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New Milford Senior Center, New Milford, CT

06-5288



NEW MILFORD
SENIOR CENTER

40 Main Street ♦ New Milford, CT 06776
Telephone (860) 355-6075 Fax (860) 354-2843
Hours: Monday-Friday, 8:00 AM-4:00 PM
Email: senior@newmilford.org
Website: www.newmilford.org

Click on "Departments" and select "Senior Center"



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www.agewellct.org/newmilford

SENIOR CENTER SUBCOMMITTEES

TRIAD for Senior Safety

Andrea Wilson, *Chairperson*

Nanette Bergin, *Secretary*

Ellen Tamburri, Catherine DeLuca, Heidi
Bettcher, Atty. Michelle Liguori, Michael Gold,
Lt. Lee Grabner, Kim Harrington

WHEELS Program of Greater NM

Thea Gruber, *Program Coordinator*

Marianne Tarby, *Scheduler*

Leo Ghio, Erin Baldwick, Richard Power, Rui
Anderson-Sousa, Jess Umbarger, Shelly Scalzo

SENIOR CENTER COMMUNITY CAFÉ

Jason G. Streck, *Chez J, LLC—Chef On Site*

COMMISSION ON AGING

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

Gretchen O'Shea, *Chairperson*

Bob Bennett, *Vice Chairperson*

Mary-Ellen Foster, Atty. Michelle Liguori,

Holly Mullins, Geri Rodda,

Cecile Rooney, Jane Rush, Bonnie Weed

HEALTH & WELLNESS PARTNERS

Alzheimer's Association

Housatonic Valley Health District

RVNA-New Milford

Nuvance Health

NEW MILFORD SENIOR CENTER ENRICHMENT FUND

Monetary donations to benefit the New Milford Senior Center may be accepted through the newly established **New Milford Senior Center Enrichment Fund** which provides financial support for services, uplift, compassion, and scholarship for senior citizen programs and activities. Contributions are deductible for Income Tax purposes to the extent allowed by law. Municipalities are considered a qualified organization for said donations under the Internal Revenue Code-Publication 526, as long as use is for public purpose.

Town of New Milford, CT EIN: #06-6002046

NEW MILFORD SENIOR CENTER STAFF DIRECTORY

Jasmin Marie J. Ducusin-Jara
Director of Senior Services

Janette Ireland
Program Coordinator/Asst. Director

Marisa J. Levine
Municipal Agent/Elder Advisor

RJ Yarrish
Municipal Agent/Elder Advisor

Kim Fitch
Office Coordinator/13b Clerical

Tom Williams
Senior Center Bus Operator

Erin Baldwick
Senior Center Bus Operator

John DeLaura
Chore Services Coordinator

Sue Desgro
Per Diem Sub Senior Center Bus Operator

Rufus de Rham
Per Diem Sub Senior Center Bus Operator

Lori McNamara
PT Seasonal Office Coordinator for MAs

FOR YOUR INFORMATION

CONGREGATE MEALS : IN-HOUSE DINING

The Senior Community Café is open for Lunch with the option of in-house dining! Meals are prepared by Chef Jason G. Streck of *Chez J, LLC*. To make a reservation, please stop in or call at least 3 days in advance. Suggested donation for the meals is \$4.00. All meals in-house will follow the most current health and safety protocols! Lunch menus are on Page 14 of this newsletter and hard copies are available for pickup at the Senior Center.



SENIOR SHOPPING DAYS IN DOWNTOWN NEW MILFORD

Shop small and shop local, right in our very own Downtown New Milford. In collaboration with the Mayor's Office and the Downtown Merchants on the Green, we are happy to announce that Senior Shopping Days will begin on the first Tuesdays of every month with special senior discounts for your shopping pleasure. Just show your New Milford Senior Center MySeniorCenter card to participating vendors and shop away!



HOME DELIVERED MEALS—MEALS ON WHEELS

For seniors 60 years of age or older and of homebound status meaning not able to access public places without assistance and not be able to drive can qualify for home delivered meals with Meals on Wheels. Prepared meals are delivered to a person's home for individuals who are unable to prepare or obtain nourishing meals on their own. Western CT's Area Agency on Aging's home-delivered meal programs provide two meals a day and can be obtained anywhere from one to seven days per week depending on need. To apply or make a referral, please call the WCAAA at 800-994-9422 or 203-757-5449.

DURABLE MEDICAL EQUIPMENT LENDING CLOSET



Did you know that the New Milford Senior Center houses a "lending closet" of durable medical equipment for donated items in clean + excellent condition for those in need? Connect with the Senior Center for further details, availabilities, or acceptable items for donation.

THE LUNCH BUNCH

The Lunch Bunch is back and meets one Saturday a month to enjoy a new or favorite area restaurant. Join in for delicious local fare and friendships! Connect with the Senior Center for contact information.



