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06-5288



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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www.agewellct.org/newmilford

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 Baldwick,

Rui Anderson-Sousa, Jess Umbarger,
Shelley Scalzo, Eleanor Covelli, Thea Gruber

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, Jane Rush, Bonnie Weed

HEALTH & WELLNESS PARTNERS

Alzheimer's Association

Housatonic Valley Health District

RVNA-New Milford

Nuvance Health

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

NEW MILFORD SENIOR CENTER 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 Baldwick
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

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.



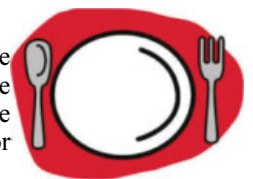
DURABLE MEDICAL EQUIPMENT LENDING CLOSET

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 in 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.



**PLEASE NOTE THAT THE NEW MILFORD
SENIOR CENTER WILL BE CLOSED ON THURSDAY,
JULY 4TH TO HONOR INDEPENDENCE DAY**



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.



ODD FELLOWS SENIOR BREAKFAST

Friday, July 26th, 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!

COMING SOON!

HELPING HANDS OF NEW MILFORD SENIOR CENTER VOLUNTEER MEETING

Thursday, July 11th, 10:00 AM



Looking for volunteer opportunities or do you simply 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!

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*.

The New Milford Lions Club invites you to...

ANNUAL SENIOR PICNIC

Friday August 2nd
11:00AM - 2:00pm
Harrybrooke Park

Ticket required.
Tickets available at the Senior Center beginning July 9th. Residents of Butterbrook & Glen Ayre should sign up at their respective offices.

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CARTOON CLASS—A BASIC DRAWING CLASS

Thursdays, 10:00 AM



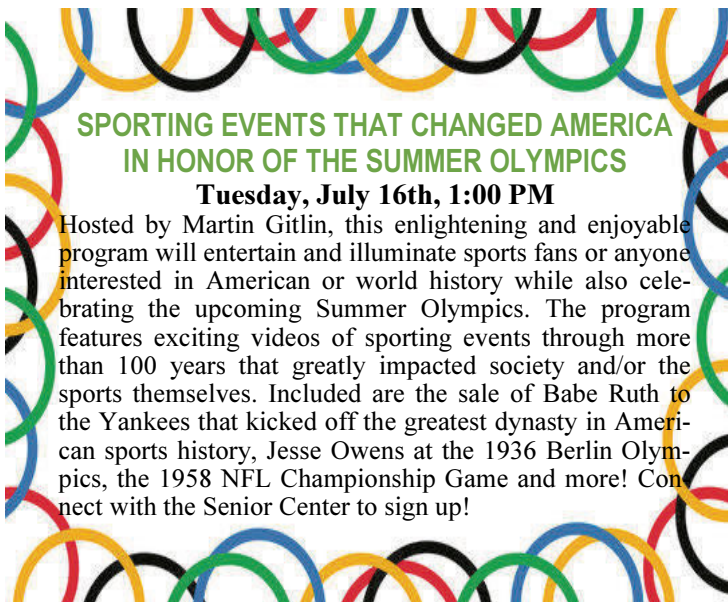
Learn drawing skills and develop your creative ability with local cartoonist, Vic Consaga. Materials will be provided, but if you would like to bring your own, the materials needed are a 9" x 11" tracing pad, No.2 pencils, pencil sharpener, and a soft eraser. No prior experience needed, but space is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



INTERGENERATIONAL CONNECTIONS

Wednesday, July 3rd, 10:00 AM

Join us as we welcome little friends from the Children's Center for intergenerational fun through games, and activities! To sign up, please connect with the Senior Center.



**SPORTING EVENTS THAT CHANGED AMERICA
IN HONOR OF THE SUMMER OLYMPICS**

Tuesday, July 16th, 1:00 PM

Hosted by Martin Gitlin, this enlightening and enjoyable program will entertain and illuminate sports fans or anyone interested in American or world history while also celebrating the upcoming Summer Olympics. The program features exciting videos of sporting events through more than 100 years that greatly impacted society and/or the sports themselves. Included are the sale of Babe Ruth to the Yankees that kicked off the greatest dynasty in American sports history, Jesse Owens at the 1936 Berlin Olympics, the 1958 NFL Championship Game and more! Connect with the Senior Center to sign up!



