

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

LUNCH & LEARN



Fire safety & fire prevention
with
New Milford Fire Marshal's Department

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

For more information and registration, call 860-355-6075

TECH SAVVY SENIORS

10-week course



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

2025 Fall Session Classes

Wednesdays 10a-11a

- 10/1:** *Intro and Basics*– Learn the basics of your device
- 10/8:** *Learn about Apps*– Download, delete, and more
- 10/15:** *Apps Continued*– Continuing from the previous week
- 10/22:** *Camera*– Learn all about your camera
- 11/5:** *Communication*– Calling, Messaging, and FaceTime
- 11/12:** *Communication Continued* – Continuing from previous week
- 11/19:** *Customization*– Making your device work to fit your needs
- 12/3:** *Security*– Securing your device and Health App (iPhone only)
- 12/10:** *Security Continued* – Continuing from previous week
- 12/17:** *Wrap Up*– Catching up on topics we missed and answering ?'s

Classes taught by Lindsey Burk. Sign up with NM Senior Center.

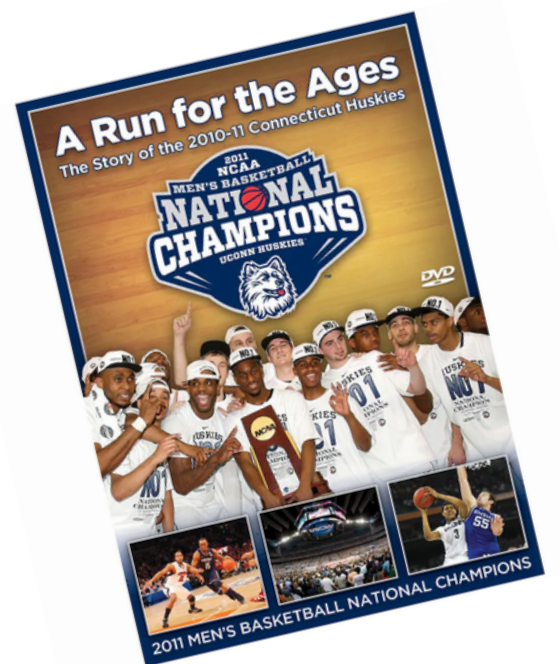
At New Milford Senior Center, 40 Main St., New Milford

To sign up, call the center at 860-355-6075

A History of Huskies Hoops



Legacy of Greatness



***With award-winning sportswriter and
author Marty Gitlin***

Tuesday, Oct. 7, 1 p.m.

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

To sign up, contact the center at 860-355-6075

JOIN NEW MILFORD SENIOR CENTER FOR HEALTHY CHATS & BREAKFAST SNACKS



Get answers to your top questions about Breast Health

- What age should I stop screening mammograms, if ever?
- Should I still do self breast exams?
- Should I worry about getting breast cancer again at my age?



OCTOBER 8TH FROM 9:30 AM – 10:30 AM



NEW MILFORD SENIOR CENTER

Breakfast sponsored by Synergy HomeCare & Village Crest Center for Health and Rehabilitation

Dr. Christina Wolchok is certified by the American Osteopathic Board of Surgery. She has dedicated her practice to treating patients with breast cancer and benign breast disease. Additionally, she treats high-risk patient populations with particular interest in BRCA1 and BRCA2 genetic mutations.



Tech Savvy Seniors



Pop-Up Classes!



Join us for some iPhone Pop-Up Classes that will go over some important topics

**You MUST own an *iPhone* for this class.
It is not for any other devices.**

Please also bring your Apple ID and Password

**iPhone Pop-Up Classes
Thursdays 930am-1030am**

10/9: Creating Albums on your iPhone – creating albums and making photos and videos easier to find.

10/23: Maps, Google Maps, and Waze – using your phone when traveling and the different apps that can help!

11/6: Shopping with your iPhone – Please bring any store savings cards with you to this class and learn how your phone can help you shop.

11/20: PayPal, Venmo, Apple Pay – how to pay using these apps on your iPhone

12/4: Calendar and Reminders – putting appointments in your calendar and how it can remind you and even tell you when it is time to leave!

12/18: Camera – the holidays are here and you don't want to miss a moment! Brush up on your camera skills and impress your friends and family 😊

Classes taught by Lindsey Burk. Sign up with New Milford Senior Center

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

To sign up, contact the center at 860-355-6075

FLEX!

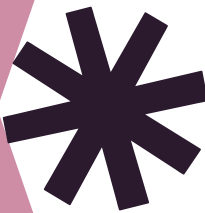
Integrated Fitness

*Exercise
your mind
and body.*

*With Cynthia Rauschert
owner and creative director of Circus Moves*

Thursdays

**Oct. 16, 23 and 30, and Nov. 6
10 to 11:30 a.m.**



Four-week series that focuses on building reflexes and flexibility in both mind and body. Series will introduce participants to functional movement exercises that build skills to support fall prevention through stretching and strengthening muscles, loosening joints, and improving reaction times.

