

MAY 2026

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SENIOR
CENTER

discover



Photo by Deborah Rose

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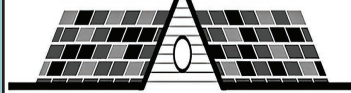
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06-5288

Medical supplies available to borrow

The New Milford Senior Center continues its commitment to supporting residents through its Caring for Our Community Program, which offers access to donated durable medical equipment and continence care supplies for those in need. This valuable resource helps individuals maintain independence, safety, and comfort at home. All items available through the program—such as walkers, wheelchairs, canes, shower chairs, and various continence care

products—are donated in clean, excellent, and/or unopened condition. Each donation is carefully reviewed to ensure it meets the center’s standards for quality and safety. The program also promotes sustainability by giving usable medical equipment a second life within the community. For more information, community members are encouraged to connect with the center. The center is open weekdays from 8 a.m. to 4 p.m.



Seniors invited to breakfast at Odd Fellows Hall

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, May 22, from 9 to 10 a.m.** at the 25 Danbury Road lodge. The event offers an opportunity for a meal and time to meet friends and make new ones. For more info, sign up, or to arrange for transportation, connect with the senior center.

Gifts for sale at Top of the Green Boutique

Handmade crafts made by the senior community are on display and for sale at the Top of the Green Boutique, located in the display case at the senior center. Proceeds benefit the center’s Enrichment Fund.

Volunteer meeting set

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 third Thursday of each month at 10:15 a.m. The next meeting will be held **Thursday, May 21, 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.

Village Crest to present May Brain Games & Snacks

Those looking for a fun way to keep the mind sharp and spirits high may want to attend Brain Games & Snacks **Friday, May 22, at 1 p.m.** Danielle Ramos of Village Crest leads a lively

session filled with engaging brain teasers, memory games, and more. For more information and RSVP, connect with the center.

Lunch Bunch meets

The Lunch Bunch meets one Saturday a month to enjoy a new or favorite restaurant. For more information, connect with the senior center.

ABOUT US



NEW MILFORD
SENIOR CENTER

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

HEALTH & WELLNESS PARTNERS

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

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Email: senior@newmilfordct.gov
Website..... : www.newmilford.org
Click on “Departments” and select “Senior Center”

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SENIOR CENTER SUBCOMMITTEE

TRIAD for Senior Safety

Andrea Wilson, *Chairperson*
Nanette Bergin, *Secretary*
Ellen Tamburri, Catherine DeLuca, Heidi Bettcher, Atty. Michelle Liguori, Michael Gold, Kim Harrington

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Marianne Tarby, *Scheduler*
Jen Thierfelder, *Community Outreach Coordinator*
Leo Ghio, Erin Baldwick,
Rui Anderson-Sousa, Jess Umbarger,
Shelley Scalzo, Eleanor Covelli, Thea Gruber

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RJ Yarrish
Municipal Agent/Elder Advisor

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Tom Williams
Senior Center Bus Operator

Erin Baldwick
Senior Center Bus Operator

Stephanie Barksdale
Chore Services Coordinator

Lori McNamara
PT Seasonal Office Coordinator for MAs

Sue Desgro
Per Diem Sub Senior Center Bus Operator

Rufus de Rham
Per Diem Sub Senior Center Bus Operator

Ann Robinson
Per Diem Sub Senior Center Bus Operator

Bob Reiling
Per Diem Sub Senior Center Bus Operator

Senior center offers lunches

The senior center serves nutritionally balanced meals to individuals through the Elderly Nutrition Program.

Meals are prepared locally four days a week—Mondays through Thursdays—by C&C Delicatessen of New Milford.

Reservations are required. To reserve a meal, contact the senior center at 860-355-6075 by the Friday before the week of lunch service.

A suggested donation of \$5 per meal helps offset the cost.

The monthly lunch menu is included in this newsletter and hard copies are available at the center.

For more info, connect with the center.

Bereavement group held

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, May 8**. 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.

Seniors invited to be part of Memorial Day parade

The senior center will again participate in the town's Memorial Day parade, this year to be held **Monday, May 25**. The center is looking for seniors who would like to be a part of our walking unit or ride along on our senior bus. Seniors will meet at the senior center at 9 a.m. and will enjoy light snacks before organizing for the parade start at 10 a.m. Transportation is available by request.

