

NEW MILFORD SENIOR CENTER

Upcoming
Programs

Y
Y

***Note: Programs may be subject to change
It's always best to call the center to confirm.***



New Milford Senior Center
40 Main St.
New Milford, CT 06776

860-355-6075
senior@newmilfordct.gov
FB: @NewMilfordCTSeniorCenter
Instagram: @nmctseniorcenter

SEPTEMBER IS NATIONAL VASCULAR
DISEASE AWARENESS MONTH

VASCULAR DISEASE & SURGERY



**TUESDAY
SEPT. 1
1 PM**

LEARN ABOUT

- vascular health
- common conditions
- risk factors
- prevention strategies the latest advances in treatment to help attendees maintain healthy circulation as they age.

**With Dr. Javairiah Fatima,
a nationally recognized
leader in vascular surgery**

RSVP

860-355-6075

AT NEW MILFORD SENIOR CENTER
40 MAIN ST.
NEW MILFORD

WEDNESDAY
SEPT. 2
10:15 A.M.

VISIT WITH THE CHILDREN'S CENTER



At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075

CAREGIVERS

SUPPORT GROUP

Whether you're caring for a loved one with an illness, disability, or age-related needs, this group offers understanding, practical tips, and emotional support. You don't have to do it alone—come listen, share, and recharge with others who truly understand.



CONNECT WITH FELLOW
CAREGIVERS

SHARE UNIQUE EXPERIENCES

DISCOVER EMPATHY
& UNDERSTANDING

LEARN ABOUT
RESOURCES

FIRST THURSDAY EACH MONTH AT 1 PM

THURSDAY, SEPT. 3, 1 PM

New Milford Senior Center, 40 Main St., New Milford
FOR MORE INFO & RESVP 860-355-6075

UNDERSTANDING THE AGING BRAIN

Sponsored by



Candlewood
REHABILITATION AND HEALTHCARE CENTER

Presented by Jen Kolowicz,
PT, rehabilitation director at
Candlewood Rehabilitation
and Healthcare,

Topics Covered:

- cognitive functioning
- warning signs of cognitive impairment
- types of cognitive impairments
- aphasia and traumatic brain injury
- how to prevent a decline in cognition
- where to go to get help for cognitive decline

**Tuesday, Sept. 8
1 p.m.**

At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075



URINARY TRACT HEALTH



Wednesday, September 9th



9:30am - 10:30am



New Milford Senior Center

JOIN PUBLIC HEALTH NURSE, HEIDI FROM HOUSATONIC VALLEY HEALTH DISTRICT FOR AN EDUCATIONAL PRESENTATION ON UROLOGICAL HEALTH. LEARN ABOUT 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.

Golden Pen

Poetry Workshop

Join Deborah Rose,
New Milford Poet Laureate,
for this monthly workshop.

Wednesday, Sept. 9, at 2 p.m.

