

NEW MILFORD SENIOR CENTER

Upcoming
Programs

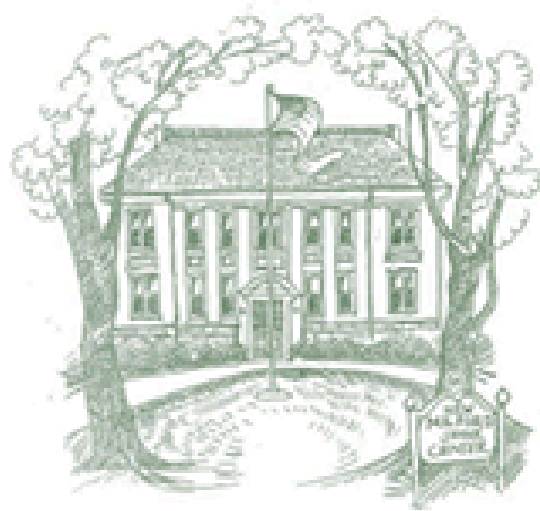


***Note: Programs may be subject to change
It's always best to call the center to confirm.***



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

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



ELDERLY NUTRITION PROGRAM

LUNCH SERVICE

CONGREGATE MEALS SERVED AT THE NEW MILFORD SENIOR CENTER

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

OCTOBER 2026 MENU

This menu is UPDATED from the one printed in the newsletter

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LUNCH PREPARED BY 		 <i>Please note that due to product availability, menu items may be subject to substitutions</i>	
			1
			- Grilled Chicken - Baked Potatoes - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice
5	6	7	8
- Grilled Cheese Sandwich - Tomato Soup - Salad - Low-Fat Milk - Fruit Juice	- Roast Pork Shoulder - Rice and Beans - Bread - Low-Fat Milk - Fruit Juice	- Salmon - Sweet Potatoes - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice	- Sausage and Peppers - Pasta - Salad - Bread - Low-Fat Milk - Fruit Juice
12	13	14	15
INDIGENOUS PEOPLES' DAY Senior Center Closed	- Chicken Noodle Soup - Green Salad with Beans - Bread - Low-Fat Milk - Fruit Juice	- Stewed Beef - White Rice - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice	- Pasta with Meat Sauce - Salad - Bread - Low-Fat Milk - Fruit Juice
19	20	21	22
- Pulled Pork on a Roll - Cucumber Watermelon Salad - Low-Fat Milk - Fruit Juice	- Meatloaf - Mashed Potatoes - Green Beans - Bread - Low-Fat Milk - Fruit Juice	- Baked Fish - Yellow Rice with Vegetables - Bread - Low-Fat Milk - Fruit Juice	- Pasta with Meatballs - Salad - Bread - Low-Fat Milk - Fruit Juice
26	27	28	29
- Chicken & Beef Empanadas - Coleslaw - Low-Fat Milk - Fruit Juice	- Chicken with Italian Sauce - Yellow Rice with Vegetables - Bread - Low-Fat Milk - Fruit Juice	- Pork Loin - Mashed Potatoes - Steamed Carrots - Bread - Low-Fat Milk - Fruit Juice	- Lasagna - Salad - Bread - Low-Fat Milk - Fruit Juice

