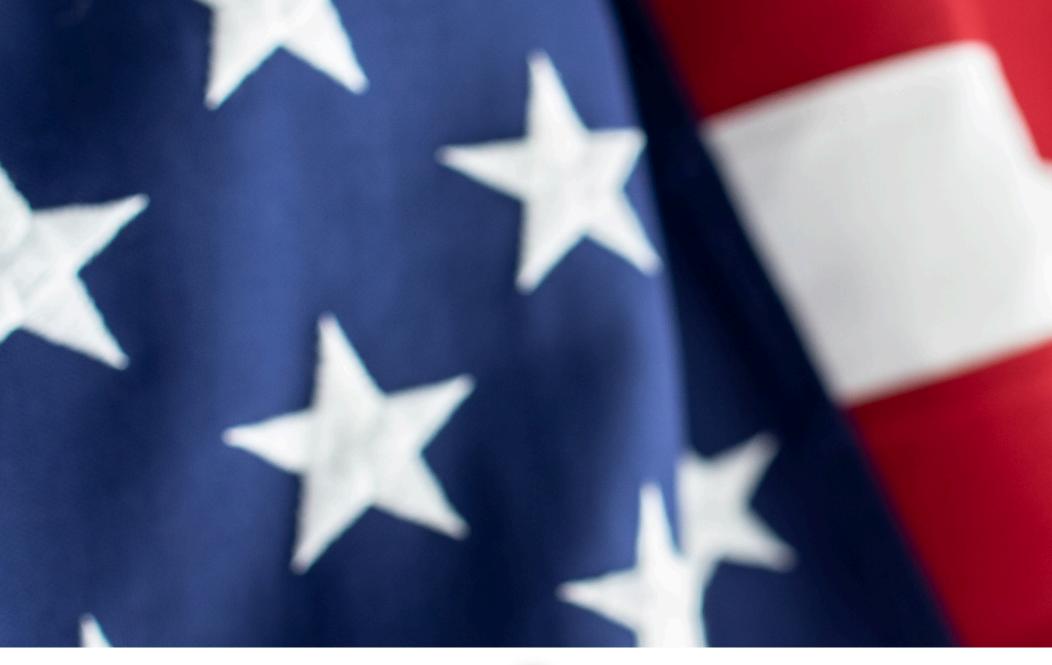




New Milford Senior Center 40 Main St. New Milford, CT 06776 860-355-6075 senior@newmilfordct.gov FB: @NewMilfordCTSeniorCenter Instagram: @nmctseniorcenter



Jeterans Luminany sales

with VFW Post 1672 Auxiliary

For \$5, a resident may purchase a luminary bag - in honor or memory of a veteran and include his/her name and other information on the bag.

