DECEMBER 2026

discover

NEW MILFORD SENIOR CENTER



Photo by Deborah Rose

ABC FUEL OIL

NEW CUSTOMERS WELCOME!

203-775-0221

- Emergency Service
- Discount Fuel Oil Dealer
- Energy Assistance Program
- No Contracts Necessary



Family Owned And Operated Since January 2000 HOD #009

Office- 860.350.3801 Cell- 203.241.9300

The Aiello Roofing Company

Roofing • Siding • Windows • Decks

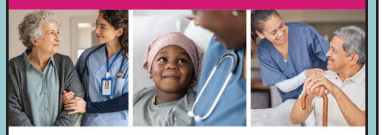
HIC.0641306

theaielloroofingcompany.com • aielloroofingco@gmail.com

REGIONAL HOSPICE

Making the Best of Every Day

Because Every Moment *Matters*



Providing compassionate hospice care in our community since 1983

203.702.7439

makingthebestofeveryday.org

Always Best Care Solely Provides Non-Medical Care

Always Best Care™

senior services

22 Pine Street, Suite 213
Bristol, CT 06010

860-261-4405

ABCofGreaterBristol.com
pdowney@abc-seniors.com

Registered with the Department of Consumer Protection | HCA 0000461

All offices independently owned and operated

Keeping loved ones safe at home since 1996

PRIVATE DUTY CERTIFIED

BBB ACCREDITED BUSINESS

Advertise Here!

Increase visibility in your community.

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider | SafeStreets

833-287-3502



We're Hiring **Ad Sales Executives**

- Paid Training
- Full-time with Benefits

Visit www.lpicommunities.com/careers

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952

Registration for AARP Tax-Aide Program to start in January

AARP Tax-Aide™

Free income tax assistance is provided at the New Milford Senior Center by the AARP Tax-Aide program for low to moderate income taxpayers.

AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.

Returns for states other than Connecticut can not be prepared.

For more information or to schedule an appointment with a certified AARP Tax-Aide counselor, connect with the senior center beginning Wednesday, Jan. 20.

Available appointments will be scheduled on Mondays, Feb. 8 through April 3.

Please bring the following to your appointment:

Photo ID and Social Security cards for the taxpayer, spouse, and any dependents to be included on the return

2025 Tax Return

W-2 forms from each employer

Unemployment compensation statements

SSA-1099 forms for Social Security

Other 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets (stocks, bonds)

All forms indicating federal income tax paid and if a state tax refund was received

Dependent care provider information (name, address, employer ID, Social Security #) and amount paid

Education expenses (1098-T) and other education receipts and scholarships or grants documentation

Business income and expenses if income less than $35,000, not a loss, and has no inventory

If itemizing deductions, summary of deductions OR all receipts or canceled checks for itemized deductions

Even if not itemizing deductions, bring receipts for real and personal property tax payments

If a tax refund is expected, a check with the routing and account numbers

Affordable Care Act (ACA)

Information on health insurance coverage for taxpayer, spouse, and all dependents

If health insurance coverage was not for the full year, information on monthly coverage

Any health care exemptions received through the IRS or Marketplace/Exchange

If health insurance was purchased through the Marketplace, bring form 1095

We cannot prepare returns from the following:

Schedule C—Profit or Loss from Business if expenses exceed $35,000

Schedule E—Rental Property

Lions Club holiday party planned

The New Milford Lions Club will hold its annual holiday party for senior citizens on **Sunday, Dec. 6, beginning at noon** at the VFW Hall on Avery Road in New Milford.

The event will feature live music, a festive dinner, and gifts.

A longstanding tradition in New Milford, the Lions Club holiday party is designed to celebrate the season while honoring the older adults who enrich the community.

Attendance is limited. Tickets will be offered on a first-come, first-served basis.

Tickets will be available Tuesday, Dec. 1, through Friday, Dec. 4, from 8 a.m. to 4 p.m. each day at the New Milford Senior Center, 40 Main St. Butter Brook and Glen Ayre residents can pick up their tickets at their respective facility Tuesday, Dec. 1, through Friday, Dec. 4.

For more information, connect with the senior center.

ABOUT US



NEW MILFORD SENIOR CENTER

40 Main Street ◈ New Milford, CT 06776
Telephone (860) 355-6075 Fax (860) 354-2843
Hours: Monday-Friday, 8 a.m.-4 p.m.
Email: senior@newmilfordct.gov
Website: www.newmilford.org
Click on **"Departments"** and select **"Senior Center"**

Follow us on social media
Facebook: @NewMilfordCTSeniorCenter
Instagram: @nmctseniorcenter

COMMISSION ON AGING

Monthly Meetings take place every Second Thursday at 3:30 PM

Gretchen O'Shea, *Chairperson*
Bob Bennett, *Vice Chairperson*
Carrie Lee Bunblasky, Mary-Ellen Foster, Atty. Michelle Liguori, Holly Mullins, Dean Prokos, Geri Rodda, Cecile Rooney

HEALTH & WELLNESS PARTNERS

Alzheimer's Association
Housatonic Valley Health District
RVNA-New Milford
Nuvance Health

PARTNER

WHEELS Program of Greater NM

Carrie Lee Bunblasky
Executive Director

Nhung Chamreun
Transit & Volunteer Coordinator

Jen Thierfelder
Community Development Coordinatror

Leo Ghio, Stephanie Partridge, Rui Anderson-Sousa, Jess Umbarger, Shelley Scalzo, Eleanor Covelli,Thea Gruber