RSVP



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



860-355-6075

PREPARING FOR OPEN ENROLLMENT



Medicare

*Presented by SHIP/CHOICES
Helping You Make Sense of Medicare*

**Thursday
Oct. 9
2 p.m.**



TOPICS

- What changes can you make during open enrollment
- Reviewing your current plan - what to look for
- How to compare Medicare Advantage and Part D Plans
- Tools and resources to help you choose
- Avoiding late enrollment penalties and scams
- Q&A with Certified CHOICES counselor

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

Registration required by calling the senior center at 860-355-6075

“Making the Most out of Your Medical Visit”



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

Hartford 
HealthCare
Center for Healthy Aging

**Wednesday
Oct. 15
1 p.m.**

***how to go prepared
&
make the most of the time you have with your doctor.***

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

Registration required by calling the senior center at 860-355-6075

JUKEBOX

BINGO

& PIZZA

Friday
Oct. 17
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



Monday, Oct. 20
1 p.m.

Sponsored by



To register, stop by the senior center or call 860-355-6075

October

BIRTHDAYS CELEBRATION

***Tuesday
Oct. 21
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



Bewitched

**Tuesday
Oct. 21
1 p.m.**



Local author and storyteller John Cilio will shine a spotlight on the classic American fantasy sitcom

- **Stories**
- **Trivia**

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

FOR MORE INFORMATION & RSVP, CALL 860-355-6075

LUNCH & LEARN

brain games

With Danielle Ramos
of Village Crest Health & Rehab

Friday, Oct. 24, 1 p.m.



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

FOR MORE INFORMATION & RSVP, CALL 860-355-6075

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.



New Milford Senior Center
40 Main St.
New Milford



860-355-6075

Mondays

Oct. 27

Nov. 10

Nov. 24

Dec. 8

Dec. 29

10-11 a.m.

***Half-hour
appointments
available***

In partnership with



Costumes
welcome for
contest

HALLOWEEN PARTY

FRIDAY, OCT. 31 ~ 12-2:30 PM

Lunch sponsored by Sheraton Caregivers

Spooky Sangria & Witch's Brew Juice

Fabulous live entertainment with Tomaca

Boo Bop, Spider Swing, Candy Corn Twist & Black Cat Boogie dancing

Tricks and Treats

Costume Contest (Prizes for Costume prizes for Best Overall, Most
Creative, Funniest, Cutest & Scariest)

\$20

At New Milford Senior Center, 40 Main St.

Payment at RSVP confirms attendance

860-355-6075

Senior Center Book Club Discussions

If there are ever any questions, please contact Laura Cunningham at the library.

lcunningham@newmilfordlibrary.org

860-355-1191 ext. 4204 or the main desk to be directed to Laura.

Laura will deliver the next title the group is going to read on each discussion date at the Senior Center and she will bring back their current discussion book back to the library. Books will be checked out to each book club member at that time.

Book and Movie

Discussion Day: 1st Wednesday of the month, meets every other month.

Start time: ~12:45pm for the movie (this movie is played on the large screen for the entire Senior Center.

Description: The group reads books that have been turned into movies. They watch the movie at the Senior Center on the discussion day and discuss their thoughts afterwards.

Capacity: There are plenty of spaces so seniors are welcome to join.

Mystery Book Group

Discussion Day: 2nd Friday of the month, meets monthly.

Start/end time: 1-2PM

Description: This group enjoys reading hard core mystery and thriller books. The group recommends authors and books they would like to read, then votes on titles to read via a majority pick.

Capacity: **This group is currently full**, please see Laura at the library to be put on a waitlist.

Thursday Book Group

Discussion Day: 3rd Thursday of the month, meets monthly.

Start/end time: 1-2PM

Description: This group enjoys reading a variety of genres and titles that tend towards more lighthearted/feel good reads. The group recommends authors/titles of books they would like to read, then votes on a majority ruling.

Capacity: While this group is nearing full capacity, it is still accepting new members. Please contact Laura at the library.

Tuesday Book Group

Discussion Day: 4th Tuesday of the month, meets monthly.

Start/end time: 1-2PM

Description: This group enjoys reading a variety of genres and titles that tend towards more in-depth titles. The group recommends authors/titles of books they would like to read, then votes on a majority ruling.

Capacity: **This group is currently full**, please see Laura at the library to be put on a waitlist.



The New Milford
Senior Center will
be closed
Monday, Oct. 13,
for Indigenous
People Day

