NEW MILFORD SENIOR CENTER

Upcoming Programs

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

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

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

New Milford Lions Club

Senior Holiday Party

Sunday
Dec. 6
12 PM

live music
festive dinner
gifts

VFW Hall
Avery Road

Tickets will be available beginning 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.

Wednesday Matinees

December 2

Dolly Parton's Christmas on the Square

PG - 1 hr 38 min



Wealthy landowner Regina Fuller (Christine Baranski) returns to her hometown just before Christmas to evict residents and sell the town to a mall developer. An angel (Dolly Parton), townsfolk, and an old flame (Treat Williams) help guide her toward a change of heart. The cast also includes Jenifer Lewis, Josh Segarra, Jeanine Mason, and Mary Lane Haskell.

December 9

Christmas in Connecticut (1945)

PG - 1 hr 41 min



Get ready for laughs, romance, and plenty of holiday chaos in this beloved Golden Age screwball comedy starring Barbara Stanwyck, Dennis Morgan, Sydney Greenstreet, Reginald Gardiner, and S. Z. "Cuddles" Sakall!

America's most famous homemaking columnist, Elizabeth Lane (Barbara Stanwyck), charms millions of readers with stories about cooking delicious meals and raising a family on her idyllic Connecticut farm. There's just one tiny problem: she's actually a single New Yorker who doesn't even know how to boil water!

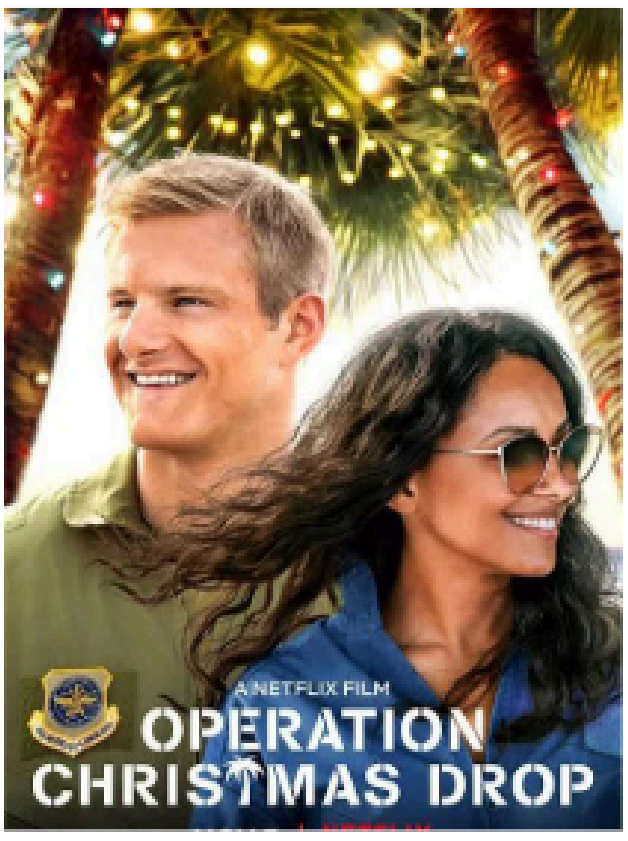
When her demanding publisher, Alexander Yardley (Sydney Greenstreet), decides to send a recovering WWII hero, Jefferson Jones (Dennis Morgan), to her "farm" for a traditional Christmas dinner—and invites himself along—Elizabeth has to pull off the ultimate holiday miracle. With a borrowed farmhouse, a stand-in fiancé (Reginald Gardiner), a neighbor's baby, and her Hungarian chef friend Felix (S. Z. Sakall) secretly doing the cooking in the kitchen, what could possibly go wrong?