For more information and RSVP, connect with the center.

THE SENIOR CENTER WILL BE CLOSED MONDAY, MAY 25, FOR MEMORIAL DAY

(except for preparing for the parade)

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.

May 6: "Hachi." G. (1 hr, 33 min)

May 13: "Jay Kelly." (1 hr, 44 min)

May 20: "Fried Green Tomatoes." PG-13. (2 hr 10 min)

May 27: TBA

For more information and RSVP, connect with the center.



Meals-on-Wheels serves lunches to homebound seniors

For seniors 60 and 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.

For more information, to apply, or to make a referral, call the WCAAA at 800-994-9422 or 203-757-5449.

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Serving the Local Community for Over 20 Years!

Senior center to honor those 90+ years young at annual celebration



The New Milford Senior Center will host its annual 90+ Years Young Celebration **Friday, May 15, from 11 a.m. to 1 p.m.** honoring some of the community's most cherished residents. The special event recognizes New Milford's nonagenarians and centenarians—those who are 90 years of age or older, as well as individuals who will be turning 90 this year. The celebration is a heartfelt

tribute to their lifetime of experiences, wisdom, and contributions to the community. Guest-of-honor celebrants will be welcomed free of charge. Family members, friends, caregivers, and others who wish to join in honoring these individuals are encouraged to attend for a fee of \$20 per person. Attendees will enjoy a delicious luncheon catered by C&C Delicatessen, featuring pasta

primavera, rosemary chicken, mashed potatoes, glazed carrots, and birthday cake. Reservations are required, and guests are asked to RSVP by Tuesday, May 6, by contacting the senior center. This annual celebration continues to be a meaningful way for the community to come together and recognize the longevity and legacy of its oldest residents.

SPECIAL EVENTS & TRIPS (CONTINUED ON PAGE 6)

America250 program to explore life of Roger Sherman

The senior center will welcome local author and storyteller John Cilio for a special America250 presentation **Tuesday, May 19, at 1 p.m.** highlighting the life and legacy of Roger Sherman. As the nation commemorates its 250th anniversary, this program offers a meaningful opportunity to reflect on the individuals who helped shape the United States. Roger Sherman, one of America's Founding Fathers, is uniquely recognized as the only person to have signed all four major founding documents: the Continental Association, the Declaration of Independence, the Articles of Confederation, and the U.S. Constitution.

Sherman also shares a strong connection to the local area. He spent part of his early life in New Milford, where he worked as a surveyor and shopkeeper, and his legacy lives on nearby in the town of Sherman, which was named in his honor. The presentation will connect Sherman's national impact with his local roots, offering attendees a deeper appreciation for both American history and the region's role in it. A trip to view an exhibit in Sherman about Roger Sherman will be held later this month (see Page 7). For more information and RSVP, connect with the senior center.

Food truck visit, special bingo planned for June



The New Milford Senior Center is getting ready to welcome the summer season with a fun and flavorful event featuring a special visit from Rich's Wings & Things food truck on **Friday, June 5**. Guests are invited to arrive for noon. Music and visits with peers will be held while lunch is served.

Once restrictions were lifted, Rich's Wings & Things quickly gained a loyal following, becoming a familiar presence at community events throughout New Milford and beyond. Registration for lunch opens May 12 and runs through May 28. Those interested are encouraged to RSVP by contacting the senior center.

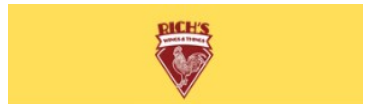
Deadline to register for June 5 'Sip & Paint' nears

The senior center invites its members to unleash their creativity at "Sip & Paint," an evening of painting, laughter, and relaxation on **Friday, June 5, from 5 to 7 p.m.** Led by RJ Yarrish, one of the town's municipal agents and a lifelong artist and creative soul, participants will be guided step-by-step through creating their own masterpiece while enjoying light refreshments and a fun, social atmosphere. All art supplies will be provided. Space is limited to 20

participants, and advance registration is required. RSVPs will be accepted until the spots are filled. "This is a great opportunity to try something new, connect with friends, and express yourself through art," said Deborah Rose, center program coordinator. For more information or to reserve a spot, connect with the senior center.