New Milford Senior Center
40 Main St.
New Milford
RSVP 860-355-6075

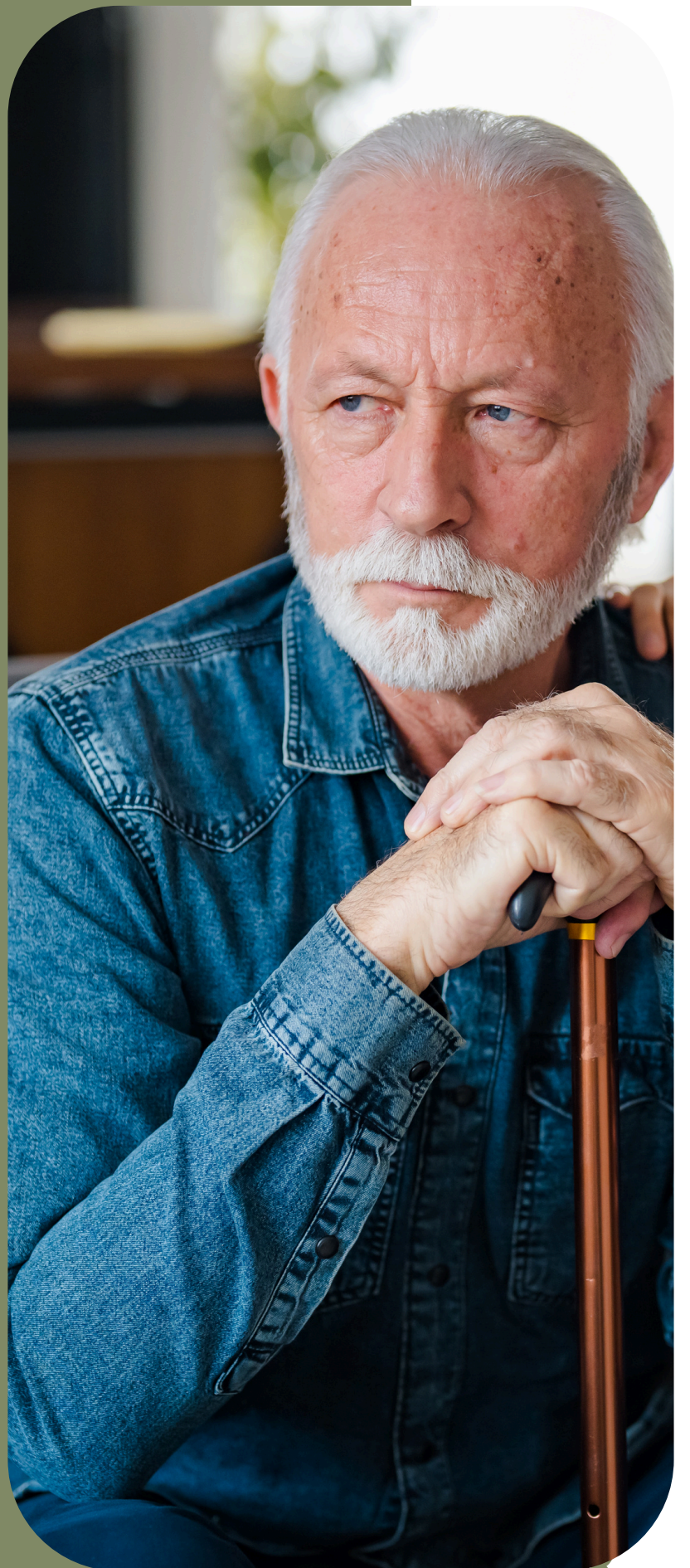
BEREAVEMENT SUPPORT GROUP

Whether it's the loss of a loved one, a relationship, or a life change, it's normal to feel a range of emotions. Remember, there's no right or wrong way to grieve.

**Sept. 11
10 a.m.**

Meets second Friday
of each month

with Garrett 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.



 New Milford Senior Center, 40 Main St., New Milford

 RSVP 860-355-6075

rYnaHEALTH™

For Lifelong Care & Wellness

PLEASE JOIN US FOR THE SENIOR CENTER'S

ANNUAL PICNIC

AT LYNN DEMING PARK

LIVE ACOUSTIC MUSIC | FOOD | FUN

FRIDAY, SEPT. 11

12-2 PM

Featuring a catered lunch by C&C Delicatessen featuring barbecued ribs and chicken, tater tots, antipasto salad, a summer cabbage salad, dessert, and beverages.

\$15/person

Limited to 50

RSVP AUG. 25-SEPT. 7

Payment confirms reservation

Information
860-355-6075





ICE CREAM PARTY

MONDAY, SEPT. 14, 2 PM

Sponsored by



New Milford Senior Center
40 Main St.
New Milford

RSVP 860-355-6075 by Sept. 10

September

BIRTHDAYS CELEBRATION



Tuesday Sept. 15 12 p.m.

**MUSIC & ENTERTAINMENT
PIANIST
BRIAN HORBERG**

**CUPCAKES SPONSORED
BY**



***To sign up, stop in or call the senior center
at 860-355-6075***

“The Fisher in Connecticut”

Tuesday, Sept. 15
2 p.m.
right after bingo

Naturalist Paul Colburn will explore the history of the fisher in Connecticut, from its disappearance to its successful return, and provides an accessible overview of fisher habitat, diet, behavior, and reproduction via a 1 p.m. Zoom presentation at the center.

