

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



LIVE MUSIC

GREATEST HITS OF '60-80S

With DAM Jam

***With Paul Holland and friends from the
Danbury Area Musicians (DAM) Jam***

**Tuesday, Dec. 2
1-3 p.m.**

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

RSVP 860-355-6075

FESTIVE FRIDAY

film



FRIDAY

DEC. 5

12:45 PM

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

RSVP 860-355-6075

HOLIDAY TRADITIONS

*Stories that
Bring Us Together*



TUESDAY
DEC. 9
1 PM

*A roundtable with Deborah Rose,
senior center program coordinator*

Designed to foster connection, reflection and the sharing of cherished memories in a relaxing setting.

Roundtable will afford attendees a welcoming space to share personal holiday traditions, family recipes, cultural customs, and stories from their 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

Golden Pen

Poetry Workshop

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

Different date this month
Wednesday, Dec. 17 at 2 p.m.

Class full. Call to get on wait list.

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

GRIEF, HEALING & THE HOLIDAYS

healthy chats & breakfast snacks

*Different day
this month!*

*Thursday
Dec. 11
9:30 a.m.*

*At New Milford
Senior Center
40 Main St.*

**With
Garrett Walkup,
RVNAhealth
Spiritual Care and
Bereavement
Coordinator**

*The holiday season can
be especially difficult
for those grieving the
loss of a loved one.
Join the discussion for
how to navigate grief
during the holidays*



Sponsored by Village Crest Center for Health & Rehabilitation

To register, call 860-355-6075

PLEASE JOIN US FOR THE
NEW MILFORD SENIOR CENTER

HOLIDAY *Party*

DECEMBER • 12 • 12-2 PM

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

LIVE MUSIC

The Elderly Brothers
performing music of the 1950-80s

FESTIVE DINNER

Menu of salad, roast beef,
mashed potatoes, vegetables,
fruit, dessert

DOOR PRIZES

A variety of supprises

\$25

Limited to 75

RSVP 860-355-6705 starting Dec. 1

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.

Dec. 12
10 a.m.

Meets second Friday
of each month

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



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



RSVP 860-355-6075

rYnaHEALTH™

For Lifelong Care & Wellness

SPECIAL

BINGO

**Monday
Dec. 15
1p.m.**

with



**SHERATON
CAREGIVERS**

Care. Deliberately Different.

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

RSVP 860-355-6075

December

BIRTHDAYS

CELEBRATION



Tuesday
Dec. 16
12 p.m.

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

Music/entertainment

pianist Brian Horberg

Cupcakes

sponsored by the StoneBridge in Newtown

***Tuesday
Dec. 16
1 p.m.***

Christmases Past:
A Nostalgic Look Back

Rediscover the magic of holidays gone by. Explore how the holidays have evolved from the time President Franklin Pierce introduced the first White House Christmas tree in 1853, to the glittering trees and cherished ornaments we know today. Learn of the transformation from real candles to electric lights, handmade decorations, and the charming glittered cardboard candy boxes shaped like little houses.

With author/storyteller John Cilio

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

RSVP 860-355-6075



Holiday arrangement **workshop**

With Garden Club of New Milford



Wednesday
Dec. 17
10 a.m.

Limited to 25
Supplies provided

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

RSVP 860-355-6075 beginning Dec. 1



Caroling with THE CHILDREN'S CENTER

*Wednesday
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. 18

1-2 p.m.

With pianist
Dan Ringuette

hot cocoa

cookies



RSVP

860-355-6075

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

ARE YOU AT RISK?

Know your numbers

Free screenings

Friday, Dec. 19, 10 a.m. - 12 p.m.

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



rYnaHEALTH™
For Lifelong Care & Wellness



When it comes to your health, there are important numbers you need to know. The RVNAhealth and the Regional YMCA of Western CT will be on hand to provide FREE screenings.

Being aware of your numbers can help you reduce your risk for serious disease.