SENIOR CENTER COMMUNITY CAFÉ

C&C Delicatessen of New Milford, *Elderly Nutrition Program Food Provider*

DIRECTORY

Jasmin Marie J. Ducusin-Jara
Director of Senior Services

Janette Lynn Ireland
Municipal Agent/Elder Advisor

RJ Yarrish
Municipal Agent/Elder Advisor

Deborah Rose
Program Coordinator

Kim Fitch
Office Coordinator/13b Clerical

Tom Williams
Senior Center Bus Operator

Erin Baldwick
Senior Center Bus Operator

Stephanie Barksdale
Chore Services Coordinator

Lori McNamara
PT Seasonal Office Coordinator for MAs

Sue Desgro
Per Diem Sub Senior Center Bus Operator

Rufus de Rham
Per Diem Sub Senior Center Bus Operator

Ann Robinson
Per Diem Sub Senior Center Bus Operator

Bob Reiling
Per Diem Sub Senior Center Bus Operator

Senior center offers lunches

The senior center serves nutritionally balanced meals to individuals through the Elderly Nutrition Program four days a week—Mondays through Thursdays. Reservations are required. To reserve a meal, contact the senior center at 860-355-6075 by the Friday before the week of lunch service. A suggested donation of $5 per meal helps offset the cost. For more info, connect with the center.

Got an idea or a concern?

The Commission on Aging and staff at the senior center value all feedback from members and visitors. Opinions, ideas, and kudos are welcome in our Suggestion Box located on the table in the Grand Room.
Among the suggestions that can be placed in the box: suggestions for activities, classes, or outings; concerns; praise for peers and staff; compliments; etc.
So next time inspiration strikes—or something is weighing on your mind—

Meals-on-Wheels available

Seniors 60 and older and of homebound status can qualify for home delivered meals with Meals on Wheels. Prepared meals are delivered to a person's home. For more information, to apply, or to make a referral, call RW Solutions at (203) 628-7540.

Medical equipment available to borrow from senior center

The New Milford Senior Center operates a Caring for Our Community Closet, which offers access to donated durable medical equipment and continence care supplies for those in need. For more information, connect with the center which is open weekdays from 8 a.m. to 4 p.m.

Lunch Bunch meets monthly

The Lunch Bunch meets one Saturday a month to enjoy a new or favorite restaurant. For more information, connect with the senior center.

Senior breakfast slated



The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, Dec. 18, from 9 to 10 a.m.** at the 25 Danbury Road lodge.
For more info, sign up, or to arrange for transportation, connect with the center.

Kitchen volunteers sought

The center is seeking individuals interested in helping with lunch activities. Lunch is served Mondays through Thursdays, but volunteering is not every day. If interested, connect with the center. A ServSafe food handler course will be offered after the New Year for all volunteers to take.

Volunteer meeting on tap

Those looking to volunteer or share a talent/skill at the senior center are invited to attend the monthly Helping Hands of New Milford Senior Center Volunteer Meeting, held the third Thursday of each month at 10:15 a.m.
The next meeting will be held **Thursday, Dec. 17 at 10:15 a.m.** Staff and attendees review upcoming events, brainstorm new ideas, and see where time and talents can be shared.

WE WILL BE CLOSED DEC. 25 & JAN. 1 FOR THE HOLIDAYS

Advertise in Our Newsletter!

Contact Renee Dubiel
rdubiel@4LPi.com
(800) 950-9952 x3600

Our community wouldn't be the same without you!

America's Choice in Homecare®
Visiting Angels®
LIVING ASSISTANCE SERVICES

Specializing in 24/7 Live-In Care
Homemaker/Companionship & Personal Care
Meal Preparation
Errands/Shopping
Personal Hygiene Assistance
Rewarding Companionship
Respite Care for Families
You Choose the Caregiver

A FREE In-Home Consultation



Serving Fairfield, Litchfield and New Haven Counties
Live-In Care Available Statewide!
Visitingangels.com/brookfield
203-740-0230
CT Reg. #HCA 0000630 Screened, Bonded & Insured
Serving the Local Community for Over 20 Years!

Center to offer holiday events, celebrate spirit of giving through seasonal programs

The holiday season is a time for coming together, sharing kindness, and finding meaningful ways to give back.

It's a time filled with festive traditions, family gatherings, and the joy of giving.

At the center, we look forward to celebrating the season with a variety of holiday activities, special programs, and opportunities for our members and community to enjoy the spirit of the holidays.

Our holiday offerings are on this page and on the pages that follow.

From festive gatherings to opportunities to connect with others, we hope to fill the season with laughter, friendship, and plenty of holiday cheer.

But while this season brings happiness to many, it can also present challenges for some older adults in our community.

For some seniors, the holidays may bring reminders of loved ones who have passed away or family members who live far away.

Others may face health concerns or limited mobility that make it difficult to participate in seasonal activities.

Financial pressures can also become more noticeable,



particularly for those living on fixed incomes. Even a season filled with happy memories can sometimes bring feelings of loneliness, sadness, or reflection.

We recognize that the holidays aren't always easy for everyone. That's why, beyond our seasonal celebrations, we want to find meaningful ways to bring comfort, connection, and a little extra joy to those who may need it most.

Through special initiatives such as **Grandparent Giving** and **Santa for Seniors,** we invite our community to share in the spirit of giving and help make the holidays brighter for local seniors and families.

These programs are about more than gifts; they are about showing someone they are remembered, appreciated, and cared for.

Whether it's attending a holiday event, participating in a giving program, volunteering, or simply reaching out to someone who may be feeling alone, every gesture makes a difference.

