

SEPTEMBER 2026

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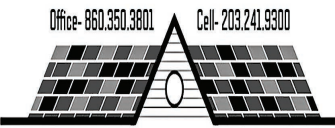
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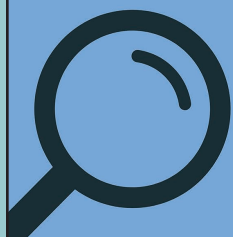
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New Milford Senior Center, New Milford, CT

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VOLUNTEER OPPORTUNITIES

- **Good Morning, New Milford:** Call New Milford seniors to check in and say "hello."
- **Kitchen:** Assist with setting up trays, serving beverages and trays, and other tasks.
- **Senior center Apple Fest booth:** Volunteers will on Sept. 26 greet the public and sell arts/crafts to benefit the center's Enrichment Fund.
- **Senior center Walk a Mile for Meal Team:** Join the center's team Sept. 20 to collect non-perishables for the town food bank (see page 12).
- **Garden Guardians:** Help tend to basic gardening at center, such as deadheading.
- **CHORES volunteer:** Assist with light chores around the



house such as raking, weeding, washing windows, spring cleaning, decluttering, rearranging furniture, switching out screen/storm windows, changing lightbulbs, or even tighten screws.

If interested in any of the above, email Deborah at drose@newmilfordct.gov or sign up near the main office.

Volunteer meeting on tap

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, Sept. 17, 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.

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.

Among the items are recycled bird feeders made out of aluminum cans, crocheted purses, tissue paper floral bouquets, artwork made of shells, and more.

Feedback welcome via center suggestion box

The Commission on Aging and staff at the senior center value all feedback from members and visitors. Opinions, ideas, and kudos are welcome in our Suggestion Box located on the table in the Grand Room.

Among the suggestions that can be placed in the box: suggestions for activities, classes, or outings; concerns; praise for peers and staff; compliments; etc.

We believe great things happen when voices are heard.

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

SENIOR CENTER COMMUNITY CAFÉ

C&C Delicatessen of New Milford, *Elderly Nutrition Program Food Provider*

40 Main Street ♦ New Milford, CT 06776

Telephone (860) 355-6075 Fax (860) 354-2843

Hours: Monday-Friday, 8 a.m.-4 p.m.

Email: senior@newmilfordct.gov

Website: www.newmilford.org

Click on "Departments" and select "Senior Center"

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WHEELS Program of Greater NM

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Executive Director

Transit & Volunteer Coordinator

Jen Thierfelder
Community Development Coordinator

Leo Ghio, Stephanie Partridge, Rui Anderson-Sousa, Jess Umbarger, Shelley Scalzo, Eleanor Covelli, Thea Gruber

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Director of Senior Services

Janette Lynn Ireland
Municipal Agent/Elder Advisor

RJ Yarrish
Municipal Agent/Elder Advisor

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Program Coordinator

Kim Fitch
Office Coordinator/13b Clerical

Tom Williams
Senior Center Bus Operator

Erin Baldwin
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

Center offers support for caregivers, bereaved



The senior center offers two support groups to provide a safe space for those who are caregivers and those who are

navigating life after the loss of a loved one.

A RVNA health professional, leads each support group at the center.

- ◆ A **caregivers support group** is held the first Thursday of each month—except July and August—at 1 p.m.. The next meeting is **Thursday, Sept. 3, at 1 p.m.** Attendees will have an opportunity to connect with fellow caregivers, share unique experiences, and find empathy and understanding. For more information or to sign up for either group connect with the senior center.
- ◆ A **bereavement support group** is held the second Friday of each month—except

July and August—at 1 p.m.. The next meeting is **Friday, Sept. 11, at 10 a.m.** 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 Garret Walkup at 475-529-6118 or gwalkup@rvnahealth.org, or connect with the senior center.