**AFTERNOON AT THE MOVIES!
"SUMMER CAMP"**

Tuesday, July 23rd 1:30 PM

Bank Street Theater - 46 Bank Street

Let's go to watch this hilarious movie, together at Bank Street Theater, in our own private room. "Summer Camp" follows the story of childhood best friends Nora, Ginny and Mary who used to spend every summer at a sleepaway camp together. Years later, they seize the opportunity to return to the camp for a reunion filled with food fights, river rafting, and emotional revelations.

Tickets are on sale at the theater for \$5.00. Meet us there or take the bus! Bus transportation is available; you must sign up ahead for accommodations. The Bus will leave the center at 1:00PM.

LOOKING AHEAD...

AARP SMART DRIVER™ CLASSROOM COURSE

Friday, September 6th, 9:00 AM - 1:00 PM

Refresh your 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 you and your loved ones safe on the road. Upon completion, you may be eligible to receive an auto insurance discount (consult with your insurance company for details.) \$20.00 for AARP Members/\$25.00 for non-members and your payment will confirm your reservation in the course. To sign up, please connect with the Senior Center.



The New Milford Senior Center Presents

ALOHA!

Summer LUAU

Friday, JULY 12TH
11AM

Tickets- \$25.00

On Sale July 1st

Music, Dancing, Food, Door Prizes

LOCATION-
El Rinconito
Party & Event Venue owned by Johana's Restaurant
43F Main Street (Former CVS Building)
New Milford, CT 06776

UPCOMING SENIOR CENTER DAY TRIPS



WE ARE OFF TO THE RACES!

Wednesday, July 17th

We are off to the races! It's race-time and excitement fills the air at the world-renowned Saratoga Race Course in Saratoga, NY! Detailed flyers including itinerary and pricing are available at the Senior center. Payment for registrations will be accepted starting on Wednesday, June 5th.

RESORT WORLD CATSKILLS & THE DRIFTERS

Wednesday, September 25th

Enjoy a full day at the Resorts World Catskills Casino with lunch and a 2:00 PM Matinee Show, "The Drifters—Under the Boardwalk." Detailed flyers including itinerary and pricing are available at the Senior center. Payment for registrations will be accepted starting on Tuesday, July 2nd.



**MOHEGAN CHRISTMAS FESTIVAL-
MOHEGAN SUN**

Friday, November 8th

The 38th annual New England Christmas Festival brings you the ONLY SHOPPING DAY you need to stock up on Holiday gifts for everyone on your list. It showcases 350 pop-up boutiques overflowing with American handmade gifts and specialty foods and provides the one-stop solution to the Christmas shopping conundrum. Payment for registrations will be accepted starting Tuesday, August 20th.

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!

SENIOR PARK PASSES



The warmer weather is upon us and what better way to enjoy your time outdoors than at one of New Milford's little getaways, Lynn Deming Park! Senior Park Passes are on sale at Lynn

Deming Park, located at 134 Candlewood Lake Road North in New Milford. The cost for a Senior Park Pass is \$20 for those 65+ years of age. Financial assistance scholarships for Lynn Deming and Addis Park Parking Passes are available for New Milford Seniors through the Senior Center, if a need exists. Please contact the Senior Center for inquiries. Transportation on our Senior Center busses is also available by request to those who would like to enjoy a day at Lynn Deming! Please be mindful that conditions at Lynn Deming are that of a beach environment so plan accordingly for your own personal navigation and comfort. For more information, or to make a reservation on our bus, please connect with the Senior Center.

WHAT IS A TRUST?

Tuesday, July 9th, 1:00 PM

Attorney Lynda Lee Arnold from the Law Office of Czepiga Daly Pope & Perri explains why a trust may or may not be suitable for you and your situation. You will learn about common trusts and the purpose and benefits of each, ranging from protecting your assets, avoiding probate, minimizing taxes and more. You won't want to miss out! Connect with the Senior Center to sign up.



