

JANUARY 2026

NEW MILFORD SENIOR CENTER

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NOTE: WHITE DRAGON IS USED AS ZERO "0". IT MAY BE USED WITH ANY SUIT.

| Hand Pattern          | Value |
|-----------------------|-------|
| FFFF 2025 222 222     | X 25  |
| 222 0000 222 5555     | X 25  |
| 2025 222 555 DDDD     | X 25  |
| FF 222 000 222 555    | X 25  |
| 222 4444 666 8888     | X 25  |
| FF 2222 + 4444 = 6666 | X 25  |
| 22 444 66 888 DDDD    | X 25  |
| FFFF 2468 222 222     | X 25  |
| 222 4444 666 888      | X 25  |
| FF 2222 DDDD 2222     | X 25  |
| 22 44 66 88 222 222   | X 25  |
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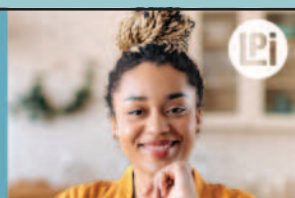
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## AARP Tax-Aide program to be offered at center beginning in February

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.

Returns for states other than Connecticut are not accepted.

For more information or to schedule an appointment with a certified AARP Tax-Aide counselor, connect with the senior center beginning Wednesday, Jan. 21.

Available appointments will be scheduled on Mondays, Feb. 2 through April 6.

### 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
- 2024 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
- If health insurance coverage was not for the full year, information on monthly coverage
- Any health care exemptions received through the IRS or Marketplace/Exchange
- 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

## ABOUT US



NEW MILFORD  
SENIOR CENTER

40 Main Street ♦ New Milford, CT 06776

Telephone (860) 355-6075 Fax (860) 354-2843

Hours: Monday-Friday, 8 a.m.-4 p.m.

Email: [senior@newmilfordct.gov](mailto:senior@newmilfordct.gov)

Website .....: [www.newmilford.org](http://www.newmilford.org)

Click on "Departments" and select "Senior Center"

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Jen Thierfelder, *Office Assistant*

Leo Ghio, Erin Baldwin,

Rui Anderson-Sousa, Jess Umbarger,

### COMMISSION ON AGING

Monthly Meetings take place every

Second Thursday at 3:30 PM

Gretchen O'Shea, *Chairperson*

Bob Bennett, *Vice Chairperson*

Carrie Lee Bunblasky, Mary-Ellen Foster, Atty. Michelle Liguori, Holly Mullins, Dean Prokos, Geri Rodda, Cecile Rooney

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### SENIOR CENTER COMMUNITY CAFÉ

C&C Delicatessen of New Milford, *Elderly Nutrition Program Food Provider*

### Odd Fellows serve monthly breakfast for seniors

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, Jan. 23, from 9 to 10 a.m.** at the 25 Danbury Road lodge.

For more information, sign up, or to arrange for transportation, connect with the senior center.

### Helping Hands volunteers will meet soon

Those looking to volunteer or share a talent/skill at the senior center are invited to attend the monthly Helping Hands of New Milford Senior Center Volunteer Meeting, held the third Wednesday of each month at 10:15 a.m.

There is no meeting in December. The next meeting will be held **Jan. 21 at 10:15 a.m.**

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

For more information, connect with the center.

### Sign up underway for 'Good Morning, New Milford'

The New Milford Senior Center is accepting registration for its opt-in Good Morning, New Milford program.

Trained volunteers will provide weekday morning check-in calls for older adults who may be living alone, are homebound, have limited support systems, or simply appreciate a friendly "good morning" to start their day.

Residents who would like to receive a daily call—or those interested in becoming a "Good Morning" call volunteer—are encouraged to contact the New Milford Senior Center at 860-355-6075.

### ON THE HORIZON AT THE CENTER

These are some of the programs on the horizon (times to be announced). Registration will not open up for these events until Feb. 1, unless announced otherwise via email or bulletins.