Senior center offers lunches

The senior center serves nutritionally balanced meals to individuals through the Elderly Nutrition Program four days a week—Mondays through Thursdays. 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. For more info, connect with the center.

Medical equipment can be borrowed from senior center

The New Milford Senior Center operates a Caring for Our Community Program, which offers access to donated durable medical equipment and continence care supplies for those in need. For more information, connect with the center which is open weekdays from 8 a.m. to 4 p.m.

Odd Fellows to serve breakfast

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, Sept. 18—a different week than usual—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.

Meals-on-Wheels available

Seniors 60 and older and of homebound status can qualify for home delivered meals with Meals on Wheels. Prepared meals are delivered to a person's home. For more information, to apply, or to make a referral, call RW Solutions at 203-743-5418.

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How we work together to create a safe, welcoming environment for all

Whether you're a new member or have been with us for years, our **Senior Center Member Handbook** is a valuable resource.

It outlines our policies, code of conduct, program guidelines, and other important information designed to help ensure a safe, welcoming, and enjoyable experience for everyone.

If you don't already have a copy, stop by the senior center—we'll be happy to provide one.

In the coming months, our newsletter will feature a series of "Handbook Highlights" to share helpful reminders and important information from the Member Handbook.

These brief articles are intended to keep everyone informed, answer common questions, and help all members get the most out of everything our senior center has to offer.

WHY SIGN IN & OUT?

As part of our Code of Conduct, we ask that all members, guests, and volunteers **sign in and out** at the Computer Kiosk upon entering and exiting the Senior Center.

This is a simple but important part of a visit. It helps us maintain accurate attendance records, supports funding for our programs, and allows staff to account for everyone in the building in case of an emergency.



Those who have questions about the process are invited to ask a peer, or stop in the office; a staff member will gladly assist.

KINDNESS MATTERS

A welcoming Senior Center begins with the way we treat one another. To help ensure a positive experience for everyone, all members, guests, and volunteers are expected to communicate with **courtesy and respect** at all times.

We ask everyone to communicate with kindness and consideration. Profanity, insults, threatening or harassing language, and behavior that makes others feel uncomfortable or unwelcome are not appropriate at the Senior Center. We also want to maintain an environment where everyone feels safe from bullying, intimidation, sexual harassment, or other

unwanted behavior.

Being respectful also means giving others the opportunity to enjoy activities and programs. This includes avoiding disruptive behavior, leaving seats available for others rather than reserving them to exclude someone, not pressuring others for money, rides, or other personal favors. Please push in chairs after use to keep the walkways open for others to pass through.

Respect also extends to our facility and to one another's personal property. Removing items belonging to the Senior Center or another person without permission. Center property should be treated with care.

These expectations are in place to protect the integrity of the Senior Center, its mission, and the well-being of everyone who participates in our programs. When concerns arise, staff will work with those involved to address the situation respectfully.

HOW TO FIND US

It can be confusing to find the correct driveway to use to get to our **main parking lot**, which is located behind the building. A detailed map of the entrances/exits is available by the Computer Kiosk, from staff, and on our website at www.newmilfordorg/seniorcenter.

SPECIAL EVENTS & TRIPS (CONTINUED ON PAGE 6)

Celebrate National Senior Center Month with live music



End of summer picnic to be held at Lynn Deming Park

The senior center will bid adieu to summer at its annual picnic **Friday, Sept. 11, at noon** at the pavilion in Lynn Deming Park.

The event will include a catered lunch from C&C Delicatessen, featuring barbecued ribs and chicken, tater tots, antipasto salad, a summer cabbage salad, dessert, and beverages.

Music will also be provided. Tickets are \$15 per person, and payment confirms registration. Space is limited to 50 attendees. For more information and RSVP, connect with the center.

September is National Senior Center Month, a time to recognize the important role senior centers play in promoting health, friendships, lifelong learning, and community engagement.

To celebrate, the senior center will hold a celebration **Thursday, Sept. 17, at 1 p.m.** for a special afternoon of music and fun.