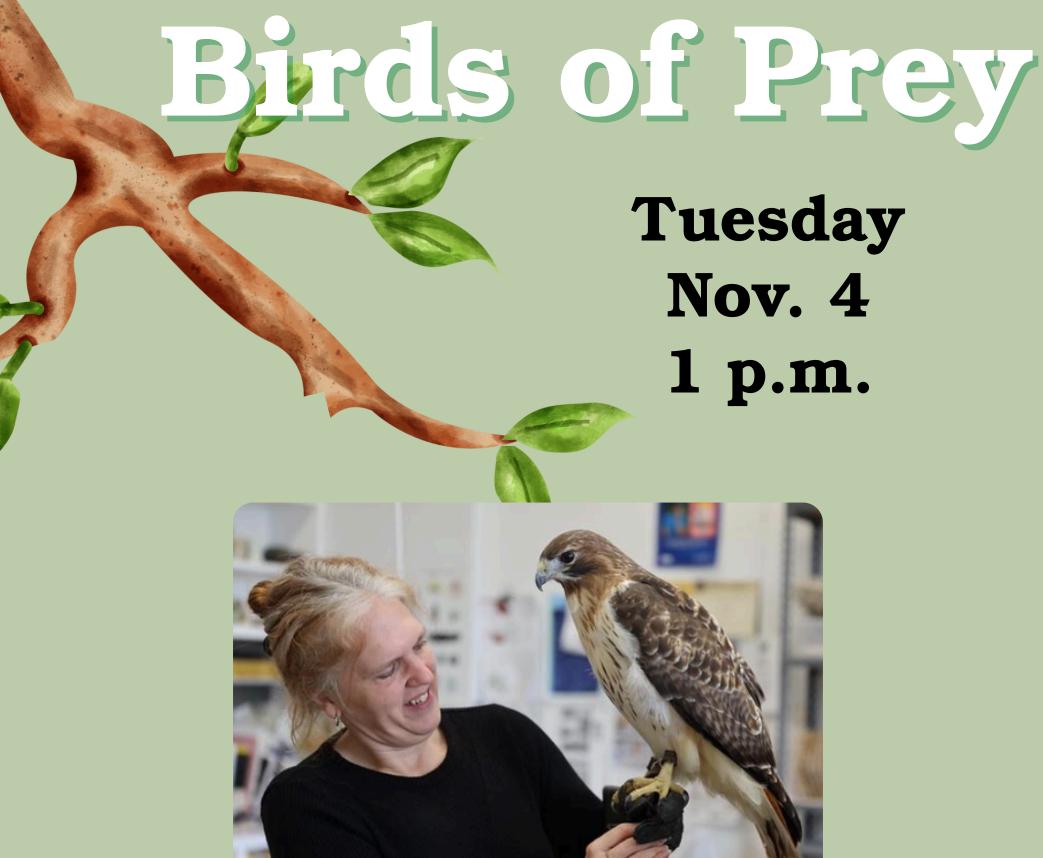
The bags will be lighted and placed around the Village Green Nov. 10 at dusk and remain on until they burn out.

Mondays Oct. 27 & Nov. 3



10 a.m. - 1 p.m.

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



Two species of live birds of prey will accompany Sharon Audubon Center staff to demonstrate their beauty, power and connection with the natural world. Similarities and differences of these amazing birds of prey will be discussed and several props will also be on hand for viewing.

Through this program, the audience will understand why raptors and their environment should continue to be protected and respected, and how our conservation efforts have made an impact on birds.

RSVP 860-355-6075

healthy chats & breakfast snacks



MEET & GREET

With
Housatonic Valley Health District
Director Amy Bethage

Wednesday
Nov. 5
9:30 a.m.

At New Milford Senior Center 40 Main St.

Sponsored by Synergy HomeCare
To register, call 860-355-6075



THURSDAY NOV. 6 1 P.M.

With Judy Prager
REGISTERED DIETICIAN/NUTRIITIONIST

TOPICS

WHAT MICROBIOME IS AND WHY IT MATTERS

HOW DIET AFFECTS BACTERIA

TIPS FOR IMPROVING DIGESTION

CONNECTIONS BETWEEN GUT HEALTH AND OVERALL WELLNESS.

At New Milford Senior Center, 40 Main St., New Milford FOR MORE INFORMATION & RSVP, CALL 860-355-6075

"Navigating the what Ifs: Planning <u>Before</u> a Crisis"



Friday Nov. 7 1 p.m.

