Pop-up events are possible. They will be communicated via email and posted on the bulletin board near the check-in computer at the senior center. If you aren't receiving our emails, please let us know so we can add or update your address.

REVISED 112026V2

December 2026

Dining Room (DR)
Grand Room (GR)
Lounge/Library (L)
Health and Wellness Room (HW)
Second Floor Carpeted Classroom (2A)
Second Floor Hard Floor Club Room (CR)
Lower Level (LL)
Second Floor Computer Lab (CL)
Bocce Court outside (BC)
Parking Lot (PL)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 **NEW MILFORD SENIOR CENTER** **40 MAIN ST.** **NEW MILFORD, CT 06776** **PHONE: 860-355-6075** **EMAIL:** **SENIORS@NEWMILFORDCT.GOV –** **Open Hours Available –** **Connect with the New Milford Senior Center office for usage requests: Computer Lab and pool table all year-round and Bocce Ball Court (spring through Oct. 15).**	**1** 10:00 Chair Yoga (2A) *$$* *10:00 Day Trippers: Vintage Finds & Good Times – RESCHEDULED to spring* 12:00 Lunch (DR) *$5 Suggested Donation* 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A/CL) 1:00 Quilt Circle (CR) *Tech appointments by appointment – call for info and RSVP*	10:15 Visit with Children's Center (GR) **2** 10:00 **Tech Savvy: Photo Albums Part 2 (CL)** 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Book Exchange with NMPL (DR) 11:00 Dancin' Through the Decades (CR) *$$* 12:00 Lunch (DR/GR) *$5 Suggested Donation* 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) **12:45-2:45 Midweek Matinee: "Dolly Parton's Christmas on the Square"(GR)** **12:45 NMPL Book Club movie (HW)** 1:00 Tai Chi - Intermediate (CR) *$$*	3 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 11:00-11:45 Spanish (CL) 11:30 Strength & Balance Exercise Class (CR) *$$* 12:00 Lunch (DR/GR) $5 Suggested Donation 1:00 Caregiver's Support Group (L) 1:00 Cornhole (GR) **4:00 "Under the Holiday Lights: Jazz Enchantment" wine & cheese reception, followed by 4:30 performance; $10 ticket (GR/DR)**	4 10:00 We've Got Game! Card Games (DR) 10:00 Wii Bowling (L) 10:00 Yoga (2A) *$$* 11:00 Tai Chi - Beginner (CR) *$$* **11:00 Meet the Train Guys (GR/DR)** **1:00 Jukebox Bingo & Pizza (pizza, 12:15, bingo, 1) $5 pay day of (GR)** 1:00 Sound Healing (2A)
6 ADDED: 12:00 Lions holiday party at VFW (tickets available 12/1 to 12/4; Tickets for Butter Brook and Glen Ayre residents available same dates at those sites. Bus service available by request	9:30 Cornhole (GR) **7** 10 Handiwork Circle (GR) 10:30 ASL 101 (L) 11:30 Strength and Balance (CR) *$$* 12:00 Lunch (DR/GR) *$5* 1:00 Bridge 101 (L) **1:00 Special Bingo (GR) sponsored by Village Crest** 1:00 German Conversational Group (HW) 4:30Zumba Gold (GR) *$$	10:00 Chair Yoga (2A) *$$* **8** **10-11:00 HearingLife screenings by appt (HW)** **10:30-11:30 Trackside Chat with the Train Guys (DR)** 12:00 Lunch (GR/DR) *$5 Suggested Donation* 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A/CL) 12:30-3:00 Learn to Play Mahjong (2A/CL) *Required training session for first-time players and newbies usually held this day on hold until 2027. 1:00 No group: Quilt Circle (CR) **2:00 "The Fisher in Connecticut" (GR)** 2:00-3:00 Reiki Healing (HW)	**9:30 "Navigating the New Normal" with Brookfield Counseling (GR)** **9** 10:30–11:30 Blood Pressure Screenings (HW) 10:00 **Tech Savvy: Traveling with iPhone (CL)** 11:00 No class: Dancin' Through the Decades (CR) *$$* Resumes in January 12:00 Lunch (DR/GR) *$5 Suggested Donation* 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) **12:45-2:15 Midweek Matinee: "Christmas in Connecticut" from 1945 (GR)** 1:00 Tai Chi - Intermediate (CR) *$$* 2:00 Golden Pen Poetry Workshop (HW)	10 **10:00 Garden Club holiday project – limited to 25 (GR)** 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10-11:30 What's Happening? Current Events Discussion Group (L) 11:00-11:45 Spanish (CL) 11:30 Strength & Balance Exercise Class (CR) *$$* 12:00 Lunch (DR/GR) *$5 Suggested Donation* 12:30 Bridge Club (L) 1:00 Cornhole (GR) 3:30 Commission on Aging Meeting (GR)	11 10:00 Bereavement Support Group (L) 10:00 We've Got Game! Card Games (DR) 10:00 Wii Bowling (DR) 10:00 Yoga (2A) *$$* 11:00 Tai Chi - Beginner (CR) *$$* **12:00 Odd Fellows Senior Lunch at Odd Fellows (bus transportation available by request)** 1:00 Sound Healing (2A) 1:00 Mystery Book Discussion Group (L) 1:00 Senior Songbirds (GR)