*Watch your emails for notices, and the bulletin board near check-in at the senior center. Notices are also posted on our website at [www.newmilford.org/seniorcenter](http://www.newmilford.org/seniorcenter)*

- Four-part guest speaker series, "Birds & the Bees, Flora & Fauna in Connecticut," will be held throughout the month. Speakers will visit from Deer Pond Farm in Sherman, the New Milford Bee City Committee, the Connecticut Agricultural Experiment Station's Plant Disease Information Office, and other organizations.
  - African Dance Show
  - "Journeys: Boys of the Chinese Education Mission"
  - Online dating
  - Healthy Chat about Seasonal Affective Disorder
  - Author talk : "The Sovereign Self: Emotional Mastery for Women in Their Sixties and Beyond"
- ...and more**

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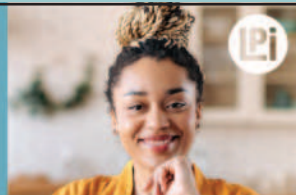
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## More than a game: senior center's Mahjong group builds lasting friendships

When Sandy Avalone first joined the New Milford Senior Center years ago, she never imagined she would play a part in keeping one of its activities alive.

Introduced to Mahjong by fellow member Rita Hull, Avalone was immediately intrigued by the tile-based game—often compared to rummy—in which players match sets such as pongs, kongs, and chows from suits known as bams, dots, and cracks, along with winds and dragons, to build a winning hand.

"I knew nothing of the game," Avalone recalled. "It was interesting, but it definitely takes time to learn the whole thing."

That learning curve eventually led to leadership. When former longtime Mahjong leader Carol decided it was time to step aside, she asked Avalone to keep the group going—and, if possible, help it grow beyond its modest half-dozen players.

Her wish came true and then some.

Today, she and player Diane McCaffrey oversee a regular group of a dozen or more players. More importantly, the group has evolved into something far greater than a weekly game, becoming a close-knit circle rooted in friendship, compassion, and mutual support.



"We seemed to attract people with almost the same type of personality," Avalone said. "Everyone's outgoing and friendly, and we became friends."

Yolanda Perlman, who

joined the Mahjong group after becoming a member of the senior center, quickly discovered how meaningful those friendships would become.

"It's more than a game," Perlman said. "It's the connection—the people who care. The connections are deep."

The group stays in touch through a lively group text, sharing everything from travel updates to personal news. One recent message was a video recorded at an Andrea Bocelli concert the night before.

"It was like a gift to us," Perlman said. A longtime Mahjong player even before joining the senior center, she said the group brought a new level of camaraderie to the game she already loved.

For Sydel Brenner, the Mahjong group proved to be truly life-changing.

After losing her husband of 66 years three years ago, Brenner sought an activity that would help lift her spirits and bring her back into the world. Splitting her time between Florida and Connecticut, she had never had much opportunity to form deep friendships.

The New Milford Senior Center was her second stop—and

it made all the difference.

"I walked in with my head down and asked, 'Can I play?'" Brenner recalled. "And they exclaimed, 'Sure!'"

"It was the hardest time of my life, and these girls are incredible," she said. "They're welcoming, friendly, and happy. We have great games, we laugh, we sing. And if there are problems, we try to help each other out."

Playing Mahjong and getting to know the group, Brenner said, "literally saved my whole attitude of life."

Doreen Shea discovered the Mahjong group while looking for an activity where she could learn and grow—and quickly fell in love with the game. She joined about three years ago and enjoys both the play and the people.

"It's having good conversation, enjoying the game, practicing the game, playing the game, and being able to chat a little bit," Shea said.

"Sometimes you just get snippets of conversation, and other times we pause longer than we should," she added with a laugh.

The bond among the players extends beyond the Mahjong table. The group regularly teams up for senior center events, including the Halloween party, where members once dressed as Mahjong tiles for the costume contest. They also enjoy a monthly meal out together. What began as a simple game has become a source of laughter, friendship, and healing—proving that sometimes, the most meaningful connections are made one tile at a time.