Wednesday Matinees

December 16

Operation Christmas Drop

PG - 1 hr 35 min Romantic Comedy

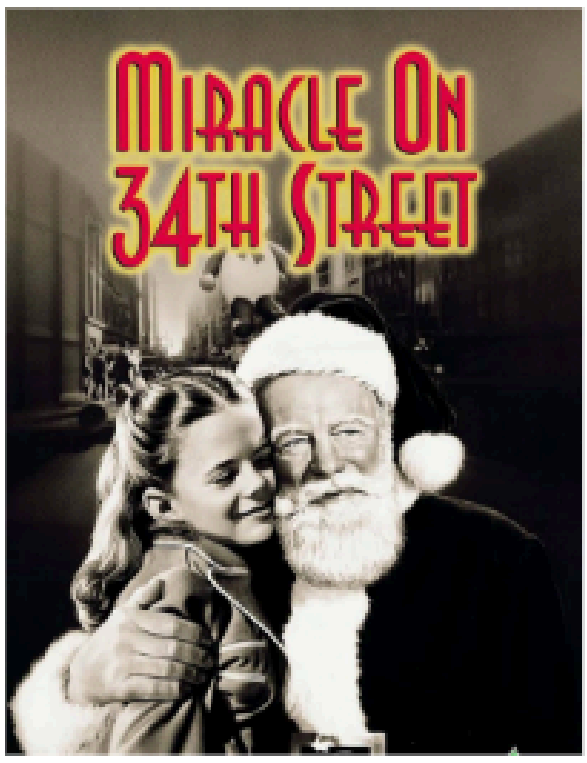


Ambitious congressional aide Erica Miller (Kat Graham) skips her family Christmas to travel to a tropical U.S. Air Force base in Guam with the hidden agenda of finding reasons to defund and shut it down. Upon arrival, she is paired with good-natured Captain Andrew Jantz (Alexander Ludwig), who acts as her guide and fervently defends his pet project—a decades-old tradition called Operation Christmas Drop that uses low-altitude military flights to parachute vital food, toys, and supplies to isolated island communities. As Erica spends time with Andrew, experiences the warmth of the local islanders, and realizes the mission doubles as crucial humanitarian training at no extra taxpayer cost, her corporate skepticism melts away, forcing her to choose between advancing her political career by condemning the base or saving a heartwarming holiday tradition that changes her perspective on life and love.

December 23

Miracle on 34th Street (1947)

PG - 1 hr 36 min Drama



This 1947 classic tells the story of a kindly old man named Kris Kringle who is hired to play Santa Claus at a New York City department store and insists he is the real Santa, sparking a legal battle over his sanity.

With.....

Edmund Gwenn, Gene Lockhart, George Seaton, Harry Antrim, James Seay, Jerome Cowan, John Payne, Mary Field, Maureen O'Hara, Natalie Wood, Percy Helton, Philip Tonge, Porter Hall, Thelma Ritter, William Frawley

Wednesday Matinees

December 30

Ticket to Paradise

PG-13 - 1 hr 48 min



Divorced parents David (George Clooney) and Georgia (Julia Roberts) travel to Bali to sabotage their daughter Lily's (Kaitlyn Dever) sudden decision to marry a local seaweed farmer named Gede (Maxime Bouttier). Hoping to keep Lily from repeating their own past marital mistakes, the bickering exes end up reconnecting themselves along the way.

January 6

The Family Plan

R - 1 hr 58 min Action-Comedy



The Family Plan (2023) is a fast-paced action-comedy starring Mark Wahlberg as Dan Morgan, a devoted suburban dad and car salesman whose quiet life in Buffalo is shattered when enemies from his secret past as an elite government assassin track him down. To protect his unsuspecting family, Dan abruptly packs them into their minivan for a spontaneous cross-country road trip to Las Vegas, desperately trying to fight off relentless hitmen at grocery stores and highway rest stops without blowing his cover. Alongside Mark Wahlberg, the film stars Michelle Monaghan as his sharp-witted wife Jessica, Zoe Colletti and Van Crosby as their teenage kids Nina and Kyle, Ciarán Hinds as Dan's ruthless former mentor Liam McCaffrey, Maggie Q as fellow operative Gwen, and Saïd Taghmaoui as his old contact Augie.

WEDNESDAY
DEC. 2
10:15 A.M.

VISIT WITH THE CHILDREN'S CENTER



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

RSVP 860-355-6075

TECH SAVVY



How do I make my iPhone louder?
How do I update my devices?
Can I take photos and videos and send them to my friends and family?
How do I download new Apps?