EXPLORE

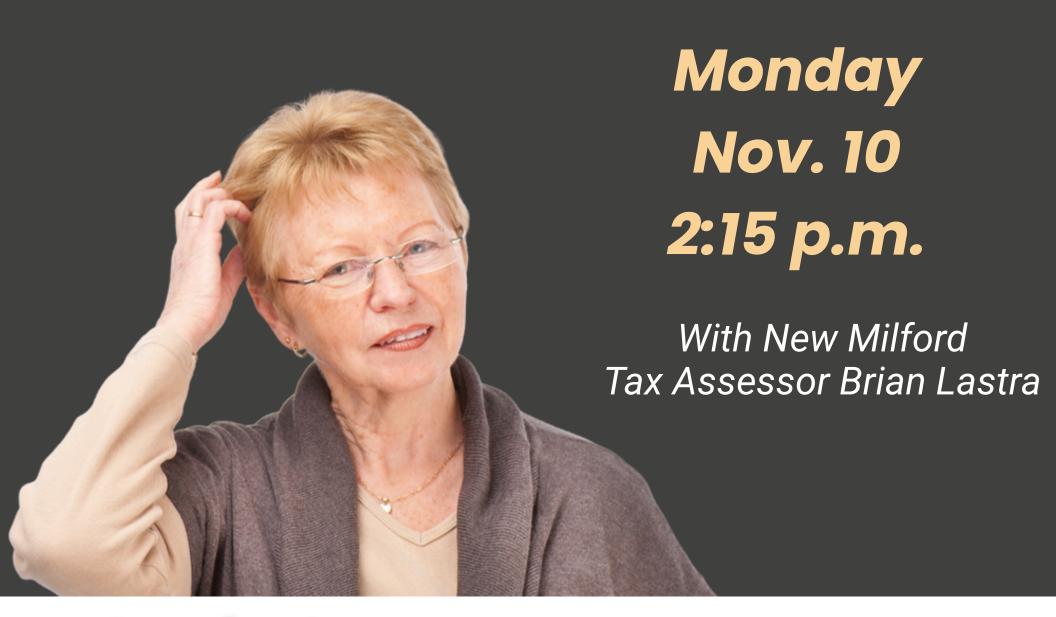
- Housing options
- Care options
- General tips for future planning

With Melissa Garthwait, resource coordinator for Hartford Healthcare Center for Aging



Center for Healthy Aging

Look at resources & services that can help you plan ahead so tough decisions don't have to be made during a crisis.



What is the

HOMESTEAD EXEMPTION ORDINANCE

and What Does it Mean?

New Milford Tax Assessor Brian Lastra will help residents understand the town's newly passed Homestead Exemption Ordinance—a local initiative aimed at providing tax relief to homeowners.

The Homestead Exemption Ordinance was approved by the New Milford Town Council earlier this fall to provide tax relief for qualifying homeowners. Passed in response to a state property revaluation, the ordinance will take effect in July 2026.

At New Milford Senior Center, 40 Main St., New Milford To RSVP, call the senior center at 860-355-6075

Golden Pen



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

Wednesday, Nov. 12 at 2 p.m.

Limited to 8

New Milford Senior Center 40 Main St. New Milford RSVP 860-355-6075 beginning Nov. 1