4 | FOR YOUR INFORMATION

NEW MILFORD LIBRARY HOMEBOUND SERVICES



In keeping with its mission to provide access to books and other materials for the purpose of enriching their lives, the NM Public Library offers delivery and pickup of library materials to homebound New Milford residents. The library is pleased to partner with the Senior Center for delivery and pick-up services. Materials include but are not

limited to books, magazines, DVDs CDs, audiobooks, and puzzles. For more information, please connect with the New Milford Library by calling 860-355-1191 x201 or by visiting their website: www.newmilfordlibrary.org with links to the registration form.

HELPING HANDS OF NEW MILFORD SENIOR CENTER VOLUNTEER MEETING

Thursday, February 8th, 10:00 AM



Looking for volunteer opportunities or do you simply just want to help make the New Milford Senior Center a better place? Join us as we look to gather new and returning Senior Center volunteers to learn of upcoming events, brainstorm new ideas, or seeing where your time and talents can be shared and appreciated!

SENIOR CENTER COMMUNICATIONS

If you would like to receive emails from the New Milford Senior Center, please send us an email at senior@newmilford.org to say hello and we can add you to our online mailing list.

PLEASE NOTE THAT THE NEW MILFORD SENIOR CENTER
WILL BE CLOSED ON MONDAY, FEBRUARY 19TH IN
OBSERVANCE OF PRESIDENT'S DAY



COMMUNITY FUEL BANK OF NEW MILFORD

Please consider making a donation to the Community Fuel Bank of New Milford. The Community Fuel Bank is a special fund shared by the New Milford Senior Center and New Milford Social Services to aid in keeping New Milford families in need warm during the winter months. Donations are graciously accepted either

online on the "Senior Center" page at newmilford.org or by mail: Community Fuel Bank 40 Main Street New Milford CT 06776 with checks made payable to *Community Fuel Bank of New Milford*.

HAPPENING IN THE COMMUNITY

ODD FELLOWS MEN'S & WOMEN'S BREAKFAST

Friday, February 23rd, 9:00 AM

Odd Fellows Hall—25 Danbury Road



The members of Good Shepherd Odd Fellows Lodge #65 are welcoming all for breakfast at their hall! Transportation available by connecting with the Senior Center. Thank you to the Odd Fellows for keeping up with this enjoyed tradition!



SUPPORT THE ADVERTISERS that Support our Community!



MEDICATION MANAGEMENT

Tuesday, February 6th, 1:00 PM

Join us as we welcome Melissa Woodhouse, RVNAhealth director of Staying WELL, and Corrine Muy-Cando, RVNAhealth RN and Clinical Supervisor, for a presentation on medication management. Together they will explore practical and easy-to-follow strategies to streamline your daily routine, ensuring that your medications are taken effortlessly and on schedule. Discover a range of tips designed to make managing your meds a simple and stress-free part of your daily life, including the 'brown bag method', medication lists and history, polypharmacy, and safe disposal. Please connect with the Senior Center to sign up.



INTERGENERATIONAL CONNECTIONS

Wednesday, February 7th, 10:00 AM

Join us as we welcome some little friends from the Children's Center for intergenerational fun through games, art, and activities! To sign up, please connect with the Senior Center.

THE GREATEST SITCOMS OF ALL TIME

Rescheduled Date

Tuesday, February 13th, 1:00 PM

Award-winning author and pop culture historian Marty Gitlin hosts this fun and enlightening presentation based on his book, The Greatest Sitcoms of All Time. He is the only author to actually rank the best of the best, including I Love Lucy, The Honeymooners, The Andy Griffith Show, Get Smart, All in the Family, The Mary Tyler Moore Show, Cheers, Seinfeld, The Golden Girls, Frasier and The Big Bang Theory. He will show funny snippets of these shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. Please connect with the Senior Center to sign up.



GOOD TO KNOW + SPECIAL PROGRAMS | 5

CARTOON CLASS—A BASIC DRAWING CLASS

Thursdays, 10:00 AM

Learn drawing skills and develop your creative ability with local cartoonist, Vic Consaga. Materials will be provided, but if you would like to bring your own, the materials needed are a 9" x 11" tracing pad, No.2 pencils, pencil sharpener, and a soft eraser. No prior experience needed, but space is limited so to sign up, please connect with the Senior Center.



VALENTINE'S DAY CELEBRATION LOVE, LAUGHTER, AND MUSIC

Wednesday, February 14th, 1:00 PM

Make your heart happy and join us for an afternoon of love, laughter, and music! We welcome back singer/entertainer, Blaise, to serenade us and invite you to enjoy some sweet treats in the spirit of Valentine's Day! To sign up, please connect with the Senior Center.

LUNAR NEW YEAR CELEBRATION

Friday, February 16th, 11:00 AM

Let's celebrate the Lunar New Year and welcome in the Year of the Dragon! Join us as we welcome the Phoenix Performing Arts Dance Company for modern and traditional Chinese dancing, storytelling, and more. To sign up, please connect with the Senior Center and hope the joy of the new year celebrations will remain with you all year long!