**Appointments required. Walk-ins are NOT guaranteed a test.
Limited spots available.**

RSVP to senior center at 860-355-6075

The YMCA has programs available to support and to help you further reduce your risk for diabetes and high blood pressure. For more information about the YMCA's programs, contact Lisa O'Connor, YMCA director of evidence based health initiatives, at 203-775-4444 x 135 or email loconnor@regionalymca.org

JUKEBOX BINGO & PIZZA

Wear your pajamas

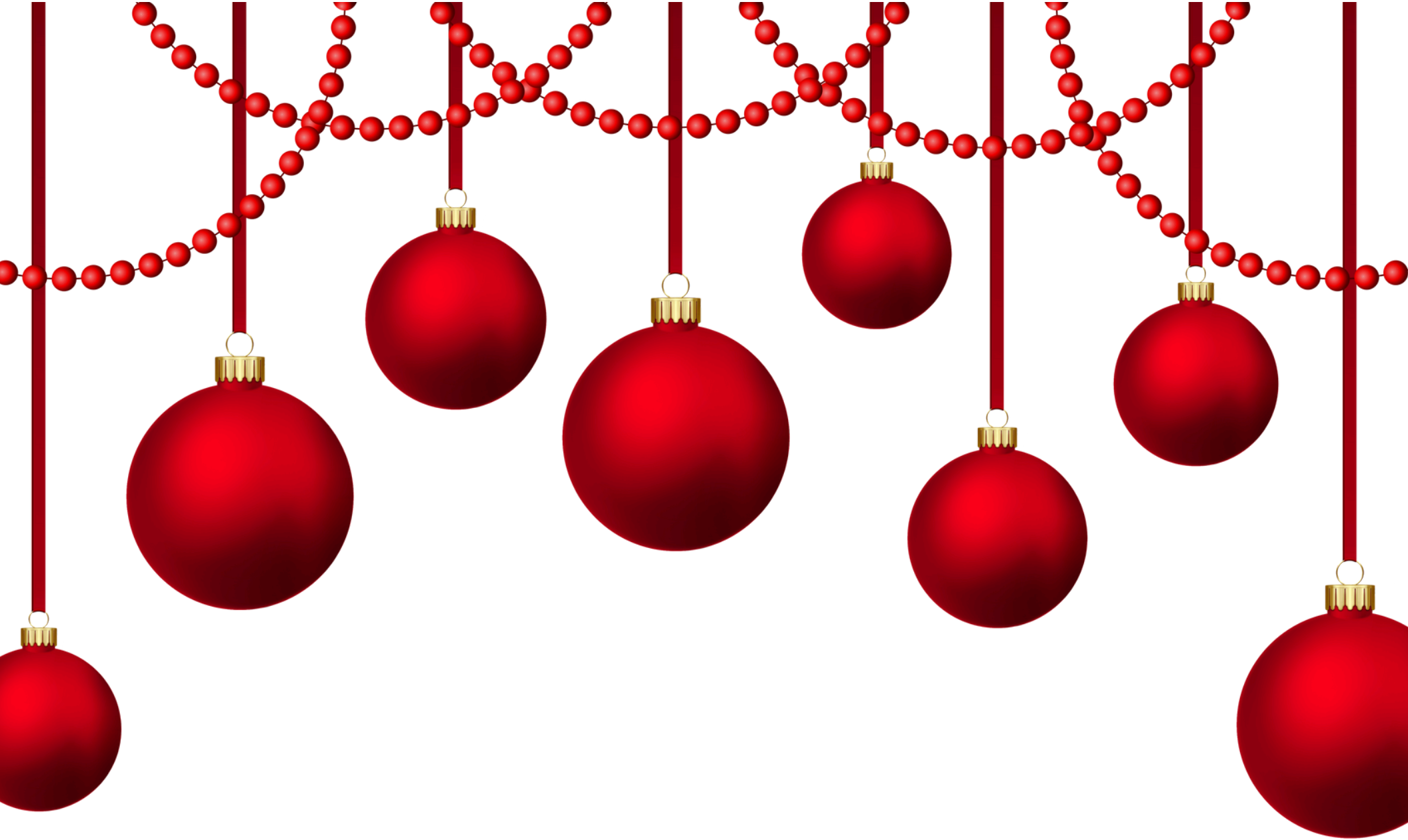
***Pay \$5
the day of***

**Friday
Dec. 19**

***Pizza: 12 p.m.
Bingo: 1 p.m.***



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



BINGO

Monday, Dec. 22
1 p.m.