*Deborah Rose/A Mahjong player made an ugly Christmas sweater with comments about "Reasons for a Mahjong Meltdown" for the group's holiday party, right.*



*Deborah Rose/Players sport Mahjong tiles as Halloween costumes.*

# January heats up with hot-topic programs about wellness, esteem, and empowerment

January is **World Health Esteem Month**, a time dedicated to embracing self-acceptance, nurturing positive habits, and valuing who we are *right now—even as we work toward healthier goals*.



Unlike traditional New Year's resolutions that often focus on fixing perceived flaws, Health Esteem Month encourages a shift toward **self-love, confidence, and sustainable well-being**.

At its core, **health esteem** means appreciating your current physical and mental state, recognizing your inherent worth, and making choices from a place of care rather than criticism. This month invites us to practice:

- **Self-Acceptance:** Understanding that growth begins with honoring where you are today.
- **Mindful Choices:** Opting for nourishing foods, movement, or rest because you value your well-being.
- **Compassionate Growth:** Taking small, manageable steps instead of overwhelming, punitive resolutions.

Health Esteem Month matters because it helps counteract the pressure-filled, “fix yourself” culture common in January. High self-esteem supports resilience, better mental health, and long-lasting wellness habits.

When we care for ourselves with kindness, it creates a cycle of positive choices that reinforce confidence and overall well-being.

With this philosophy in mind, the senior center's **January programming will focus on building health esteem through education, reflection, and enjoyable experiences**.

Throughout the month (and years to come), the center encourages seniors to explore programs that nourish the mind, body, and spirit—one compassionate step at a time.

## January film series focused on longevity and purpose



**Every Tuesday in January at 10 a.m.**, the center will screen an episode from the documentary series “Live to 100: Secrets of the Blue Zones,” which explores communities around the world known for longevity and vibrant living.

The Netflix docuseries follows author Dan Buettner to world regions (Blue Zones) where people live exceptionally long, healthy lives, revealing shared lifestyle secrets beyond

complex diets or gyms, focusing on plant-based eating, natural movement, strong purpose, family ties, and

mindful rest, showing that environment and community are key to longevity, not just genes or supplements.

Buettner highlights practical shifts like prioritizing social connections, finding purpose gardening, and reducing non-stop hustle for a more fulfilling, longer life.

- **Jan. 6 – Part 1: “The Journey Begins”** (34 minutes)
- **Jan. 13 – Part 2: “An Unexpected Discovery”** (45 minutes)
- **Jan. 20 – Part 3: “The End of Blue Zones?”** (39 minutes)
- **Jan. 27 – Part 4: “The Future of Longevity”** (40 minutes)

Each screening offers insights into lifestyle habits—such as purpose, community, and nutrition—that contribute to a long, healthy life.

For more information and RSVP, connect with the senior center beginning Monday, Dec. 29.

## Tuesday talks to explore wellness, holistic health

### Jan. 6 – “Tips for Flourishing”

The senior center will kick off its January Health Esteem programming with an uplifting presentation on **Tuesday, Jan. 6 at 1 p.m.**, focused on the important difference between simply surviving and truly thriving.

Dr. Wendy Hurwitz will lead this inspiring session, offering practical strategies for boosting well-being, building resilience, and cultivating a flourishing mindset. Participants will explore tools designed to enhance happiness, strengthen purpose, and support greater life satisfaction in everyday living.

Whether you're looking to recharge for the new year or seeking new ways to nurture your well-being, this program provides meaningful insights that can help you move from “getting by” to genuinely thriving.

All are welcome to join this empowering and encouraging kickoff to the month's events.

For more information and RSVP, connect with the center beginning Monday, Dec. 22.



*Continued on Page 7*



## January programs focus on wellness (continued from Page 6)



### Jan. 13 – ‘Align & Unwind: Chakra Exploration & Meditation’

The senior center will offer a calming and educational and fun Tuesday Talk on **Tuesday, Jan. 13 at 1 p.m.**, featuring “Align & Unwind: Chakra Exploration & Meditation.”