BLACK HISTORY IN CONNECTICUT

Tuesday, February 27th, 1:00 PM

Join us as we welcome the CT Museum of Culture and History for a special presentation on Black History in Connecticut. In this program, we'll take you on a tour of items from our collection representing a spectrum of the Black experience in CT. You'll learn about a Harlem Renaissance writer, Ann Petry, who carefully preserved artifacts chronicling the black community of Saybrook. Examine daguerreotypes by Augustus Washington, who abandoned a successful Hartford photography business to build a new nation in Africa. Browse through the photo album of a Hollywood actress who became a champion of labor rights for black entertainers. Marvel at the gorgeous costumes created by CT's West Indian community for their annual MAS celebration, and see artifacts documenting the Civil Rights movement in our state. Please connect with the Senior Center to sign up.

UPCOMING SENIOR CENTER DAY TRIPS

SIGHT & SOUND THEATRE

Wednesday - Friday, June 26th - June 28th

The Day Trippers are extending their stay and heading to Lancaster, PA to see "Daniel" at the Sight and Sound Theater with some other area attractions! Detailed flyers including itinerary and pricing are available at the Senior Center and payment for reservations will be taken starting Tuesday, January 9th.

RESORT WORLD CATSKILLS CASINO

Tuesday, March 26th

The Day Trippers will be trying their luck at Resorts World Casino in the Catskills! Detailed flyers including itinerary and pricing are available at the Senior Center and payment for reservations will be taken starting Tuesday, February 27th.

TECH SAVVY SENIORS POP-UP CLASSES



Join us as we welcome instructor, Lindsey Burk to help you become a Tech Savvy Senior! Bring your iPhone or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Please note that You MUST own an iPhone or iPad for this class, it is not for any other devices and also bring/know your Apple ID and Password. Space is limited! Please connect with the Senior Center to sign up.

USING YOUR IPHONE WHILE SHOPPING

Thursday, February 15th, 10:00 AM

Learn how to download store apps, upload the coupons to the app, and what to do with the app when you are in the store. Please bring any store savings cards to class with you.

USING YOUR IPHONE AT DOCTOR'S APPOINTMENTS

Wednesday, February 21st, 1:00 PM

Learn how to keep important health information in your phone to share with your doctor. You will also learn how to record your doctor appointments, if this is something your doctor allows.

APPLE WATCHES—HOW CAN ONE BENEFIT ME?

Thursday, February 22nd, 10:00 AM

This class will talk about Apple Watches, how they can keep you safe, how much they cost, and what information they can gather for your doctor.

ICLOUD—WHAT IS IT AND DO I NEED IT?

Wednesday, February 28th, 1:00 PM

Learn about iCloud, the cost, how it can keep items on your phone safe, and more!

MARISA J. LEVINE & REBECCA (RJ) YARRISH MUNICIPAL AGENT 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 and email.

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 •



The mission of New Milford Chore Services is to assist senior residents of New Milford with heavy 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:* Trim hedges,

rake leaves, weed the garden, wash windows, spring cleaning, decluttering, rearrange furniture, switch out screen/storm windows, change lightbulbs, or even tighten screws. The New Milford Chore Services program is funded through federal and state grants and donations based on a sliding scale of client fees. If you think we might be able to help, give Chore Services a call at **860-355-6075**

SENIOR CENTER ARPA FUNDS

The Senior Center has received ARPA (American Rescue Plan Act) Funds to assist New Milford households who were financially impacted by COVID-19. Applications are available at the Senior Center or in the Senior Center section of the Town of New Milford's website: www.newmilford.org. There is no income limit to applying, however, proof of residency and financial impact are required. Grants are limited. Applications and supporting documentation must be sent to the New Milford Senior Center at 40 Main St New Milford, CT 06776 for review and consultation. For more information, please connect with the Senior Center.



Get alerted about emergencies and other important community news by signing up for the Town of New Milford's Emergency Alert Program. This system enables the town to provide you with critical information

quickly in a variety of situations such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhood. Not only will you receive notifications regarding emergencies, but you also have the option to sign up for information relevant to you such as age related programs and town events. You will receive time-sensitive messages where you specify, such as your home, mobile or business phones, email address, text messages, and more. To sign up, go to the Town of New Milford home page at www.newmilford.org and scroll down to the bottom of the home page and click the "Notify New Milford" icon. For questions, please call the Mayor's Office at 860-355-6010 or email mayor@newmilford.org.



ENERGY ASSISTANCE (CEAP)

Application Period: Generally, applications for deliverable fuels (oil, propane, and kerosene) are accepted starting September 1st. The first day EA clients can receive a delivery is around November 1st. Generally, electric heated households are scheduled for appointments after January 1st.

Eligibility Requirements: Please see the matrix below regarding this season's Benefit Matrix of Eligibility

Documents required: Recent electric bill, proof of income for ALL residents in the home (i.e. last 4 paystubs, if on Social Security, we can accept most recent bank statement or Social Security letter sent in January stating the monthly amount)

For more information or to make an appointment, please connect with the Senior Center.

