

September 2026	Dining Room (DR) Grand Room (GR)	Lounge/Library (L) Health and Wellness Room (HW)	Second Floor Carpeted Classroom (2A) Second Floor Hard Floor Club Room (CR) Lower Level (LL)	Second Floor Computer Lab (CL) Bocce Court outside (BC) Parking Lot (PL)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Bocce (BC) 10:00 Chair Yoga (2A) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A) 1:00 Quilt Circle (CR) 1:00 "Vascular Health & Surgery" with Dr. Javairiah Fatima of Northwell (GR)	2 10:00 Tech Savvy for Apple products: Calls & Facetime (CL) 10:15 Visit with Children's Center (GR) 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$*\$ 11:00 Book Exchange with NMPL (DR) 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "True Spirit" (1h 49m) 1:00 Advanced/Continuing Practice Tai Chi (CR) *\$*\$	3 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 11:00-11:45 Spanish (CL) 11:30 Strength & Balance Exercise Class (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 1:00 Caregiver's Support Group (L) 1:00 Cornhole (GR)	4 10:00 We've Got Game! Card Games (DR) 10:00 Wii Bowling (DR) 10:00 Yoga (2A) *\$*\$ 11:00 Beginner Tai Chi (CR) *\$*\$ 1:00 Sound Healing (2A)
7 CLOSED FOR LABOR DAY	8 9:30 Bocce (BC) 10:00 Chair Yoga (2A) *\$*\$ 12:00 Lunch (DR) \$5 Suggested Donation 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A) *First-time players and newbies must attend this training session 1:00 Quilt Circle (CR) 1:00 "The Aging Brain" and snacks with Candlewood Rehabilitation & Healthcare (DR) 2:00-3:00 Reiki Healing (HW)	9 10:00 Tech Savvy for Apple products: Texting (CL) 9:30 Healthy Chats & Breakfast Snacks – urological health (DR) 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Get Smart" (1h 50m)(GR) 1:00 Advanced/Continuing Practice Tai Chi (CR) *\$*\$ 2:00 Golden Pen Poetry Workshop (HW)	10 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10-11:30 What's Happening? Current Events Discussion Group (L) 11:00-11:45 Spanish (CL) 11:30 Strength & Balance Exercise Class (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 Cornhole (GR) 3:30 Commission on Aging Meeting (GR)	11 10:00 Bereavement Support Group (L) 10:00 No cards: We've Got Game! Card Games (DR) 10:00 No Wii Bowling (DR) 10:00 Yoga (2A) *\$*\$ 11:00 Beginner Tai Chi (CR) *\$*\$ 12:00 Senior Picnic (at Lynn Deming) \$15/person. RSVP Aug. 25-Sept. 7 1:00 No class: Sound Healing (2A) 1:00 Mystery Book Discussion Group (L)
14 9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) 10:30-11:45 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 1:00 Bridge 101 (L) 1:00 Bingo (GR) 1:00 German Conversational Group (HW) 2:00 Ice Cream Party sponsored by Beltone (GR) – RSVP by Sept. 10. 4:30 Zumba Gold (GR) *\$*	15 9:30 Bocce (BC) 9:30 Ask the Attorney Roundtable (HW) 10:00 Chair Yoga (2A) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:00 September Birthdays Celebration with cupcakes by Cornerstone Giving (DR/GR) 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A) 1:00 Quilt Circle (CR) 2:00 "The Fisher in Connecticut" with naturalist Paul Colburn (GR for Zoom program) By appointment: One-on-One Tech Help	16 10:00 Tech Savvy for Apple products: More Texting 1 (CL) 10:00 Arts & Crafts: project TBA (limited to 15) (LL) 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Happiness for Beginners" (1h 45 m) (GR) 1:00 Advanced/Continuing Practice Tai Chi (CR) *\$*\$	17 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10:15 NMSC Helping Hands Volunteer Meeting (GR) 11:00-11:45 Spanish (CL) 11:30 Strength & Balance Exercise Class (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 1:00 Senior Center Day Celebration featuring live music by Tre Johnson (GR) 1:00 Cornhole (CR) 1:00 Thursday Popular Books Book Discussion Group (L)	18 9:00 Senior Breakfast (Odd Fellow's Hall) moved to this week for this month 10:00 Wii Bowling (DR) 10:00 We've Got Game! Card Games (DR) 10:00 Yoga (2A) *\$*\$ 11:00 Beginner Tai Chi (CR) *\$*\$ 1:00 Sound Healing (2A) 1:00 Senior Songbirds (GR)
