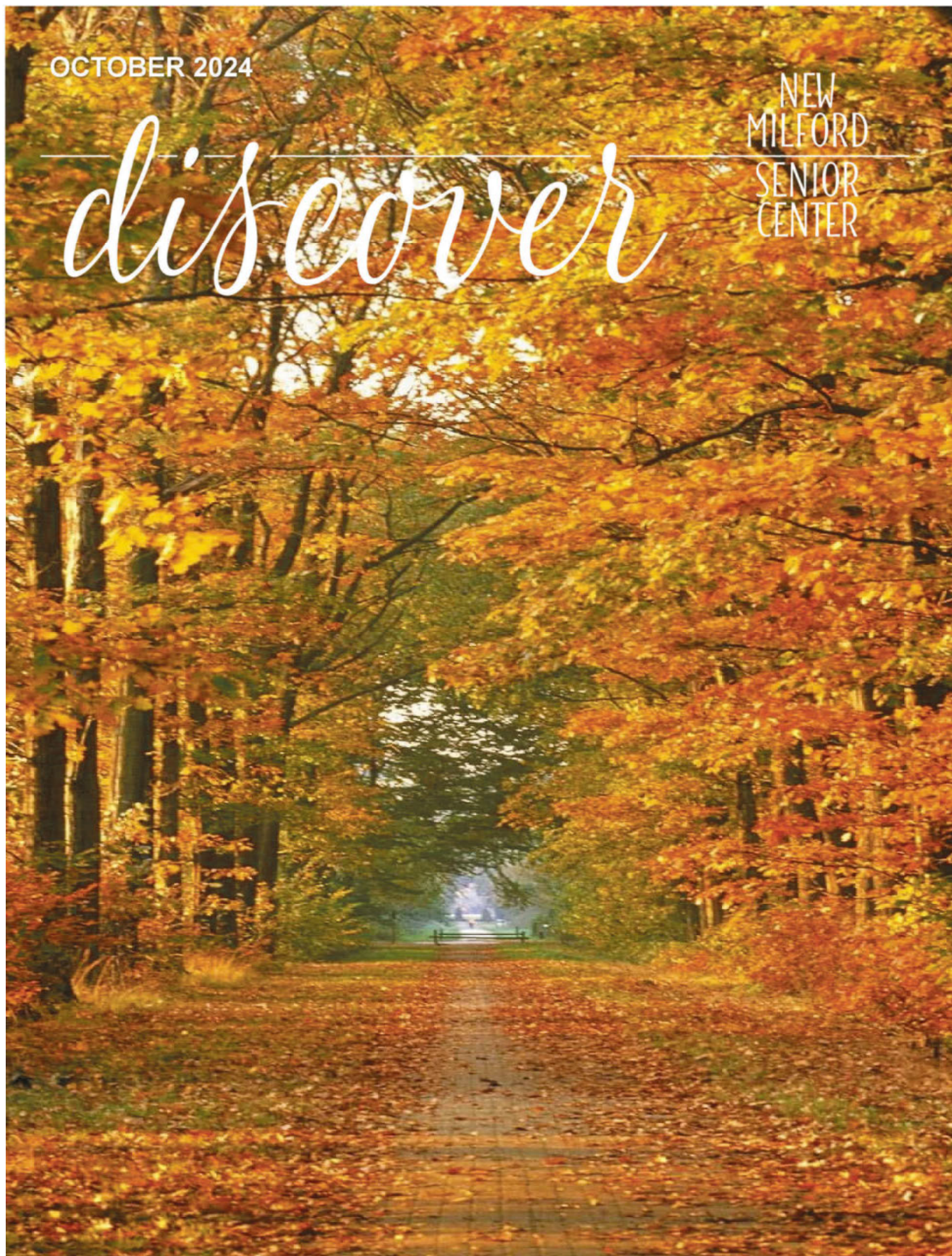


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SENIOR CENTER

40 Main Street ♦ New Milford, CT 06776
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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 Baldwin,

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 Baldwin
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 WCAAA 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.



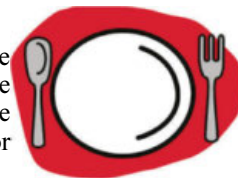
DURABLE MEDICAL EQUIPMENT LENDING CLOSET



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.



"ELSIE'S TRIPS" DAY TRIP INFORMATION

Day Trip information for "Elsie's Trips" are advertised in the Trip Book at the Senior Center. Stop by for flyers and contact info.



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.