SENIOR CENTER ARPA FUNDS

The Senior Center has received ARPA (American Rescue Plan Act) Funds to assist New Milford households who were financially impacted by COVID-19. Applications are available at the Senior Center or in the Senior Center section of the Town of New Milford's website: www.newmilford.org. There is no income limit to applying, however, proof of residency and financial impact are required. Grants are limited. Applications and supporting documentation must be sent to the New Milford Senior Center at 40 Main St New Milford, CT 06776 for review and consultation. For more information, please connect with the Senior Center.

CAPITAL HOME IMPROVEMENT PROGRAM

The Town of New Milford has made a portion of it's American Rescue Plan funds available to income-eligible residential property owners impacted by the COVID-19 pandemic and needing home repairs. Types of work that may be eligible for funding include the correcting of health and safety violations, code compliance, roofing, carpentry, electrical work, painting, plumbing, heating and other non-luxury work subject to the approval of the Town and Program Manager. Eligibility, instructions, and applications are available at the Senior Center.



NOTIFY
NEW MILFORD
Stay in the know!

Get alerted about emergencies and many other important community news by signing up for the Town of New Milford's Emergency Alert Program. This system enables the town to provide you with critical information quickly in

a variety of situations such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhood. Not only will you receive notifications regarding emergencies, but you also have the option to sign up for information relevant to you such as age related programs and town events. You will receive time-sensitive messages where you specify, such as your home, mobile or business phones, email address, text messages, and more. 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 mayor@newmilfordct.gov.



SENIOR FARMERS' MARKET NUTRITION PROGRAM

We are excited to share that the Seniors Farmers Market Nutrition Program has transitioned to an electronic debit card system. The New Milford Farmers Market is on Saturdays from 9:00 AM - 12:00 PM on the New Milford Green until the end of October. Eligible Seniors will be able to apply and receive a Farmers

Market Debit Card at the Senior Center by connecting with the Senior Center starting in June. Income eligibility for the SFMNP is determined using income standards and the income limit is 185% of the Federal Poverty Guidelines, as adjusted. Please note if we do not have your income on file, you will have to make an appointment with one of the Municipal Agents by connecting with the Senior Center. Please see the chart below for eligibility:

| Federal Poverty Guidelines—185% | | | | | |
|---|-----------|---------|---------------|-----------|---------|
| Household Size | Annual | Monthly | Twice-Monthly | Bi-Weekly | Weekly |
| 1 | \$27,861 | \$2,322 | \$1,161 | \$1,072 | \$536 |
| 2 | \$37,814 | \$3,152 | \$1,576 | \$1,455 | \$728 |
| 3 | \$47,767 | \$3,981 | \$1,991 | \$1,838 | \$919 |
| 4 | \$57,720 | \$4,810 | \$2,405 | \$2,220 | \$1,110 |
| 5 | \$67,673 | \$5,640 | \$2,820 | \$2,603 | \$1,302 |
| 6 | \$77,626 | \$6,469 | \$3,235 | \$2,986 | \$1,493 |
| 7 | \$87,579 | \$7,299 | \$3,650 | \$3,369 | \$1,685 |
| 8 | \$97,532 | \$8,128 | \$4,064 | \$3,752 | \$1,876 |
| Each additional family member add the following | + \$9,953 | + \$830 | + \$415 | + \$383 | + \$192 |

RENTER'S REBATE:

APRIL 1ST - SEPTEMBER 30TH

Eligibility Requirements: Must be age 65 or older or Social Security disabled and rented in New Milford in the previous year. Income guidelines are available at the Senior Center.

Documents Required: Proof of last year's income: Previous year's tax return and Social Security 1099, or if did not file, all 1099 forms including SS 1099 and proof of rent and utilities paid in previous year via note from Landlord or payment records. **PLEASE NOTE-There is no longer a provision to request and extension of time to file due to medical condition.**

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



SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Thursday, August 1st, 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, July 12th, 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.



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.

INTEGRATED FITNESS



Thursdays, July 11th and 25th, 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

Tuesdays, July 9th and 23rd, 1:00 - 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.



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!



BLOOD PRESSURE SCREENINGS

Wednesdays, 10:30 – 11:30 AM

Join us for a weekly, first come, first serve blood pressure screening with a HVHD Community Health 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.