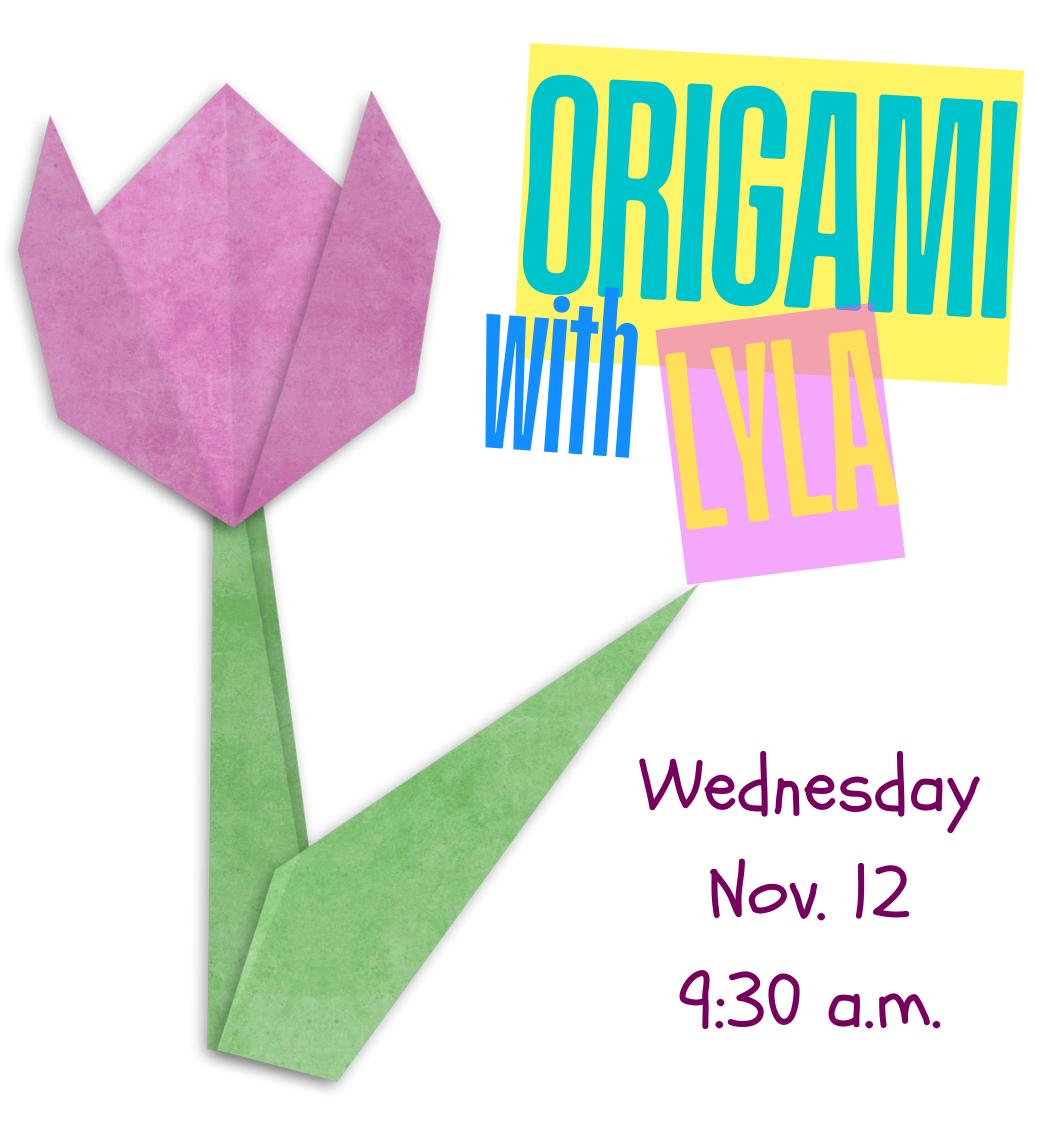
Walk at Harrybrooke Park

100 Still River Drive, New Milford

Meet inside the park near the row of pine trees for an hour walk at the park. The walk is on level asphalt with some uneven sections.

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

Senior bus transportation available.



Join Lyla, one of the center's volunteers from Marvelwood School in Kent, as she leads participants step-by-step through the magical world of origami.

Paper supplies provided

At New Milford Senior Center, 40 Main St., New Milford For more information and RSVP, call 860-355-6075





Care that moves you

Monday, Nov. 17 1 p.m.