Wednesday
Matinees



In memory of Dolly Parton

October 7
9 to 5

PG - 1 hr 49 min - Comedy, Classic Movie

9to5

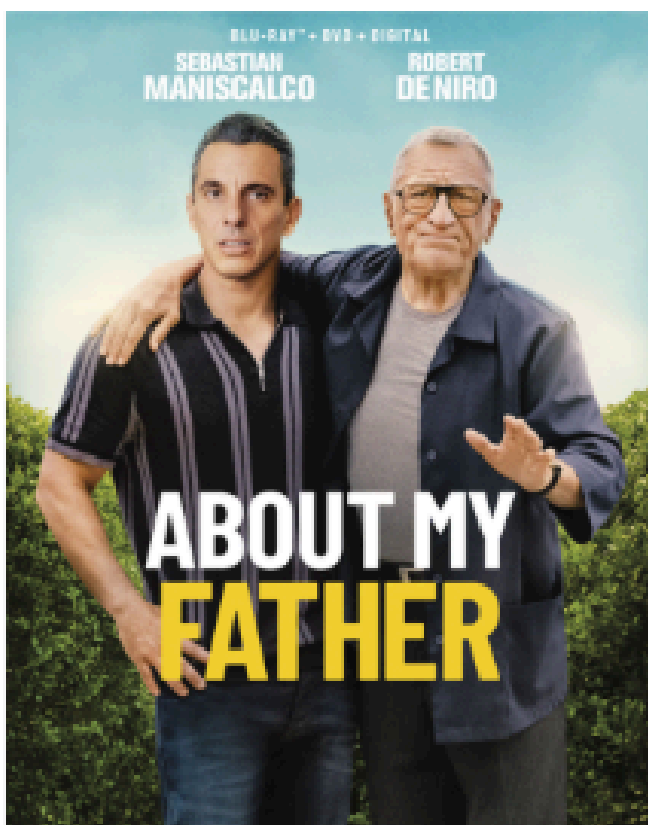


A 1980 American comedy film starring Jane Fonda, Lily Tomlin, Dolly Parton in her film debut, Dabney Coleman, Elizabeth Wilson, and Sterling Hayden. It tells the story of three working women (played by Fonda, Tomlin, and Parton) who live out their fantasies of getting even with and overthrowing their company's autocratic, "sexist, egotistical, lying, hypocritical bigot" vice president (played by Coleman).

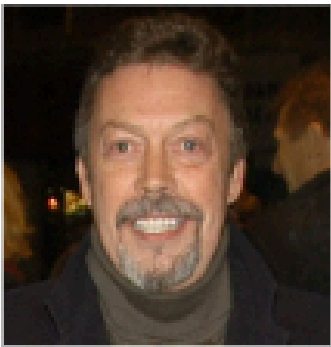
October 14

About My Father

PG-13 - 1 hr 26 min - Comedy



The movie follows Sebastian, an Italian-American man who wants to propose to his girlfriend, Ellie. Before doing so, he brings his traditional, immigrant father Salvo (Robert DeNiro) to meet Ellie's wealthy, eccentric family during a Fourth of July weekend. Salvo feels out of place among Ellie's rich parents and relatives, while his blunt, old-fashioned behavior repeatedly causes awkward and funny situations. The families clash over class, culture, money, and parenting, but over the weekend they gradually learn to understand one another. At its heart, the movie is about the complicated relationship between a son and his father. Sebastian initially sees Salvo as embarrassing and difficult, but eventually realizes that his father's strictness comes from love and a desire to protect him.