HELPING HANDS OF NEW MILFORD SENIOR CENTER VOLUNTEER MEETING

Thursday, October 10th, 10:00 AM

Looking for volunteer opportunities or do you simply just 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!



**PLEASE NOTE THAT THE NEW MILFORD
SENIOR CENTER WILL BE CLOSED ON MONDAY,
OCTOBER 14TH IN HONOR OF INDIGENOUS
PEOPLES' DAY AND CLOSED FOR PROGRAMS ON
TUESDAY, NOVEMBER 5TH DUE TO ELECTION DAY**

ODD FELLOWS SENIOR BREAKFAST

Friday, October 25th, 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!



VETERAN'S DAY LUMINARY SALES

Mondays, Oct 21st and 28th, 10:00 AM - 2:00 PM

The VFW & Ladies' Auxiliary will be selling luminaries at the Senior Center to honor all those who have served in the military. Luminaries will light up the Green from November 10th to Veteran's Day on November 11th. The cost is \$5.00 per luminary and checks can be made out to "VFW Post #1672" with net proceeds to benefit wounded warriors and various VFW efforts.



TRUNK OR TREAT ON THE NM GREEN

Saturday, October 26th, 5:30 - 7:30 PM

The Senior Center will be entering this year's Trunk or Treat with the Senior Center Bus for some Halloween fun with the community. Our bus will be doing a "Disney" theme this year so please join us by volunteering to help pass out candy to all the trick-or-treaters and dressed in your favorite Disney character! Senior Transportation will be available by request. Donations of full bags of unopened candy are also being accepted through Friday, October 25th at Parks and Rec, the Mayor's Office, and the Senior Center. Connect with the Senior Center for more information or to sign up to be one of our Trunk or Treat volunteers.



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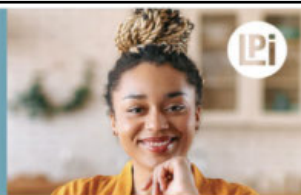
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CARTOON CLASS—A BASIC DRAWING CLASS

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, October 9th, 10:30 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.

AMERICAN SIGN LANGUAGE 101

Mondays 10:30AM

Your instructor, Mary Silvestri, is a retired teacher of the Deaf/Hard of Hearing and is Deaf herself. In this class, students will communicate ONLY in American Sign Language (ASL) with their classmates. To have more fun and fully immerse in the experience, no talking will take place in class. Connect with the Senior Center to sign up.



GOOD TO KNOW + SPECIAL PROGRAMS

| 5



TECH SAVVY SENIORS

Wednesdays starting October 2nd, 10:00 AM

How do I make my iPhone louder? Can my iPad let me read a book? How do I get music on my apple devices? Can I take photos and videos and send them to my friends and family? Join us as we welcome instructor, Lindsey Burk to help you become a Tech Savvy Senior! Bring your iPhone or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Please note that You MUST own an iPhone or iPad for this class and also bring/know your Apple ID and Password. Space is limited! Please connect with the Senior Center to sign up.

LET THE GHOUL TIMES ROLL! HALLOWEEN COSTUME PARTY

Thursday, October 31st, 12:00 PM

Calling all Ghouls and Goblins! Fly Over on a Broom or Float like a Ghost, and get ready to dance the afternoon away to the talented and hilarious entertainment group, COCONUTS! There will be prizes for best costumes, and delicious tricky treats! Thanks to our friends at Synergy Health Care & Stone Bridge Center for Health & Rehabilitation for sponsoring this spooky event! Halloween costumes encouraged. Make sure that you sign up for lunch by Wednesday, October 23rd, then stay to party! Connect with the Senior Center to sign up.



TRICK OR TREAT - JUKEBOX BINGO

Friday, October 25th, 1:00 PM

It's not just Bingo, it's Jukebox Bingo! Enjoy an afternoon filled with music that you know and love and we'll throw in a pizza party for even more fun! The cost is \$5.00 to be collected at the door. Thanks to our friends from Village Crest Center for Health & Rehab who is this month's pizza sponsors! Connect with the Senior Center to sign up.

COMMUNITY CONCERT ON THE GREEN HOSTED BY THE NEW MILFORD SENIOR CENTER

Saturday, October 5th 12:00 - 2:00 PM (Rain Date: October 19th) — Bandstand on the New Milford Village Green

Award-winning singer, Mark Zelenz, recreates the soul and spirit of music transcending 6 decades; from the Beatles, Sinatra, Billy Joel, Elton John, Springsteen, Streisand, and more! Grab a picnic and a chair and join us on the Green; don't forget your dancing shoes! Bus transportation will be available by request. Concert is open to the public and thank you to Civility Home Care for sponsoring this event!