20 New Milford Senior Center Walk A Mile For a Meal Team (meet at Big Y at 1:15 p.m.)	22 9:30 Bocce (BC) 10:00 Chair Yoga (2A) *\$*\$ 12:00 Lunch (DR and GR) \$5 Suggested Donation 12:30-3:00 Beginner Mahjong (2A) 12:30 Scrabble (DR) 1:00 Quilt Circle (CR) 1:00 Tuesday Popular Books Book Discussion Group (L) 2:00-3:00 Reiki Healing (HW)	23 10:00 Trivia & Treats with SYNERGY Homecare (GR) 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "The Hundred Foot Journey (2h 2 m) (GR) 1:00 Advanced/Continuing Practice Tai Chi (CR) *\$*\$	24 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10-11:30 What's Happening? Current Events Discussion Group (L) 11:00-11:45 Spanish (CL) 11:30 Strength & Balance Exercise Class (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 "Medicare Open Enrollment and Benefits," with Medicare Advocacy rep (GR) 1:00 Cornhole (CR)	19 New Milford Senior Center Community Connections Open House 10:30 a.m. – 1:30 p.m.
21 9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) 10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by appt (HW) 10:30-11:45 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 1:00 Bridge 101 (L) 1:00 Special Bingo sponsored by Stone Bridge (GR) 1:00 German Conversational Group (HW) 4:30 Zumba Gold (GR) *\$*\$	25 9:00 Senior Breakfast (Odd Fellow's Hall) moved to Sept. 18 this month 10:00 Wii Bowling (DR) 10:00 We've Got Game! Card Games (DR) 10:00 Yoga (2A) *\$*\$ 10 a.m.-noon Senior Drug Takeback Day (GR) – bring expired and old medicines for disposal 11:00 Beginner Tai Chi (CR) *\$*\$ 1:00 Sound Healing (2A)	26 New Milford Apple Festival on the Green Crowning of senior center king & queen, 10 a.m. Senior center booth, 10 a.m.-4 p.m.		
28 9:15 Movers & Shakers: Walk along Old Mill Road New Milford (park at Carlson Grove's parking lot) 9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) 10:30-11:45 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 1:00 Bridge 101 (L) 12:45 Moment of Reflection (DR/GR) 1:00 Bingo 1:00 German Conversational Group (HW) 4-6:00 Evening Edition: Extended hours. MAs appts 4:30 Zumba Gold (GR) *\$*\$ 5-6:00 "Protect Yourself from Fraud & Scams" with Webster Bank representative, with light dinner served promptly at 5 (GR)	29 9:30 Bocce (BC) 10:00 Chair Yoga (2A) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A) 1:00 Quilt Circle (CR) 1:00 "Hudson River Painters: An Artistic Landscape Fraternity" with John Cilio (GR)	30 9:00 Day Trippers: Trip to the Berkshires (Departs at 9 a.m. Returns at 6:30 p.m.) 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Nights in Rodante" (1h 37 m) (GR) 1:00 Advanced/Continuing Practice Tai Chi (CR) *\$*\$	 NEW MILFORD SENIOR CENTER 40 MAIN ST. NEW MILFORD, CT 06776 PHONE: 860-355-6075 EMAIL: SENIORS@NEWMILFORDCT.GOV – Open Hours Available – Connect with the New Milford Senior Center office for usage requests: Computer Lab and pool table all year-round and Bocce Ball Court (spring through Oct. 15).	Name: Address: Phone: To sign up for multiple programs, please indicate signups by circling program on Calendar ☐ Check box if Senior Bus Transportation is needed *\$*\$ -- Fee-based program, connect with office for details