Do you have questions like these? Come join us! Bring your iPhone and/or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Before you know it you will be a *Tech Savvy Senior*!

You MUST own an *iPhone* or *iPad* for this class.
It is not for any other devices.
Please also bring your Apple ID and Password

Wednesdays
10-11 a.m.

12/2: Photo Albums, Part 2
12/9: Traveling with Your iPhone
12/16: Camera

With Lindsey Burk, instructor

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

RSVP 860-355-6075

rynaHEALTH™

For Lifelong Care & Wellness

CAREGIVERS

SUPPORT GROUP



Whether you're caring for a loved one with an illness, disability, or age-related needs, this group offers understanding, practical tips, and emotional support. You don't have to do it alone—come listen, share, and recharge with others who truly understand.



- CONNECT WITH FELLOW CAREGIVERS
- SHARE UNIQUE EXPERIENCES
- DISCOVER EMPATHY & UNDERSTANDING
- LEARN ABOUT RESOURCES

FIRST THURSDAY EACH MONTH AT 1 PM

THURSDAY, DEC. 3, 1 PM

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

FOR MORE INFO & RESVP 860-355-6075

Under the Holiday Lights

Jazz Enchantment

Join us, under the light of twinkling holiday lights, for an intimate program of jazz by Mass-Conn Fusion, featuring Jim Healy and Liz Roberts



THURSDAY
DEC. 3

4 p.m. Wine & Cheese Reception
4:30 p.m. Jazz Music by Mass Conn Fusion

OPEN TO THE PUBLIC

$10

Limited to 60. Tickets will be available beginning Nov. 12.

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

MEET THE
TRAIN GUYS

FRIDAY, DEC. 4 11 AM



Join us as lifelong train enthusiasts Jim Hamill and Al Burroughs 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, as well as the 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 guys will also be here 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. Bring your model trains and accessories you'd like to talk about them.*

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

RSVP 860-355-6075

JUKEBOX

BINGO

& PIZZA

Friday
Dec. 4
1 p.m.

Pay on the day
$5

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

SPECIAL

BINGO

Monday
Dec. 7
1 p.m.

Village Crest
Center for Health & Rehabilitation

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

RSVP 860-355-6075

HEARING SCREENING

With
Hearing Life

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



Tuesday, Dec. 8
10 a.m.
by appointment

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

RSVP 860-355-6075

TRACKSIDE CHAT



with the

TRAIN GUYS

FRIDAY, DEC. 8 10:30-11:30 AM

Lifelong model train enthusiasts Jim Hamill and Al Burroughs will be on hand to talk trains. Bring your model trains and accessories if you'd like to talk about them, or if they need repairs.

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

RSVP 860-355-6075

“The Fisher in Connecticut”

Tuesday, Dec. 8
2 p.m.

Naturalist Paul Colburn will explore the history of the fisher in Connecticut, from its disappearance to its successful return, and provides an accessible overview of fisher habitat, diet, behavior, and reproduction via a 1 p.m. Zoom presentation at the center.

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

Brookfield Counseling
a Southbury Counseling Practice



Navigating the New Normal

With Jacob Nicholls, LCSW, and Faith Jackson, LPCA

Life is full of transitions, and navigating change can feel overwhelming.

Whether facing a **new chapter, shifting roles, unexpected challenges, or changes in relationships and identity,** this program offers a supportive space to explore life transitions, build resilience, and discover new ways to move forward.

Join staff from **Brookfield Counseling for guidance, reflection, and practical tools** to help you embrace change and navigate your next chapter with confidence.

December 8
9:30 a.m.
New Milford Senior Center
40 Main St.
New Milford

RSVP 860-355-6075

Golden Pen

Poetry Workshop

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

Wednesday, Dec. 9, at 2 p.m.