NEVER STOP LEARNING!

ANIMAL TRICKSTERS

Tuesday, October 22nd, 1:00 PM

Sneaky, sneaky! Over time, certain animals have evolved unique adaptations to trick their foes. Through the use of camouflage, warning colors, and downright cunning behaviors, these animals have found ways to survive in a competitive world. We'll cover these various methods of trickery using native CT animals as examples. You'll even get to meet a couple live ambassadors! Join us as we welcome White Memorial Conservation Center for this special presentation. Connect with the Senior Center to sign up.



TOMBSTONES - A HISTORICAL LOOK AT AMERICA'S FIRST SCULPTURES

Tuesday, October 29th, 1:00 PM

Join historical storyteller, author, and researcher John Cilio as we embark on a fascinating journey through an ancient cemetery and marvel at the intricate carvings adorning the tombstones of the departed. From angels to cryptic messages, each carving tells a unique story waiting to be unraveled. Join us as we delve into the history of America's earliest sculptures and uncover the hidden meanings left behind by our forbearers. To register, or for more information connect with the Senior Center.



LOOKING AHEAD

AARP SMART DRIVER™ CLASSROOM COURSE

Friday, November 15th, 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.

UPCOMING SENIOR CENTER DAY TRIPS

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. Detailed flyers including itinerary and pricing are available at the Senior Center. Trip registration is currently open and payment, in the form of cash or check only, secures your spot.

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!

MEDICARE OPEN ENROLLMENT

Upcoming Medicare Open Enrollment You can join, switch, or drop a Medicare Health Plan or a Medicare Advantage Plan (Part C) with or without drug coverage during these times:

Open Enrollment Period. From October 15 – December 7, 2024 each year, you can join, switch, or drop a plan. Your coverage will begin on January 1 (as long as the plan gets your request by December 7).

Medicare Advantage Open Enrollment Period. From January 1 – March 31, 2024 each year, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. **Note:** You can only switch plans once during this period. For more info or to request an appointment, connect with the Senior Center.

WHAT IS MEDICARE OPEN ENROLLMENT? —SEMINAR AND Q & A

Tuesday, October 8th, 1:00 PM

It's that time of year again to take a look at your Medicare coverage. Take action during Medicare's Open Enrollment to make sure your coverage will meet your needs in 2025. Join our very own Municipal Agents, Marisa Levine and RJ Yarrish to discuss what's new for this season plus time for Q&A. To sign up, please connect with the Senior Center.



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

CAPITAL HOME IMPROVEMENT PROGRAM

The Town of New Milford has made a portion of its 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.



ENERGY ASSISTANCE (CEAP)

Application Period: We are making appointments for applications for deliverable fuels (oil, propane, and kerosene) at this time. The first day energy assistant clients can receive a delivery is around November 1st. Generally, electric heated households are scheduled for appointments beginning in November.



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.

Documents required: Current income from all sources (social security, pensions, work, interest and dividends, etc.) current assets, (bank statements from all bank accounts, stocks, bonds, IRAs and CDs) and a current electric bill.

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



LAST CALL FOR THIS YEAR'S SENIOR FARMERS' MARKET NUTRITION PROGRAM

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 by connecting with the Senior Center. 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.

WITH THE UPCOMING HOLIDAY SEASON...

NEW MILFORD FOOD BANK THANKSGIVING BASKET

Senior Food Bank Participants are reminded to sign up for the Thanksgiving Basket that you can use to prepare your own Thanksgiving meal by connecting with the Food Bank at Social Services at 860-355-6079 or in person when the Food Bank is open. Last day to sign up is Friday, November 1st. Details about pickup will be available at the Food Bank.

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*.



CYBERSECURITY: ARE YOU PROTECTED IN THIS MODERN WORLD?

Tuesday, October 1st, 1:00 PM

In honor of Cybersecurity Awareness Month, join us as we welcome our friends from the Town Of New Milford's very own IT Department who will be teaching you how to play it safe in today's technology-driven world. Yet with all the technological advantages, increased connectivity brings increased risk of theft, fraud, and abuse. Cybersecurity is the practice of protecting systems, networks, and programs from digital attack and our goal is to help you be more cyber secure! To sign up, please connect with the Senior Center.

FIRE SAFETY LUNCH & LEARN

Friday, October 18th, 1:00PM

New Milford TRIAD for Senior Safety is proud to welcome our very own New Milford Fire Marshal, Kevin Reynolds and Deputy Fire Marshal, Ed Pagan who will teach us about fire prevention and the steps we can take to be safe. Lunch will be sponsored by Candlewood Valley Health and Rehabilitation. To sign up, please connect with the Senior Center.



SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Thursday, October 3rd, 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.



SANTA FOR SENIORS AND GRANDPARENT GIVING

Santa for Seniors and Grandparent Giving are holiday programs that will provide a gift/s of need to qualifying New Milford seniors. Those interested for consideration must complete the registration form(s) available at the Senior Center for review by the Municipal Agents by Friday, November 15th. Connect with the Senior Center for more information.



BEREAVEMENT SUPPORT GROUP

Friday, October 11th, 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.



INTEGRATED FITNESS



Thursdays, Oct. 10th and 24th, 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 *PLEASE NOTE NEW TIME*

Tuesdays, Oct. 8th and 22nd, 2:00 - 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 an RVNA 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.



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.

CONNECTING WITH BALANCE

Mondays, 1:00 PM

Created by the dance company Pilobolus, Connecting with Balance is a one hour workshop tailored to help individuals reconnect with their bodies and environment. This class is open to all levels of ability. No previous experience is required, and no special equipment needed. This is an eight week class commitment that is free of charge. Class size is limited and registration is required; please connect with the Senior Center to sign-up.



SENIOR FLU SHOT CLINIC

Wednesday, October 2nd, 9:00 AM - 11:00 AM

Get your flu shot right here at the Senior Center with our friends from Housatonic Valley Health District. To schedule your flu shot appointment, visit <https://HVHD.as.me/NewMilfordSC-Flu> or call HVHD at 203-264-9616. Walk-ins are also welcome. Please bring with you your completed flu questionnaire available on the HVHD website or at the Senior Center and your insurance card.



HEALTHY CHATS & BREAKFAST SNACKS:

BREAST CANCER AWARENESS

Wednesday, October 9th, 9:30 AM

In recognition of Breast Cancer Awareness Month, Nuvance Health is hosting a special speaker series, lead by Dr. Christina Wolchok, dedicated to raising awareness and providing valuable information on breast cancer. Breakfast snacks are generously sponsored by Synergy Home Care and Village Crest. Connect with the Senior Center to sign up.

MOVERS & SHAKERS HIKE

Wednesday, October 23rd, 10:00 AM

Hauser Preserve - 100 Fern Ave Litchfield, CT

Join the Northwest Connecticut Land Conservancy for a guided hike at the Hauser Preserve located The Yellow Trail is about a 1-mile round trip and takes you through a gently rolling forest path and into an open hayfield. It is easy walking, but often wet. The Hauser Preserve is contiguous with Topsmead State Forest and wildlife thrives in this area. Registration and health waivers are required. Limited bus transportation is available, and you must sign up ahead for this service. Connect with the Senior Center to sign up.



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.

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

The Wheels Program is a volunteer organization that provides transportation to seniors and individuals with disabilities to non-emergency medical, dental, and physical therapy appointments. Those under 60 years of age must be ADA-certified. Transportation is provided on a first come, first serve basis. Located on the lower level of the Senior Center, the Wheels Office is open Monday - Thursday, 9:00 AM - 12:00 PM and can be reached at (860) 354-6012 or at www.wheelsofnewmilford.org. Vehicle operating hours are Monday - Thursday, 8:00 AM - 4:00 PM

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, October 15th, 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, October 2nd, 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

Monday's 1:30 PM

Learn to play Bridge! Our fabulous volunteers will teach you the in's and out's of this classic game. Connect with the Center to sign up.



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, October 15th, 12:00 PM

Come celebrate our October 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, October 11th,

Thursday, October 17th, and

Tuesday, October 22nd, 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, Oct. 11th, 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!



SPOOKY SPECIAL BINGO

**Tuesday, October 15th,
1:00 PM**

This *Spooky* Special Bingo is brought to you by our friends at Synergy Health Care complete with all the tricks and treats just in time for Halloween! To sign up, please connect with the Senior Center.

BOCCE BALL FUN

Tuesdays, 9:30 AM

Our bocce court at the front of the Senior Center is open for play! The goal of the game is to roll your team's bocce balls closer to the pallino--the smaller target ball--than the other team's bocce balls. To sign up, please connect with the Senior Center



ARTS & CRAFTS: NUTTY TREES

Wednesday, October 16th, 10:00AM



Let's get nutty! Together we will make a tree using only NUTS! If you are intrigued; come join us! Space is limited, connect with the Senior Center to sign up.



