" (40 minutes)

At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075 beginning Dec. 29

Tips for *Flourishing*



What is the difference between simply surviving and truly thriving?

Tuesday, Jan. 6 at 1 p.m.

Dr. Wendy Hurwitz will lead this inspiring session, offering practical strategies for boosting well-being, building resilience, and cultivating a flourishing mindset.

Participants will explore tools designed to enhance happiness, strengthen purpose, and support greater life satisfaction in everyday living.

At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075



Yoga

*New Day. New Time.
New Instructor.*

Wednesdays, 10 a.m.

Begins Jan. 7 4-week session \$25

With Elora Herberick

Owner/Director of Evolve Yoga Wellness Nutrition in New Milford
Yoga Instructor, Plant Forward Nutrition Counselor



At New Milford Senior Center, 40 Main St., New Milford
RSVP 860-355-6075 beginning Dec. 29



Tech Savvy Seniors



How do I make my iPhone louder?

How do I update my devices?

Can I take photos and videos and send them to my friends and family?

How do I download new Apps?



Do you have questions like these? Come join us! Bring your iPhone and/or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Before you know it you will be a *Tech Savvy Senior*!

You MUST own an *iPhone* or *iPad* for this class.

It is not for any other devices.

Please also bring your Apple ID and Password

2026 Winter Session Classes

Wednesdays 10a-11a

1/7: *Intro and Basics*– Learn the basics of your device

1/14: *Learn about Apps*– Download, delete, and more

1/21: *Apps Continued*– Continuing from the previous week

1/28: *Camera*– Learn all about your camera

2/4: *Communication*– Calling, Messaging, and FaceTime

2/11: *Communication Continued* – Continuing from previous week

2/18: *Customization*– Making your device work to fit your needs

2/25: *Security*– Securing your device and Health App (iPhone only)

3/4: *Security Continued* – Continuing from previous week

3/11: *Wrap Up*– Catching up on topics we missed and answering ?'s

Classes taught by Lindsey Burk. Sign up with NM Senior Center.

At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075

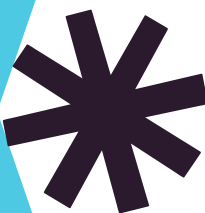
BRAIN GYM

Integrated Fitness

*Exercise
your mind
and body.*

*With Cynthia Rauschert
owner and creative director of Circus Moves*

**Thursdays
Jan. 8, 15, 22 and 29
10 to 11:30 a.m.**



Four-week series that focuses on activating one's brain and body with exercises and games that promote executive function (memory, focus, planning, etc.) and promotes mind-body connection.

RSVP



New Milford Senior Center
40 Main St.
New Milford



860-355-6075



LIVE MUSIC

+SNACKS

GREATEST HITS OF '60-80S

With DAM Jam

***With Paul Holland and friends from the
Danbury Area Musicians (DAM) Jam***

**Friday, Jan. 9
1-3 p.m.**

At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075

Align & Unwind

Chakra Exploration & Meditation

- Introduction to the seven chakras, their significance, how they relate to personal well-being, and the role they can play in supporting balance in daily life.
- Guided meditation designed to help integrate the concepts explored

Tuesday
Jan. 13
1 p.m.

Led by Laurie Antonacci
owner of Guiding Light Wellness LLC in New Milford

Antonacci brings an extensive background in holistic and intuitive practices. She is certified in multiple modalities, including Usui Shiki Ryoho Reiki Master Practitioner/Teacher, Karuna Reiki Master Practitioner, animal Reiki, hypnosis, past-life recall, life coaching, dream analysis, forest bathing, sound healing, guided meditation, and more.

At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075

healthy chats & breakfast snacks

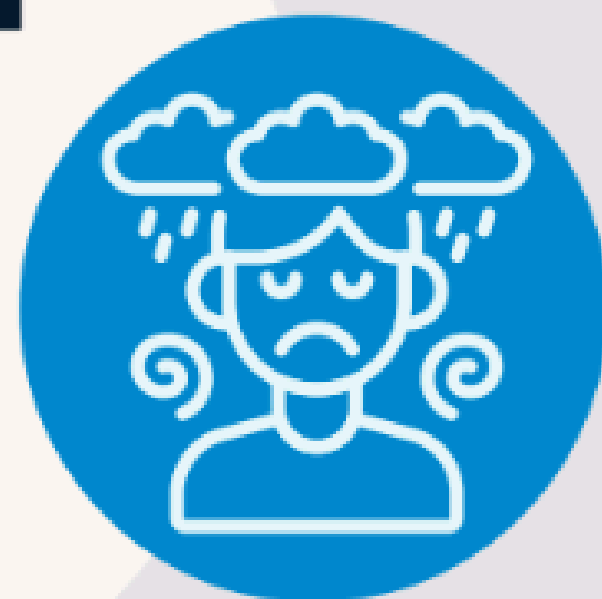


Seasonal Affective Disorder

Healthy Chats with Heidi

Do you notice yourself having less energy during the winter months?

You could be suffering from seasonal affective disorder, come join HVHD public health nurse to learn about common symptoms like persistent sadness, low energy, and changes in appetite or sleep, and how they can impact daily life including some self-care tips.



New Milford Senior Center

Wednesday

January 14th

9:30 - 10:30am

RSVP 860-355-6075

*** Free radon kits will be available at this event ***

A close-up photograph of a person's midsection. Their hands are positioned over their stomach, with fingers interlaced to form a heart shape. The person is wearing a dark-colored top. The background is a soft, out-of-focus light color.

Health Talk

GUT HEALTH

**THURSDAY
JAN. 15
10:30 AM**

**With Judy Prager
REGISTERED DIETICIAN/NUTRIITIONIST**

TOPICS

WHAT MICROBIOME IS AND WHY IT MATTERS

HOW DIET AFFECTS BACTERIA

TIPS FOR IMPROVING DIGESTION

CONNECTIONS BETWEEN GUT HEALTH AND OVERALL WELLNESS.

At New Milford Senior Center, 40 Main St., New Milford

FOR MORE INFORMATION & RSVP, CALL 860-355-6075

January **BIRTHDAYS CELEBRATION**

***Tuesday
Jan. 20
p.m.***

***To sign up, stop in or
call the senior center
at 860-355-6075***

Music/entertainment

pianist Brian Horberg

Cupcakes

sponsored by the StoneBridge in Newtown



HELPING HANDS VOLUNTEER MEETING

Looking to volunteer or share a talent/skill
at the senior center?

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

WEDNESDAY, JAN. 21, 10:15 A.M.

**Third Wednesday each month
unless otherwise noted**

New Milford Senior Center
40 Main St.
New Milford



860-355-6075

LUNCH & LEARN

brain games

With Danielle Ramos
of Village Crest Health & Rehab

Friday, Jan. 23, 1 p.m.



At New Milford Senior Center, 40 Main St., New Milford

FOR MORE INFORMATION & RSVP, CALL 860-355-6075

SPECIAL BINGO

with

America's Choice in Home Care®
VisitingAngels®
LIVING ASSISTANCE SERVICES



Monday
Jan. 26
1p.m.

At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075

What is CBD?

And what are the potential benefits and uses of it?

With Jen Brown

owner of oHho,
a wellness shop in Kent

Brown will share her personal journey with chronic illness and recovery that led to her exploration and use of plant-based wellness options

**Tuesday
Jan. 27
1 p.m.**

Q & A

Discussion of difference between CBD and its psychoactive counterpart THC to help demystify CBD and clarify what's fact versus misconception.

At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075