New Milford Senior Center
40 Main St.
New Milford
RSVP 860-355-6075





HELPING HANDS VOLUNTEER MEETING

Looking to volunteer or share a talent/skill
at the senior center?

Staff and attendees review upcoming
events, brainstorm new ideas, and see
where time and talents can be shared.

THURSDAY, SEPT. 17, 10:15 AM

**Third Thursday each month
unless otherwise noted**

New Milford Senior Center
40 Main St.
New Milford



860-355-6075

Senior Center CELEBRATION



**An afternoon of
live music with
Tre Johnson**

September is National Senior Center Month—a time to celebrate the joy, connection, friendship, and sense of belonging that make senior centers such an important part of our community.



Friendship • Connection • Fun • Community • YOU!

*Together, we create a place to belong, connect, laugh,
and celebrate!*



**THURSDAY
SEPT. 17
1 PM**

At New Milford Senior Center, 40 Main St., New Milford
RSVP 860-355-6075

YOU'RE INVITED TO ATTEND

during National Senior Center Month

SATURDAY, SEPT. 19, 2026
Public Hours 10:30 a.m. - 1:30 p.m.

Community Connections Open House

Connect with local agencies, nonprofits,
and others who provide valuable
resources geared towards assisting
those 60 and older.

TOWN OF NEW MILFORD
NEW MILFORD SENIOR CENTER

40 Main St., New Milford, CT

For information, call 860-355-6075



The National Council on Aging has set the theme for National Senior Center Month.

Happier Birthdays Happen Here

It celebrates the moments, connections, and opportunities that help people not just live longer—but live well.

Happier birthdays don't start with candles or cake. They start with connection, purpose, support, and community. Every day, people walk through our doors and find exactly that—friendships that matter, programs that energize, and resources that make each year stronger than the last.

From their grassroots beginnings to today, senior centers have grown into dynamic community hubs—connecting older adults to wellness, creativity, and essential services. They reflect the diversity, strength, and resilience of today's aging population—and prove what's possible when communities invest in people.

TECH SMART

ANDROID, TABLET & TRACFONE HELP

Marianna from the New Milford Public Library will be here to help those with questions about their Android, tablet, or TracFone.



Mondays

Sept. 21

Oct. 26

Nov. 9

Nov. 23

Dec. 14

Dec. 28

10-11 a.m.

***Half-hour
appointments
available. Must call
for an appointment***



New Milford Senior Center
40 Main St.
New Milford



860-355-6075

In partnership with

**NM
PL**

**New Milford
Public Library**

Three apples are positioned at the top of the image against a blue wooden background. The apple on the left is yellow. The middle apple is yellow with a brown stem. The apple on the right is red and yellow. The text 'SPECIAL BINGO' is overlaid on the image. 'SPECIAL' is in white with a purple outline, and 'BINGO' is in red with a blue outline.

SPECIAL BINGO

with



Stone Bridge

Center for Health & Rehabilitation

**Monday
Sept. 21
1 p.m.**

At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075

ADDED EVENT

With Danielle Ramos
of Village Crest Health & Rehab



Monday

Sept. 21

2 p.m.

(after bingo)