Following lunch, a special June bingo will be held at 1:30 p.m. The theme will be announced closer to the date. National Food Truck Day is recognized in June, but it is not the date of the center's event. See menu at right. Owned by Rich and Deb Vallinaggi of New Milford, the popular local food truck has an inspiring story. After launching just prior to the COVID-19 pandemic, their business was temporarily halted due to shutdowns. Instead of serving traditional customers, they shifted their focus to supporting the community by providing meals to emergency



\$10

- 6 wings with choice of sauce* with Bleu cheese or Ranch with celery & carrot sticks
- Grilled cheese sandwich & chips
- Grilled cheese sandwich with ham or bacon & chips
- Veggie burger & chips includes lettuce, tomato, red onion and avocado
- Hamburger & chips includes lettuce, tomato, and raw or fried onions
- Cheeseburger & chips American, Swiss, or Cheddar; includes lettuce, tomato, and raw or fried onions
- Hot dog & fries with choice of mustard, relish, sauerkraut
- Chili cheese dog & chips

SPECIAL

- Italian Chicken Wrap & fries sliced chicken patty, mozzarella, roasted red peppers, Balsamic dressing

*Sauces: BBQ, Buffalo, Garlic Parmesan, Teriyaki, Sriracha Hot Chili, Cajun Spice, Wicked Hot, Sweet Chili, Habanero Hot Sauce, Garlic-Butter, Mango Habanero, Kickin' Bourbon, Stingin' Hot Honey Garlic, Lemon Pepper (wet or dry), Mississippi Honey Barbecue, Spicy Peach, Plain

Annual document shredding event planned for May 29

The New Milford Senior Center will hold a Senior Document Shred Day **Friday, May 29, from 10 a.m. to noon.**

The event, presented by the TRIAD for Senior Safety Committee, will take place in the back parking lot of the senior center.

It is designed to help protect seniors from identity theft and fraud, the event offers a convenient and secure way to dispose of sensitive paper documents.



FileShred, a professional shredding vendor, will be on site with its mobile shredding truck to ensure all materials are destroyed safely and efficiently.

This event is open exclusively to New Milford Senior Center members and is offered free of charge. While there is no cost to participate, donations are welcome and will support future senior safety initiatives.

For more info, connect with the center.

Ringuette to lead Senior Songbirds

The center's Senior Songbirds meets monthly for those looking to lift their voice and enjoy the power of music in a friendly, no-pressure setting.

Pianist Dan Ringuette will lead the next session **Friday, May 8, at 1 p.m.** in the Grand Room.

All levels are welcome. For more information and RSVP, connect with the center.

Registration underway for Mother's Day breakfast



The senior center will continue the Mother's Day festivities with a special Mother's Day breakfast **Monday, May 11 at 9:30 a.m.** in the Grand Room.

Guests will enjoy a breakfast catered by C&C Delicatessen,

featuring French toast, bacon, and fresh fruit. The deadline to register is May 5. Those interested in attending are encouraged to sign up by contacting the senior center.

Father's Day breakfast to be held at senior center



The senior center will celebrate Father's Day with a special Father's Day breakfast **Monday, June 22, at 9:30 a.m.** in the Grand Room.

Attendees can look forward to a breakfast catered by C&C Delicatessen,

featuring pancakes, sausage, and fresh fruit. Registration for the event will run from May 27 through June 15.

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

Middle school students to bring games, visit with seniors

A group of six to 12 eighth-grade students from Washington Montessori School will visit the senior center **Thursdays, May 7 and May 21 from 11:15 a.m. to 1 p.m.**

They will bring an assortment of games with them, as well as use some of the games on site.

Seniors are invited to attend these fun, interactive programs.

For more information and RSVP, connect with the center.



Monthly poetry workshop offered

The center's Golden Pen, a poetry workshop, will next meet **Wednesday, May 13, at 2 p.m.** in the Health and Wellness Room.

The group is limited to 8 and is currently full.

If interested in joining, connect with Deborah at 860-355-6075 or drose@newmilfordct.gov to be added to the wait list.

Need help with an Android or TracFone?

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 **Monday, May 11, from 10 to 11 a.m.**

For more info and to schedule a time, call the center at 860-355-6075.

Arts & Crafts group to meet

The senior center will offer an Arts & Crafts group activity **Wednesday, May 20, at 10 a.m.**

The project will be announced closer to the date.