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

Holiday ornament workshop

With Garden Club of New Milford



Limited to 25

Supplies provided

Wednesday

Dec. 10

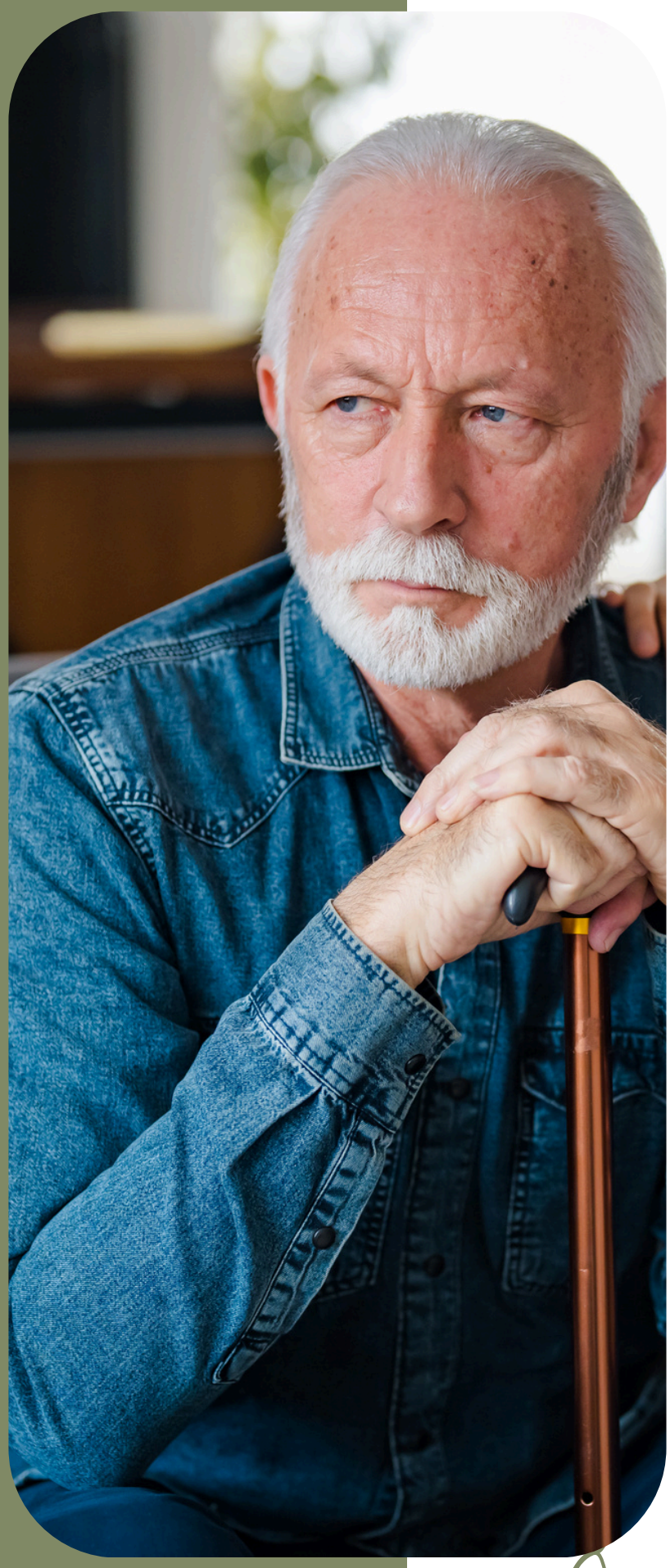
10 a.m.

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

RSVP 860-355-6075 beginning Dec. 2

BEREAVEMENT
SUPPORT GROUP

Whether it's the loss of a loved one, a relationship, or a life change, it’s normal to feel a range of emotions. Remember, there’s no right or wrong way to grieve.



December 11
10 a.m.

Meets second Friday of each month

with Garrett Walkup, , RVNA health manager of Bereavement, Social Work and Pastoral Care Services Participants are invited to process their grief, share and receive helpful advice, and create a community with others walking in similar paths.

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

RSVP 860-355-6075

rVnaHEALTH™

For Lifelong Care & Wellness

TECH SMART

ANDROID, TABLET & TRACFONE HELP



Marianna from the New Milford Public Library will be here to help those with questions about their Android, tablet, or TracFone.

Mondays

Dec. 14
Dec. 28

10-11 a.m.

