

DECEMBER 2024

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MILFORD  
SENIOR  
CENTER

# discover



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## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

**OUR COMMUNITY  
NEWSLETTER**  
OCTOBER EDITION



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NEW MILFORD  
SENIOR CENTER

40 Main Street ♦ New Milford, CT 06776  
Telephone (860) 355-6075 Fax (860) 354-2843  
Hours: Monday-Friday, 8:00 AM-4:00 PM  
Email: [senior@newmilfordct.gov](mailto:senior@newmilfordct.gov)  
Website: [www.newmilford.org](http://www.newmilford.org)

Click on "Departments" and select "Senior Center"



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NewMilfordCTSeniorCenter](http://www.facebook.com/NewMilfordCTSeniorCenter)



[www.agewellct.org/newmilford](http://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, 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 WCAA 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.



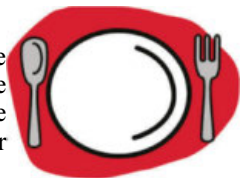
### DURABLE MEDICAL EQUIPMENT LENDING CLOSET

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 who 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.

4 | HAPPENINGS IN THE COMMUNITY



**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](http://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*.

**LION'S CLUB SENIOR CHRISTMAS PARTY**

**Sunday, December 8th, 12:00 PM**  
**(Doors open at 11:00 AM)**  
**VFW Hall - 11 Avery Road**



You are cordially invited to attend the Lion's Club Annual Christmas Party to kick off the holiday season! Tickets are available for pickup at the Center. Please note that guests from Butter Brook and Glen Ayre may pick up their tickets at their respective community offices. Bus transportation will be available by request. Many thanks and good tidings to the Lion's Club for this well-loved event!

**ODD FELLOWS SENIOR BREAKFAST**

**Friday, December 20th, 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!

THE NEW MILFORD SENIOR CENTER PRESENTS

**LET'S GO TO THE MOVIES AT BANK ST. THEATER!**

**TUESDAY, DEC. 3 12:30PM**

**TICKETS-\$5.00 AT THE DOOR**

Meet us at Bank Street Theater to see *Wicked!* The Movie begins at 12:30PM sharp, so arrive early to get your ticket and any snacks you might want! Connect with the Senior Center for more info.

PLEASE NOTE THAT THE NEW MILFORD SENIOR CENTER WILL BE CLOSED ON DECEMBER 25TH IN HONOR OF CHRISTMAS DAY AND JANUARY 1ST IN HONOR OF NEW YEAR'S DAY

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LOCALLY**

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**Serving the Local Community for Over 20 Years!**

## AMERICAN SIGN LANGUAGE 101

**Mondays, December 16th and 30th, 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.

## SECRETS YOUR PARENTS NEVER TOLD YOU: THE HISTORY OF CHRISTMAS CAROLS AND SONGS

**Tuesday, December 10th, 1:00 PM**

Join author and storyteller, John Cilio, as he takes us caroling through the ages. Discover some of the fascinating legends and realities that surround the traditional songs of the season! As early as the year 129, Roman Bishops wanted carols to be sung at Christmas in Rome. Some things have been forgotten over centuries - what could they be? Connect with the Senior Center to sign up.



## NEVER STOP LEARNING | 5

## 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.



## TECH SAVVY SENIORS

**Wednesdays Dec. 4th, 11th & 18th, 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.

## WARM HOLIDAY WISHES FROM ALL OF US AT THE NEW MILFORD SENIOR CENTER!



*The New Milford Senior Center Presents*

## THE JINGLE JAMMIE JAM JUKEBOX BINGO

**EAT, PLAY & BE MERRY**

Lunch sponsored by  
Candlewood Valley Health & Rehab

**\$5.00**

**DEC  
13**

**1:00 PM**

**Wear your  
favorite jammies!**

For more info connect with the Senior Center.

*The New Milford Senior Center Presents*

## A HOLLY JOLLY HOLIDAY PARTY

**FRIDAY, DEC. 20TH  
12PM**

EMBRACE THE SPIRIT OF THE HOLIDAY SEASON AND UNITE WITH US IN CELEBRATION! ENJOY A SCRUMPTIOUS MEAL PREPARED BY C&C DELI, BE INSPIRED BY THE MUSIC OF THE ESPERANTO DUO, AND RAISE A GLASS TO A BRIGHTER TOMORROW WITH A CHAMPAGNE TOAST!