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

RSVP 860-355-6075

Movember

BIRTHDAYS CELEBRATION

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

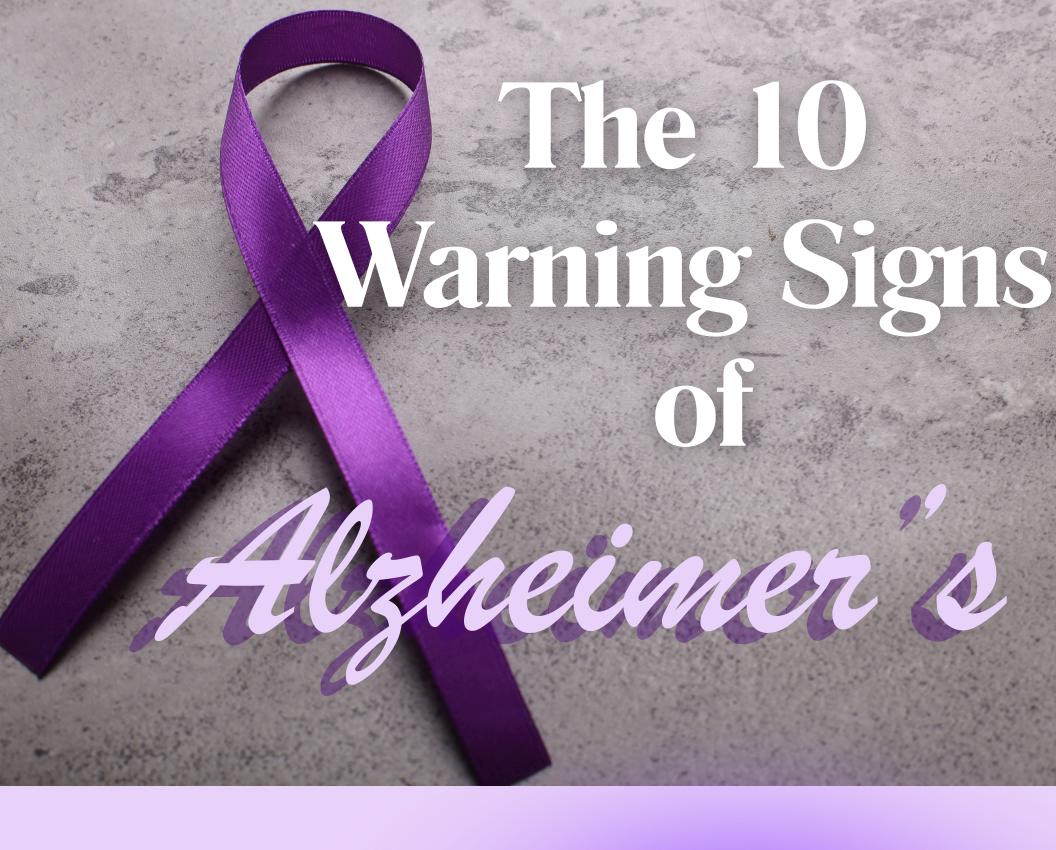
Tuesday Nov. 18 12 p.m.

Music/entertainment

pianist Brian Horberg

Cupcakes

sponsored by the StoneBridge in Newtown



November is Alzheimer's Awareness Month. Join Carolyn DeRocco of the Alzheimer's Association, CT Chapter, to learn the 10 warning signs and how early detection and diagnosis are critical in accessing treatment, care, and support services.

Tuesday, Nov. 18 1 p.m.

CALZHEIMER'S®ASSOCIATION

RSVP 860-355-6075

GUIDANCE FOR GROWING OLDER, YOUR WAY



Open to those who are curious about resources, planning ahead, or want to talk things through.

WEDNESDAY, NOV. 199:30 a.m.