GRANDPARENT GIVING

There is something special about watching a grandchild open a gift chosen just for them.

For many grandparents, that simple moment is an important part of holiday traditions. But financial challenges can sometimes make gift-giving difficult.

Our Grandparent Giving program helps make those moments possible. Thanks to the generosity of our donors, many of whom are seniors and visitors to the center, eligible grandparents can select a holiday gift for their grandchildren.

It's about more than a present; it's about sharing in family traditions, creating memories, and keeping the joy of giving alive.



Donations of new, unwrapped items (no more than $25 value) for children from infancy through age 16 are welcome. Please bring donations to the senior center by Friday, Dec. 11.

SANTA FOR SENIORS: BRINGING JOY HOME

The holidays are also a time to remember and celebrate the seniors in our own community.

Our Santa for seniors program brings a little extra warmth and happiness to older adults who may be experiencing isolation, financial hardship, or simply need a reminder that someone cares.

Gift requests have included cozy blankets, personal care items, warm socks, puzzles, and small treats. Each gift is an opportunity to brighten someone's day and let them know they are valued and remembered.



Want to play Santa? Stop by the tree on the main level of the senior center and choose a gift tag listing an item requested by a senior. Purchase and wrap the gift, attach the tag, and return it to the center by Friday, Dec. 11.

A little kindness can make a big difference.

Whether you're helping a grandparent give to a grandchild or bringing holiday cheer directly to a senior, your generosity helps make the season brighter.

SPECIAL EVENTS & TRIPS (CONTINUED ON PAGE 6)

Wear your PJs for holiday jukebox bingo

The senior center invites members to trade in their daywear for nightwear at a special holiday Jukebox Bingo event **Friday, Dec, 4, from 1 to 3 p.m.**

A pizza lunch will be served at 12 p.m.

Participants are encouraged to arrive in their favorite appropriate pajamas to enjoy an afternoon of music, friends, and bingo.

Jukebox Bingo puts a musical spin on the classic game, replacing traditional number calling with hit songs from across the decades. Participants listen to a snippet of a song and mark it off on their unique bingo cards.

The cost is $5 payable the day of the event.



Join us for some holiday fun.

For more info and RSVP, connect with the senior center.

Garden club to lead popular holiday arrangement class in December



The senior center will spread holiday cheer with a special seasonal program with the Garden Club of New Milford.

On **Thursday, Dec. 10, from 10 to 11:30 a.m.,** members of the garden club will lead a hands-on workshop where participants can create their own holiday arrangements.

All supplies will be provided, and participants will leave with a festive floral creation to brighten their homes for the holidays.

The club annually offers this program at the center.

Registration will open Monday, Dec. 2. The program is limited to 25. To RSVP, connect with the senior center.

Join us for 'Under the Holiday Lights: Jazz Enchantment' performance



As the holiday season begins, the senior center will present an intimate afternoon of jazz, wine and seasonal sparkle **Thursday, Dec. 3, at 4:30 p.m.**

The Grand Room will be transformed into an intimate holiday setting, with the room lights dimmed and the soft, twinkling white lights of the large and medium Christmas trees providing a beautiful glow.

Against this festive backdrop, Jim Healy and Liz Roberts will perform a selection of jazz-leaning and ambient tunes, creating a relaxed and sophisticated musical experience.

Both musicians are graduates of the University of Connecticut.

Healy has served as bassist and leader of the larger Mass-Conn Fusion ensemble for more than 45 years.

Together, Healy and Roberts bring a beautifully understated sound that is perfectly suited to an intimate afternoon surrounded by the sparkle of the season.

A **4 p.m. wine, and cheese and crackers reception** will precede the performance.

Come relax, listen and enjoy an afternoon of music surrounded by the soft sparkle of the Christmas trees.

The event, which is open to the public, is limited to 60.

Tickets are $10. Payment confirms registration.

Bingo players invited to wear holiday headwear



The center's regular bingo **Monday, Dec. 21, at 1 p.m.** will be infused with a little extra holiday cheer.

The center invites players to get into the holiday spirit by wearing their favorite holiday headwear. Think Santa hats, reindeer antlers, elf hats, festive headbands, jingle bell hats, or anything that adds a little seasonal sparkle.

It's the perfect excuse to show off your holiday style, share a few laughs, and enjoy some friendly competition with friends.

No need to go all out—just bring holiday spirit and get ready for a fun afternoon with friends.



Ringuette to lead holiday sing-along

Voices will unite **Thursday, Dec. 17, at 1 p.m.** when pianist Dan Ringuette leads guests in a holiday sing-along on our piano. Refreshments will be served.

Poetry group to meet

The center's Golden Pen, a poetry workshop, will next meet **Wednesday, Dec. 9, at 2 p.m.** in the Health and Wellness Room.

The group, which is limited to 8, is led by Deborah Rose, senior center program coordinator and the town poet laureate.

For info and RSVP, connect with the center.

Center announces holiday party



The senior center will hold its annual holiday celebration **Friday, Dec. 18, from noon to 2 p.m.**

The event will feature lunch live entertainment with DJ. Stephanie, and merriment.

Attendees are invited to wear festive attire for the season.

The menu will feature salad, Creamy Garlic-Herb & Sun-Dried Tomato Chicken, mashed potatoes, broccoli florets, fruit, and dessert.

Wine, festive spirits, and a holiday beverage will be available.

Stephanie is a dynamic and respected DJ and entertainer. She shines as an MC, Open Format Club DJ, singer, educator, and charismatic Karaoke & Podcast Host.

Sponsors include Candlewood Rehabilitation and Healthcare and Synergy Homecare.