The program will be led by Laurie Antonacci, owner of Guiding Light Wellness LLC in New Milford.

Antonacci will introduce participants to the seven chakras, explaining their significance, how they relate to personal well-being, and the role they can play in supporting balance in daily life.

Following the discussion, attendees will be guided through a soothing meditation designed to help integrate the concepts explored.

Antonacci brings an extensive background in holistic and intuitive practices. She is certified in multiple modalities, including Usui Shiki Ryoho Reiki Master Practitioner/Teacher, Karuna Reiki Master Practitioner, animal Reiki, hypnosis, past-life recall, life coaching, dream analysis, forest bathing, sound healing, guided meditation, and more. Antonacci’s work has grown from her early training in Reiki, which inspired her to pursue a wide range of approaches to support healing of the mind, body, and spirit.

Today, she shares her experience through teaching, guidance, and energy-based practices, helping individuals explore personal growth, emotional balance, intuitive development, and spiritual connection.

The senior center invites all who are curious about chakras, meditation, or holistic wellness to attend this informative and restorative program.

For more information and RSVP, connect with the center beginning Monday, Jan. 5.

### Jan. 27 – ‘What is CBD? And what are the potential benefits and uses of it?’



In recognition of National CBD Month — and as part of the center’s broader Health Esteem initiative this month— the senior center will host a special educational program on **Tuesday, Jan. 27, at 1 p.m.** dedicated to exploring the potential benefits and uses of CBD.

The event will feature Jen Brown, owner of a local wellness shop, oHHo, in Kent. Brown draws on a deeply personal journey with chronic illness and recovery, which prompted her to turn toward plant-based wellness options. She now helps clients navigate the world of hemp-derived CBD products — from oils and tinctures to topicals and edibles — offering personalized guidance and support.

During the Jan. 27 session, Brown will share her story: how she arrived at CBD after years of traditional treatments, and how CBD became part of her path to wellness. She’ll discuss important basics — including the difference between CBD and its psychoactive counterpart THC — to help demystify CBD and clarify what’s fact versus misconception.

Attendees can expect a thoughtful, respectful conversation about what CBD is, how it’s used, and what to consider when evaluating products.

A question and answer session will be offered at the supportive, informative event for those interested in natural wellness approaches, encouraging informed and mindful conversations around CBD and self-care.

For more information and RSVP, connect with the center beginning Monday, Jan. 5.

## Senior center offers lunches through Elderly Nutrition Program

The senior center announces its continued participation in the Elderly Nutrition Program, which provides nutritionally balanced meals to individuals ages 60 and over, as well as their spouses.

Through this program, community members can enjoy fresh, healthy congregate lunches in a welcoming social setting.

Meals are prepared locally four days a week—Mondays through Thursdays—by C&C Delicatessen of New Milford, ensuring high-quality, home-style dishes made close to home.

Reservations are required. To reserve a meal, contact the senior center at 860-355-6075 by the Friday before the week of lunch service.

A suggested donation of \$5 per meal helps offset the cost of providing this valuable service and supports the continuation of the program.

For more information, connect with the senior center.

The monthly lunch menu is included in this newsletter and hard copies are available at the center.



## JANETTE LYNN IRELAND & REBECCA (RJ) YARRISH MUNICIPAL AGENTS 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 at 860-355-6075 and email.

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- Title 5 Senior Employment Options • Chores • Elderly Nutrition/SNAP/Farmers Market Coupons •
- Volunteer Opportunities • Support Groups •

## Municipal agents to lead Lunch & Learn about vital docs

### *'Prepared & Empowered: How proper documents make a difference' to be held*

The senior center will offer an upcoming Lunch & Learn, "Prepared & Empowered: How Proper Documents Make a Difference," **Friday, Jan. 16, at 1 p.m.**

The town's municipal agents RJ Yarrish and Janette Ireland will lead the program sponsored by Michelle M. Ligouri, Attorney at Law in New Milford.