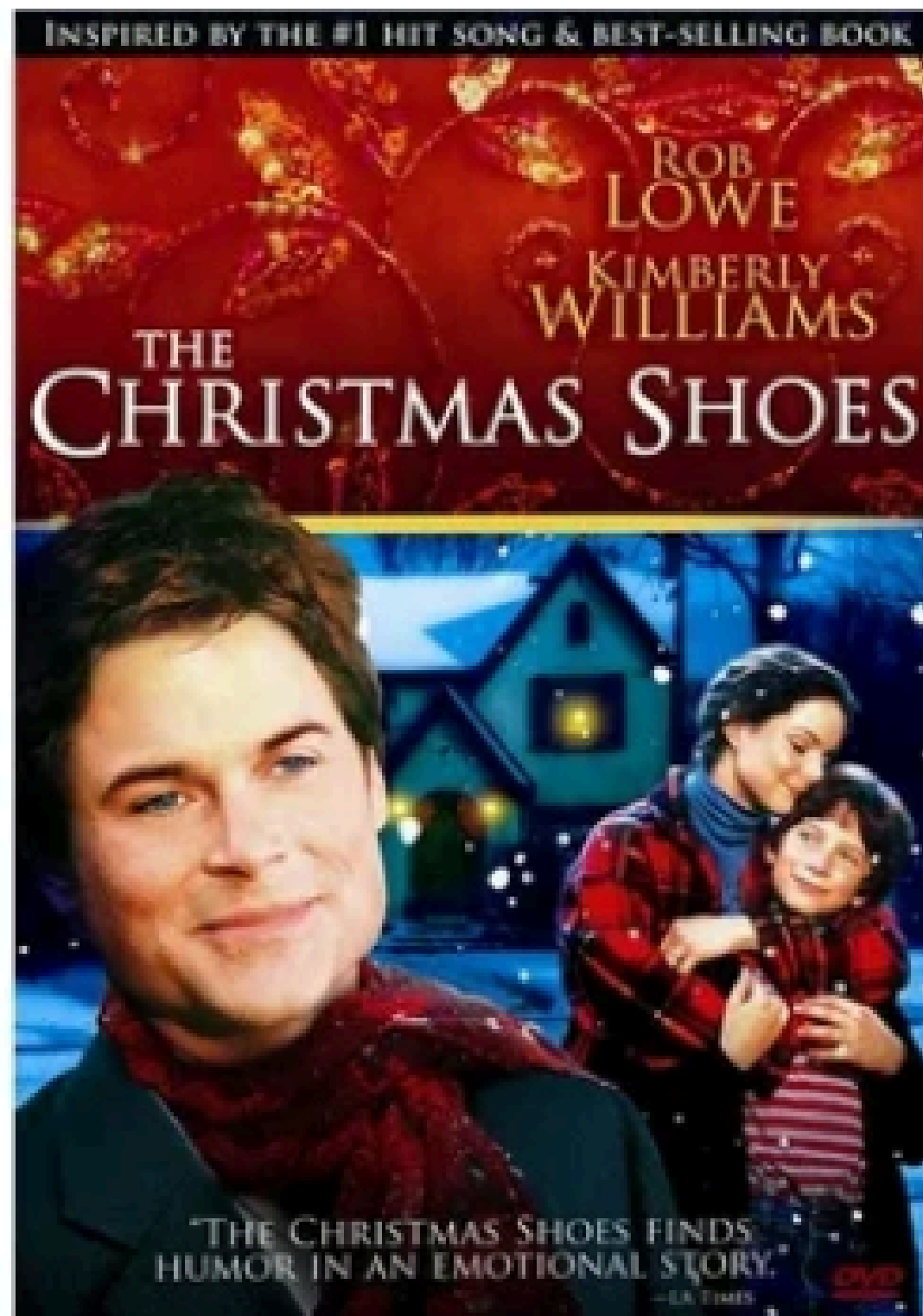
At New Milford Senior Center
40 Main St., New Milford

RSVP 860-355-6075



Wednesday Matinee

Dec. 3



“The Christmas Shoes” is a 2002 holiday drama about a workaholic lawyer, Robert Layton, whose life is changed when he meets a young boy, Nathan, who is trying to buy a pair of shoes for his terminally ill mother on Christmas Eve. The film intertwines their stories as Robert rediscovers the meaning of love and family through Nathan's quest, which is based on an urban legend from a popular Christmas song. Based on a book.

NR ~ 1 hr 40 min ~ Holiday drama