Join us at center's Apple Fest booth Sept. 26

The senior center will have a booth at the New Milford Apple Fest, which will be held **Saturday, Sept. 26, from 10 a.m. to 5 p.m.** on the Green.

The family-friendly event will feature local craft and nonprofit vendors, food trucks, bounce houses, live entertainment, cider-press demos, and an apple bake-off featuring pies and other desserts.

Tre Johnson, a professional vocalist and recording artist from Cromwell for nearly 30 years, will be the guest performer. Johnson has entertained audiences throughout the state with a diverse repertoire of jazz, pop, Broadway favorites, and dance hits. She is the lead



female vocalist for the Middletown-based Downtown 6 Band and is a familiar performer at community centers, farmers markets, and regional events.

Join members as the center honors the many ways the center enriches the lives of older adults in our community.

For more information and RSVP, connect with the center.



The center's king and queen will be part of the opening ceremony at 10 a.m.—come on down to support your friends—and the center's volunteers will sell a variety of handmade arts and crafts at the center's booth. Proceeds from our booth sales will benefit the Enrichment Fund, which supports seniors in

our community.

Those who would like to volunteer to help at the booth—it entails greeting the public, sharing info about the center, receiving funds for the products, and having a good time—should sign up on the "Spread Your Light" Volunteer Signup Board outside the office or connect with the office.

Join us for Community Connections open house Sept. 19 at senior

In recognition of National Senior Center Month, the New Milford Senior Center invites the community to its biannual Community Connections Senior Center Open House **Saturday, Sept. 19.**

The event is open to the public between **10:30 a.m. and 1:30 p.m.** Current members, prospective members, caregivers, and those who are planning ahead for themselves or a loved one, or simply want to learn more about the center and community organizations related to the 60+ population are welcome to attend.

The National Council on Aging selected this year's theme for National Senior Center Month - "Happier Birthdays Happen Here" - which will be woven throughout the festivities.

The open house will feature agencies, companies, nonprofit organizations, and others, along with the senior center, all of whom provide valuable services and resources to the New Milford senior community.

Brochures, handouts, and other

materials will be available, and representatives from the various participating



Movers & Shakers to walk Old Mill Road this month

The senior center's Movers & Shakers group will take a walk along Old Mill Road in the Northville section of town **Monday, Sept. 28.** The total distance on the dirt road that is mostly flat but has unlevel spots will be about 1.6 miles.

Drivers who will meet the group on site should meet at the Carlson's Grove parking lot on Wheaton Road for **9:15 a.m.** Those interested in bus transportation should call the center to reserve a seat. For more info, connect with the center.

Beginner Tai Chi class to start in September

The center will begin a four-week Beginner Tai Chi class for those who are new to the form **Friday, Sept. 4.** The Yang form of Tai Chi will be used. The cost is

Colburn to explore life of fishers



The center will present a program about one of the state's most fascinating and often misunderstood wildlife species, the fisher—also known as the fisher cat, although it is not a member of the cat family—at a **Tuesday, Sept. 15, program at 1 p.m.** via Zoom at the center.

Naturalist Paul Colburn will explore the history of the fisher in Connecticut, from its disappearance to its successful return. He will provide an accessible overview of fisher habitat, diet, behavior, and reproduction.

For more information and RSVP, connect with the center.

\$25 for the session. Payment confirms registration. For more info, RSVP and the start time, connect with the center.

Ice cream party to follow bingo

It's been a hot summer but the senior center is offering a way to cool down.

Beltone will sponsor an ice cream party **Monday, Sept. 14, at 2 p.m.** - right after bingo.

All are welcome to attend the

festivities, which will include ice cream served indoors in the grand and dining rooms.

To RSVP, connect with the center.



Children's Center to visit senior center

Children from the Children's Center will resume their monthly visit to the center **Wednesday, Sept. 2 at 10:15 a.m.** in the Grand Room.

For more information and RSVP, connect with the center.