Staying organized with important paperwork can make all the difference when applying for local services, benefits, or assistance programs.

Rebecca and Janette will share their expertise on how having the right documents—readily available and properly filed—can make the process of completing applications smoother, faster, and far less stressful.

Participants will learn practical tips on what documents to keep on hand, how to maintain personal records, and how being prepared not only saves time but also builds confidence and independence.

"Having your documents in order is more than just good organization—it's empowering," Janette said. "It helps ensure that when opportunities or needs arise, you're ready to take action with confidence."

The program is open to all.

Lunch fare will be determined closer to the date.

For more information and RSVP, connect with the senior center beginning Dec. 29. RSVP is required by Jan. 13.



## WORKSHOPS, CLASSES & GROUPS (CONTINUED ON PAGE 10)

### Bereavement group offered monthly

A monthly bereavement support group is held at the center the second Friday of each month at 10 a.m.

The next meeting will take place **Friday, Jan. 9.**

The group is led by Garret 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.

For more information, contact Garrett Walkup at 475-529-6118 or gwalkup@rvnahealth.org, or connect with the senior center.

### Support for caregivers available at senior center

The center offers a monthly caregiver support group, where an RVNA health professional lead meaningful discussions and provides valuable insights.

In these gatherings, one can connect with fellow caregivers, share unique experiences, and find empathy and understanding.

The group meets the first Thursday of the month to offer emotional support, exchange information, and collaboratively address common caregiving challenges.

For more info or to sign up, connect with the senior center.

### Yoga to resume again this month

After a month off for the holiday season, the center's yoga class will resume on a new day and time—Wednesdays from **10 to 11 a.m.**—beginning **Wednesday, Jan. 7**, with a new instructor.

Elora Herberick of EVOLVE Yoga Health Nutrition in New Milford is the center's new instructor.

She first visited the center as a guest speaker during the autumn Aging Mastery Program. The new four-week yoga session will cost \$25. The class is limited to 12.

For more information and RSVP, connect with the center beginning Dec. 29. Payment confirms registration.



### Meet and greet set for Spanish class

Those who have taken Spanish in the past are invited to meet the center's prospective new instructor, Nora Sancho, **Thursday, Jan. 8, at 11 a.m.**

Nora aims to learn more about student skill level and goals for the class.

For more information and RSVP, connect with the center beginning Dec. 29.



## Bus rides available; RSVP required

Transportation is available for seniors and individuals who are ADA-certified to go to the senior center, work, shopping, and anywhere within New Milford.

To reserve a ride, 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, 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.

For more information or to reserve a seat, contact the center at 860-355-6075.

**The senior center will be closed Monday, Jan. 19, for Dr. Martin Luther King Jr. Day.**

"Intelligence plus character—that is the goal of true education."

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate, only love can do that."

## How much is a senior center bus ride?

Senior Center Bus riders must present their MySeniorCenter Card upon entering the bus and bus riders must have independently mobility. The suggested donation is \$1 per one-way ride.

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.

## Wheels can help get you where you need to go

The Wheels Program is a volunteer organization that provides transportation to seniors and individuals with disabilities to non-emergency medical, dental, and physical therapy appointments.

Those under 60 years of age must be ADA-certified. Transportation is provided on a first come, first serve basis.

Located on the lower level of the Senior Center, the Wheels Office is open Mondays through Thursdays from 9 a.m. to noon and can be reached at 860-354-6012 or at [www.wheelsofnewmilford.org](http://www.wheelsofnewmilford.org).

Vehicle operating hours are Mondays through Thursdays from 8 a.m. to 4 p.m.