In memory of Tim Curry

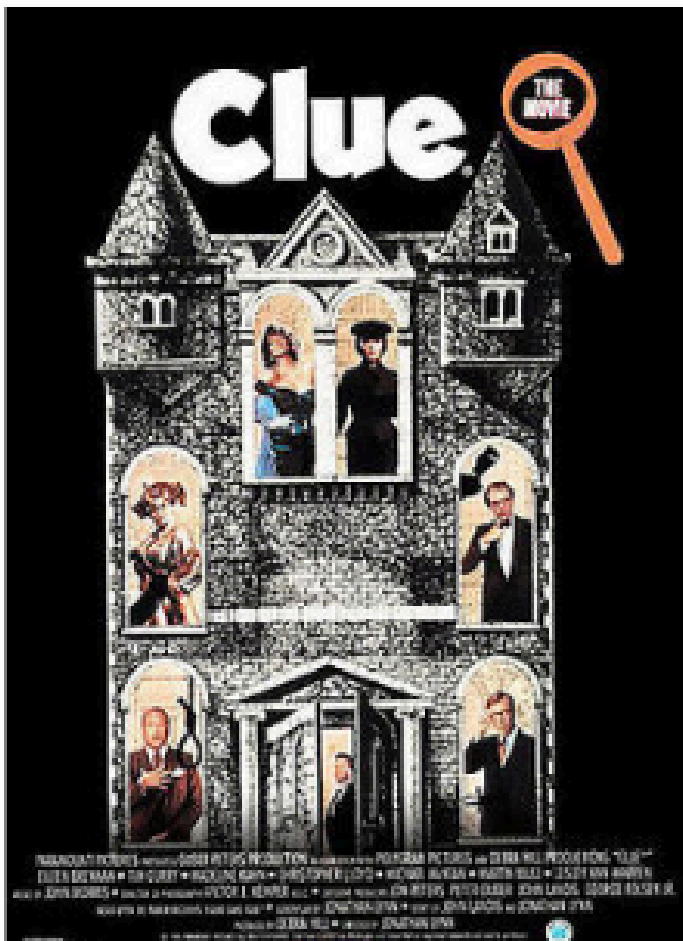
October 21

Clue

Wednesday

PG - 1 hr 49 min - Comedy, Classic Movie

Matinees



Clue (1985) is a comedy-mystery about six strangers invited to a mansion, where they are given secret nicknames. After their host is murdered, they must figure out who killed him, where, and with what weapon. As more people are killed, everyone becomes a suspect, leading to a series of hilarious twists and multiple possible endings. Starring: Tim Curry, Madeline Kahn, Eileen Brennan, Christopher Lloyd, Lesley Ann Warren, Michael McKean, Colleen Camp, Martin Mull, Jane Wiedlin, Lee Ving, Kellye Nakahara, and Bill Henderson.

October 28

Young Frankenstein

PG - 1 hr 46 min - Comedy



comedy about Dr. Frederick Frankenstein, a scientist who inherits his grandfather's castle in Transylvania. There, he discovers his grandfather's experiments and decides to create a living creature of his own. With the help of his assistant Igor and the mysterious Inga, Frederick brings a monster to life, but things quickly become chaotic. The movie humorously parodies classic Frankenstein horror films while exploring friendship, identity, and the consequences of trying to play God.



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

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, OCT. 1, 1 PM

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

Senior Songbirds



FRIDAY
OCT. 2
1 P.M.

Led by Dan Ringuette
on piano

*Lift your voice in song
with fellow senior
center members*

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

TO RSVP, CALL 860-355-6075

ONE-ON-ONE TECH HELP

Provides instruction on how to use cell phones, tablets, or computers, and advice on selecting a new phone or computer with one of the center's Helping Hands volunteers.

**MUST MAKE AN
APPOINTMENT**

Generally
held first
and third
Tuesday

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

RSVP 860-355-6075

New Milford Senior Center Immunization Clinic

**Monday
October 5th
9:00am – 11:00am**

Get vaccinated for Flu,
COVID-19, Pneumonia,
RSV, and Shingles!

**No Appointment
Needed, Just Let Us
Know You're Coming**

“Early Inns and Taverns Across Connecticut and New England”

With author & storyteller John Cilio



Step inside the bustling hubs of colonial news, politics, and community life. In Colonial America, the local tavern was far more than a place to grab a drink - it was the beating heart of community life.

The program explores the rich history, quirky laws, and the social culture of New England's early taverns. It will include stories of legendary stops and surviving historic buildings. For more information, connect with the center.

Tuesday, Oct. 6, at 1 p.m.

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

RSVP 860-355-6075

WEDNESDAY
OCT. 7
10:15 A.M.



VISIT WITH THE CHILDREN'S CENTER



At 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.

**Oct. 9
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

HEARING SCREENING



With
Hearing Life

Assess your hearing
health with a short
hearing screening with
Hearing Life.

Tuesday, Oct. 13
10 a.m.
by appointment



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



RSVP 860-355-6075

Golden Pen

Poetry Workshop

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

Wednesday, Oct. 14, at 2 p.m.

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

FLEX!

Integrated Fitness

*Exercise
your mind
and body.*

*With Cynthia Rauschert
owner and creative director of Circus Moves*

Thursdays

Oct. 15, 22 and 29, and Nov. 12
(no class Nov. 5)

10 to 11:30 a.m.

Four-week series that focuses on building reflexes and flexibility in both mind and body. Series will introduce participants to functional movement exercises that build skills to support fall prevention through stretching and strengthening muscles, loosening joints, and improving reaction times.

RSVP

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

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, OCT. 15, 10:15 AM

**Third Thursday each month
unless otherwise noted**

New Milford Senior Center
40 Main St.
New Milford



860-355-6075

Protect Your Future



Living Will & Power of Attorney Clinic



MICHELLE M. LIGUORI
ATTORNEY AT LAW

free

FRIDAY

OCT. 16

9:30 A.M.-2:30 P.M.

BY APPOINTMENT

Registration starts Oct. 6.

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

RSVP 860-355-6075

JUKEBOX

BINGO

& PIZZA

Friday
Oct. 16
1 p.m.

*Pay on
the day
\$5*

Sponsored by



Candlewood
REHABILITATION AND HEALTHCARE CENTER

*At New Milford Senior Center, 40 Main St., New Milford
To sign up, stop in or call the senior center
at 860-355-6075*

MOVERS

& SHAKERS

Monday

Oct. 19

9:30-10:30 a.m.