The program enables individuals to express oneself through color, patterns, and personal design—no prior crafting experience needed.

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

May birthdays to be celebrated

The senior center will offer its monthly birthday celebration for all those with May birthdays **Tuesday, May 19, 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.

Happy Birthday

Current events group meets

The senior center's next "What's Happening? Current Events & Conversation" will be held **Thursdays May 14 and 28 at 10:30 a.m.**

The engaging program offers a welcoming space for lively discussion of local, national, and international current events.

Participants are encouraged to have respectful and thoughtful conversation.

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



The Grands to sponsor special bingo

The center will welcome its friends from The Grand Rehabilitation & Nursing **Monday, May 18, from 1 to 2 p.m.** for special bingo.

Special bingo is held monthly with a different business/organization as a sponsor.

For more info and RSVP, contact the center.

Explore the Berkshires this September

The New Milford Senior Center will offer a special day trip this fall, inviting participants to experience the beauty and history of the Berkshires through a guided tour titled “The Mount: Life and Leisure in the Gilded Age Berkshires.”

The trip is scheduled for **Wednesday, Sept. 30.**



Participants will enjoy a guided visit to The Mount, the historic Lenox estate of famed author Edith Wharton. Known for her works “The Age of Innocence” and “The House of Mirth,” Wharton designed the estate herself in 1902, and it remains a stunning reflection of her love for architecture, gardens, and refined living.

The day will also include a buffet sandwich lunch on the terrace overlooking the gardens, followed by a scenic guided tour of the Berkshires.

Travelers will visit notable towns such as Lenox and Stockbridge, discovering why the region has long been known as the “Inland Newport” and “America’s Premier Cultural Resort.”

The cost of the trip is \$148 per person.

Departure will be at 9 a.m. from the New Milford Senior Center, with an estimated return time of 6:30 p.m.

Registration opens May 12 with a deadline to RSVP by Aug. 26. Payment is required to confirm a reservation.

For more information, connect with the senior center.

Farmington River kayaking excursion planned

The Movers & Shakers will take on the Farmington River via kayak **Thursday, June 11, at 10:30 a.m.**

Attendees will visit Collinsville Canoe & Kayak at 41 Bridge St., Collinsville.

Beginners and those who are comfortable with water are welcome. No prior paddling experience is necessary.

The trip had been scheduled for July and September 2025, but was postponed due to heat and rain, respectively.

Bus transportation is available by request or caravan. Interested kayakers are also welcome to

meet the group at the site.

The cost is \$30 per person,

with payment confirming registration.

Attendees will leave the senior center at 9 a.m. The guided tour will start at 10:30 a.m.

Registration will run through Tuesday, June 2.

For more information and registration, connect with the center.

Attendees will be required to sign a waiver to participate in the excursion.



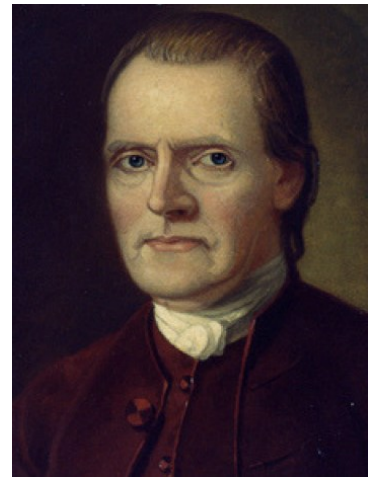
Trip to Sherman Historical Society to explore life of Roger Sherman

The senior center will continue its exploration of local history with a special visit to the Sherman Historical Society **Friday, May 29**, for a guided tour of the organization’s Roger Sherman exhibit.

The 1:15 p.m. tour offer an engaging and educational look at one of America’s Founding Fathers, for whom the town of Sherman was named just nine years after his death.

The exhibit features 20 interactive learning stations and a program guidebook, giving visitors the opportunity to explore Sherman’s life, his role in the American Revolution, and his lasting impact on the nation.

Though not as widely known as some of his contemporaries, Roger Sherman was an influential figure—an accomplished lawyer, skilled politician, and innovative thinker whose ideas helped shape the foundation of the United States. He also had strong



ties to the local area, having been a prominent New Milford businessman and one of the largest landowners in Litchfield County.

The entry to the building requires a single step, with the remainder of the exhibit located on the first floor.