## SENIOR POLL

### THE WHEELS PROGRAM OF GREATER NEW MILFORD

The Wheels Program is considering making our service available on Fridays. We would like to gauge interest in this service from our community seniors. If you would like to be able to book rides for medical appointments on Fridays, please contact our office to express your interest. (860) 354-6012, [CarrieLB@WheelsofNewMilford.org](mailto:CarrieLB@WheelsofNewMilford.org)



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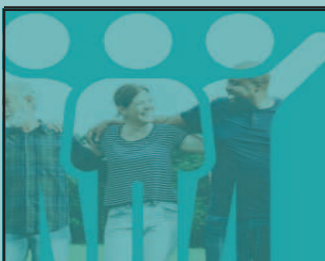
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## Program on gut health to be held Jan. 15

Registered Dietician/Nutritionist Judy Prager will present an informative and engaging program on gut health and the microbiome, **Thursday, Jan. 15, at 10:30 a.m.**

Gut health is about more than just digestion — a balanced gut microbiome plays a key role in breaking down food, absorbing nutrients, and eliminating waste. But that's just the beginning. An optimally functioning gut also supports your immune system, regulates metabolism, influences mental health, and contributes to disease prevention.

In this program, participants will learn: what the gut microbiome is and why it matters; how diet affects gut bacteria; practical tips for improving digestive health; and the surprising connections between gut health and overall wellness. Judy brings more than 20 years of experience working with older adults and has been a trusted provider of nutrition education at our center, offering seasonal classes for the past five years.

For more information and RSVP, call 860-355-6075 beginning Monday, Jan. 5

## Snacks and music of '60-80s to offered Jan. 9



Danbury Area Musicians Jam - known as DAM Jam - will bring their signature acoustic sound to the senior center for "An Afternoon of Music," a lively event to kick off the month of January.

The program will take place **Friday, Jan. 9, from 1 to 3 p.m.**, bringing seniors together for a cozy, joy-filled musical experience.

DAM Jam is comprised of local musicians who perform all types of music in the Greater New Milford and Danbury area.

The group will perform the greatest hits of the 1960-80s.

For more information and sign up, connect with the senior center beginning Dec. 29.

## Lunch & Learn to focus on empowerment

The senior center will offer an upcoming Lunch & Learn, "Prepared & Empowered: How Proper Documents Make a Difference," **Friday, Jan. 16, at 1 p.m.**

The town's municipal agents RJ Yarrish and Janette Ireland will lead the program sponsored by Michelle M. Ligouri, Attorney at Law in New Milford.

For more information, see full description on Page 7.

## Birthday celebration on the horizon

The senior center will offer its monthly birthday celebration for all those with December birthdays **Tuesday, Jan. 20, at noon.**

Pianist Brian Horberg will perform during lunch, followed by birthday cupcakes sponsored by Stone Bridge Center for Health & Rehabilitation in Newtown.

For more information and to sign up, connect with the senior center.

## Coming up on the big screen

The center screens a matinee Wednesdays at 12:45 p.m. on the big screen. Occasionally, a screening may be presented on another day and time. Here's what's coming up, with special screenings noted in red.

**Jan. 7:** "Enola Holmes," 12:45 p.m. (runs 2 hr, 4 min)

**Jan. 14:** "The Rookie," 12:45 p.m. (runs 2 hr, 8 min)

**Jan. 21:** "The Notebook," 12:45 p.m. (runs 2 hr, 3 min)

**Jan. 28:** "Murder on the Orient Express," 12:45 p.m. (runs 2 hr, 7 min)

See Page 6 for information on January special screenings on Tuesday mornings.



## Visiting Angels to sponsor Special Bingo

The center's friends from Visiting Angels will sponsor special bingo **Monday, Jan. 26, from 1 to 2 p.m.** Rachael Stowe will be on hand for this popular event. Special bingo is held monthly with a different business/organization as a sponsor. For more information and to sign up, connect with the center.

## Brain Games & Lunch on tap Jan. 23

Those looking for a fun afternoon with food and games that challenge one's mind might find the Brain Games event **Friday, Jan. 23, from 1 to 2 p.m.** the perfect match.

Join Danielle Ramos of Village Crest Center for Health & Rehabilitation for this popular event.

For more information and to sign up, connect with the center.