Walk at Reservoir Loop

Entrance at 150 Second Hill Road

1.2-mile loop some uneven terrain. Minor rocky sections, plus small bridges and boardwalks over damp spots.

Not ideal for canes or walkers/rollators. Some big steps required.

Drivers who will meet the group on site should meet there for 9:15 a.m. The entrance is at 150 Second Hill Road. Turn into the paved driveway off Second Hill Road marked by the Reservoir Park sign. Those interested in bus transportation should call the center to reserve a seat.

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



Veterans Luminary sales

with VFW Post 1672 Auxiliary

For \$5, a resident may purchase a luminary bag - in honor or memory of a veteran and include his/her name and other information on the bag.

The bags will be lighted and placed around the Village Green Nov. 10 at dusk and remain on until they burn out.



Mondays

Oct. 19 & Oct. 26

10:30 a.m.-1 p.m.

**(revised start
time)**

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



BINGO

Join Serenity Care at Home for a fun filled afternoon of Bingo. Prizes for the winners

MONDAY
OCTOBER
19TH

1:00

COMMUNITY
ROOM

Sponsored by



SERENITY
CARE AT HOME LLC

***At New Milford Senior Center, 40 Main St., New Milford
To sign up, connect with the senior center at 860-355-6075***

October

BIRTHDAYS CELEBRATION



Tuesday Oct. 20 12 p.m.

**MUSIC & ENTERTAINMENT
PIANIST
BRIAN HORBERG**

**CUPCAKES SPONSORED
BY**




**COLDWELL BANKER
REALTY**

Dawn Hough

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

Art Activity

DECORATE A FLOWER POT
WITH A SEASONAL THEME

with

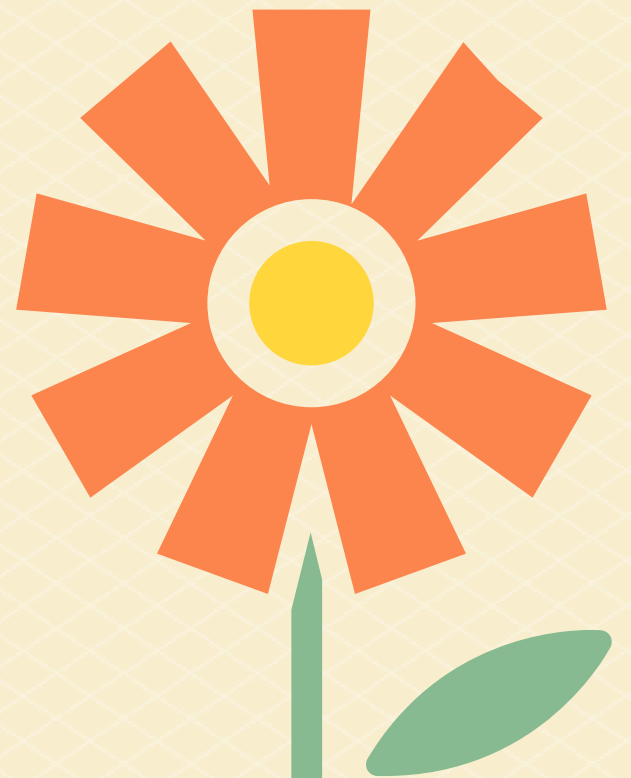
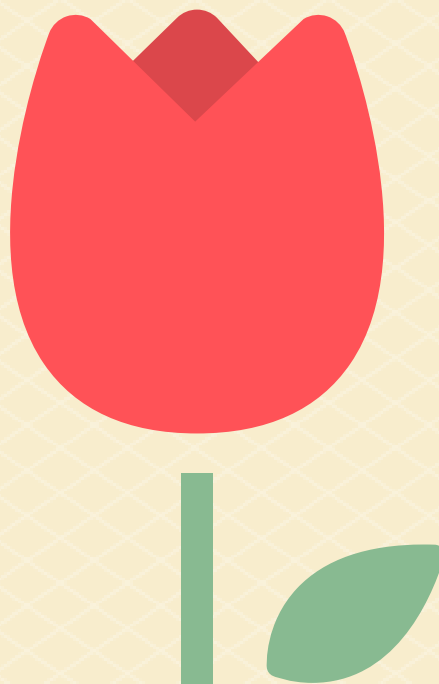
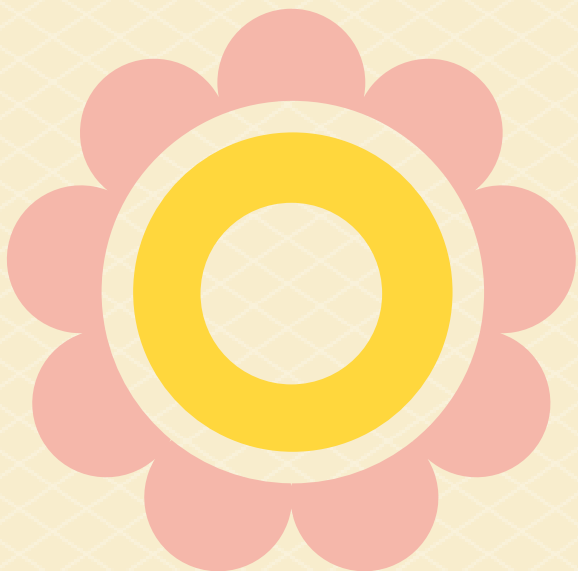