Bus transportation may be requested.

Registration will open Tuesday, May 5, and end Friday, May 22.

For more info and RSVP, connect with the center.

One-on-One tech help available by appointment at the senior center

Need help with a phone, tablet, or computer?

The center’s One-on-One Tech Help sessions offer personalized instruction in a private appointment with one of the center’s tech-savvy Helping Hands volunteers.

Whether one wants to learn the basics, troubleshoot a problem, or get advice on choosing a new cell phone or computer, the center offers help.

Connect with the senior center to schedule an appointment.

American Mural Project day trip in the works

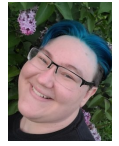
The New Milford Senior Center is planning a fall trip to the American Mural Project in Winsted with the date to be announced.

The American Mural Project is home to one of the largest three-dimensional indoor collaborative art installations in the world

that celebrates the spirit of American workers, honoring the diverse professions that have shaped the country’s history and communities. Additional details, including the date and price, will be announced in the coming months.



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 at senioradvisors@newmilfordct.gov

SERVICES AVAILABLE TO NEW MILFORD RESIDENTS AND THEIR FAMILIES ONLY

- Information and Referrals • Housing Options • Prescription Drug Plans • Energy Assistance • Renter & Tax Rebates •
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- 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 •

Do you qualify for a homeowner tax credit?

Applications for the Homeowner's Tax Credit Program are being accepted through May 15.

To qualify, at least one household member must have turned 65 by the end of 2024 or be receiving Social Security Disability.

Income eligibility limits are:

- Single: \$46,300 per year
 - Married: \$56,500 per year
- Applicants who file taxes must provide a copy of their 2025 tax

return. Those who do not file must submit 1099 forms or other income documentation with their application.

Applications are available on the town website, at the Tax Assessor's Office, and at the New Milford Senior Center.

Residents who believe they may be over the income limit are still encouraged to apply, as the town counts only 50% of Social Security income when determining eligibility.

Updates to know about CT Energy Assistant Program

Applications for electrical heat only are being accepted until May 29.

No future applications or orders are being taken for deliverable fuels. Those who are out of a deliverable fuel can still reach out, as there may be additional funding available.

In addition, there is a reminder about winter shut-off protection.

For electricity and gas heating, households with hardship status are protected from utility shut-offs from Nov. 1 to May 1 and must have applied for energy assistance.

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association provides resources, advocacy, and guidance for individuals and families affected by Alzheimer's disease and other dementias. For more information, call 1-800-272-3900.

EARLY-STAGE ALZHEIMER'S & DEMENTIA SUPPORT GROUP

Presented by the Alzheimer's Association of Connecticut, this support group helps individuals living with early-stage Alzheimer's or other dementias build a network with others who understand. Groups are led by trained facilitators and provide a safe space for participants and care partners. Pre-registration is required. Contact Amanda Lamb-Moretti at 860-383-2667 or aklambmoretti@alz.org.

The group meets the last Friday of each month.

CONNECTICUT STATEWIDE RESPITE CARE PROGRAM

If you are caring for someone with Alzheimer's disease or dementia and need support, you may qualify for the Connecticut Statewide Respite Care Program, funded by the State Unit on Aging and administered in partnership with the Alzheimer's Association Connecticut Chapter and Connecticut Area Agencies on Aging.

For more information, contact the Western Connecticut Area Agency on Aging (WCAAA) at 203-757-5449.

BIG NEWS: Medicare Savings Program Updates

New Monthly Income Limits
Effective March 1, 2026
Eligibility is based on your gross monthly income.

Medicare Saving Program	Single	Married	What it Pays For
QMB	\$2,807	\$3,806	Part B premiums, deductibles, & co-insurance
SLMB	\$3,073	\$4,166	Medicare Part B premiums
ALMB	\$3,272	\$4,437	Medicare Part B premiums

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$577,233 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Rebate available for eligible renters

Eligible renters may qualify for a Rental Rebate of up to \$900 for married couples and \$700 for single individuals. The rebate amount is based on a graduated income scale and the total rent and utility payments (excluding telephone) made during the previous calendar year.

To apply, renters must provide proof of rent paid for the previous year and meet the following income limits:

- Single: \$46,300 per year
- Married: \$56,500 per year

Applicants must also be 65 years of age by the end of the previous year or be receiving Social Security Disability benefits.