**TICKETS: \$20.00**

Tickets on sale beginning  
Tuesday, Nov. 19th

Thank you to Sheraton Caregivers & Charter Senior Living of Brookfield for your help in making this a wonderful Holiday celebration!

## 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.



Get alerted about emergencies and many other important community news by signing up for the Town of New Milford's Emergency Alert Program. To sign up, go to the Town of New Milford home page at [www.newmilford.org](http://www.newmilford.org) and scroll

down to the bottom of the home page and click the "Notify New Milford" icon. For questions, please call the Mayor's Office at 860-355-6010 or email the Mayor's Office at [mayor@newmilfordct.gov](mailto:mayor@newmilfordct.gov)

### NEWMILFORDNOW.ORG

Visit the Town of New Milford's official tourism and community website, to read about the people, places, events and experiences that comprise New Milford and illuminate its history, beauty and spirit. The website includes a calendar of events; stories and photographs, directory of places to dine, shop, stay, explore and play; an interactive map; a link to the Town's YouTube channel; and more!

### SENIOR CENTER COMMUNICATIONS

Please note that email correspondence from Senior Center Staff or Town of New Milford employees now end in [@newmilfordct.gov](mailto:@newmilfordct.gov). If you would like to receive emails from the New Milford Senior Center, please send us an email at [senior@newmilfordct.gov](mailto:senior@newmilfordct.gov) to say hello and we can add you to our online mailing list.

### 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](http://www.newmilfordlibrary.org) with links to the registration form.



### 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.

**NEW MILFORD COMMUNITY CONNECT**

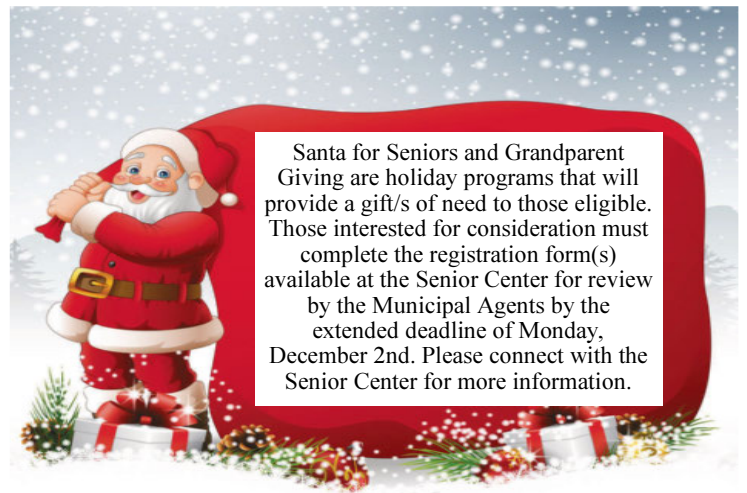


The Town of New Milford Fire Marshal's Office announces the launch of Community Connect, a community risk reduction platform developed by First Due. The platform empowers first responders with critical life-saving information, and facilitates mass notifications of residents with essential health and life-safety preventative messaging. Community Connect not only enhances the safety of the New Milford community but also promises efficient emergency response, ensuring the improved well-being of all residents. User data is strictly used for response purposes or emergency planning, reinforcing the platform's commitment to user privacy and safety. Users can create personalized residential and business health and life safety profiles, which lead to a more efficient and tailored response from emergency services when required. For more information about Community Connect and to create your profile, visit <https://www.communityconnect.io/info/ct-newmilford>. You can also connect with the Fire Marshal's Office at 860-355-6099 or email [firemarshal@newmilfordct.gov](mailto:firemarshal@newmilfordct.gov) with questions.



**BEREAVEMENT SUPPORT GROUP**  
**Friday, December 13th, 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 Garret Walkup at 475-529-6118 or [gwalkup@rvnahealth.org](mailto:gwalkup@rvnahealth.org) or connect with the Senior Center.