Connecticut Energy Assistance Program (CEAP) 2023/2024 Benefit Matrix

Maximum Income Eligibility								
Household Size	1	2	3	4	5	6	7	8
Annual Income	\$41,553	\$54,338	\$67,124	\$79,910	\$92,695	\$105,481	\$107,878	\$110,275

MEDICARE ADVANTAGE OPEN ENROLLMENT

From January 1 – March 31 each year, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. **Note:** You can only switch plans once during this period. For more info or to request an appointment, connect with the Senior Center.

CAPITAL HOME IMPROVEMENT PROGRAM

The Town of New Milford has made a portion of its American Rescue Plan funds available to income-eligible residential property owners impacted by the COVID-19 pandemic and needing home repairs. Types of work that may be eligible for funding include the correcting of health and safety violations, code compliance, roofing, carpentry, electrical work, painting, plumbing, heating and other non-luxury work subject to the approval of the Town and Program Manager. Eligibility, instructions, and applications are available at the Senior Center.



AARP TAX AID—TAX YEAR 2023

Need help with your taxes? 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.

Please call the Senior Center to obtain additional information or to schedule an appointment with a certified AARP Tax-Aide counselor. Appointments will be available on Mondays, February 5th through April 1st, 2024. We will start taking requests for appointments on Wednesday, January 17th.

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
- 2022 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

- o If health insurance coverage was not for the full year, information on monthly coverage
- o Any health care exemptions received through the IRS or Marketplace/Exchange
- o 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

MEDICARE GENERAL ENROLLMENT: JANUARY 1ST - MARCH 31ST

During Medicare general enrollment you can join Medicare Part B if you did not join during your 7-month initial enrollment period when you first became eligible for Medicare. Also during this time, if you have a Medicare Advantage plan you can switch into a different Medicare Advantage Plan or back to Original Medicare plus a Part D Plan. You can only make one change during this enrollment period. Please bring your Medical Insurance Cards, Prescriptions and Primary Care Doctor information and connect with the Senior Center to make an appointment.



NOTES FROM OUR MUNICIPAL AGENTS| 7

HOMEOWNERS PROPERTY TAX CREDIT: FEBRUARY 1ST - MAY 1ST

Eligibility Requirements: Are you a Homeowner in New Milford? Must be age 65 or older or Social Security disabled and owned a home throughout 2021 in New Milford. Income guidelines are \$40,300 unmarried person and \$49,100 married.

Documents Required: Applicants will need to provide proof of income from all sources in the previous year. If applicants file a tax return this must be included along with SSA-1099s. If applicants don't file tax returns then all 1099s are required.



For more information or to make an appointment, please connect with the Senior Center.



VETERANS ADDITIONAL TAX CREDIT: FEBRUARY 1ST - OCTOBER 1ST

Eligibility Requirements: Must have filed DD-214 at the Town Hall and must meet the established income guidelines.

Documents required: Applicants will need to provide proof of income from all sources in the previous year. If applicants file a tax return this must be included along with SSA-1099s. If applicants don't file tax returns then all 1099s are required.

For more information or to make an appointment, please connect with the Senior Center.

SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Thursday, February 1st, 1:00 PM

Are you a caregiver seeking a compassionate and supportive community? We invite you to join our monthly caregiver support group, where an RVNA health professional leads meaningful discussions and provides valuable insights. In these gatherings, you can connect with fellow caregivers, share your unique experiences, and find the empathy and understanding you deserve. Every first Thursday of the month, we come together to offer emotional support, exchange information, and collaboratively address common caregiving challenges. For questions, more information or to sign up, please connect with the Senior Center.



BEREAVEMENT SUPPORT GROUP

Friday, February 9th, 10:00 AM



Bereavement support groups allow participants to process their grief, share and receive helpful advice, and create a community with others walking in similar paths. Join us as we welcome Garrett Walkup, RVNA health Manager of Bereavement, Social Work and Pastoral Care Services and receive emotional support, validation and understanding, coping strategies, community and connection, and healing and recovery. For questions, more information or to sign up, please contact Garrett Walkup at 475-529-6118 or gwalkup@rvnahealth.org or connect with the Senior Center.



***NEW NAME* INTEGRATED FITNESS**
Thursdays, February 8th and 22nd,
11:00 AM

Circus Moves is now called Integrated Fitness! Functional movement and playful content promoting body and mind strength and flexibility, core strength and balance, cardio vascular health, brain function and elasticity, and mental well-being. Movement activities are adaptable for most mobility levels and participants are invited to stand or sit as needed at any time during the class. For curious and creative adults. "So much fun it doesn't feel like exercise!" Presented by Circus Moves. This class offering is made possible by Senior Center ARPA allocations and is free of charge for participants. Space is limited so to sign up, please connect with the Senior Center.

REIKI HEALING

Tuesdays, February 13th and 27th
1:00 - 3:00 PM

Reiki is used to reduce stress, promote relaxation, and restore physical, mental, and emotional health through simple hands-on healing techniques with Reiki Master, Mary-Ellen Foster every second and fourth Tuesday of the month. A 10 minute Reiki Healing session is a suggested donation of \$7.00 and clients are received on a first come, first served basis.