Residents interested in applying should ensure all required documentation is included with their application.

For more information, contact the appropriate town office through Sept. 30.



Any Question?
Call: 203-757-5449 option 4
Email us info@wcaaa.org



Bus rides available

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..

Requirements

- At least 24 hours notice for a change in destination as all “stops” are scheduled accordingly.
- Riders be ready at least 15 minutes before your scheduled pickup time.
- A MySeniorCenter Card.
- When you are finished with your appointment and/or have been waiting for more than 15 minutes for your ride, call the center.

Safety

- All walkers and canes must be secured and wheelchairs will be secured in appropriate locked positions while onboard the bus.
- 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.

Bus ride cost

- 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.

Additional information

- 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.

For more information or to reserve a seat, contact the center at 860-355-6075.

ON THE HORIZON AT THE CENTER

These are some of the programs on the horizon in June (times to be announced). Registration will **not** open up for these events in May, unless announced otherwise via this publication, email or bulletins.

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

- Lunch by Rich's Wings & Things food truck
- Sip & Paint (evening program)
- Hearing Life screenings
- Kayaking on the Farmington River
- “Home Safety Solutions”
- “The Music of the 1950-60s”
- Father's Day breakfast
- “The Search of Life in the Solar System”
- “Timeless Beauty: the Makeup for Mature Women Forum” (evening program)

...and more

THE WHEELS PROGRAM OF GREATER NEW MILFORD

TRANSPORTATION TO MEDICAL APPOINTMENTS

The Wheels Program is an independent non-profit providing donation based transportation for seniors and individuals with disabilities to non-emergency medical, dental, and physical therapy appointments.

You must be 60+ years of age or ADA certified and independently mobile, or accompanies by a companion or aide, to use this service.

Rides are provided on a first come, first serve basis pending driver and vehicle availability. Book a ride as soon as you have your appointment because rides fill up fast!

Located on the lower level of the Senior Center.
Office Hours: Monday - Thursday 9am - noon
Vehicles Operate: Monday - Thursday 8am - 4pm

(860) 354-6012
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New dietary guidelines to be discussed



The senior center will welcome nutritionist Judy Prager for an

informative talk **Thursday, May 7 at 10:30 a.m.** titled "How to Incorporate New Dietary Guidelines into Your Diet."

During the presentation, Prager will break down the latest dietary recommendations and explain how recent updates reflect a more holistic approach

to healthy eating.

The newer guidelines place greater emphasis on overall eating patterns rather than single nutrients, encouraging people to focus on whole, minimally processed foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats.

Prager will offer easy-to-follow tips to help attendees incorporate these recommendations into their daily routines without feeling overwhelmed, making healthy eating both manageable and enjoyable.

For more information and RSVP, connect with the center.

Flanders rep to present 'Wildlife in Our Backyard'

The senior center will welcome a representative from Flanders Nature Center in Woodbury **Tuesday, May 26, at 1 p.m.** for an educational program focused on the fascinating fauna found right here in Connecticut.

The program had been scheduled for earlier this year but was postponed due to inclement weather.

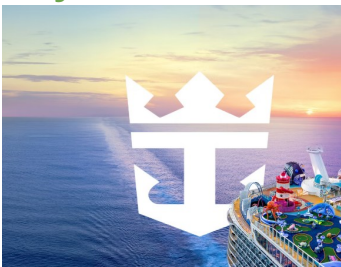
The presentation will explore

the diverse wildlife that shares our environment, from familiar animals like deer and raccoons to more elusive species such as bobcats and other native mammals.

Participants will learn about animal behaviors, habitats, and how these species adapt to both natural and residential areas.

For more information and RSVP, connect with the center.

Royal Caribbean cruise talk scheduled



Bahamas aboard Royal Caribbean's Oasis of the Seas.

Attendees will have access to a special discounted group rate.

In addition, those who book will have access to onboard credits for a variety of things, depending on room bookings.

The cruise date will be discussed at the event.

The senior center will welcome Nick Minucci of Minucci Travel **Friday, May 8, at 10 a.m.** to highlight a senior center vacation opportunity with Royal Caribbean.

Nick and a representative from Royal Caribbean will visit the center to talk about a trip to the

cruise will leave from Bayonne, N.J., on a Saturday and return on Friday. Stops will be made in Nassau and Cococay, Bahamas.