Tickets are $20 and will be available Dec. 1 through Dec. 11. The event is limited to 60.

For more info, connect with the center.

Looking for a holiday gift idea? We've got you covered!

NEW MILFORD SENIOR CENTER
Gift Certificate

Redeemable for classes, programs, and trips.
Available at the New Milford Senior Center
40 Main St., New Milford
For more info, call 860-355-6075

Handmade items make great holiday gifts

Handmade crafts made by the senior community are on display and for sale at the Top of the Green Boutique, located in the display case at the senior center.

Proceeds benefit the center's Enrichment Fund.

Among the items are recycled bird feeders made out of aluminum cans, crocheted purses, artwork made of shells, seasonal decorations and gift items, and more.

To learn more and view the items, stop by the center.

Program to explore holiday stories, traditions



Seniors are invited to come together and celebrate the season in a meaningful way through "Holiday Traditions: Stories That Bring Us Together," a special roundtable, **Tuesday, Dec. 21 at 1 p.m.**

The program is designed to foster connection, reflection, and the sharing of cherished memories about personal holiday traditions, family recipes, cultural customs, and seasonal stories from their past.

The program will be guided by Deborah Rose, senior center program coordinator, and time for open conversation will be available.

The program was offered last year and stirred a lot of memories.

Participants are welcome to bring small items or photos related to their traditions (optional) to share.

For more info and sign up, connect with the senior center.

‘Conversations’ Author to speak about Alzheimer’s, dementia



The center’s next Evening Edition—a monthly event that offers extended hours for a program and for those who are unable to visit or meet with a municipal agent during normal business hours —will be held **Monday, Dec. 14.**

MUNICIPAL AGENT APPOINTMENTS

Municipal agents will be available by appointment from **4 to 6 p.m.** that day. To make an appointment, connect with the center.

PROGRAM

When a loved one is diagnosed with dementia, family members often struggle to find new ways to connect.

In his book, “Visited Mom Today: Conversations through the Lens of Alzheimer's and Dementia,” Connecticut author John D. Scully offers a moving, practical guide to navigating these changing relationships.

Scully will be the guest speaker at the center’s “Evening Edition” program **Monday, Dec. 14, from 5 to 6 p.m.**

Light dinner fare will be provided around 4:45 p.m..

Refreshments will be served by sponsor Visiting Angels of Brookfield.



The program is in partnership with New Milford Public Library. Drawing from 13 years of visiting his mother in a memory care community, Scully shares real conversations and heart-centered strategies developed over her 16-year journey with the disease.

Rather than focusing on clinical advice, his core philosophy is simple yet transformative: stop trying to pull a loved one back into your past, and instead step entirely into their current world.



Based in West Hartford, Scully has shared his message across more than 70 community presentations, library events, and hospice programs.

His talks provide caregivers with actionable communication tools to reduce frustration and build deeply meaningful moments, even in the later, non-verbal stages of the disease.

For more information, to make an appointment with a municipal agent, or to sign up for the program, connect with the center.

Spanish class meets at center

The center’s Spanish class will meets weekly on **Thursdays from 11 to 11:45 a.m.**

For more info and RSVP, connect with the center.

NMPD officer and K9 partner Alamo to visit

The center will welcome New Milford Police Officer John Legan and his canine partner, Alamo, **Tuesday, Dec. 15, at 1 p.m.**

Officer Legan will share the heartwarming story of how Alamo became his partner. Alamo, the NMPD facility dog, began his journey through the Puppies Behind Bars program. Alamo was paired with Officer Legan, and the two quickly developed a special bond

During their visit, Officer Legan will share more about Alamo's journey, his important role, and the special partnership he shares with his canine partner.

Guests will have the opportunity to learn about the comfort and companionship Alamo brings to others while getting to know this very special four-legged member of the NMPD family.

For info and RSVP, connect with the center



Need help with an Android or TracFone?

Marianna Nicholas of New Milford Public Library will visit the center for Tech Smart twice a month through the end of the year to help seniors with their basic questions about their Android phone and tablet, as well as TracFone.Marianna will be on site by half-hour appointments **Mondays Dec. 10 and 28 from 10 to 11 a.m.**

For more info and to schedule a time, connect with the center.

Children’s Center to visit twice

Children from the Children’s Center will resume their monthly visit to the center **Wednesday, Dec. 2, at 10:15 a.m.** in the Grand Room.

They will also visit to sing a few carols mid-month on a date TBA.

For more information and RSVP, connect with the center.

THE WHEELS PROGRAM
OF GREATER NEW MILFORD

OPEN FRIDAYS
Starting January 4, 2027

Expanded service for non-emergency medical transportation

Accepting Requests Starting: November 1, 2026
Service Days: Monday – Friday (Starting Jan 4, 2027)
Must be 60+yrs or 18yrs+ with ADA certification

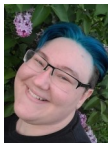
Rides are provided on a first come, first serve basis pending driver and vehicle availability. Book a ride as soon as you have your appointment because rides fill up fast.

Vehicles Operate: 8am - 4pm
Office Open: Mon - Thurs 9am - 12pm
(860) 354-6012
www.wheelsofnewmilford.org





JANETTE LYNN IRELAND & REBECCA (RJ) YARRISH
MUNICIPAL AGENTS 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 at 860-355-6075 and email at senioradvisors@newmilfordct.gov

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 •

MEDICARE ADVANTAGE PLAN FACTS

Enrollment: Jan. 1-March 31 (only if you're already in a Medicare Advantage Plan)

- Within the first 3 months you get Medicare.
- *Switch to another Medicare Advantage Plan with or without drug coverage.*
- *Drop your Medicare Advantage Plan and* return to Original Medicare. You'll also be able to join a separate Medicare drug plan.