## Event to focus on spreading joy to veterans

Valentine's Day is just around the corner and the senior center is gearing up to share joy with veterans at the VA Hospital in West Haven. Join peers **Monday, Jan. 26, at 2 p.m.**—after special bingo—to make Valentine's cards for veterans.

All supplies will be provided.

For more information and to sign up, connect with the center.

## WORKSHOPS, CLASSES & GROUPS (CONT FROM PAGE 8)

### 'Brain Gym,' part of Integrated Fitness series, to kick off

Cynthia Rauschert, owner and creative director of Circus Moves, will return to the center this month to offer part-two of a four-week Integrated Fitness series, "Brain Gym."

The session will meet **Thursdays Jan. 8, 15, 22 and 29 from 10 to 11:30 a.m.**

The focus of the class is to activate one's brain and body with exercises and games that promote executive function (memory, focus, planning, etc.) and promote mind-body connection. Class size limited to 12 participants.

The cost is \$25 for four weeks.

For more information and RSVP, connect with the center beginning Dec. 29. Payment confirms registration.



*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 welcome. Closed for winter.
- ♦ **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 invited to 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 Book Club Book (and the like) Discussion:** Fourth Tuesday and third Thursday each month, 1 p.m. Tuesday and

Thursday groups read the same books but at different times. 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.
- ♦ **Mahjong:** Center players note the game is different from the one many have seen or played online.
  - ♦ **Newbies:** Second Tuesday of each month, 12:30 p.m. *It is strongly recommended those who have never played the game before attend this training session.*
  - ♦ **Beginners:** Tuesdays, 12:30 p.m.
  - ♦ **Seasoned:** Wednesdays, 12:30 p.m.
- ♦ **Bridge 101:** Mondays, 12:30 p.m. Players and volunteers will teach the ins and outs of the game.
- ♦ **Bridge Club:** Wednesdays, 1 p.m. Second and fourth Thursday each month, 12:30 p.m. This is an advanced group of players, so those who wish to attend should have prior experience.

### 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.

**Continued on Page 13**

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|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | R | E | A | D | E | G | G | S | R | C | O | E | N | D | A |
| A | E | B | A | K | E | C | G | W | O | E | L | O | T | C | C |
| K | I | E | E | U | R | N | H | O | L | E | O | E | A | S | O |
| L | K | O | T | U | I | I | K | A | L | P | E | K | U | O | O |
| I | O | E | S | T | P | I | E | L | S | E | E | G | P | V | K |
| M | O | T | S | M | E | I | E | A | B | E | A | U | K | E | B |
| E | C | O | A | S | E | L | E | U | E | R | C | L | S | N | O |
| E | R | E | H | B | U | T | T | E | R | M | I | L | K | S | O |
| F | R | E | P | O | L | T | T | E | E | Y | E | A | S | T | K |
| C | E | E | B | A | E | P | A | S | T | R | Y | E | E | A | A |
| T | L | E | S | R | C | E | B | A | T | T | E | R | E | B | F |
| D | O | U | G | H | E | V | A | N | I | L | L | A | L | E | A |
| S | C | H | O | C | O | L | A | T | E | E | S | T | I | R | O |
| R | E | S | N | R | C | U | P | C | A | K | E | P | A | A | L |
| E | E | F | O | U | R | R | O | L | L | I | N | G | P | I | N |
| T | A | B | L | E | S | P | O | O | N | Y | E | E | R | L | R |

### Word List:

CUP

SUGAR

CREAM

CAKE

ROLLS

CHOCOLATE

WHIP

COOKBOOK

CRUST

TEASPOON

MILK

BUTTER

COOKIE

PASTRY

DOUGH

BAKE

SALT

TABLESPOON

BUTTERMILK

OVEN

CUPCAKE

FROSTING

BATTER

VANILLA

YEAST

FOUR

EGGS

COOKIESHEET

BREAD

ROLLINGPIN

STIR

LOAF

PIE

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Click on "Departments" and select "Senior Center"

Handmade crafts made by the senior community are on  
display and for sale at the Top of the Green Boutique,  
located in the display case at the senior center. Proceeds  
benefit the center's Enrichment Fund.