There is no obligation to book a trip.

For more information and RSVP, connect with the center.

SYNERGY Homecare to debut 'Trivia & Treats'

The senior center will offer a fun program of "Trivia & Treats" **Tuesday, May 12 at 1 p.m.**

Kay Schreiber of SYNERGY HomeCare, will lead the program of trivia.

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

Mental health, QPR training is focus of Healthy Chat

The senior center will welcome Heidi, public health nurse from the Housatonic Valley Health District, for an informative "Healthy Chat" **Wednesday, May 13, at 9:30 a.m.**

The month of May is Mental Health Awareness Month. With that theme in mind, the Healthy Chat will focus on QPR (Question, Persuade, and Refer) training, an evidence-based, 1-hour suicide prevention program designed to teach individuals how to



recognize warning signs of a mental health crisis and act to save a life.

Similar to CPR, QPR acts as a "chain of survival" by training individuals to recognize crisis signs, ask about suicide, and refer someone to professional care. Snacks will be provided by Village Crest Center for Health & Rehabilitation.

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

RNVA to present fall prevention program

The senior center will host a program on fall prevention **Wednesday, May 27, from 10 to 11 a.m.**

Topics will include balance and strength, medication awareness, vision, and simple home adjustments that can make a meaningful difference in safety and confidence.

The session will be led by Stacie Perachi, MSPT, CDP, LSVT-BIG, a physical therapist with more than 30 years of clinical

practice. Specializing in senior and geriatric care, Stacie has spent much of her career providing home health physical therapy, helping individuals remain independent and safe in their own environments.

She currently serves as the New Milford Branch Therapy Manager and brings both expertise and compassion to her work.

For more information and RSVP, connect with the senior

WORKSHOPS & CLASSES

Integrated Fitness series to start in late May

Cynthia Rauschert, owner and creative director of Circus Moves, will return to the center this month to offer a four-week Integrated Fitness series. The session, titled "Head, Shoulders, Knees & Toes: Work Out the Winter Kinks and Get

Ready for Summer Fun," will meet Thursdays May 21 and 28 and June 4 and 11 from 10 to 11:30 a.m. Class size limited to 12 participants.

This is a free series that runs for four weeks. For more information and RSVP, connect with the center.

AARP Smart Driver classroom course slated

The center will play host to an AARP Smart Driver classroom course **Friday, May 29, from 9 a.m. to 1 p.m.**

Attendees will refresh their driving skills and knowledge of the rules of the road; learn techniques for handling left turns, right-of-way, and roundabouts; and discover proven driving methods to help keep themselves and their loved ones safe on the

road.

Upon completion, participants may be eligible to receive an auto insurance discount (consult with insurance company for details). The fee for the course is \$20 for AARP members and \$25 for non-members.

Payment confirms registration for the course. To sign up, connect with the senior center.

This is a sampling of programs; more are offered. All programs and activities require registration. For more information and sign up for an offering listed below, call the senior center at 860-355-6075.

ACTIVE MOVEMENT

- ◆ **Bocce Ball:** Mondays, 9:30 a.m. and open hours. All levels welcome.
- ◆ **Cornhole:** Mondays, 9:30 a.m. and Thursdays, 1 p.m.
- ◆ **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 Adult Fiction Book Club Book Discussion:** Fourth Tuesday and third Thursday each month, 1 p.m. Tuesday and Thursday groups occasionally read same titles but have two

independent book schedules and different interests. 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, 12:30-3 p.m. *Those who haven't played the game or are inexperienced must attend this training session, followed by at least three weeks of Beginners Mahjong. No newbies June-August '26.*
 - ◆ **Beginners:** Tuesdays, 12:30 p.m.
 - ◆ **Advanced (experienced players only):** 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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Mental Health May



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

Handmade crafts made by the senior community are on display and for sale at the Top of the Green Boutique, located in the display case at the senior center. Proceeds benefit the center's Enrichment Fund.



SIGN UP UNDERWAY FOR 'GOOD MORNING, NEW MILFORD'
 The New Milford Senior Center is accepting registration for its opt-in Good Morning, New Milford program. Trained 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. Residents who would like to receive a daily call—or those interested in becoming a "Good Morning" call volunteer—are encouraged to contact the senior center at 860-355-6075.

