



MAY 2026	Dining Room (D) Grand Room (GR)	Lounge/Library (L) Health and Wellness Room (HW)	Second Floor Carpeted Classroom (2A) Second Floor Hard Floor Club Room (CR)	Lower Level (LL) Second Floor Computer Lab (CL) Bocce Court outside (BC)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>NEW MILFORD SENIOR CENTER</b> 40 MAIN STREET   NEW MILFORD, CT 06776 PHONE: 860-355-6075 EMAIL: SENIORS@NEWMILFORDCT.GOV - Open Hours Available - Connect with the New Milford Senior Center office for usage requests: Computer Lab and pool table all year- round and Bocce Ball Court (spring through Oct. 15).</p>	<p>Name: _____ Address: _____ Phone: _____</p> <p>To sign up for multiple programs, please indicate signups by circling program on Calendar <input type="checkbox"/> Check box if Senior Bus Transportation is needed</p> <p>*** -- Fee-based program, connect with office for details</p>			<p style="text-align: right;">1</p> <p>10:00 We've Got Game! Card Games (2A) 10:00 Wii Bowling (DR) 10:00 Yoga (2A) *** 1:00 Sound Healing (2A)</p> <p style="text-align: center;"><b>SPIRIT DAY</b> In recognition of May Day May 1, wear flowers or floral prints, or a wear a special hat to recognize the Kentucky Derby to be held May 2.</p>
<p style="text-align: center;">SUNDAY 3</p> <p><b>11:00-5:00 New Milford Senior Center Community Cornhole Tournament (at John Pettibone Community Center; \$30/person)</b></p> <p style="text-align: right;">4</p> <p>9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) 10:30 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Bingo (DR/GR) 1:00 German Conversational Group (HW) 4:30 Zumba Gold (CR) ***</p>	<p style="text-align: right;">5</p> <p>9:30 Bocce (BC) 10:00 Screening of "Our Oceans" series Part 5 narrated by Barack Obama - Southern Ocean (1hr)(GR) 10:30 Chair Yoga (2A) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A) 1:00 Quilt Circle (CR)</p>	<p style="text-align: right;">6</p> <p>10:15 Visit with Children's Center (GR) 10:30-11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *** 11:00 Book Exchange with NMPL (DR) 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong - experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Hachi: A Dog's Tale" (1h 33m) (GR) 1:00 Tai Chi (CR) ***</p>	<p style="text-align: right;">7</p> <p>10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10:30 "How to Incorporate New Dietary Guidelines into Your Diet" with Registered Dietician Judy Prager (GR) 11:00-11:45 Spanish (CL) 11:15-1:00 Card games, Boggle, Connect 4( and visits) with Washington Montessori School eighth-grade students (DR) 11:30 Strength &amp; Balance Exercise Class (CR) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 1:00 Caregiver's Support Group (L) 1:00 Cornhole (GR)</p>	<p style="text-align: right;">8</p> <p>10:00 Senior center cruise presentation with Minucci Travel and Royal Caribbean rep (GR) 10:00 Bereavement Support Group (L) 10:00 We've Got Game! Card Games (2A) 10:00 Wii Bowling (DR) 10:00 Yoga (2A) *** 1:00 Sound Healing (2A) 1:00 Mystery Book Discussion Group (L) 1:00 Senior Songbirds (GR)</p>
<p style="text-align: right;">11</p> <p>9:30 Mother's Day breakfast (GR)(RSVP 4/28-5/5) 9:30 Cornhole (2A) 10:00 Handiwork Circle (GR) 10:00 Tech Smart: Android, Tablet &amp; TracFone Help with NMPL by apt (HW) 10:30 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Bingo (GR/DR) 1:00 German Conversational Group (HW) 4:30 Zumba Gold (CR) ***</p>	<p style="text-align: right;">12</p> <p>9-9:45 Movers &amp; Shakers: Walk at Harrybrooke 9:30 Bocce (BC) 10:30 Chair Yoga (2A) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (first-timers must attend this lesson before attending Beginner Mahjong) (2A) 1:00 Quilt Circle (CR) 1:00 Trivia &amp; Treats with SYNERGY Homecare (GR) 2:00-3:00 Reiki Healing (HW)</p>	<p style="text-align: right;">13</p> <p>9:30 Healthy Chats &amp; Breakfast Snacks: "Mental Health" and QPR" (discussion of mental health stigmas, and recognizing signs of mental health issues; receive a certificate at end of program) with HVHD, and snacks by SYNERGY HomeCare (GR) 10:30-11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong - experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Jay Kelly" (1h 44 m) (GR) 1:00 Tai Chi (CR) *** 2:00 Golden Pen Poetry Workshop (HW)</p>	<p style="text-align: right;">14</p> <p>10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10:15 Day Trippers: Trip to Aqua Turf to see New York Bee Gees (estimated return, 4:30 p.m.) - must have signed up in advance 10-11:30 What's Happening? Current Events Discussion Group (L) 11:00-11:45 Spanish (CL) 11:30 Strength &amp; Balance Exercise Class (CR) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 Cornhole (GR) 3:30 Commission on Aging Meeting (GR)</p>	<p style="text-align: right;">15</p> <p>10:00 Yoga (2A) *** 11:00-1:00 90+ Years Young Birthday Celebration (DR and GR) (Must RSVP by 5/6. Free/90+ honoree. \$20/guest)</p>