brain games

AND SNACKS

MARY OLIVER

Saved by the Beauty of the World



TUESDAY
SEPT. 22
12:45 PM

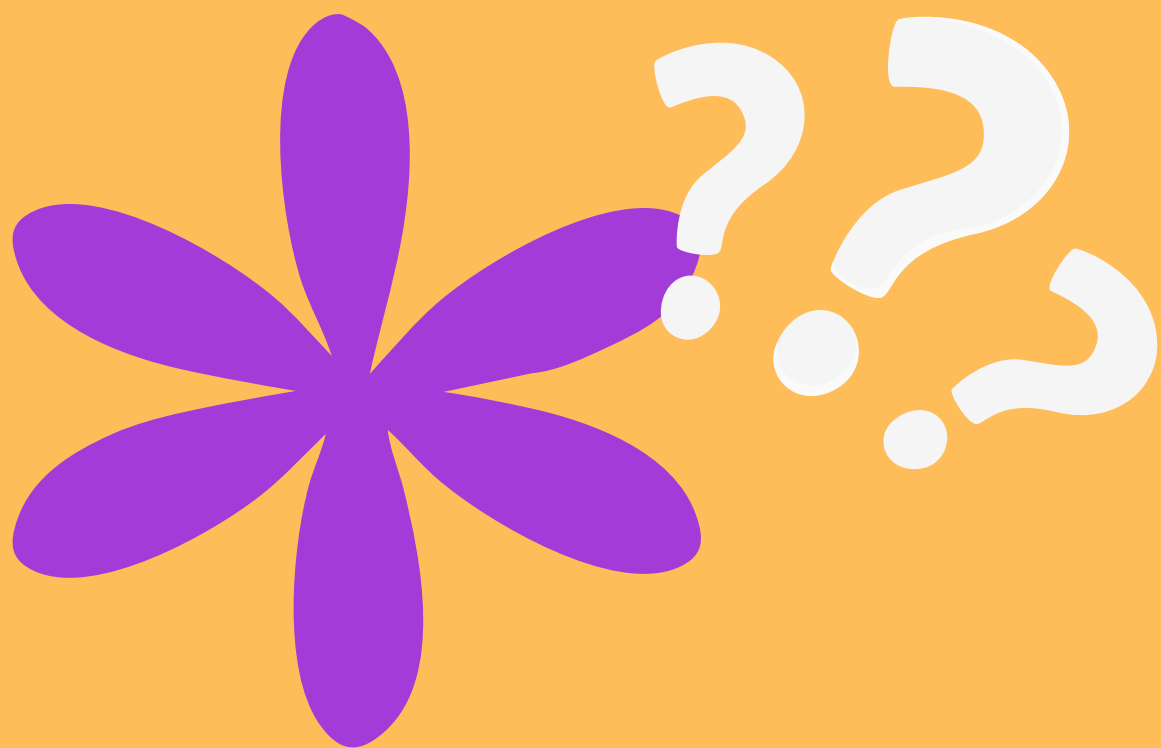
Discover the remarkable life and work of beloved poet Mary Oliver in this new PBS documentary. Explore her solitary childhood, her deep connection to nature, her life on Cape Cod, and the experiences that shaped her Pulitzer Prize-winning poetry and enduring literary legacy.

Includes interviews with close friends like filmmaker John Waters, alongside cultural figures such as Oprah Winfrey, Stephen Colbert, Steve Buscemi, and Ada Limón reading her work.

RUNS | HR 22 MIN

ADDED EVENT

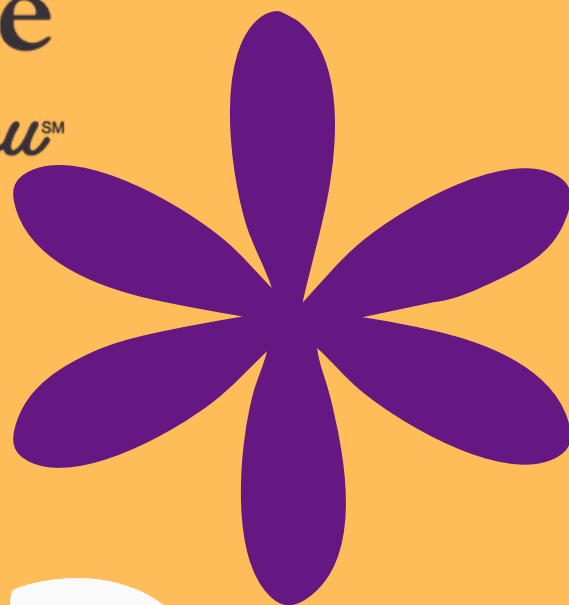
*New Milford Senior Center
40 Main St.
New Milford
RSVP 860-355-6075*



Wednesday
Sept. 23
10 a.m.

Trivia & treats

with Kay Schreiber of



ALL ABOUT



Medicare

*Presented by Center for Medicare Advocacy
Helping You Make Sense of Medicare*

**Thursday
Sept. 24
1 p.m.**

TOPICS

- Medicare basics
- Differences between Traditional Medicare and Medicare Advantage
- Coverage for chronic and long-term care
- Navigating appeals and coverage denials
- Financial assistance programs that can help make Medicare more affordable

At New Milford Senior Center, 40 Main St., New Milford

Registration required by calling the senior center at 860-355-6075



Friday, Sept. 25

10 a.m.-12 p.m.