WHAT'S HAPPENING: CURRENT EVENTS AND CONVERSATION

Thursdays,

October 10th and 24th, 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 with the Senior Center.



CHESS CLUB

Thursdays, 10:00 AM

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



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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Fall Word Search

FALL

AUTUMN

LEAVES

HARVEST

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HALLOWEEN

THANKSGIVING

FOOTBALL

SWEATER

APPLE CIDER

SCHOOL

ACORN

ORANGE

YELLOW

BROWN

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Y	A	C	K	P	S	C	H	O	O	L	A	P	O	P



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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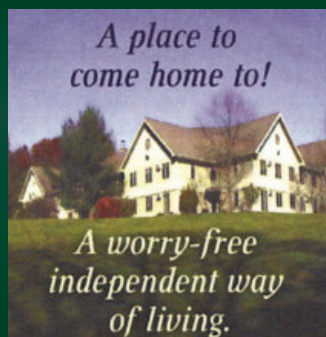
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ELDERLY NUTRITION PROGRAM

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

OCTOBER 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LUNCH PREPARED BY 	1 <ul style="list-style-type: none"> Baked Ziti Grilled Chicken Steamed Broccoli Fruit Juice Dessert 	2 <ul style="list-style-type: none"> Beef & Chicken Empanada Coleslaw Low-Fat Milk Fruit Juice Dessert 	3 <ul style="list-style-type: none"> Chicken Cacciatore Egg Noodles Steamed Cauliflower Fruit Juice Dessert
7 <ul style="list-style-type: none"> Chicken Stew with Veggies White Rice Dinner Roll Low-Fat Milk Fruit Juice Dessert 	8 <ul style="list-style-type: none"> Chicken Noodle Soup Crackers Side Salad Low-Fat Milk Fruit Juice Dessert 	9 <ul style="list-style-type: none"> Baked Fish Yellow Rice Side Salad Fruit Juice Dessert 	10 <ul style="list-style-type: none"> Meatloaf Mashed Potatoes & Gravy Steamed Vegetables Low-Fat Milk Fruit Juice Dessert
14 COLUMBUS DAY INDIGENOUS PEOPLE'S DAY Senior Center Closed	15 *Happy October Birthdays* <ul style="list-style-type: none"> Pineapple Pork Shoulder Mixed Vegetables Low-Fat Milk Fruit Juice Celebratory Cupcake 	16 <ul style="list-style-type: none"> Chicken Rice Soup Crackers Garden Salad Low-Fat Milk Fruit Juice Dessert 	17 <ul style="list-style-type: none"> Beef Stew Egg Noodles Mixed Green Salad Low-Fat Milk Fruit Juice Dessert
21 <ul style="list-style-type: none"> Pork Stir Fry Lo Mein Steamed Carrots Low-Fat Milk Fruit Juice Dessert 	22 <ul style="list-style-type: none"> Baked Salmon Mashed Potatoes Green Beans Low-Fat Milk Fruit Juice Dessert 	23 <ul style="list-style-type: none"> Sausage and Peppers Pasta Bread Low-Fat Milk Fruit Juice Dessert 	24 <ul style="list-style-type: none"> Turkey Mashed Potatoes & Gravy Steamed Corn Low-Fat Milk Fruit Juice Dessert
28 <ul style="list-style-type: none"> Beef Noodle Soup Crackers Garden Salad Low-Fat Milk Fruit Juice Dessert 	29 <ul style="list-style-type: none"> BBQ Ribs Mac and Cheese Mixed Green Salad Low-Fat Milk Fruit Juice Dessert 	30 <ul style="list-style-type: none"> Chicken Marsala Pasta Green Beans Low-Fat Milk Fruit Juice Dessert 	*Happy Halloween* 31 <ul style="list-style-type: none"> Halloweenies on a Bun Sauerkraut Baked Beans Low-Fat Milk Fruit Juice Dessert

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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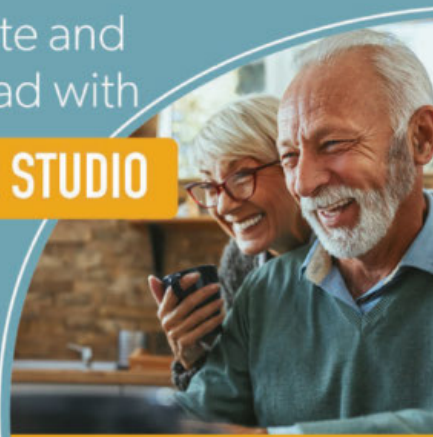
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