First of the month after the plan gets your request.

Generation Power offers emergency assistance

Generation Power CT's next Emergency Energy Assistance application period will be Dec. 1–15, 2026, with another opportunity March 1–15, 2027. Eligible Connecticut households may apply for assistance with heating fuel, gas, and electric bills.

The program provides a one-time emergency assistance grant in a 12-month period for either a one-time future fuel delivery up to $500 or a one-time payment up to $500 toward a past due electric bill.

Approved income documents to apply: paystubs showing gross income for four weeks prior to application, Social Security letter, Pension/Retirement letter etc.

For more info, connect with the center

Support available for caregivers, bereaved

The senior center offers two support groups to provide a safe space for those who are caregivers and those who are navigating life after the loss of a loved one.

A RVNA health professional, leads each support group at the center.

- A **caregivers support group** is held the first Thursday of each month—except July and August—at 1 p.m.. The next meeting is **Thursday, Nov. 5, at 1 p.m.** Attendees will have an opportunity to connect with fellow caregivers, share unique experiences, and find empathy and understanding. For more information or to sign up for either group connect with the center.
- A **bereavement support group** is held the second Friday of each month—except July and August—at 1 p.m.. The next meeting is **Friday, Nov. 13 at 10 a.m.** The group is led by Garret 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. For more information, contact Garrett Walkup at 475-529-6118 or gwalkup@rvnahealth.org, or connect with the senior center.

CHORE Services available for seniors

The mission of New Milford Chore Services is to assist senior residents of New Milford with 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: The New Milford Chore Services program is funded through federal and state grants and donations based on a sliding scale of client fees.

For more info, call the center.

Important info about Energy assistance

Applications for the Community Action Connecticut Energy Assistance program are being accepted for all heating types.

If your household meets the age and income requirements for this program, call for an appointment.

Applications can be done in person at the senior center with our MAs (or via packet drop off), in person at Community Action in Danbury, Online through the CEAP portal, on the phone with Community Action, or by mail via printable application packet.

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is available with resources, advocacy, and advice. For more information, 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 & 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 ALZ connected®, 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.

Senior Center bus rides available



Transportation is available for seniors and individuals who are ADA-certified to go to the senior center, work, shopping, and anywhere within New Milford.

To reserve a ride

- 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..

Requirements

- At least 24 hours notice for a change in destination as all "stops" are scheduled accordingly.
- Riders be ready at least 15 minutes before your scheduled pickup time.
- A MySeniorCenter Card.
- When you are finished with your appointment and/or have been waiting for more than 15 minutes for your ride, call the center.

Safety

- All walkers and canes must be secured and wheelchairs will be secured in appropriate locked positions while onboard the bus.
- 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.

Bus ride cost

- Senior Center Bus riders must present their MySeniorCenter Card upon entering the bus and bus riders must have independently mobility. The suggested donation is $1 per one-way ride.

Additional information

- 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.

For more information or to reserve a seat, contact the center at 860-355-6075.

ON THE HORIZON

These are some of the programs on the horizon in January (times to be announced). Registration will **not** open up for these events in December, unless announced otherwise via this publication, email or bulletins.

Watch your emails for notices, and the bulletin board near check-in at the senior center. Notices are also posted on our website at www.newmilford.org/seniorcenter

- Nutrition Talk
- 'What is CBD? And what are the potential benefits and uses of it?'
- "The British Invasion and American Answer: A Musical Journey"
- Live classic country music from 1950-70s with Jim Moore
- Evening Edition: Kinusaiga Art
- **...and more**

THE WHEELS PROGRAM
OF GREATER NEW MILFORD

TRANSPORTATION TO MEDICAL APPOINTMENTS

The Wheels Program is an independent non-profit providing donation based transportation for seniors and individuals with disabilities to non-emergency medical, dental, and physical therapy appointments.

You must be 60+ years of age or ADA certified and independently mobile, or accompanies by a companion or aide, to use this service.

Rides are provided on a first come, first serve basis pending driver and vehicle availability. Book a ride as soon as you have your appointment because rides fill up fast!

Located on the lower level of the Senior Center.
Office Hours: Monday - Thursday 9am - noon
Vehicles Operate: Monday - Thursday 8am - 4pm

(860) 354-6012
www.wheelsofnewmilford.org



Support Our Advertisers!

Movers & Shakers to explore Sega Meadows

The senior center's Movers & Shakers group will take a walk at Sega Meadows in town **Monday, Dec. 21, at 9:30 a.m.**
The walk offers an opportunity to enjoy the beauty of the outdoors while taking in the peaceful surroundings of the Housatonic River.
Participants will follow a closed gravel road that winds alongside the river, offering water views, natural scenery, and a chance to enjoy the quiet beauty of the landscape.



Parking is extremely limited so participants must take the senior center bus from the center at 9:15 a.m.
The walk is limited to 11.
For more info, connect with the center.

Group meets to talk current events

The senior center's next "What's Happening? Current Events & Conversation" will be held **Thursday, Dec. 10 from 10 to 11:30 a.m.**
Attendees are asked to note the new time frame for the group.
The group offers a welcoming space for lively discussion of local, national, and international current events.
Participants are encouraged to have respectful and thoughtful conversation.
For more info and RSVP, connect with the center.