DRUG TAKEBACK DAY

ACCEPTED

- over-the-counter and prescription medications
- medical samples
- household pet medicines
- medical ointments

NOT accepted

- chemotherapy drugs
- needles/other sharps
- hazardous waste
- personal care products
- medical practitioner supplies

**Medications do not have to be
in their original bottles.**

**New Milford Senior Center
40 Main St.
New Milford, CT**

For info: 860-355-6075

**new milford
senior center
will be
represented at**



NEW MILFORD APPLE FEST

**CONGRATULATIONS TO OUR APPLE FEST
KING AND QUEEN**

who will be announced at the end of August

*Join us and cheer on the Consagas at the
crowning at bandstand at 10 a.m.*

VISIT OUR BOOTH

- INFO ABOUT THE SENIOR CENTER
- CRAFTS TO PURCHASE MADE BY OUR MEMBERS
- GREET & CHAT WITH STAFF MEMBERS & PEERS

**SATURDAY
SEPT. 26
10 A.M.-5 P.M.
*NEW MILFORD GREEN***

MOVERS

& SHAKERS

**Monday
Sept. 28
9:15 a.m.**

***Walk along Old Mill Road
in New Milford***

About a 2-mile walk on scenic dirt road.

*Park at Carlson's Grove parking lot on Wheaton Road.
Bus transportation will be available.*

Contact the senior center at 860-355-6075 for sign up.

EVENING EDITION

at the senior center

extended hours

For those 60+



*One Monday a month, municipal agents from 10 a.m. to 6 p.m.,
and senior center from 8 a.m to 6 p.m.*

Monday, Sept. 28

**FEATURING APPOINTMENTS FROM 4–6 PM
WITH MUNICIPAL AGENTS TO**

- ✓ Explore programs and benefits
- ✓ Get assistance with applications and resources
- ✓ Learn about services that may help reduce expenses

FEATURING A PROGRAM FROM 5–6 PM

“✓”Protect Yourself from Fraud & Scams” with Jennifer Birdseye of Webster Bank; with light dinner served promptly at 5 p.m.

connect with our community

New Milford Senior Center, 40 Main St., New Milford

To make an appointment with a municipal agent, call 860–355–6075

To register, call 860–355–6075

PREVENT FRAUD & SCAMS

*With guest speaker Jennifer Birdseye
of Webster Bank*

TOPICS

- ✓ Learn how to protect yourself
- ✓ Hear about the evolving climate of scams online, via text, phone, and mail

MONDAY SEPT. 28
5-6 PM

*Light dinner fare served
promptly at 5 p.m.*



EVENING EDITION
at the senior center



At New Milford Senior Center
40 Main St.
New Milford
RSVP 860-355-6075

HUDSON RIVER PAINTERS

An Artistic Landscape Fraternity

**TUESDAY
SEPT. 29
1 PM**

**WITH
JOHN CILIO**

Join us as we explore painters from the Hudson River School that dates back to the 1820s and was America's first true artistic fraternity. The group of painters focus on capturing the unique natural beauty of the American continent. reflected a sense of hopefulness and a deep appreciation for the untouched American landscape. Cilio will dive into the lives, locations and symbolism of these painters.

New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075

BLOOD PRESSURE SCREENING

With
April Wali of

 **Stone Bridge**

Center for Health & Rehabilitation

WEDNESDAY, SEPT. 30
10:30-11:30 AM

AT NEW MILFORD SENIOR CENTER
40 MAIN ST.
NEW MILFORD

860-355-6075



STORIES FROM THE ATTIC

A Memorable Presentation

with

Greg Van Antwerp

History Hunter ~ Urban Archeologist

For more than 30 years, Greg has searched attics, basements, estate sales, and forgotten corners of homes throughout New England and New York, uncovering hidden pieces of history that reveal the lives of ordinary—and sometimes extraordinary—people. Calling himself an "urban archaeologist," he combines the thrill of discovery with historical research to uncover the stories behind the artifacts he finds. Since 2013, he has been sharing his passion for surprising historic finds in lively, lighthearted talks, teaching others how to find and preserve hidden history.