TAI CHI FOR SENIORS Wednesdays, 1:00 PM

Join Tai Chi Instructor, Sasha Chalif as you learn this gentle way to fight stress while also helping to increase flexibility and balance. Movements can be modified to be practiced in both standing and seated. This class will be taught in four-week sessions and is made possible by the Senior Center ARPA allocation and free of charge but space is limited so to sign up, please connect with the Senior Center. Embrace your mind, body, and spirit!



HEALING WITH SOUND Fridays, 1:00 PM

Do you want to explore sound as a way to relax and have fun? Would you like to learn some sound exercises to reduce stress and improve positive thinking? Join us as we welcome Barbara (Bobbi) Soares of Hummingbird Sound Yoga and experience Hummingbird's medicine that teaches you to listen and be deeply in the present moment. This class offering is made possible by Senior Center ARPA allocations and is free of charge for participants. Space is limited so to sign up, please

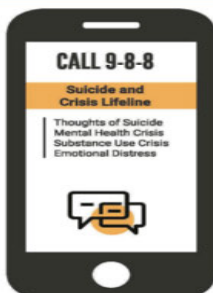
BLOOD PRESSURE SCREENINGS

Wednesdays, 10:30 – 11:30 AM

Join us for a weekly, first come, first serve blood pressure screening with New Milford's very own Community Health Nurse part of the Housatonic Valley Health District. This free service provides you with an opportunity to check and track your blood pressure as well as meet with a nurse for basic health questions and guidance.



Help is 3 Numbers Away



**HEALTHY CHATS & BREAKFAST SNACKS WITH HEIDI:
 RESPIRATORY ILLNESSES**



Wednesday, February 14th, 9:30 AM

To carry on the theme of Wellness Wednesday, join us every third Wednesday of the month as we welcome Heidi Bettcher, Community Nurse with the Housatonic Valley Health District to discuss respiratory illnesses. Cover that cough and keep yourself safe! Breakfast sponsored by Synergy Home Care and Village Crest. Connect with the Senior Center to sign up.

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is available with resources, advocacy, and advice. For more information, please 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
 AND 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

BRAIN GAMES LUNCH & LEARN

Friday, February 23rd, 1:00 PM

Join us as we work our brains with games with our friend, Danielle Ramos from Village Crest! To sign up, please connect with the Senior Center.



COMING SOON!



Dates & Times:

Thursdays **SPACE IS LIMITED**
 2:00PM – 3:00PM
MARCH 7, 14, 21, 28
APRIL 4, 11, 18, 25

Price:

Classes are **FREE!**
8 classes total

Location:

New Milford Senior Center
 40 Main Street, New Milford, CT 06776

Contact:

860.355.6075

**About Connecting
 with Balance:**

Created by the dance company Pilobolus, Connecting with Balance is a one hour workshop tailored to help people of any age reconnect with their bodies and environment. This class is open to all levels of ability - even those who remain seated throughout. No previous experience is required, and no special equipment needed.

This progressive exercise program promotes the balance behind everything we do: from working around the house to keeping up with grandkids.

Give it a try!

UNTIL FURTHER NOTICE, PLEASE BE ADVISED THAT OUR SENIOR TRANSPORTATION SERVICES WILL CONTINUE TO ADHERE TO THE GUIDANCE OF MASKS OPTIONAL BUT STILL STRONGLY ENCOURAGED. WE THANK YOU FOR YOUR COOPERATION.



RESERVATIONS AND RIDERSHIP

Transportation is available for seniors and individuals who are ADA-certified to head to the Senior Center, work, shopping, and anywhere within New Milford. To reserve a ride, please 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. We require at least 24 hours notice for a change in destination as all "stops" are scheduled accordingly. We ask that bus riders be ready at least 15 minutes before your scheduled pickup time! When you are finished with your appointment and/or have been waiting for more than 15 minutes for your ride, please call the Center. All walkers and canes must be secured and wheelchairs will be secured in appropriate locked positions while onboard the bus. For the safety of yourself and others, 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.

SUGGESTED DONATION IS \$1.00 PER ONE-WAY RIDE

Senior Center Bus riders must present their MySeniorCenter Card upon entering the bus and bus riders must have independently mobility. 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.

MASKS STILL ENCOURAGED

The health and safety of our riders and drivers are of utmost importance. Riders are still recommended to wear a face mask/covering that covers both the nose and mouth upon entering, exiting, and for the duration of the bus ride. Please be mindful of social distancing and proper hygiene practices when touching shared surfaces.