The center will be closed Monday, Sept. 7, for the Labor Day holiday.

DAYTRIPPERS

CULINARY INSTITUTE OF AMERICA

Thursday, Oct. 15, 2026

Includes behind-the-scenes look at one of the nation's premier culinary schools, which has been training chefs and hospitality professionals for over 80 years; participation in an interactive demonstration to explore the science of taste; exploration of the campus; dining at the institute's American Bounty Restaurant.

Departs via coach bus from the senior center at 10 a.m., with an estimated return time of 5:15 p.m.

\$170/person. Payment confirms reservation.

RSVP by Sept. 2.

RESORTS WORLD CATSKILLS CASINO

Tuesday, Oct. 27, 2026

Each attendee will receive \$25 in free slot play and \$15 toward food. Participants must have a valid state or federal government issued ID. Copies are not accepted.

Departs via coach bus from the senior center at 8:30 a.m. with a casino departure time of 4 p.m. Arrival back at senior center around 6 p.m.

Limited to 52 people. \$80/person. Payment confirms reservation.

RSVP by Sept. 29.

TRIP TO THE AMERICAN MURAL PROJECT

Friday, Nov. 6, 2026

Guided tour of The American Mural Project in Winsted, 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. Followed by on-site art project, and lunch at local restaurant. Tour and art activity starts promptly at 10:30 a.m. and ends around 12:30 p.m.

Those who would like to attend and are able to drive/carpool

should meet at the site for 10:15 a.m. sharp. Those who need bus transportation should connect with the center.

Senior center bus departs senior center at 9:15 a.m. Returns mid-afternoon.

\$20/person for Mural Project tour and art. Each attendee is responsible for the cost of their own lunch at 99 Restaurant.

Limited to 15. If there is more interest in the trip, another visit may be planned for a future date.

RSVP by Oct. 13.

Snacks & Learn: Understanding the Aging Brain



Candlewood Healthcare and Rehabilitation Center, formerly Candlewood Valley Health & Rehabilitation Center, will present a Snacks & Learn presentation about the “Aging Brain.”

Jennifer Kolowicz, DPT, MS PT, rehabilitation director at the New Milford facility, will be the guest speaker at the **Tuesday, Sept. 8, program at 1 p.m.**

Among the topics to be addressed: normal brain aging, factors that impact upon

cognitive functioning, warning signs of cognitive impairment, types of cognitive impairments, aphasia and traumatic brain injury, how to prevent a decline in cognition, and where to go to get help for cognitive decline. For more information and RSVP, connect with the center.

Group meets to do arts and crafts

The senior center will offer an Arts & Crafts group activity **Wednesday, Sept. 16, at 10 a.m.** The project will be announced closer to the date. The program enables individuals

Stone Bridge to visit center for special bingo

The center will hold its next special bingo **Monday, Sept. 21, from 1 to 2 p.m.** for special bingo sponsored Stone Bridge Center for Health & Rehabilitation in Newtown. For more info and RSVP, contact the center.



Urological health to be focus of ‘Healthy Chat’

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



The educational presentation will focus on urological health, covering such topics as managing common concerns like bladder control, incontinence, and prostate health, while discovering how modern, minimally invasive treatments can vastly improve your daily quality of life.

For more information and RSVP, connect with the center.

Program to explain Medicare benefits set



Medicare

A senior Medicare advocate from the Center for Medicare Advocacy will visit the center **Thursday, Sept. 24, at 1 p.m.** to help individuals understand Medicare benefits.

Topics will include Medicare basics, the differences between Traditional Medicare and

Medicare Advantage, coverage for chronic and long-term care, navigating appeals and coverage denials, and financial assistance programs that can help make Medicare more affordable. The program is designed to help beneficiaries make informed decisions and better understand their healthcare coverage.

For more information and RSVP, connect with the center.

Cornerstone to sponsor September birthday treats



The senior center welcomes a new sponsor to its birthday celebrations.