RIVER WALK WEDNESDAYS

Wednesdays, 9:30 AM—Housatonic Riverwalk

Join us for a nice walk along the Housatonic! The path is paved and flat which makes it perfect for all abilities! To join this walking group, please connect with the Senior Center for meet details or to set up transportation with our busses.



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.

HEARING SCREENINGS

Tuesday, July 9th, By Appointment

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



HEALTHY CHATS & BREAKFAST SNACKS: SUBSTANCE ABUSE AMONG SENIORS

Wednesday, July 10th, 9:30 AM

To carry on the theme of Wellness Wednesday, join us every third Wednesday of the month as we welcome the Housatonic Valley Health District. It's much more than a casual drink or a pain pill now and again. More older adults are misusing alcohol, opioids, heroin, and marijuana. It's been called the "invisible epidemic." But knowing what to look out for can help you protect yourself or a loved one. Breakfast sponsored by Synergy Home Care and Village Crest. Connect with the Senior Center to sign up.

SENIORS LIVING WITH DIABETES: WHAT YOU NEED TO KNOW

Tuesday, July 20th, 1:00 PM

We welcome our friends from the RVNA to discuss Seniors living with diabetes. Join Danielle Niesz, Community Health & Wellness LPN for an informative presentation on diabetes! Learn about what diabetes is, the different types, symptoms, treatment options for Type 2, and potential complications. Connect with the Senior Center for more info or to register.



BRAIN GAMES

Friday, July 26th, 1:00 PM

Join us as we work our brains games with our friend, Danielle Ramos from Village Crest! 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 ALZconnected@, 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, Option 6.

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

WHEELS is a volunteer organization that provides seniors and individuals who are ADA-certified to non-emergency medical appointments in and around the greater New Milford area. Two cars and a wheelchair accessible van are available to transport based on availability. The WHEELS Office, located on the lower level of the Senior Center, is open Monday - Thursday, 9:00 AM - 12:00 PM and can be reached at **860-354-6012** or through their website: www.wheelsofnewmilford.org



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

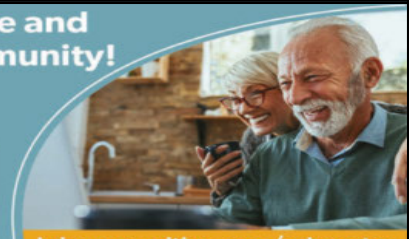
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HANDIWORK CIRCLE

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, July 16th, 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 (Experienced)

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, July 3rd, 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—ANY INTERESTED?

Interested in learning how to play bridge? We're taking an interest list! We have great volunteers ready to teach the game. To sign up, please connect with the Senior Center.

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, July 16th, 12:00 PM

Come celebrate our July celebrants 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.



BOCCE BALL

**Weather-Permitting,
Open Hours**

The bocce court is open and all are welcome to play! For more info, please connect with the Senior Center.



BOOK DISCUSSIONS

Friday, July 12th,

Thursday, July 18th, and

Tuesday, July 23rd, 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, July 19th, 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!

TECH SAVVY SENIORS POP-UPS

 Please note that you must specifically own an iPhone for these classes and also please bring your Apple ID and Password! Connect with the Senior Center to sign up.

Wednesday, July 17th, 1:30 - 2:30 PM
Creating Albums on your iPhone (and all things iPhoto!)

Wednesday, July 24th, 1:30 - 2:30 PM
Learning all about the iPhone camera.

Tuesday, July 30th, 2:00 - 3:30 PM
Apple Watch— How can it help you?



SPECIAL LUCKY BINGO
Monday, July 8th
1:00 PM

Join us for a Special Bingo sponsored by SYNERGY HOME CARE. Connect with the Senior Center to sign up.

ARTS & CRAFTS: BEACH SCENE

Wednesday, July 17th, 10:00 AM

Summer is here! Our volunteers will guide us in creating a beach inspired craft that will be sure to make waves! Be sure to sign up! Space is limited, connect with the Senior Center to sign up.



WHAT'S HAPPENING:
CURRENT EVENTS AND CONVERSATION

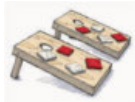
Thursdays,
July 11th and 25th, 10:30 AM

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



CHESS CLUB
Thursdays,
10:00 AM

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



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!