For information regarding Title VI, please refer to www.newmilford.org:
Departments —> Senior Center

ADA ACCESSIBILITY Service animals are welcome on the Senior Center Bus if you travel with a service animal. Pets up to twenty pounds may be transported in carriers designed for that purpose. The Bus Drivers cannot help passengers carry pets. Senior Center busses accommodate all wheelchairs, scooters or other mobility devices up to the maximum physical dimensions and constraints of the bus. Drivers are trained to safely operate wheelchair lifts and secure mobility devices on the bus. Scooter users are asked to transfer to a seat after boarding. Most scooters cannot be tied down as securely as a standard wheelchair and are not designed for use on a moving vehicle. Other mobility devices such as walkers and canes are accommodated and must be appropriately secured. Passengers that have trouble with steps may use the wheelchair lift by request. Respirators and portable oxygen are permitted aboard the bus and must be secured by rider.

WHEELS PROGRAM OF GREATER NEW MILFORD

WHEELS is a volunteer organization that provides seniors and individuals who are ADA-certified to non-emergency medical appointments in and around the greater New Milford area. Two cars and a wheelchair accessible van are available to transport based on availability. The WHEELS Office, located on the lower level of the Senior Center, is open Monday - Thursday, 9:00 AM - 12:00 PM and can be reached at **860-354-6012** or through their website: www.wheelsofnewmilford.org



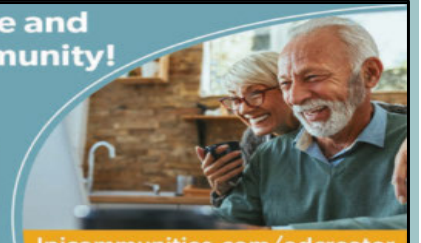
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HANDIWORK CIRCLE

Mondays, 10:00 AM

Meeting every week throughout the year to knit and crochet, all are welcome to work on their own personal pieces or ones that will be donated within our community. If you've never knitted or crocheted before, there are plenty of hands willing to assist and yarn donations in excellent condition are always welcome!

WEEKLY BINGO

Mondays, 1:00 PM

Join us for an afternoon of Bingo! Whether across, down, or diagonally it's a- BINGO! For your own comfort, you are welcome to bring in your own supplies as well! Good luck!

ASK THE ATTORNEY— ROUNDTABLE DISCUSSION

Tuesday, February 20th, 9:30 AM

Do you have an elder law concern? This free informational service is offered by local elder law attorneys in a roundtable discussion format to discuss any elder law issue that might be of interest such as estate planning, living wills, transfer of assets, Medicare, and Medicaid. These are *informational discussions* only; no legal advice is offered. Pre-registration is required, please connect with the Center to sign up.



¡APRENDA ESPAÑOL CON NOSOTROS! SPANISH CLASS

Tuesdays, 10:30 AM

¡Hola, mis amigos! Hello my friends! Have you ever wanted to learn to speak Spanish? Well, now is your opportunity to learn! Join Señora Nora Tigner who will be providing an introductory Spanish class, right here at the Center! Together we will learn the basics of the language and explore the culture. To sign up, please connect with the Center.

SCRABBLE Tuesdays, 12:30 PM



Scrabble is a board-and-tile game in which two to four players compete in forming words with lettered tiles interlocked like words in a crossword puzzle.

QUILT CIRCLE Tuesdays, 1:00 PM

Calling all quilters! Work on your individual pieces or join in on a group project. We have fabric, thread, quilting tools and sewing machines and quilting material donations in excellent condition are always welcome and appreciated.



MAHJONG

Tuesdays, 12:30 PM (Beginners)

Wednesdays, 12:30 PM (Experienced)

Mahjong is a game of both skill and luck that originated in China many centuries ago. Tiles are shuffled, die are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin. All levels welcome!



LIBRARY BOOK EXCHANGE

Wednesday, Feb. 7th, 11:00 AM

At the beginning of the month, a volunteer from the New Milford Library comes to the Center with a new selection of books for you to "check-out". When you are done with your book, either bring it back the following month when the library volunteer is here or drop them off with a staff member at any time.



BRIDGE CLUB

Wednesdays, 1:00 PM

Join in on the fun, but note that this is an advanced group and prior knowledge of play is required.



COMING SOON! BRIDGE 101

Interested in learning how to play bridge? We're taking an interest list! We have great volunteers ready to teach the game. To sign up, please connect with the Senior Center.

MIDWEEK MATINEE

Wednesdays, 12:45 PM

Join us as we turn the Grand Room into a Movie Theater! Upcoming movies are on display by the Sign-in Computer or connect with the Senior Center to find out what'll be playing on the big screen!



MONTHLY BIRTHDAY CELEBRATION

Tuesday, February 20th, 12:00 PM

Are you celebrating a birthday in the month of February? Come celebrate with us and all your friends at the Senior Center! Music and entertainment throughout lunch will be provided by pianist, Brian Horberg. Connect with the Senior Center to reserve lunch and Happy Birthday and best wishes to you!



WE GOT GAME CLUB

Fridays, 10:00 AM

Let's get together and play some games — Card games, dominoes, board games, and more! Have a game you want to play? Bring it along. Connect with the Senior Center to sign up and join in on the fun!



Need to use a Computer?

Check out our fully equipped Computer Lab located on the 2nd Floor available for senior use! See staff for assistance.