Cornerstone
CAREGIVING

OCTOBER 20
1-2 P.M.

limited to 14

Decorate a small pot and then place a
succulent in it to brighter your room.



At 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, OCT. 21
10:30-11:30 AM

AT NEW MILFORD SENIOR CENTER
40 MAIN ST.
NEW MILFORD

860-355-6075



A TOUCH OF OPERA **AN AFTERNOON OF SONG**

OCTOBER 22 | 1 PM



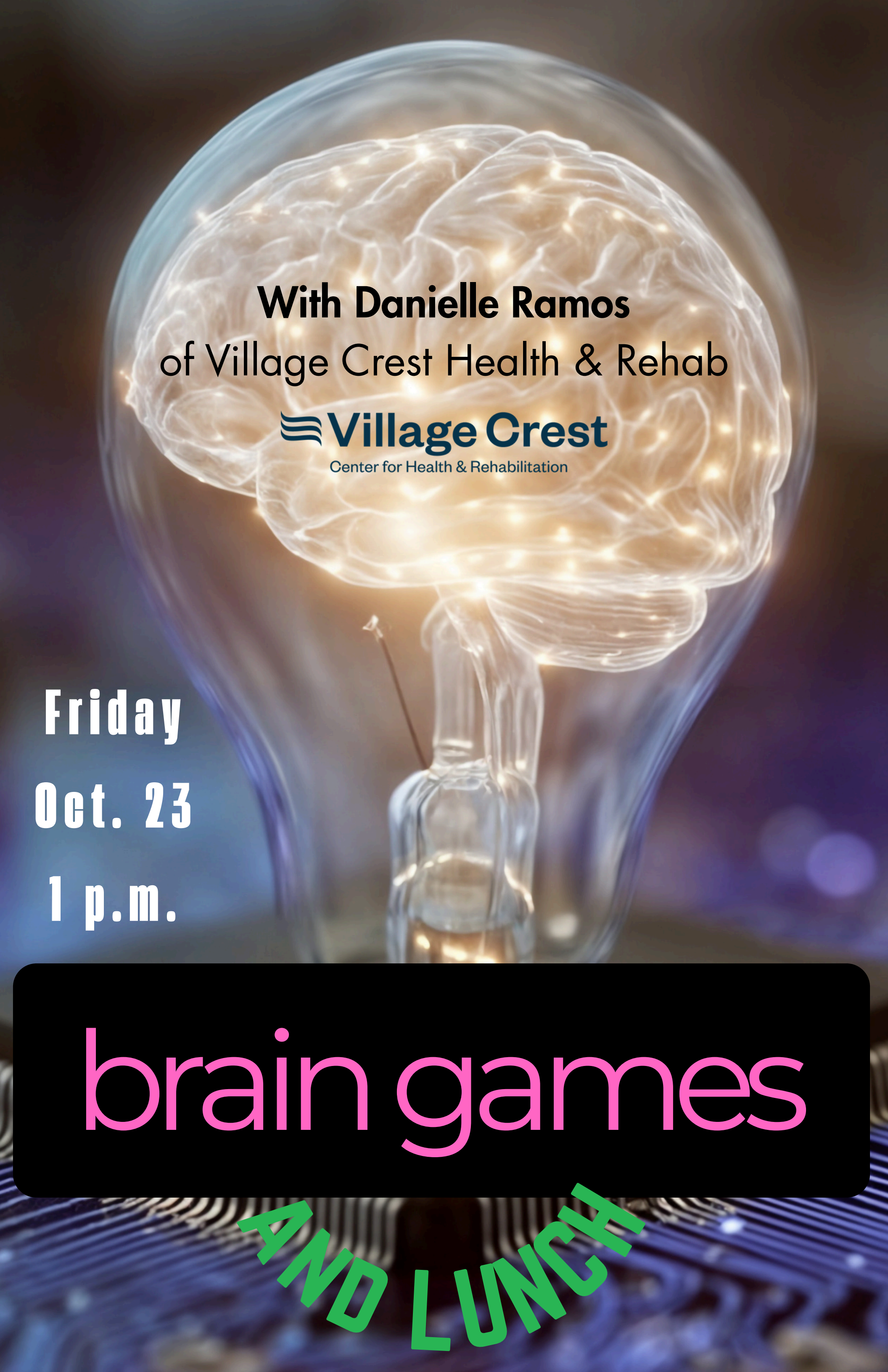
With special guest Gina Consiglio, a classically trained soprano with an impressive career in opera and Italian music.