Cornerstone

Caregiving will sponsor the monthly birthday celebration for all those with September birthdays **Tuesday, Sept. 15 at noon.**

Pianist Brian Horberg will perform during lunch, followed by birthday cupcakes. Lunch and the Birthday Celebration are separate events in the computer and require separate registration.

For more information and to sign up, connect with the center.

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, Sept. 21, from 10 to 11 a.m.**

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

Drug Takeback Day scheduled

Unused and/or expired medications can be safely disposal **Friday, Sept. 25, from 10 a.m. to noon** at the center.

Accepted items: over-the-counter and prescription medications, medical samples, household pet medicines, medical ointments

Non-accepted items: chemotherapy drugs, needles/other sharps, hazardous waste, personal care products, medical practitioner supplies.

This event is an initiative of the center, NMCAN and the NMPD who will be onsite to ensure safe collection. For questions or more information, connect with the center.

Poetry group meets

The center’s Golden Pen, a poetry workshop, will next meet **Wednesday, Sept. 9 at 2 p.m.** in the Health and Wellness Room. The group, which is limited to 8, is led by Deborah Rose, senior center program coordinator and the town poet laureate. For info and RSVP, connect with the center.

Farmington River kayaking trip planned

The Movers & Shakers will take on the Farmington River via kayak **Thursday, Oct. 8, at 10:30 a.m.** Attendees will visit Collinsville Canoe & Kayak at 41 Collinsville Bridge St. Beginners and those who are comfortable with water are welcome. No prior paddling experience necessary. The trip had been scheduled several times in the past, but was postponed due to heat, rain, and an unexpected conflict, 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 registration. confirming 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, Sept. 29. For more information and registration, connect with the center.

SYNERGY Homecare to lead Trivia & Treats

The senior center will offer a fun program of “Trivia & Treats” **Wednesday, Sept. 23, at 10 a.m.** Kay Schreiber of SYNERGY HomeCare, will lead the program of trivia. For more information and RSVP, connect with the center.



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 •
- 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 •

Medicare Open Enrollment Period Facts

Oct. 15-Dec. 7, 2026

- Join, drop, or switch to another Medicare Advantage Plan with or without drug coverage (or add or drop drug coverage).
- Switch from Original Medicare to a Medicare Advantage Plan or from a Medicare Advantage Plan to Original Medicare.
- Join, drop, or switch to another Medicare drug plan if you're in Original Medicare.

January 1 of the next year (the plan must get your enrollment request by December 7).

Medicare Advantage Open Enrollment Period Facts

Jan. 1-March 31 (only if you're already in a Medicare Advantage Plan)

- Within the first 3 months you get Medicare.
- Switch to another Medicare Advantage Plan with or without drug coverage.
- Drop your Medicare Advantage Plan and return to Original Medicare. You'll also be able to join a separate Medicare drug plan.

First of the month after the plan gets your request.

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is available with resources, advocacy, and advice. For more information, 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 & 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 ALZ connected®, 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.

What you need to know about energy assistance (CEAP)

Application

Appointments for early applications for deliverable fuels (oil, propane, kerosene, wood, gas and pellets) will be taken beginning Sept. 1.

Fuel Deliveries begin in November. Households that utilize electric heat are asked to make their appointments in December or January unless facing shut off notices.

Eligibility

Requirements:

Income and asset guidelines are subject to change, but you may connect with the Senior Center for the most up-to-date figures for this season. Please include income for all household members.

Documents required: Current income from all sources (social security, pensions, work, interest and dividends, etc.) and a current electric bill.

For more information, connect with the senior center.



The mission of New Milford Chore Services is to assist senior residents of New Milford with 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.