ONE-ON-ONE TECH HELP

Appointments Available By Request

30 minute, one-on-one appointments are available with guidance from tech savvy volunteers to answer questions about your technical devices. Connect with the Center to make an appointment.



BOOK DISCUSSIONS

Friday, February 9th,

Thursday, February 15th, and

Tuesday, February 27th, 1:00 PM

We're happy to welcome back our book discussion groups where readers can come together and share their reading experience with three different groups meeting every second Friday, third Thursday, and fourth Tuesday of the month! In partnership with the New Milford Public Library, we have multiple book discussions available throughout the month here at the Center. Books are provided by the library for your convenience. Our discussions are informal but lively, so let's see where the story takes you! Call the Center or the New Milford Library at 860-355-1191 for more information.

WII BOWLING

Fridays, 10:00 AM

Join in the excitement of Wii Bowling, a virtual bowling game that simulates all the movements of bowling minus the heavy ball!



SENIOR SONGBIRDS SINGING GROUP

Friday, Feb. 9th 1:00 PM

The Senior Songbirds are back and ready to gather around the piano once again. Local pianist, Dan Ringuette, will be join us to tickle the ivories and accompany our singers. Warm up those voices, it's time to SING!



PLAY POOL

**Monday - Friday,
Open Hours**

Let's shoot some pool! The pool table is located on the lower level of the Senior Center and available by request. Bring some competition or practice on your own, just give us a call at least one hour prior to your arrival to ensure that the table is available and ready for you to start playing! Pool sticks, balls, and chalk are available or you are welcome to bring in your own equipment Let's see those pool sharks!



WALL STREET WIZARDS

**Wednesdays, February
14th and 28th, 10:30 AM**

This group discusses the stock market and how it affects our IRA's, ROTH's, 401-K's, and various investments in them. The Wizards are looking into their Crystal Ball for the answers. Bring your questions and share ideas with the group. Personal finances are NOT discussed in this forum. Connect with the Senior Center to sign up.

CANASTA

Fridays, 10:00 AM

Love canasta or want to learn how to play? Whether you're a pro or a novice, come out to play this card game that combines elements of bridge and rummy. To sign up, please connect with the Senior Center.



GERMAN CONVERSATIONAL GROUP

Mondays, 1:00 PM



Sprechen sie deutsch? If you enjoy speaking German and want to join others in informal conversation, come join and practice with us! All levels welcome. Connect with the Senior Center to sign up.



WHAT'S HAPPENING: CURRENT EVENTS AND CONVERSATION

Thursdays,

February 8th and 22nd, 10:30 AM

Join us for lively discussions of current events, from local to international. Some may prefer to just listen and learn while others may offer their thoughts, but all must be respectful! To sign up, connect with the Senior Center.

CHESS CLUB

**Thursdays,
February 1st and
15th, 10:00 AM**



Come join other fellow chess players to play one of the world's oldest games! All abilities welcome every first and third Thursday of the month. To sign up, please connect with the Senior Center.

SPECIAL BINGO

**Tuesday, February 20th,
1:00 PM**



Join us for a Special Bingo sponsored by SYNERGY HOME CARE. Connect with the Senior Center to sign up.

PROGRAMS AND ACTIVITIES | 11



CORNHOLE

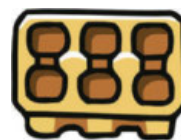
**Mondays, 9:30 AM and
Thursdays, 1:00 PM**

Join our Silver Corn Stars for a game of cornhole! No prior experience necessary. We're happy to teach you how to play! To sign up, please connect with the Senior Center and let the games begin!

CIRCLE OF FRIENDS—GAME HOUR

Monday, February 12th, 2:15 PM

Join us for an intergenerational meetup with the New Milford Youth Agency to play board games and/or card games in good company every second Monday of the month! To sign up, please connect with the Senior Center.



ARTS & CRAFTS: EGG CARTON ART

**Wednesday,
Feb 21st, 10:00 AM**

This egg-tra special project will get you in a hoppy mood! Our arts & crafts volunteers will guide us in created beautiful, fabric covered eggs and a cute little egg carton to display them in. Space is limited, connect with the Senior Center to sign up.

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Valentine's Day

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Admirer	Arrow	Balloons	Be mine	Bow	Boyfriend
Candlelight	Candy	Crush	Cupid	Date	Decorate
Desire	Devotion	Dinner	Doves	Embrace	February
Flirt	Flowers	Girlfriend	Heart	Holiday	Kiss
Love	Love birds	Moonstruck	Passion	Pink	Poem
Presents	Red	Romance	Roses	Sweetheart	Tulips



STRENGTH & BALANCE

Mondays & Thursdays, 11:00 - 11:45 AM

Join Kerry Swift, our Strength and Balance exercise instructor who teaches a low-impact exercise program that includes strength training with light hand weights, stretchy bands, chair exercises and lots of laughter! The cost of a 4-week session is \$15 to take only the Monday Class or Thursday Class or \$30 to take the class on both Mondays and Thursdays, and payment will confirm your registration. Take a seat and let's get movin'!