She will perform a variety of songs– including traditional songs, sacred and art songs, selections from musical theater, and patriotic songs



New Milford Senior Center
40 Main St., New Milford

RSVP
860-355-6075



With Danielle Ramos
of Village Crest Health & Rehab

 **Village Crest**
Center for Health & Rehabilitation

Friday
Oct. 23
1 p.m.

brain games

AND LUNCH

New Milford Senior Center

will participate in
the town's

TRUNK OR TREAT



**SUNDAY, OCT. 25
4:30-6:30 P.M.**

Costumes encouraged. Wear something Disney themed (think “Star Wars,” Marvel, animated films, Disney characters etc.), or what you’d like

Help us hand out candy to thousands of trick-or-treaters on the New Milford Green



RSVP to join us: sign up on the “Spread Your Light” volunteer sign-up sheet near the office or call 860-355-6075

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

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**

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, Oct. 26

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

“✓” *“The American Revolution through the Eyes of Its People” with John Cilio. Light dinner fare to be served promptly at 5.*

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



The American Revolution through the eyes of its people

The program will explore the events leading up to and during the American Revolution, including Britain's efforts to unite the colonies, the political struggles that shaped the era, and the issues that fueled the drive for independence.

The talk will conclude with a discussion of the Treaty of Paris, which officially ended the war, and a brief overview of the constitutions established in its aftermath.

Illustrations, artwork, and historical documents from the period will help bring the story to life. The presentation draws upon a compelling 1785 book as well as modern research that reveals insights unavailable to historians of the time.

Monday
Oct. 26
5 p.m.

With John
Author/Storyteller

***Light dinner fare served at
4:45 p.m.***

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

RSVP 860-355-6075

by Oct. 22



You are cordially invited to **a Halloween party**

featuring a hot autumn lunch, wine, live music with Dustina Rose, a costume contest with prizes, mystery, and more

Menu

Maple glazed chicken over sweet potatoes, green beans and salad.

Desserts sponsored by



Special drinks sponsored by



Friday
Oct. 30
12-2:30 pm



\$20

Costumes encouraged
Limitd to 60

Payment confirms registration
RSVP the senior center
Oct. 13-Oct. 22





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. Spring through Oct. 15.
- ♦ **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. 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.*
 - ♦ **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

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.](#)*
- ♦ **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.
- ♦ **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.

PLAY POOL

**Pool table available for use at the senior center.
Call the office to request use.**



860-355-6075



The center is also looking to
form a pool club. If interested,
contact Deborah at the center.



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

AMERICAN SIGN LANGUAGE

learn a new language



MONDAYS
10:30-11:45 AM

AT NEW MILFORD SENIOR CENTER
40 MAIN ST.
NEW MILFORD

860-355-6075

SPRECHEN

SIE DEUTSCH?