Santa for Seniors and Grandparent Giving are holiday programs that will provide a gift/s of need to those eligible. Those interested for consideration must complete the registration form(s) available at the Senior Center for review by the Municipal Agents by the extended deadline of Monday, December 2nd. Please connect with the Senior Center for more information.

**CAREGIVER SUPPORT GROUP**

**Thursday, December 5th, 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.



**OPPORTUNITIES TO SPREAD A LITTLE HOLIDAY CHEER IN OUR SENIOR COMMUNITY**

**NEW MILFORD SENIOR CENTER**  
*Grandparent Giving Toy & Gift Drive*  
 Grandparent Giving **ALLOWS GRANDPARENTS IN NEED TO PROVIDE A HOLIDAY GIFT FOR THEIR GRANDCHILDREN**  
**CONSIDER MAKING A DONATION OF AN UNWRAPPED TOY OR GIFT ITEM AND LEAVING IT BENEATH THE TREE IN THE SENIOR CENTER HALLWAY BY WEDNESDAY, DECEMBER 11TH**  
**GRANDCHILDREN RECIPIENTS RANGE IN AGE FROM 0 TO 16 YEARS OF AGE AND IT IS REQUESTED THAT TOY OR GIFT ITEM(S) DO NOT EXCEED \$25.00 IN VALUE**  
*Thank you for your warm consideration in the Spirit of the Season!*

**NEW MILFORD SENIOR CENTER**  
*Santa for Seniors*  
**Santa for Seniors PROVIDES A GIFT OF NEED FOR A SENIOR IN NEED IN OUR NEW MILFORD COMMUNITY**  
**CONSIDER FULFILLING A Santa for Seniors WISH BY TAKING A GIFT TAG FROM THE TREE IN THE SENIOR CENTER HALLWAY**  
**AFTER PURCHASING THE GIFT, PLEASE WRAP IT, SECURE THE GIFT TAG TO THE GIFT, AND RETURN TO THE NEW MILFORD SENIOR CENTER BY FRIDAY, DECEMBER 13TH**  
*Thank you for your warm consideration in the Spirit of the Season!*

**GOT MILK?**

**Tuesday, December 3rd, 9:30 AM**

Join registered dietician, Judy Prager for a educational talk about milk. The milk aisle at the grocery store keeps growing with new milks or milk beverages. Come and learn about the nutritional value of these milks so that you could make an educated choice as to which one you want to drink whether it be cows milk, almond milk, soy milk, rice milk, cashew milk or the many others available to you! Connect with the Senior Center to sign up.



**INTEGRATED FITNESS**

**Thursday, December 5th and 12th, 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, December 10th, 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.



**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.



**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 is free of charge but space is limited so to sign up, please connect with the Senior Center. Embrace your mind, body, and spirit!



**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.



**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](mailto:aklambmoretti@alz.org). This group will meet every last Friday of the month. Visit [alz.org/ct](http://alz.org/ct) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://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.

**Help is 3 Numbers Away**





**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](http://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](http://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, December 17th, 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 (Seasoned)**

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, Dec. 4th, 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**

**Mondays, 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, December 17th, 12:00 PM**

Come celebrate all the birthdays 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, December 13th  
and Thursday, December 19th,  
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  
(See you in January!)**



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, Dec. 6th, 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!

**REMEMBERING THE OLD SONGS**



**Thursday, December 19th, 11:00 AM**

Folklorist Derek Piotr began archiving folksongs, tales, poetry and interviews in 2020.

In this workshop, Derek invites members of the community to share their own memories of song and maybe sing a song or two. Space is limited, connect with the Senior Center to sign up.



**HOLIDAY CENTERPIECE WORKSHOP**

**Thursday, December 19th, 9:30AM**

The New Milford Garden Club will guide us in arranging a beautiful, evergreen, centerpiece; just in time for to decorate for the holidays! Space is limited, 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!