CANASTA

Fridays, 10:00 AM

Love canasta or want to learn how to play? Whether you're a pro or a novice, come out to play this card game that combines elements of bridge and rummy. To sign up, please connect with the Senior Center.

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.

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.

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 WEATHER
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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 Mondays, 5:00 - 6:00 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 and 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!

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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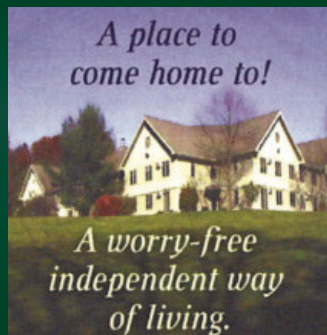
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ELDERLY NUTRITION PROGRAM LUNCH SERVICE

CONGREGATE MEALS SERVED AT THE NEW MILFORD SENIOR CENTER

MONDAY - THURSDAY, 12:00 PM

SUGGESTED DONATION: \$5.00

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

JULY 2024 MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|
| <p>1</p> <ul style="list-style-type: none"> Sausage and Peppers Pasta Salad Low-Fat Milk Fruit Juice Dessert | <p>2</p> <ul style="list-style-type: none"> Beef Stir Fry Lo Mein Noodles Gingered Carrots Low-Fat Milk Fruit Juice Dessert | <p>3</p> <ul style="list-style-type: none"> Grilled Chicken Salad Low-Fat Milk Fruit Juice Dessert | <p>4</p> <p>INDEPENDENCE DAY Senior Center Closed</p> |
| <p>8</p> <ul style="list-style-type: none"> Grilled Cheese Tomato Soup Low-Fat Milk Fruit Juice Dessert | <p>9</p> <ul style="list-style-type: none"> Chicken Parmesan Pasta Garden Salad Garlic Bread Low-Fat Milk Fruit Juice Dessert | <p>10</p> <ul style="list-style-type: none"> Pineapple Pork Shoulder Rice with Pigeon Peas Salad Low-Fat Milk Fruit Juice Dessert | <p>11</p> <ul style="list-style-type: none"> Grilled Chicken Cesar Wraps Cucumber Tomato Salad Chips Low-Fat Milk Fruit Juice Dessert |
| <p>15</p> <ul style="list-style-type: none"> Chicken Marsala Egg Noodles Green Beans Low-Fat Milk Fruit Juice Dessert | <p>*Happy July Birthdays!* 16</p> <ul style="list-style-type: none"> Burger (Cheese Optional) Lettuce and Tomatoes Chips Low-Fat Milk Fruit Juice Birthday Cupcake | <p>17</p> <ul style="list-style-type: none"> Baked Salmon Mashed Potatoes Salad Low-Fat Milk Fruit Juice Dessert | <p>18</p> <ul style="list-style-type: none"> Beef Stew White Rice Mixed Vegetables Low-Fat Milk Fruit Juice Dessert |
| <p>22</p> <ul style="list-style-type: none"> Chicken Noodle Soup Mixed Greens Salad Crackers Low-Fat Milk Fruit Juice Dessert | <p>23</p> <ul style="list-style-type: none"> Eggplant Parmesan Pasta Primavera Garlic Bread Low-Fat Milk Fruit Juice Dessert | <p>24</p> <ul style="list-style-type: none"> Asian-Style Pork White Rice Peas and Carrots Low-Fat Milk Fruit Juice Dessert | <p>25</p> <ul style="list-style-type: none"> Baked Fish Potato Wedges Salad Low-Fat Milk Fruit Juice Dessert |
| <p>29</p> <ul style="list-style-type: none"> Pasta and Meatballs Mixed Vegetables Dinner Rolls Low-Fat Milk Fruit Juice Dessert | <p>30</p> <ul style="list-style-type: none"> Roasted Turkey Steamed Carrots Garlic Mashed Potatoes Low-Fat Milk Fruit Juice Dessert | <p>31</p> <ul style="list-style-type: none"> Baked Ziti Garlic Bread Salad Low-Fat Milk Fruit Juice Dessert | <p>LUNCH PREPARED BY</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 Milk

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



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