**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

PUZZLE

EXCHANGE

WE LOVE
OUR PUZZLES



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

BLOOD PRESSURE SCREENING

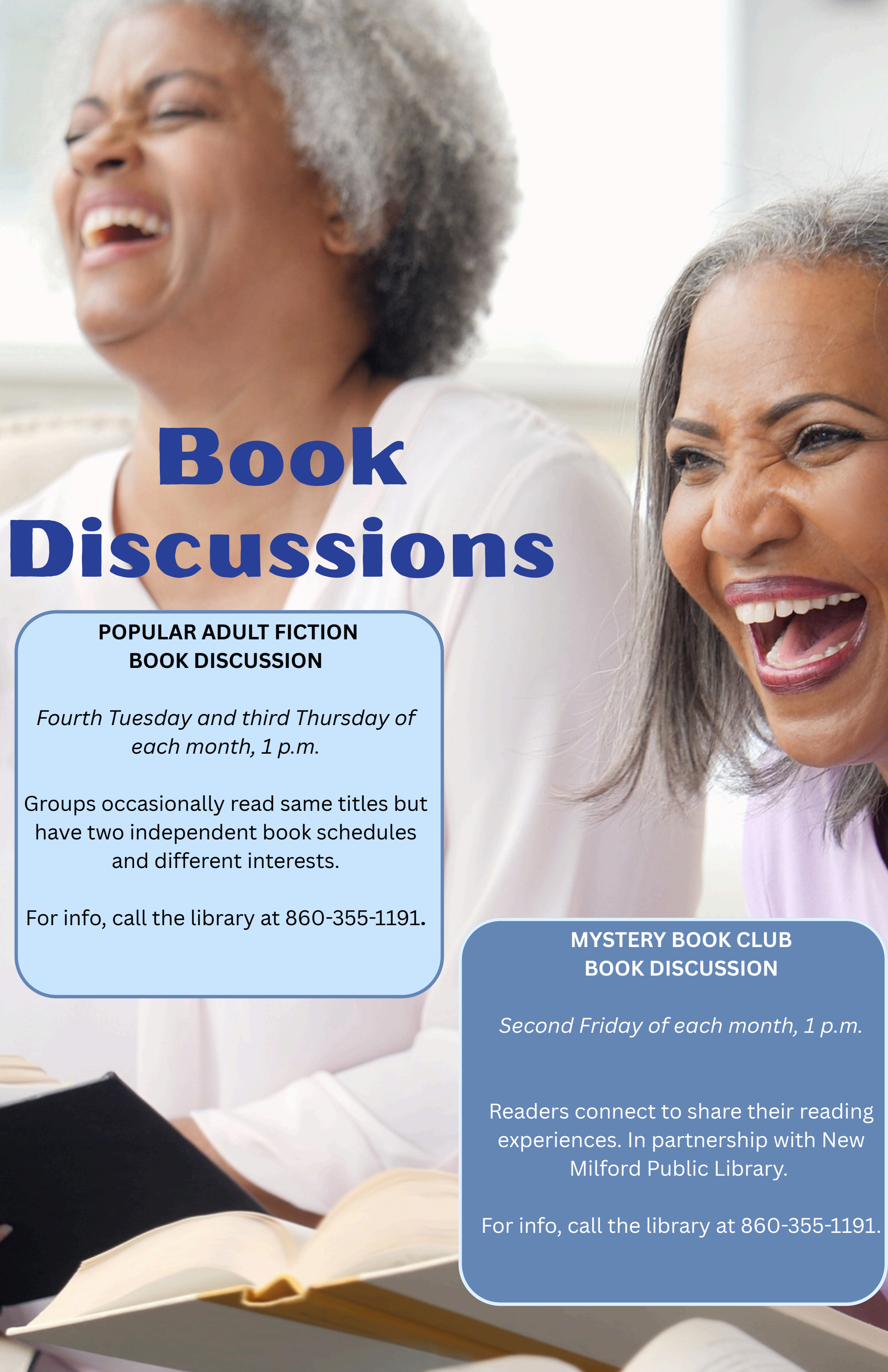


With
Housatonic Valley Health District
Community Health Nursing Supervisor

WEDNESDAYS, 10:30-11:30 AM

AT NEW MILFORD SENIOR CENTER
40 MAIN ST.
NEW MILFORD

860-355-6075



Book Discussions

POPULAR ADULT FICTION BOOK DISCUSSION

*Fourth Tuesday and third Thursday of
each month, 1 p.m.*

Groups occasionally read same titles but
have two independent book schedules
and different interests.

For info, call the library at 860-355-1191.

MYSTERY BOOK CLUB BOOK DISCUSSION

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.