<p style="text-align: right;">18</p> <p>9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) 10:30 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Special Bingo with The Grands Rehabilitation &amp; Nursing / Moment of Reflection (DR/GR) 1:00 German Conversational Group (HW) 4-6:00 Evening Edition: Extended hours. Municipal Agents available by appointment and program TBA 4:30 Zumba Gold (CR) ***</p>	<p style="text-align: right;">19</p> <p>9:30 Bocce (BC) 9:30 Ask the Attorney Roundtable (HW) 10:30 Chair Yoga (2A) *** 12:00 Lunch (DR and GR) \$5 Suggested Donation 12:00 May Birthdays Celebration (DR/GR) 12:30-3:00 Beginner Mahjong (2A) 12:30 Scrabble (L) 1:00 Quilt Circle (CR) 1:00 "Roger Sherman," only person to have signed all four major founding documents of America, and who lived in New Milford, with John Cilio - part of senior center's America250 offerings (GR)</p>	<p style="text-align: right;">20</p> <p>10:00 Arts &amp; Crafts: Patriot Tree (DR) 10:30-11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong - experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Fried Green Tomatoes" (2h 10 m) (GR) 1:00 Tai Chi (CR) ***</p>	<p style="text-align: right;">21</p> <p>10:00 Integrated Fitness: Head, Shoulders, Knees &amp; Toes - Week 1 (2A) 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10:15 NMSC Helping Hands Volunteer Meeting (GR) 11:00-11:45 Spanish (CL) 11:15-1:00 Card games, Boggle, Connect 4( and visits) with Washington Montessori School eighth-grade students (DR) 11:30 Strength &amp; Balance Exercise Class (CR) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 Cornhole (GR) 1:00 Thursday Popular Books Book Discussion Group (L)</p>	<p style="text-align: right;">22</p> <p>9:00 Senior Breakfast (Odd Fellow's Hall) 10:00 Wii Bowling (L) 10:00 We've Got Game! Card Games (DR/GR) 10:00 Yoga (2A) *** 1:00 Sound Healing (2A) 1:00 Brain Games &amp; Snacks with Village Crest Center for Health &amp; Rehab (GR)</p>
<p style="text-align: right;">25</p> <p style="text-align: center;"><b>CLOSED FOR MEMORIAL DAY</b>  (except for parade participants, who will meet at senior center at 9 a.m.)  Participate in either our walking or riding units (RSVP through 5/20)</p>	<p style="text-align: right;">26</p> <p>9:30 Bocce (BC) 10:30 Chair Yoga (2A) *** 12:00 Lunch (DR and GR) \$5 Suggested Donation 12:30 Beginner Mahjong (2A) 12:30 Scrabble (DR) 1:00 Quilt Circle (CR) 1:00 "Wildlife In Our Backyards" with Flanders Nature Center (GR) 1:00 Tuesday Popular Books Book Discussion Group (L) 2:00-3:00 Reiki Healing (HW)</p>	<p style="text-align: right;">27</p> <p>10:00 "Fall Prevention" with RVNA (GR) 10:30-11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong - experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Father of the Bride" (starring Steve Martin; 1h 45m) (GR) 1:00 Tai Chi (CR) ***</p>	<p style="text-align: right;">28</p> <p>10:00 Integrated Fitness: Head, Shoulders, Knees &amp; Toes - Week 2 (2A) 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10-11:30 What's Happening? Current Events Discussion Group (L) 11:00-11:45 Spanish (CL) 11:30 Strength &amp; Balance Exercise Class (CR) *** 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 Cornhole (GR)</p>	<p style="text-align: right;">29</p> <p>9:00-1:00 AARP Smart Driver Course (GR) (\$20/AARP member; \$25/non-member) 10:00-12:00 Paper Shredding at senior center (parking lot) 10:00 Wii Bowling (L) 10:00 We've Got Game! Card Games (DR/GR) 10:00 Yoga (2A) *** 1:00 Sound Healing (2A) 1:15 Day Trippers: Tour of "Roger Sherman" exhibit with John Cilio; part of senior center's America250 offerings (at Sherman Historical Society) (Sign up by 5/20) - bus transportation available by request</p>