9:30 Cornhole (GR) **14** 10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by appt (HW) 10:00 Handiwork Circle (GR) 10:30-11:45 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *$$* 12:00 Lunch (DR/GR) *$5 Suggested Donation* 1:00 Bridge 101 (L) 1:00 Bingo (GR) 1:00 German Conversational Group (HW) **4-6:00 Evening Edition: Extended hours. MAs appts** 4:30 Zumba Gold (GR) *$$* **5-6:00 "Making Connections with those with Alzheimer's & Dementia" with John Scully, author of "Visited Mom Today…Conversations Through the Lens of Alzheimer's and Dementia' (food,4:45; program, 5 p.m.) RSVP required by 12/11 (GR)**	**15** 9:30 Ask the Attorney Roundtable (HW) 10:00 Chair Yoga (2A) *$$* 12:00 Lunch (DR/GR) *$5 Suggested Donation* **12:00 December Birthdays Celebration with cupcakes by CT Nursing Services (RSVP is separate from Lunch) (DR/GR)** 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A/CL) *1:00 No group: Quilt Circle (CR) Will return in January* **1:00 Meet Alamo, NMPD facility dog; with Community Outreach Officer John Legan (GR)**	10:30–11:30 Blood Pressure Screenings (HW) **16** *10:00 No group: Arts & Crafts (limited to 15) (LL)* **10:00 Tech Savvy: Camera (CL)** 11:00 No class: Dancin' Through the Decades (CR) *$$* Resumes in January 12:00 Lunch (DR/GR) *$5 Suggested Donation* 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) **12:45-2:45 Midweek Matinee: "Operation Christmas Drop" (GR)** 1:00 Tai Chi - Intermediate (CR) *$$*	9:30 Cornhole (GR) **17** 10:00 No class: Cartoon Drawing Class (LL) 10:00 Chess (L) 10:15 NMSC Helping Hands Volunteer Meeting (DR) **About 10:45 Caroling visit from the Children's Center (GR)** 11:00-11:45 Spanish (CL) 11:30 Strength & Balance Exercise Class (CR) *$$* 12:00 Lunch (DR/GR) *$5 sugested donation* 1:00 Thursday Popular Books Book Discussion Group (L) **1:00 Holiday Sing-A-Long & Refreshments with Dan Ringuette (GR)**	9:00 Senior Breakfast *moved to this date this month* (Odd Fellow's Hall) **18** 10:00 Wii Bowling (DR) 10:00 We've Got Game! Card Games (DR) 10:00 Yoga (2A) *$$* 11:00 Tai Chi - Beginner (CR) *$$* **12:00 Holiday Party – limited to 75; $20 Dec. 1-11. (DR/GR)** 1:00 Sound Healing (2A)
9:15-10:30 Movers & Shakers walk at Sega Meadows (limited to 11; all will take bus; bus leaves center at 9:15) **21** 9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) *10:30-11:45 No class: American Sign Language 101 (L)* 11:30 Strength and Balance (CR) *$$* 12:00 Lunch (DR/GR) *$5 Suggested Donation* 1:00 Bridge 101 (L) **1:00 Holiday Bingo in Your Pjs! (GR)** 1:00 German Conversational Group (HW) 4:30 No class: Zumba Gold (GR) *$$*	**22** **10:00 Arts with Anita: pinecone owl – limited to 12 (LL)** 10:00 Chair Yoga (2A) *$$* 12:00 Lunch (DR/GR) *$5 Suggested Donation* 12:30-3:00 Beginner Mahjong (2A/CL) 12:30 Scrabble (DR) *1:00 No group: Quilt Circle (CR) Will return in January* 1:00 Tuesday Popular Books Book Discussion Group (L) **1:00 "Holiday Traditions: Stories that Bring Us Together" roundtable with Deborah (GR)** 2:00-3:00 Reiki Healing (HW)	10:30–11:30 Blood Pressure Screenings (HW) **23** *11:00 No class: Dancin' Through the Decades (CR) *$$** 12:00 Lunch (DR/GR) *$5 Suggested Donation* 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) **12:45 Midweek Movie: "Miracle on 34th Street" from 1947 (GR)** 1:00 Tai Chi - Intermediate (CR) *$$*	9:30 Cornhole (GR) **24** 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10-11:30 What's Happening? Current Events Discussion Group (L) 11:00-11:45 Spanish (CL) 11:30 Strength & Balance Exercise Class (CR) *$$* 12:00 Lunch (DR/GR) *$5 sugested donation*	**25** CLOSED FOR HOLIDAY
28 9:30 Cornhole (GR) 10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by appt (HW) 10:00 Handiwork Circle (GR) *10:30-11:45 No class: American Sign Language 101 (L)* 11:30 Strength and Balance (CR) *$$* 12:00 Lunch (DR/GR) *$5 Suggested Donation* 1:00 Bridge 101 (L) 12:45 Moment of Reflection (DR/GR) 1:00 Bingo 1:00 German Conversational Group (HW)	**29** 10:00 Chair Yoga (2A) *$$* 12:00 Lunch (DR/GR) *$5 Suggested Donation* 12:30-3:00 Beginner Mahjong (2A/CL) 12:30 Scrabble (DR) *1:00 No group: Quilt Circle (CR) Will return in January* 1:00 Tuesday Popular Books Book Discussion Group (L) 2:00-3:00 Reiki Healing (HW)	10:30–11:30 Blood Pressure Screenings (HW) **30** *11:00 No class: Dancin' Through the Decades (CR) *$$** 12:00 Lunch (DR/GR) *$5 Suggested Donation* 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) **12:45-2:45 Midweek Matinee: "Ticket to Paradise" (GR)** 1:00 Tai Chi - Intermediate (CR) *$$*	9:30 Cornhole (GR) **31** 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 11:00-11:45 Spanish (CL) 11:30 Strength & Balance Exercise Class (CR) *$$* 12:00 Lunch (DR/GR) *$5 sugested donation*	Name: Address: Phone: To sign up for multiple programs, please indicate signups by circling program on Calendar ☐ Check box if Senior Bus Transportation is needed *$$* -- Fee-based program, connect with office for details