♦ **Sound Healing:** Fridays, 1 p.m. With Barbara “Bobbi” Soares of Hummingbird Sound Yoga.

♦ **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.

Fee

- ♦ **Strength & Balance:** Four-week sessions held Mondays and Thursdays, 11:30 a.m.-12:15 p.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. *Call for details.*
- ♦ **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. *Call for details.*
- ♦ **Dancin’ through the Decades:** Wednesdays 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. *Call for details.*
- ♦ **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. *Call for details.*
- ♦ **Yoga:** Fridays, 10-11 a.m. With Maryann Ness. \$25 for four-week session. Payment confirms registration. *Call for details.*
- ♦ **Tai Chi:** Wednesdays, 1 p.m. \$25 for four-week session. Payment confirms registration. *Call for details.*

EDUCATION & LEARNING

- ♦ **American Sign Language (ASL):** Mondays, 10:30 a.m.
- ♦ **German Conversation:** Mondays, 1 p.m.
- ♦ **Spanish:** Expected to launch again in spring 2026.
- ♦ **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.
- ♦ **Helping Hands Volunteer Meeting:** Third Thursday, 10:15 a.m. Staff and attendees review upcoming events, brainstorm new ideas, and see where time and talents can be shared.

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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

MAY 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4</p> <ul style="list-style-type: none"> • Chicken Salad Wrap • Lettuce and Tomatoes • Chips • Low-Fat Milk • Fruit Juice 	<p>5</p> <ul style="list-style-type: none"> • Turkey and Gravy • Mashed Potatoes • Mixed Vegetables • Bread • Low-Fat Milk • Fruit Juice 	<p>6</p> <ul style="list-style-type: none"> • Salmon • Yellow Rice • Mixed Vegetables • Bread • Low-Fat Milk • Fruit Juice 	<p>7</p> <ul style="list-style-type: none"> • Sausage and Peppers • Pasta • Salad • Bread • Low-Fat Milk • Fruit Juice
<p>11</p> <ul style="list-style-type: none"> • Grilled Cheese • Tomato Soup • Salad • Bread • Low-Fat Milk • Fruit Juice 	<p>12</p> <ul style="list-style-type: none"> • Pork Shoulder • Rice and Beans • Steamed Carrots • Bread • Low-Fat Milk • Fruit Juice 	<p>13</p> <ul style="list-style-type: none"> • Baked Fish • Roasted Potatoes • Steamed Carrots • Bread • Low-Fat Milk • Fruit Juice 	<p>14</p> <ul style="list-style-type: none"> • Pasta with Meat Sauce • Salad • Bread • Low-Fat Milk • Fruit Juice
<p>18</p> <ul style="list-style-type: none"> • Grilled Chicken Cesar Salad • Bread • Low-Fat Milk • Fruit Juice 	<p>*Happy May Birthdays* 19</p> <ul style="list-style-type: none"> • Meatloaf • Mashed Potatoes • Green Beans • Low-Fat Milk • Fruit Juice • Celebration Cupcake 	<p>20</p> <ul style="list-style-type: none"> • Pulled Pork Sandwich • Cheddar Cheese • Pasta Salad • Low-Fat Milk • Fruit Juice 	<p>21</p> <ul style="list-style-type: none"> • BBQ Chicken • Mac and Cheese • Salad • Bread • Low-Fat Milk • Fruit Juice
<p>25</p> <p>MEMORIAL DAY Senior Center Closed</p>	<p>26</p> <ul style="list-style-type: none"> • Chicken Noodle Soup • Salad • Crackers • Low-Fat Milk • Fruit Juice 	<p>27</p> <ul style="list-style-type: none"> • Roasted Chicken • Yellow Rice • Mixed Vegetables • Bread • Low-Fat Milk • Fruit Juice 	<p>28</p> <ul style="list-style-type: none"> • Lasagna • Salad • Bread • Low-Fat Milk • Fruit Juice

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

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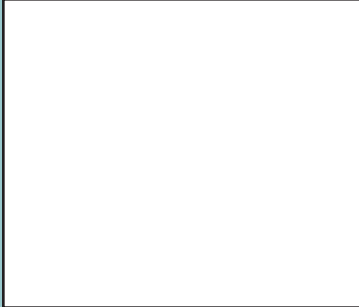
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