Tech help available

Need help with a phone, tablet, or computer?
The center's One-on-One Tech Help sessions offer personalized instruction in a private appointment with one of the center's tech-savvy Helping Hands volunteers.
Whether one wants to learn the basics, troubleshoot a problem, or get advice on choosing a new cell phone or computer, the center offers help.
Connect with the senior center to schedule an appointment.

Coming up on the big screen



The center screens a matinee Wednesdays at 12:45 p.m. on the big screen. Occasionally, a screening may be presented on another day and time.



Dec. 9: "Christmas In Connecticut" (1 hr, 58 min).



Dec. 16 "Operation Christmas Drop!" (1 hr 35 min)

For more information and RSVP, connect with the center.

Yarrish to lead craft week of Christmas

The senior center will offer a whimsical arts activity **Tuesday, Dec. 22, at 10 a.m.**
Participants will make a seasonal craft—an owl made from a pinecone and other craft materials.



The nature-inspired project is a wonderful way to enjoy some creativity and welcome the winter season—the first day of winter is the day before—with a little handmade craft.
The workshop is limited to 12 people.
For more info and RSVP, connect with the senior center.

CT Nursing Services to sponsor birthdays event



The senior center will celebrate all those with December birthdays **Tuesday, Dec. 15, at 12:15 p.m.**
Pianist Brian Horberg will perform during lunch, followed by birthday cupcakes sponsored by the center's friends at CT Nursing Services.
Lunch and the Birthday Celebration are separate events in the computer and require separate registration.
Registration is required for the birthday celebration, which includes cupcakes.
For more information and to sign up, connect with the center.

Apple products focus of Tech Savvy classes

The center's Tech Savvy instructor Lindsey Burk continues an educational series about Apple products.
The program meets **Wednesdays from 10 to 11 a.m.** in the center's computer lab.
The topics will cover Photo Albums, Part 2 **Dec. 2**; Traveling with Your iPhone **Dec. 9**; and Camera **Dec. 16.**



Participants must own an iPhone or iPad and bring/know their Apple ID and password.
This is a free class.
Space is limited; advance registration is encouraged by calling the center at 860-355-6075.

Weekly ASL class offered at center

The center offers a weekly ASL class for those interested in learning it.
It meets **Mondays from 10:30 to 11:45 a.m.**
For more info and RSVP, connect with the center.

Village Crest to sponsor special bingo

The center will hold its next special bingo **Monday, Dec. 7, from 1 to 2 p.m.** for special bingo sponsored by Village Crest Health & Rehabilitation Center.
For more info and RSVP, contact the center.

'Meet the Train Guys' behind holiday train display

The senior center will present a program, "Meet the Train Guys," with lifelong model train enthusiasts Jim Hamill and Al Burroughs **Friday, Dec. 4 at 11 a.m.**
The men will talk about the hands-on model train holiday display that has been a feature of New Milford's holiday season for several decades.
Jim and Al will talk about the display's history and their love of trains.
In addition, they will discuss volunteer opportunities for seniors at this year's display.
The display will be on view beginning in mid-December and run through the end of the month.
The men will return to the center for Trackside Chat, a casual stop in and say hello to chat about trains, **Tuesday, Dec. 8, from 10:30 to 11:30 a.m.**
Attendees are invited to bring their model trains and accessories in to share with the men either date.
For more information and RSVP, connect with the center.



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.
  - **Learn to Play Mahjong:** Multi-week beginner series starts second Tuesday of each month, 12:30-3 p.m. *New and inexperienced players must attend this introductory session, followed by at least three weeks of beginner play. Phone RSVP required. No Dec class.*
  - **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

Continued on Page 13

We provide the **highest quality** of medical & surgical eye care.



CONNECTICUT EYE CONSULTANTS, P.C.

Clearly the Right Choice

Formerly Danbury Eye Physicians & Surgeons

69 Sand Pit Road • Danbury, CT
120 Park Lane, Suite B-203 • New Milford, CT
166 Waterbury Road, Suite 201 • Prospect, CT

203-791-2020 | www.ctyeye2020.com

Complete Eye Exams • Cataract Surgery • LASIK • Corneal Transplants • Glaucoma Treatments
Retina Surgery • Eye Muscle Surgery • Optical Shop • Emergency Treatment • Hearing Specialist

Support Our Advertisers!

V C H U R C H E E Q F Z X V P D W F Z B Y O H V
L U P L S N O W I H A K K U N A H D N A L R A G
W P C I U J L W H A O C O C A V Y S T U F J F N
Y R A F T F L E P S K N A R K R Q G F E H R M W
U X E T B Z A T L J T Z W E O S E N G L L R S U
L Z W C N K V F A O C Y C G R U V I I W H V A M
E X C Y I A I A R J G A X D N G E T I J P E E O
T M L F I T S L T A R W I U A A R E O T L K T S
I I I K J M S A T D J V Y F M R G E D H O D N I
D S A T I P B L S L J K V C E C R R E B D K X X
E T M O A E Q A O F V A H B N O E G S O U E C R
O L V B F E I L S S M A M R T O E R T F R W L I
D E T O V J M A Y O R K X M S K N N O K L K D S
M T I G R W I K V L C E R I I I N W C S G C E J
U O B G P O F I I L L A T A E E D S K I R C C A
U E H A N R E E X U Z O N N M S S R I C S V E I
J I E N O S B B B Y F G H D I L O S N Z E D M T
Q L U S M R P C G R I N C H L W L U G T T A B T
F C T D O C H R I S T M A S A E Y A S U T X E E
I Y U W N U N S K X L Y X O Z F S X H F E E R S
F Q N K E B R R S G N J K S E I T R A P K E W N
A U K Q Y P R E S E N T S G G A R P Y T C A A I
W O F Z M B G Q F M Y I Y C Q Y Q E A X O R W O
P O B W O B N G R I S W A L D U K U I W R X D P