ZUMBA GOLD Mondays, 5:00 - 6:00 PM

Join Jasmin Ducusin-Jara, certified Zumba Gold instructor for a class that's perfect for active older adults who are looking for a Zumba® class at a lower-intensity. The class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination as well as all the elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. The cost of a 4-week session is \$25 and payment will confirm your registration. Let's get the party started!



DANCIN' THROUGH THE DECADES

Tuesdays, 11:00 AM

Join professional dancer and certified personal trainer Matthew Ames as he hits the floor in this exciting new dance workout. Designed to increase range of motion and muscle recruitment, all while dancing to your favorite golden oldies of yesteryear. No dance experience is required, just a love of music and movement. The cost of a 4-week session is \$25 and payment will confirm your registration. Get ready to boogie!



CHAIR YOGA Tuesdays, 10:30 - 11:30 AM

Join Elaine Donahue, certified Yoga Instructor, for an enriching gentle yoga class where you have a partner on the mat: a chair! Improve balance, strength and flexibility by practicing classic yogic poses while supported by your chair. This class is welcome to all who are striving for increased energy, improved wellness, and an enhanced enthusiasm for life! The cost of a 4-week session is \$25 and payment will confirm your registration. Namaste, friends!

YOGA Thursdays & Fridays, 9:30 AM

Join yoga instructor, Kristin Wilkins who brings compassion and a positive approach to her work by helping people maintain a healthy lifestyle! With two class days available, yoga is a not only a type of exercise, but a discipline that includes breath control, simple meditation, and specific bodily postures for health and relaxation. The cost of a 4-week session is \$25 and payment will confirm your registration. "It's not about being good at something. It's about being good to yourself."



BOOGIE SHOES Wednesdays, 11:00 AM

Move and groove to classic boogie beats as you target and tone legs and core muscles with funky fresh dance routines with professional dancer and certified personal trainer, Matthew Ames. No experience or dance skill is required. Routines are easy to modify for all fitness levels. The cost of a 4-week session is \$25 and payment will confirm your registration. It's time to get toned to the sounds of the post-disco era, so put on your "Boogie Shoes."

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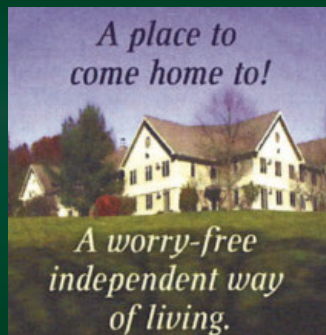
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SENIOR LUNCH

SERVED MONDAY - THURSDAY, 12:00 PM

SUGGESTED DONATION: \$4.00

PLEASE SIGN UP BY CONNECTING WITH THE
SENIOR CENTER AT LEAST 3 DAYS IN ADVANCE

FEBRUARY 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LUNCH PREPARED BY CHEZ J, LLC *Please note that due to product availability, menu items may be subject to substitutions			1 <ul style="list-style-type: none"> • Chicken Cacciatore • Mushroom, Onions, Peppers • Pasta • Garlic Bread • Pudding • Low-Fat Milk • Fruit Juice
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			
5 <ul style="list-style-type: none"> • Chicken Biscuit Pot Pie • Mixed Veggies • Crumb Cake • Low-Fat Milk • Fruit Juice 	6 <ul style="list-style-type: none"> • Mac and Cheese • Stewed Tomatoes • Bread • Applesauce • Low-Fat Milk • Fruit Juice 	7 <ul style="list-style-type: none"> • Grilled Cheese • Creamy Tomato Soup • Cookie • Low-Fat Milk • Fruit Juice 	8 <ul style="list-style-type: none"> • Baked Ziti • Garlic Bread • Salad • Cookie • Low-Fat Milk • Fruit Juice
12 <ul style="list-style-type: none"> • Chicken Veggie Pasta • Bread • Mandarin Oranges • Low-Fat Milk • Fruit Juice 	*Happy February Birthdays* 13 <ul style="list-style-type: none"> • Sausage and Peppers • Pasta • Garlic • Birthday Cupcake • Low-Fat Milk • Fruit Juice 	14 <ul style="list-style-type: none"> • Baked Fish • Rice • Cauliflower • Pudding • Low-Fat Milk • Fruit Juice 	15 <ul style="list-style-type: none"> • Spaghetti & Meatballs • Garlic Bread • Broccoli • Crumb Cake • Low-Fat Milk • Fruit Juice
19 PRESIDENT'S DAY Senior Center Closed	20 BIG CHANGES ARE ON THE WAY TO THE CONGREGATE MEAL LUNCH PROGRAM! <i>The menu for February 20th onward is TBA and was not available in time of newsletter printing—Stay tuned for updates coming soon.</i>	21	22
26	27	28	29
<div>  <p> Please join all of us at the New Milford Senior Center as we wish our dear Chef Jason of Chez J all the best in his future endeavors! We are saddened to see him go but are so grateful for his dedication and the heart and soul he put into our lunch program. Cheers to you, Chef—We will miss you! </p> </div>			

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