Half-hour appointments available. Must call for an appointment

New Milford Senior Center
40 Main St.
New Milford

RSVP

860-355-6075

In partnership with

NMPL New Milford Public Library

EVENING EDITION

at the senior center

extended hours

For those 60+



One Monday a month, municipal agents from 10 a.m. to 6 p.m., and senior center from 8 a.m to 6 p.m.

MONDAY, DEC. 14

FEATURING APPOINTMENTS FROM 4-6 PM

WITH MUNICIPAL AGENTS TO

- ✔️ *Explore programs and benefits*
- ✔️ *Get assistance with applications and resources*
- ✔️ *Learn about services that may help reduce expenses*

FEATURING A PROGRAM FROM 5-6 PM

"✔️Author talk with John Scully, author of "Visisted Mom Today: Conversations through the Lens of Alzheimer's & Dementia". Light dinner fare. 4:45 Program, 5 p.m.

connect with our community

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

To make an appointment with a municipal agent, call 860-355-6075

To register, call 860-355-6075

AUTHOR TALK

Making Connections with those with Alzheimer's & Dementia



John Scully

Author of "Visited Mom Today … Conversations through the Lens of Alzheimer's and Dementia'

What if you could still have meaningful connections with your loved ones, even after an Alzheimer's diagnosis? John D. Scully, author of "Visited Mom Today… Conversations Through the Lens of Alzheimer's and Dementia," will share what he learned about connecting with people living with dementia while visiting his mom in a memory care community. What he learned quickly was that to have a conversation with the residents, he needed to change his approach. Over time, he learned some easy-to-implement techniques, and connections happened… conversations began to flow. Using some of the conversations from his book, he will talk about the techniques he applied and demonstrate that a meaningful connection is very much possible.

Monday, Dec. 14

Light dinner, 4:45 p.m. Program, 5 p.m

RSVP 860-355-6075

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

Co-sponsored by

NM PL New Milford Public Library



Visiting Angels LIVING ASSISTANCE SERVICES

December

BIRTHDAYS CELEBRATION

Tuesday
Dec. 15
12 p.m.

MUSIC & ENTERTAINMENT
PIANIST
BRIAN HORBERG

CUPCAKES SPONSORED BY

Connecticut
NURSING SERVICES

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

MEET ALAMO

NMPD facility dog

Tuesday, Dec. 15, 1 p.m.



OFFICER JOHN LEGAN

ALAMO

Officer Legan will share Alamo's journey that began through the puppies behind bars program. In addition, he will talk about Alamo's important role at the police department and the special partnership he shares with him.

RSVP 860-355-6075

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

NEW MILFORD SENIOR CENTER



HELPING HANDS VOLUNTEER MEETING

Looking to volunteer or share a talent/skill at the senior enter?

Staff and attendees review upcoming events, brainstorm new ideas, and see where time and talents can be shared.

THURSDAY, DEC. 17, 10:15 AM

Third Thursday each month unless otherwise noted

New Milford Senior Center
40 Main St.
New Milford

860-355-6075

Caroling with THE CHILDREN'S CENTER



Thursday
Dec. 17
10:45 a.m

Children will pay a short visit to the center to perform approximately 3 songs

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

RSVP 860-355-6075

HOLIDAY

sing-a-long

Thursday, Dec. 17

1-2 p.m.

With pianist
Dan Ringuette

refreshments



RSVP
860-355-6075

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

Holiday *Party*

DECEMBER
18
12-2 PM

LIVE ENTERTAINMENT

DJ Stephanie Stardust
rocking the house with tunes

FESTIVE DINNER

Menu of salad, Creamy Garlic-Herb & Sun-Dried Tomato Chicken, mashed potatoes, broccoli florets, fruit, and dessert. Wine and a special holiday beverage will be available.

SURPRISES

If we shared what surprises will occur, they wouldn't be surprises!

$20

Tickets available Dec. 1-11.

Limited to 75



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

Sponsors

Candlewood
REHABILITATION AND HEALTHCARE CENTER

SYNERGY® HomeCare
Care that moves you℠

MOVERS & SHAKERS

Monday
Dec. 21
9:15 a.m.