December

winter solstice
Christmas
stockings
Hanukkah
garland
church
cards
money
bow

Charlie Brown
evergreen
december
presents
jammies
Frosty
cocoa
Santa
elf

sugarcookies
greetings
falalala
toboggan
parties
Grinch
Elves
mail

mistle toe
ornaments
Griswald
yuletide
Ralphie
kranks
fudge
sled

poinsettia
Rockettes
Hallmark
candles
Rudolph
movies
holly
snow



New health initiative to be offered at senior center in 2027

The senior center is stepping into winter with a powerful new resource for health, wellness, and community connection.

Beginning in March the center will launch a six-month Tai Ji Quan: Moving for Better Balance program designed to help local older adults build strength, improve mobility, and reduce their risk of falls.

The initiative is funded through a grant in partnership with the Connecticut State Department of Aging and Disability Services, providing seniors with free access to high-quality, evidence-based programming that promotes healthy aging and independence.

Unlike typical drop-in fitness classes, the program requires a six-month commitment, with weekly sessions at the center. The extended curriculum allows participants to gradually master the movements, build muscle memory, and improve their physical stability.

A certified, specially trained Tai Ji Quan instructor will lead participants through slow, deliberate movements and focused breathing. The program adapts traditional martial arts forms into therapeutic exercises that safely challenge balance and strengthen the core in a supportive group setting.

Space will be limited. The program will begin the first quarter of the year. Keep an eye out.

TO VIEW THE SENIOR CENTER CALENDAR & FLYERS FOR THE MONTH, VISIT WWW.NEWMILFORD.ORG/SENIORCENTER Click on "Departments" and select "Senior Center"



MAHJONG UPDATE

Those interested in learning Mahjong can call the senior center for information about its Learn to Play Mahjong class, held the second Tuesday of each month from noon to 3 p.m. There is no December class. Training is expected to resume in January.

Good Morning, New Milford
Spreading sunshine through connection

SIGN UP UNDERWAY FOR 'GOOD MORNING, NEW MILFORD'

The New Milford Senior Center is accepting registration for its opt-in Good Morning, New Milford program.

Trained volunteers will provide weekday morning check-in calls for older adults who may be living alone, are homebound, have limited support systems, or simply appreciate a friendly "good morning" to start their day.

Residents who would like to receive a daily call—or those interested in becoming a "Good Morning" call volunteer—are encouraged to contact the senior center at 860-355-6075.

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.

Serving All Cemeteries and Faiths, Since 1846
Markers, Monuments, Mausoleums, Bronze Plaques, Inscriptions, Cleaning, Pet Markers, Civil, Community and War Memorials, Pre-Need Monuments & More
Vicky Godfrey
51 Grove Street, New Milford, CT 06776
39 South Street, Danbury, CT 06810
O: 860-355-8285 F: 860-355-9491
Email: vicky@ctmonumentgroup.com
www.CTMonumentGroup.com
BATES NEW MILFORD MONUMENT COMPANY

Is a loved one, or a dear friend finding living alone a little difficult? At Geer Village Senior Community we can help.
Geer Village is the perfect place for assisted living and memory care. We offer a unique approach to the many stages of memory care.
Our services are designed to meet the special needs of residents diagnosed with Alzheimer's disease or a related dementia.
GEER VILLAGE Senior Community
Scan to learn more
Geer offers the highest quality care within a homelike environment. Learn more at www.geercares.org or call for a tour: (860) 824-2600.
77-99 S. Canaan Rd. | North Canaan CT 06018 | www.geercares.org

WE'RE HIRING
Ad Sales Executives
- Paid Training
- Some Travel
- Work-life Balance
- Full-time with Benefits
- Serve Your Community

LPi
Visit www.4lpi.com/careers

Chestnut Grove
Congregate Living for Retirement Years
- Dinner served daily
- Emergency call system
- Weekly housekeeping
- Full program of activities
- Library
- Local Transportation
- On-site, live-in superintendent
- Minutes from New Milford Hospital

A place to come home to!
A worry-free independant way of living!
200 Chestnut Grove | New Milford, CT 06776
860-350-9950 | lgaudenzi@chestnutgrovect.com