**WHAT'S HAPPENING: CURRENT EVENTS AND CONVERSATION**

**Thursdays, December 12th and 26th, 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.

**GOOD OLE FASHION CAROLING AROUND THE PIANO**

**Tuesday, December 17th, 1:00 PM**

Join us in a joyful celebration of music and friendship! Let's gather around the piano with our friends and sing the songs that bring us joy and fill our hearts with the holiday spirit! Talented pianist Dan Ringuette will tickle the ivories and lead us in an afternoon of uplifting melodies that you all know and love. Lyrics will be projected on the large screen for all to follow! Hot Cocoa and Cookies will be served! Connect with the Senior Center to sign up.



**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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### Word List:

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 PECANS  
 ALLSPICE  
 SUGAR  
 BRANDY  
 PANETTONE

CURRANTS  
 NUTS  
 SPICES  
 CLOVES  
 EGGS  
 RUM  
 STOLLEN

SULTANAS  
 WALNUTS  
 CINNAMON  
 FLOUR  
 LEAVENING  
 CHERRIES  
 MARZIPAN

CANDIED  
 ALMONDS  
 NUTMEG  
 BUTTER  
 MILK  
 FRUITCAKE



## 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 \*NEW TIME\*

**Mondays, 4:30-5:30 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. 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!



## EXERCISE CLASSES | 13



**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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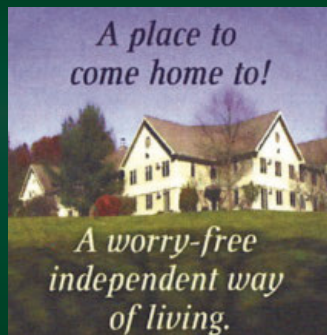
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MONDAY - THURSDAY, 12:00 PM

SUGGESTED DONATION: \$5.00

PLEASE SIGN UP BY CONNECTING WITH THE SENIOR CENTER AT LEAST 3 DAYS IN ADVANCE

## DECEMBER 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2</p> <ul style="list-style-type: none"> <li>Sausage and Peppers</li> <li>Pasta</li> <li>Dinner Roll</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> <li>Tomato Soup</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Turkey and Gravy</li> <li>Mashed Potatoes</li> <li>Cauliflower</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Beef Stir Fry</li> <li>White Rice</li> <li>Steamed Carrot</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>Grilled Chicken</li> <li>Cesar Salad</li> <li>Dinner Roll</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>BBQ Pulled Pork on a Bun</li> <li>Cheddar Cheese</li> <li>Pickles</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Baked Fish</li> <li>Yellow Rice</li> <li>Salad</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>Chicken Tortilla Soup</li> <li>Cheddar Cheese</li> <li>Tortilla Chips</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>Chicken Stew</li> <li>White Rice</li> <li>Salad</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>17</p> <p><b>*Happy December Birthdays*</b></p> <ul style="list-style-type: none"> <li>Salmon</li> <li>Mashed Potatoes</li> <li>Mixed Veggies</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Celebratory Cupcake</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Chicken Quesadilla</li> <li>Salad</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>Pork Chops</li> <li>Rice with Corn</li> <li>Mixed Vegetables</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>Chicken and Rice Soup</li> <li>Salad</li> <li>Dinner Roll</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>Tuna Salad Sandwich</li> <li>Garden Salad</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>25</p> <p><b>CHRISTMAS DAY</b> Senior Center Closed</p>	<p>26</p> <ul style="list-style-type: none"> <li>BBQ Chicken</li> <li>Mac and Cheese</li> <li>Salad</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>
<p>30</p> <ul style="list-style-type: none"> <li>Chicken Stir Fry</li> <li>White Rice</li> <li>Mixed Veggies</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>Chicken and Beef Empanadas</li> <li>Coleslaw</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Dessert</li> </ul>	<p>LUNCH PREPARED BY</p>	<p><b>ALL MEALS MEET PORTION GUIDELINES</b></p> <ul style="list-style-type: none"> <li>3 Ounces Protein</li> <li>1/2 Cup Starch</li> <li>1/2 Cup Vegetables</li> <li>1 Bread</li> <li>1/2 Cup Fruit or Fruit Juice</li> <li>8 Ounces Milk</li> </ul>

Please note that due to product availability, menu items may be subject to substitutions



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