- ♦ **Sound Healing:** Fridays, 1 p.m. With Barbara "Bobbi" Soares of Hummingbird Sound Yoga.

### Fee

- ♦ **Strength & Balance:** Four-week sessions held Mondays and Thursdays, 11-11:45 a.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.*
- ♦ **Yoga:** Yoga is not only an exercise but a discipline that includes breath control, simple meditation, and specific bodily postures for health and relaxation.
  - ♦ **Chair Yoga:** Tuesdays, 10:30-11:30 a.m. Elaine Donahue, 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:** Wednesdays, 10-11 a.m. With Elora Herberick of EVOLVE. *\$25 for four-week session. Payment confirms registration. Call for details.*

- ♦ **Tai Chi:** Wednesdays, 1 p.m. *\$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:** Expected to launch again in spring 2026.
- ♦ **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, sponsored by Stone Bridge Center for Health & Rehabilitation in Newtown, for all those with a birthday that month.
- ♦ **Puzzles:** Individuals contribute their skills to the puzzle in process.
- ♦ **Intergenerational Connections:** First Wednesday of each month, 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.

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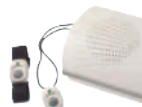
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### JANUARY 2026 MENU

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   |
|---|--|--|--|
| <p>5</p> <ul style="list-style-type: none"> <li>• Chicken Noodle Soup</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>                   | <p>6</p> <ul style="list-style-type: none"> <li>• Teriyaki Salmon</li> <li>• White Rice</li> <li>• Steamed Carrots</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>  | <p>7</p> <ul style="list-style-type: none"> <li>• Beef &amp; Chicken Empanadas<br/><i>(Type of baked or fried turnover consisting of pastry and filling)</i></li> <li>• Coleslaw</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul> | <p>8</p> <ul style="list-style-type: none"> <li>• Sausage and Peppers</li> <li>• Pasta</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>         |
| <p>12</p> <ul style="list-style-type: none"> <li>• Pork Shoulder</li> <li>• Yellow Rice</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul> | <p>13</p> <ul style="list-style-type: none"> <li>• Pulled Pork on a Bun</li> <li>• Cheddar Cheese</li> <li>• Coleslaw</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>  | <p>14</p> <ul style="list-style-type: none"> <li>• Pork Loin</li> <li>• Mashed Potatoes</li> <li>• Carrots</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>  | <p>15</p> <ul style="list-style-type: none"> <li>• Baked Fish</li> <li>• White Rice</li> <li>• Mixed Vegetables</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul> |
| <p>19</p> <p><b>MARTIN LUTHER KING, JR. DAY</b><br/><b>Senior Center Closed</b></p>   | <p>20</p> <p><b>*Happy January Birthdays*</b></p> <ul style="list-style-type: none"> <li>• Chicken Marsala</li> <li>• Mashed Potatoes</li> <li>• Mixed Vegetables</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> <li>• Celebration Cupcake</li> </ul> | <p>21</p> <ul style="list-style-type: none"> <li>• Stewed Chicken</li> <li>• Yellow Rice</li> <li>• Mixed Vegetables</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>  | <p>22</p> <ul style="list-style-type: none"> <li>• Chicken Alfredo</li> <li>• Pasta</li> <li>• Green Beans</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>      |
| <p>26</p> <ul style="list-style-type: none"> <li>• Pasta with Meat Sauce</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>                | <p>27</p> <ul style="list-style-type: none"> <li>• Lentil Soup</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>   | <p>28</p> <ul style="list-style-type: none"> <li>• Beef Stew</li> <li>• White Rice</li> <li>• Mixed Vegetables</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>  | <p>29</p> <ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• Mashed Potatoes</li> <li>• Green Beans</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>   |

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3 Ounces Protein • 1/2 Cup Starch  
1/2 Cup Vegetables • 1 Bread  
1/2 Cup Fruit or Fruit Juice • 8 Ounces Milk

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