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

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

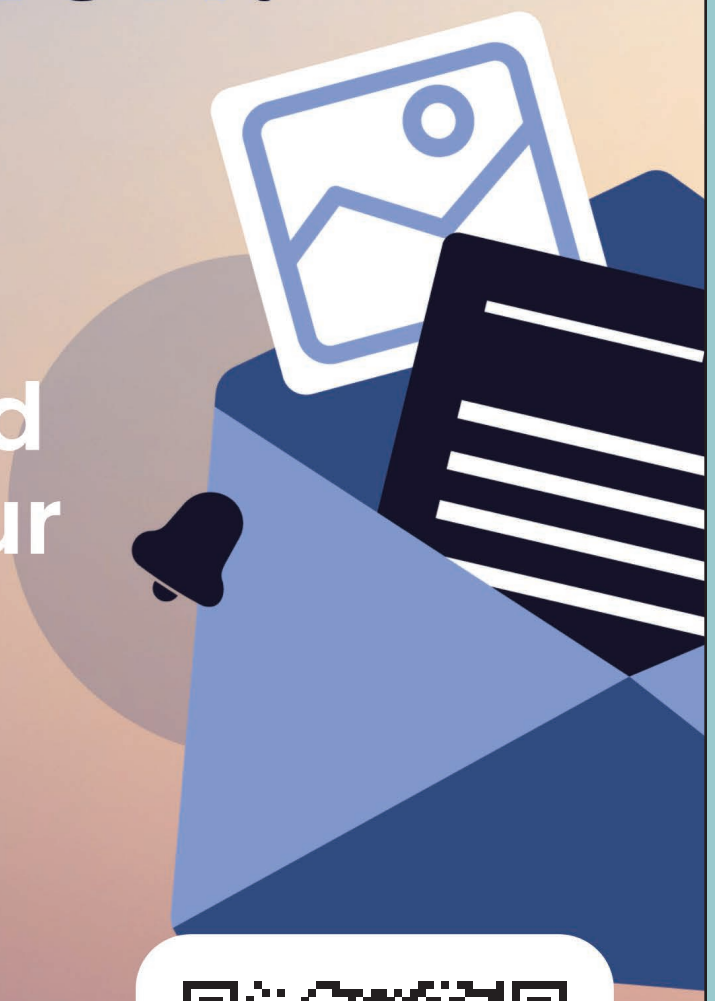
ALL MEALS MEET PORTION GUIDELINES
3 Ounces Protein ● 1/2 Cup Starch ● 1/2 Cup Vegetables
1 Bread ● 1/2 Cup Fruit or Fruit Juice ● 8 Ounces Milk

DECEMBER 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LUNCH PREPARED BY C&C DELICATESSEN OF NEW MILFORD	**1** • Meatloaf • Mashed Potatoes • Green Beans • Bread • Low-Fat Milk • Fruit Juice	**2** • Chicken Noodle Soup • Green Salad • Bread • Low-Fat Milk • Fruit Juice	**3** • Lasagna • Salad • Bread • Low-Fat Milk • Fruit Juice
7 • Sausage and Peppers • Pasta • Salad • Bread • Low-Fat Milk • Fruit Juice	**8** • Roasted Pork Shoulder • Rice and Beans • Mixed Vegetables • Bread • Low-Fat Milk • Fruit Juice	**9** • Baked Fish • Mixed Vegetables • Potato Wedges • Bread • Low-Fat Milk • Fruit Juice	**10** • Salmon • Sweet Potatoes • Steamed Carrots • Bread • Low-Fat Milk • Fruit Juice
14 • Grilled Cheese Sandwich • Tomato Soup • Salad • Low-Fat Milk • Fruit Juice	**15** *Celebrating December Birthdays* • Beef Stew • White Rice • Broccoli • Low-Fat Milk • Fruit Juice • Celebratory Cupcake	**16** • Grilled Chicken • Penne a la Vodka • Salad • Bread • Low-Fat Milk • Fruit Juice	**17** • Chicken & Beef Empanadas • Coleslaw • Low-Fat Milk • Fruit Juice
21 • Pasta with Meat Sauce • Salad • Bread • Low-Fat Milk • Fruit Juice	**22** • Grilled Chicken • Cesar Salad • Bread • Low-Fat Milk • Fruit Juice	**23** • Pork Loin • Mashed Potatoes • Mixed Vegetables • Low-Fat Milk • Fruit Juice	**24** • Chicken Francese • Egg Noodles • Steamed Carrots • Bread • Low-Fat Milk • Fruit Juice
28 • Chicken and Rice Soup • Green Salad • Bread • Low-Fat Milk • Fruit Juice	**29** • Chicken Teriyaki • Yellow Rice with Vegetables • Bread • Low-Fat Milk • Fruit Juice	**30** • Pulled Pork Sandwich • Cheddar Cheese • Tomato and Cucumber Salad • Low-Fat Milk • Fruit Juice	**31** • Meatloaf • Mashed Potatoes • Mixed Vegetables • Bread • Low-Fat Milk • Fruit Juice

Never miss our publication!

Get each new issue delivered straight to your inbox.



Scan to subscribe on MyCommunityOnline.com

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

PRSRT STD
US POSTAGE
PAID
ACCURATE
MAILING SERVICES

TO OUR READERS: Our newsletter company, Liturgical Publications, accepts advertising from a number of area businesses and service providers. Please note that although we publish these advertisements, the New Milford Senior Center does not receive any financial benefit from the identification of any product or service provider contained or referred to in any ad, and does not constitute an endorsement, referral, guarantee, or recommendation of or by the Town of New Milford or the New Milford Senior Center.

Lillis Funeral Home



Family Owned and Operated Since 1928
"On the Village Green"

- Pre-Arrangement Consultations
- Complete Burial and Cremation Services
- Title XIX Funeral Trusts
- State Approved Contracts

58 Bridge Street / P.O. Box 959 / New Milford, CT. 06776 • 860-354-4655 • Fax 860-354-0085

IF YOU LIVE ALONE
MDMed*Alert*!™
$1 Less Than a day
✔ Ambulance/Police
✔ Family/Friends
✔ GPS & Fall Alert*
CALL NOW! 800.890.8615 md-medalert.com



Candlewood
REHABILITATION AND HEALTHCARE CENTER
(860) 355-0971 | 30 Park Ln E, New Milford, CT 06776
QUALITY CARE *with a Personal Touch*
THE PREFERRED CHOICE FOR SHORT-TERM REHAB, LONG-TERM CARE & MEMORY CARE
Weekend Admissions 1.800.287.1715

rVNaHEALTH™
For Lifelong Care & Wellness
Home Health & Hospice Agency / RVNAhealth.org / 203.438.5555