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

These are some of the programs on the horizon in October (times to be announced). Registration will **not** open up for these events in September, 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

- "Stories from the Attic" with Greg Van Antwerp
- "Early Inns & Taverns Across Connecticut & New England"
- Kayaking on the Farmington River
- Classic country music from 1950-70s with Jim Moore
- HearingLife hearing screenings
- DayTrippers trip to the Culinary Institute of America
- Free Living Wills and POA clinic with local elder law attorney
- JukeBox Bingo
- Live performance of soprano/opera singer Gina Consiglio
- Rescheduled "The American Revolution through the Eyes of Its People"
- DayTrippers trip to Resort World Catskills Casino
- Halloween party

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 accompanied 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

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Doctor to talk about vascular health and surgery

The senior center will present a program on vascular disease and surgery **Tuesday, Sept. 1, at 1 p.m.**, in recognition of September being National Vascular Disease Awareness Month (and Peripheral Artery Disease Awareness Month). The observance highlights the importance of early detection, understanding risk factors, and treatment of vein and artery conditions, including varicose veins, blood clots, and PAD. Dr. Javairiah Fatima, a nationally recognized leader in vascular surgery from Northwell, will be the guest

speaker. Dr. Fatima is Professor and Chief of Vascular Surgery and is internationally known for her expertise in open and endovascular aortic surgery, as well as her research on innovative treatments for complex aortic aneurysms. She will discuss vascular health, common conditions, risk factors, prevention strategies, and the latest advances in treatment to help attendees maintain healthy circulation as they age. For more information and RSVP, connect with the center.

Discover the artists behind the Hudson River School with John Cilio



Local historian, author and storyteller John Cilio will present a program, "Hudson River Painters: An Artistic Landscape Fraternity," **Tuesday, Sept. 29, at 1 p.m.** The Hudson River School, dating back to the 1820s, was America's first true artistic

fraternity. The group of painters focus on capturing the unique natural beauty of the American continent. The paintings of the Hudson River school reflected a sense of hopefulness and a deep appreciation for the untouched American landscape. As time passed, their artwork also began to convey a sense of sorrow for the changing landscape. Cilio will dive into the lives, locations and symbolism of these painters. For more information and RSVP, connect with the center.

One-on-One tech help available

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.

Spanish class to resume

The center's Spanish class will resume meeting following summer break. The class will meet weekly on Thursdays beginning **Thursday, Sept. 3, from 11 to 11:45 a.m.** For more information and RSVP, connect with the center.



Current events group meets twice a month

The senior center's next "What's Happening? Current Events & Conversation" will be held **Thursdays Sept. 10 and 24 from 10 to 11:30 a.m.** Attendees are asked to note the new time frame for the group. The group 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.

Apple products focus of Tech Savvy classes



The center's Tech Savvy instructor

Lindsey Burk continues to present three more class in a series about key features of Apple products. The program meets **Wednesdays from 10 to 11 a.m.** in the center's computer lab. The remaining topics of the series will cover calls and FaceTime **Sept. 2**; and texting **Sept. 9** and **Sept. 16**. Participants must own an iPhone or iPad and bring/know their Apple ID and password. This is a free class. Space is limited; advance registration is encouraged by calling the center at 860-355-6075.

American Sign Language class offered

The center offers a weekly ASL class for those interested in learning it. It meets **Mondays from 10:30 to 11:45 a.m.** For more info and RSVP, connect with the center.

Coming up on the big screen

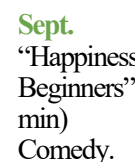


The center screens a matinee Wednesdays at 12:45 p.m. on the big screen. Occasionally, a screening may be presented on another day and time.

Sept. 2: "True Spirit" (1 hr, 49 min). Biographical Drama.



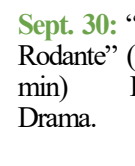
Sept. 9: "Get Smart" (1 hr, 50 min) Comedy.



Sept. 16: "Happiness for Beginners" (1 hr, 45 min) Romantic Comedy.



Sept. 23: "The Hundred Foot Journey" (2 hr, 2 min). In recognition of National Cooking Day Sept. 25.