Walk at Sega Meadows

Walk on gravel road near the Housatonic River.

Transportation by bus only due to limited parking. Limited to 11.

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





wear your pajamas





Monday
Dec. 21
1 p.m.

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

RSVP 860-355-6075



ARTS & CRAFTS WORKSHOP

Make a festive pinecone owl

With Anita Yarrish



TUESDAY
DEC. 22
10 AM

limited to 12

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

RSVP 860-355-6075

HOLIDAY TRADITIONS

Stories that Bring Us Together



TUESDAY
DEC. 22
1 PM

A roundtable with Deborah Rose, senior center program coordinator

Share personal holiday traditions, family recipes, cultural customs, and stories from your past



Bring small items, photos, recipes or other item to share during discussion

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

RSVP 860-355-6075



Ongoing Programs

This is a sampling of programs; more are offered. All programs and activities require registration. For more information and sign up for an offering listed below, call the senior center at 860-355-6075.

ACTIVE MOVEMENT

- **Bocce Ball:** Mondays, 9:30 a.m. and open hours. All levels. Spring through Oct. 15.
- **Cornhole:** Mondays, 9:30 a.m. and Thursdays, 1 p.m.
- **Movers & Shakers:** See special events. Meets to do various activities such as walks, hikes, kayaking, etc.
- **Wii Bowling:** Fridays, 10 a.m.

THE ARTS

Creative

- **Handiwork Circle:** Mondays, 10 a.m. Participants work on their personal projects or ones that will be donated within community.
- **Quilt Circle:** Tuesdays, 1 p.m. Participants work on their own projects or join in on a group project. Fabric, thread, quilting tools, and sewing machines available at the center.
- **Arts & Crafts:** Third Wednesday of each month, 10 a.m. Participants create a monthly project to take home. Supplies provided.
- **Cartoon Drawing:** Thursdays, 10 a.m. Learn drawing skills and develop creative ability with local cartoonist Vic Consaga. Materials provided.

Literary

- **Library Book Exchange:** First Wednesday of each month, 11 a.m.
- **Mystery Book Discussions:** Second Friday of each month, 1 p.m. Readers connect to share their reading experiences. In partnership with New Milford Public Library. For info, call the library at 860-355-1191.
- **Popular Adult Fiction Book Club Book Discussion:** Fourth Tuesday and third Thursday each month, 1 p.m. Groups occasionally read same titles but have two independent book schedules and different interests. In partnership with New Milford Public Library. For info, call the library at 860-355-1191.
- **Golden Pen Poetry Workshop:** Second Wednesday of each month, 2 p.m. Limited to 8. RSVP required.

GAMES

- **Weekly Bingo:** Mondays, 1 p.m.
- **Special Bingo:** Third Monday of each month, 1 p.m.
- **Scrabble:** Tuesdays, 12:30 p.m.
- **Chess:** Thursdays, 10 a.m.
- **Mahjong:** Center players note the game is different from the one many have seen or played online.
  - **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 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.

New Milford Senior Center presents:

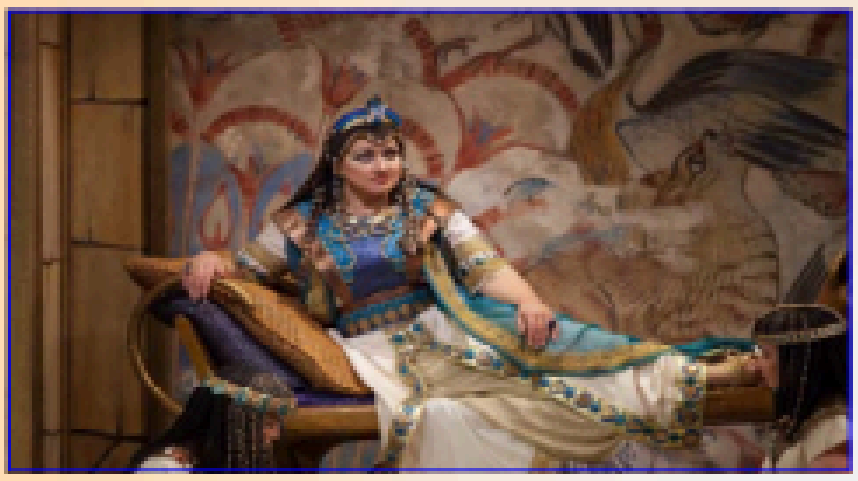


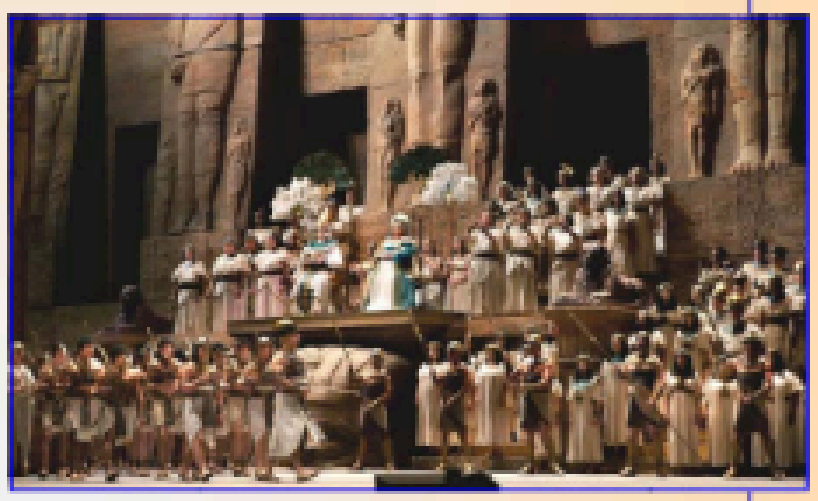
THE METROPOLITAN OPERA

A LIFETIME EXPERIENCE NOT TO BE MISSED!

See the **OPERA** at the magnificent **METROPOLITAN OPERA HOUSE - Lincoln Center - New York City!**

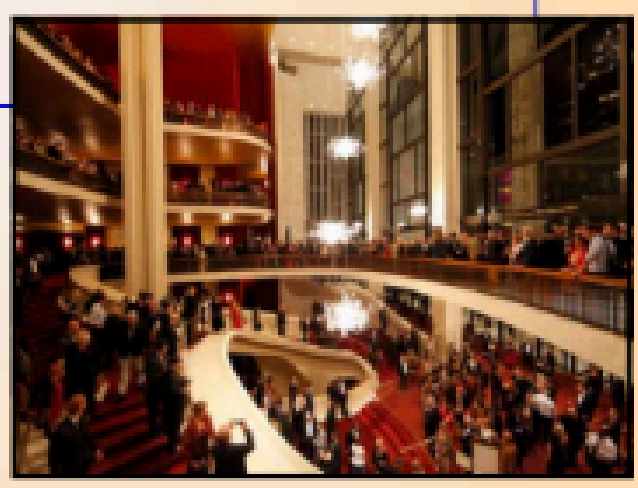
Be a part of the Met's extraordinary Spring 2027 season, featuring the world's greatest singers and musicians in unforgettable performances. You do not need to be an expert of opera to appreciate the enormous scale of these productions or the amazing voices booming through the Opera House with no microphones!





Sunday April 18, 2027 AIDA

All the ingredients for Grand Opera. Radames, a young Egyptian army officer is in love with **AIDA,** an Ethopian princess who is now the slave of Pharaoh's daughter, Amneris. Unfortunately Amneris is also in love with Radames, and when he is named to lead the Egyptian army into battle against the Ethiopians, it sets up a fatal conflict between love & duty.



Balcony Seating 3:00p Performance

Show Runs About 3 hours / 15 min

Time in Lincoln Center prior to the Opera to grab a bite to eat. (on own)

COST: $210pp based on 35-50

Depart: 10:00am New Milford Senior Center, 40 Main St.

Return: (Estimated) 8:15pm New Milford

For Information: New Milford Senior Center 860-355-6075

FRIENDSHIP TOURS
THE SHIP SHOP
765 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

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