Tuesday, Oct. 1 | 1 p.m.

RSVP underway

At New Milford Senior Center
40 Main St.
New Milford

RSVP 860-355-6075

MOVERS & SHAKERS EXPERIENCE *The Farmington River* **KAYAKING**

Thursday, Oct. 8, 10:30 a.m.



For beginners and those who are comfortable with water are welcome. No prior padding experience is necessary.

**Collinsville Canoe & Kayak
41 Bridge St., Collinsville, Conn.**

\$30

Register by 9/29/26

Payment confirms registration

Contact the senior center at 860-355-6075

leaves New Milford at 9 a.m.

Bus transportation available by request



Roll the dice and raise the stakes!

CASINO TRIP

RESORTS WORLD
CATSKILLS

TUESDAY, OCT. 27

Register by Sept. 29

\$80/PERSON

BONUS: \$25 SLOTS & \$15 LUNCH VOUCHER PER PERSON

DEPARTURE

NEW MILFORD SENIOR CENTER
8:30 AM

RETURN

NEW MILFORD SENIOR CENTER
6 PM

LIMITED TO 50



NEW MILFORD SENIOR CENTER PRESENTS TRIP TO THE

AMERICAN MURAL PROJECT

THE LARGEST INDOOR COLLABORATIVE ARTWORK IN THE
WORLD—A MURAL 120 FEET LONG AND FIVE STORIES HIGH



The mural is a tribute to American workers and highlights what has defined the country over the last century. It serves as the center for AMP's education programs, and seeks to inspire, to educate, to invite collaboration, and to reveal to people of all ages the many contributions they can make to American culture.

**GUIDED TOUR AT THE AMERICAN MURAL PROJECT,
FOLLOWED BY AN ART/CRAFT PROJECT AT THE
ORGANIZATION.**

**WE'LL STOP AT 99 RESTAURANT IN TORRINGTON
FOR LUNCH ON THE WAY HOME.**

FRIDAY, NOV. 6

**10:30 AM GUIDED TOUR IN WINSTED
(BUS LEAVES SENIOR CENTER AT 9:15 AM, OR MEET
AT SITE AT 10:15 AM)**

**THIS TRIP IS LIMITED TO 15.
IF THERE IS A LOT OF INTEREST, WE MAY DO
ANOTHER TRIP IN THE FUTURE.**

*\$20/person for guided tour and art/craft
Lunch is responsible of each attendee.*

RSVP OCT. 13. CONNECT WITH THE SENIOR CENTER



Ongoing Programs

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.
- ♦ **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:** Wednesdays, 1 p.m. Second and fourth Thursday each month, 12:30 p.m. This is an advanced group of players, so those who wish to attend should have prior experience.
- ♦ **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

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.

SPRECHEN

S I E D E U T S C H ?

**German Conversational
GROUP**

**Mondays
1 p.m.**

***At New Milford Senior Center
40 Main St., New Milford***

RSVP 860-355-6075

WHAT'S HAPPENING?

**CURRENT EVENTS
DISCUSSION GROUP**

**Second and fourth
Thursday each
month
10-11:30 a.m.**

**At New Milford Senior Center
40 Main St., New Milford**

RSVP 860-355-6075

BOCCE

*that's how
we roll*

TUESDAYS

9:30 AM



***At New Milford Senior Center
40 Main St., New Milford***

RSVP 860-355-6075

AMERICAN SIGN LANGUAGE

learn a new language



MONDAYS

10:30-11:45 AM

beginning Sept. 14

AT NEW MILFORD SENIOR CENTER
40 MAIN ST.
NEW MILFORD

860-355-6075

PUZZLE

EXCHANGE

WE LOVE
OUR PUZZLES



*At New Milford Senior Center
40 Main St., New Milford*

BLOOD PRESSURE SCREENING



With
Housatonic Valley Health District
Community Health Nursing Supervisor

WEDNESDAYS, 10:30-11:30 AM

AT NEW MILFORD SENIOR CENTER
40 MAIN ST.
NEW MILFORD

860-355-6075