Sept. 30: "Nights in Rodante" (1 hr, 37 min) Romantic Drama.



For more information and RSVP, connect with the center.

If you like to sing....

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, Sept. 18, at 1 p.m.** in the Grand Room. All levels are welcome. For more info and RSVP, connect with the 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.
- ♦ **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 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.
- ♦ **Chess:** Thursdays, 10 a.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/volunteers teach.
- ♦ **Bridge Club (advanced):** Wednesdays, 1 p.m. Second and fourth Thursday each month, 12:30 p.m. Should have prior experience.
- ♦ **Pool/billiards:** Open during center hours.

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

Fee

- ♦ **Strength & Balance:** Four-week sessions held Mondays and

Continued on Page 13

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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, 10-11 a.m. Robert Meko, 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. Of the Yang form. *\$25 for four-week session. Payment confirms registration. Call for details.*
- ♦ **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.*

EDUCATION & LEARNING

- ♦ **American Sign Language (ASL):** Mondays, 10:30 a.m.
- ♦ **German Conversation:** Mondays, 1 p.m.

- ♦ **Spanish:** Thursdays, 11 a.m. Starts in September.
- ♦ **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 for all those with a birthday that month.
- ♦ **Puzzles:** Individuals contribute their skills to the puzzle in process. Also do puzzle exchange.
- ♦ **Intergenerational Connections:** First Wednesday of each month (except July-August & December-February), 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.

SUPPORT GROUPS

- ♦ **Bereavement Group:** Second Friday, 10 a.m. (except July-August). With RVNAhealth.
- ♦ **Caregivers Support Group:** First Thursday, 1 p.m. (except July-August). With RVNAhealth.

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

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MONDAY - THURSDAY, 12:00 PM

SIGN UP BY CONNECTING WITH THE SENIOR CENTER BY PREVIOUS FRIDAY

SUGGESTED DONATION: \$5.00

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

SEPTEMBER 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LUNCH PREPARED BY 	1 - Pork Loin - Mixed Vegetables - Mashed Potatoes - Bread - Low-Fat Milk - Fruit Juice	2 - Chicken Teriyaki - Sweet Potatoes - Steamed Carrots - Bread - Low-Fat Milk - Fruit Juice	3 - Pasta with Meatballs - Marinara Sauce - Salad - Bread - Low-Fat Milk - Fruit Juice
7 LABOR DAY Senior Center Closed	8 - Pulled Pork on Roll - Cucumber Watermelon Salad - Low-Fat Milk - Fruit Juice	9 - Salmon - White Rice - Broccoli - Bread - Low-Fat Milk - Fruit Juice	10 - Grilled Chicken - Penne a la Vodka - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice
14 - Grilled Cheese Sandwich - Tomato Soup - Salad - Low-Fat Milk - Fruit Juice	15 - Chicken with Italian Sauce - Yellow Rice with Vegetables - Bread - Low-Fat Milk - Fruit Juice	16 - Beef Stew - Rice - Green Beans - Bread - Low-Fat Milk - Fruit Juice	17 - Sausage and Peppers - Pasta - Salad - Bread - Low-Fat Milk - Fruit Juice
21 - Chicken Salad Wrap - Lettuce and Tomato - Chips - Low-Fat Milk - Fruit Juice	22 - Roasted Pork Shoulder - Rice and Beans - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice	23 - Baked Fish - Roasted Potatoes - Steamed Carrots - Bread - Low-Fat Milk - Fruit Juice	24 - Pasta with Meat Sauce - Salad - Bread - Low-Fat Milk - Fruit Juice
28 - Chicken & Beef Empanadas - Coleslaw - Low-Fat Milk - Fruit Juice	29 - Meatloaf - Mashed Potatoes - Green Beans - Bread - Low-Fat Milk - Fruit Juice	30 - BBQ Chicken - Macaroni and Cheese - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice	<i>Please note that due to product availability, menu items may be subject to substitutions</i>

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