With geriatric care manager Nichole Brant and social worker Cindy LaCour of



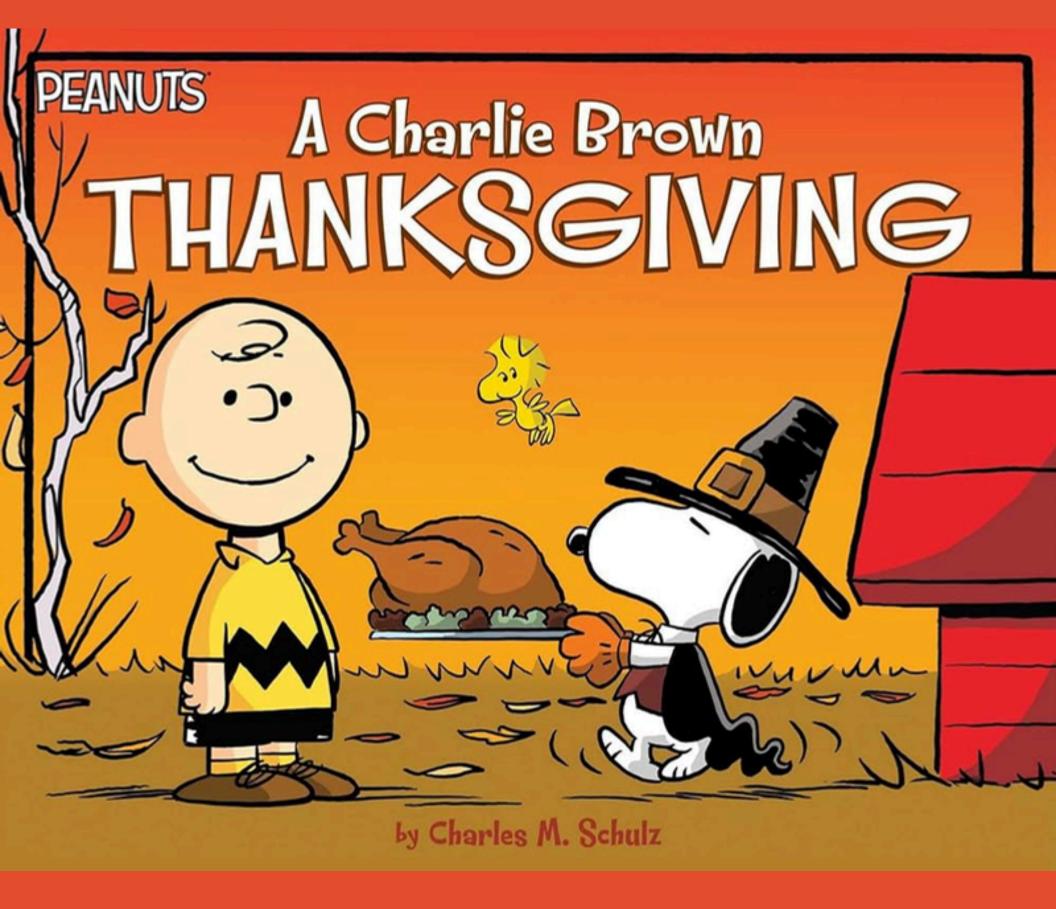
For Lifelong Care & Wellness

Topics that may be covered

- maintaining independence while preparing ahead
- navigating health changes confidently
- understanding options for care & support
- how to communicate needs & wishes to family

RSVP 860-355-6075

Screening of



Thursday, Nov. 20, 10:30-11 a.m.

This heartwarming animated holiday classic premiered Nov. 20, 1973. Join us for a screening of this seasonal staple that reminds viewers of the simple joys of togetherness and the importance of saying thanks.

RSVP 860-355-6075



to honor and give thanks to our volunteers

With LIVE entertainment by Elana Zabari

Thursday

Nov. 20

12-2:30 p.m.

You must register for lunch by Nov. 14 to attend lunch

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

RSVP 860-355-6075



SMART DRIVER COURSE

Friday, Nov. 21 9 a.m. -1 p.m.

\$20/AARP member \$25/non-member

Designed to help older drivers refresh their driving skills and stay safe on today's roads.

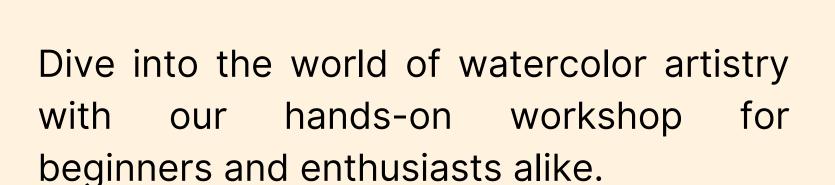
RSVP 860-355-6075 Upon completion of the course, participants may be eligible for a discount on their auto insurance.

Consult your insurance provider for details and eligibility.

WITH AWARD-WINNING ARTIST TOM DOTY



Limited to 10



FRIDAY, NOV. 21 9:30 A.M. - 12:30 P.M.

At New Milford Senior Center, 40 Main St., New Milford RSVP 860-355-6075 beginning Nov. 3



Jars of Blessings aThanksgiving craft

Join Deborah for a reflective activity that focuses on creativity, thoughtfulness and the spirit of Thanksgiving

FRIDAY, NOV. 21, 1 P.M.

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



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

TO RSVP, CALL 860-355-6075

HEARING SCREENING



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

Tuesday, Nov. 25 10 a.m. by appointment





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



RSVP 860-355-6075

Prepare yourself for a screening of



Join the senior center at Bank Street Theater for a screening of part two of this iconic story.

Tuesday, Nov. 25 12:30 p.m.

RSVP 860-355-6075

\$5/person

\$20/ticket & food/beverage