


			🎬 No movie Feb. 11—but the 1 p.m. program is a real feature presentation!	
FEBRUARY 2026	Dining Room (D) Grand Room (GR)	Lounge/Library (L) Health and Wellness Room (HW)	Second Floor Carpeted Classroom (2A) Second Floor Hard Floor Club Room (CR)	Lower Level (LL) Second Floor Computer Lab (CL)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>By appt only    AARP Tax Aide Program (2A &amp; CL)</b> 9:30    Cornhole (GR) 10:00    Handiwork Circle (GR) 10:30    American Sign Language 101 (L) 11:00    Strength and Balance (CR) *\$*\$ 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 12:30    Bridge 101 (L) 1:00    Bingo (DR/GR) 1:00    German Conversational Group (HW) 4:30    Zumba Gold (CR) *\$*\$	3 10:30    Chair Yoga (2A) *\$*\$ 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 12:30    Scrabble (L) 12:30    Beginner Mahjong (2A) 1:00    Quilt Circle (CR) <b>1:00    "Birds &amp; the Bees, Flora &amp; Fauna in Connecticut" series, Part 1: “Birds of Winter” (GR)</b>	4 <b>10:00    Tech Savvy Seniors – week 5 (CL)</b> <b>10:00    Film screening: "Masaka Kids: A Rhythm Within" (GR)</b> 10:30–11:30    Blood Pressure Screenings (HW) 11:00    Dancin’ Through the Decades (CR) *\$*\$ 11:00    Book Exchange with NMPL (DR) 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 12:30    Mahjong (L) 12:30    Bridge Club (2A) <b>12:45    Midweek Matinee: “Dear John”(1 hr 48 min) – NMPL book club movie (GR)</b> 1:00    Tai Chi (CR) *\$*\$	5 10:00    Cartoon Drawing Class (HW) 10:00    Chess (CL) 11:00    Strength & Balance Exercise Class (CR) *\$*\$ 12:00    Lunch (DR/GR) \$5 Suggested Donation 1:00    Caregivers Support Group (L) 1:00    Cornhole (GR) <b>6:00    Author talk with Stacey Dutton: "The Sovereign Self: Emotional Mastery for Women in Their Sixties and Beyond" (GR)</b>	6 10:00    We’ve Got Game – Card Games (DR/GR) 10:00    Wii Bowling (DR) 10:00    Yoga (2A) *\$*\$ 1:00    Sound Healing (2A) <b>1:00    Valentine's Gnome Painting with Visiting Angels (DR)</b>
9 <b>By appt only    AARP Tax Aide Program (2A &amp; CL)</b> 9:30    Cornhole (GR) 10:00    Handiwork Circle (GR) <b>10:00    Tech Smart: Android, Tablet &amp; TracFone Help with NMPL by apt (HW)</b> 10:30    American Sign Language 101 (L) 11:00    Strength and Balance (CR) *\$*\$ 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 12:30    Bridge 101 (L) 1:00    Bingo (DR/GR) 1:00    German Conversational Group (HW) <b>1:00    “How to Approach Online Dating” (CR)</b> 4:30    Zumba Gold (CR) *\$*\$	10 <b>10:00    Celebration of African Culture: Rita Wagener and African Dance Show (GR)</b> <b>10:00    Hearing Screenings by apt (HW)</b> 10:30    Chair Yoga (2A) *\$*\$ 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 12:30    Scrabble (L) 12:30    Beginner Mahjong for first timers only (2A) 1:00    Quilt Circle (CR) 2:00-3:00    Reiki Healing (HW)	11 <b>9:30    Healthy Chats &amp; Breakfast Snacks: “Heart Health” (GR)</b> <b>10:00    Tech Savvy Seniors – week 6 (CL)</b> 10:30–11:30    Blood Pressure Screenings (HW) 11:00    Dancin’ Through the Decades (CR) *\$*\$ 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 12:30    Mahjong (L) 12:30    Bridge Club (2A) 1:00    Tai Chi (CR) *\$*\$ <b>1:00    "Birds &amp; the Bees, Flora &amp; Fauna in Connecticut" series, Part 2: “All About Bees: Pollinators &amp; Environmental Stewardship” (GR)</b> <b>2:00    Golden Pen Poetry Workshop (HW)</b>	12 10:00    Cartoon Drawing Class (HW) 10:00    Chess (CL) 10:30    What’s Happening? Current Events Discussion Group (L) 11:00    Strength & Balance Exercise Class (CR) *\$*\$ 12:00    Lunch (DR/GR) \$5 Suggested Donation 12:30    Bridge Club (L) 1:00    Cornhole (GR) 3:30    Commission on Aging Meeting (GR)	13 10:00    Bereavement Support Group (L) 10:00    We’ve Got Game! Card Games (2A) 10:00    Wii Bowling (DR) 10:00    Yoga (2A) *\$*\$ <b>12:00    Valentine’s Lunch &amp; Games (lunch of tomato &amp; basil soup &amp; Caprese sandwich, 12:00; games, 1:00) (GR)</b> 1:00    Sound Healing (2A) 1:00    Mystery Book Discussion Group (L)
16  CLOSED FOR PRESIDENTS’ DAY	17 9:30    Ask the Attorney Roundtable (HW) 10:30    Chair Yoga (2A) *\$*\$ 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> <b>12:00    February Birthdays Celebration (DR/GR)</b> 12:30    Scrabble (L) 12:30    Beginner Mahjong (2A) 1:00    Quilt Circle (CR) <b>1:00    "Birds &amp; the Bees, Flora &amp; Fauna in Connecticut" series, Part 3: “Flora of Connecticut” (GR)</b>	18 <b>10:00    Tech Savvy Seniors – week 7 (CL)</b> 10:00    Arts & Crafts: cutting board wall decor (DR) 10:30–11:30    Blood Pressure Screenings (HW) 11:00    Dancin’ Through the Decades (CR) *\$*\$ <b>11:00    "Spring Cleanup for Low Income Seniors" with Habitat for Humanity (GR)</b> 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 12:30    Mahjong (L) 12:30    Bridge Club (2A) <b>12:45    Midweek Matinee: “The Love Bug” (1 hr 48 min) (GR)</b> 1:00    Tai Chi (CR) *\$*\$	19 10:00    Cartoon Drawing Class (HW) 10:00    Chess (L) 10:15    NMSC Helping Hands Volunteer Meeting (GR) 11:00    Strength & Balance Exercise Class (CR) *\$*\$ 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 1:00    Cornhole (GR) 1:00 Thursday Popular Books Book Discussion Group (L)	20 10:00    Wii Bowling (DR) 10:00    We’ve Got Game! Card Games (DR/GR) 10:00    Yoga (2A) *\$*\$ 1:00    Sound Healing (2A) <b>1:00    “Warm Hearts, Gentle Paws,” a visit with canine friends from ROAR (GR)</b>
23 <b>By appt only    AARP Tax Aide Program (2A &amp; CL)</b> 9:30    Cornhole (GR) 10:00    Handiwork Circle (GR) 10:30    American Sign Language 101 (L) 11:00    Strength and Balance (CR) *\$*\$ 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 12:30    Bridge 101 (L) <b>1:00    Special Bingo with Dawn Hough of Coldwell Banker (DR/GR)</b> 1:00    German Conversational Group (HW) 4:30    Zumba Gold (CR) *\$*\$	24 <b>10:00    "Birds &amp; the Bees, Flora &amp; Fauna in Connecticut" series, Part 4: “Wildlife in Our Backyard” (GR)</b> 10:30    Chair Yoga (2A) *\$*\$ 12:00    Lunch (DR and GR) <i>\$5 Suggested Donation</i> 12:30    Beginner Mahjong (2A) 12:30    Scrabble (DR) 1:00    Quilt Circle (CR) <b>1:00    "Journeys: Boys of the Chinese Education Mission" (GR)</b> 1:00    Tuesday Popular Books Book Discussion Group (L) 2:00-3:00    Reiki Healing (HW)	25 <b>10:00    Tech Savvy Seniors – week 8 (CL)</b> 10:30–11:30    Blood Pressure Screenings (HW) 11:00    Dancin’ Through the Decades (CR) *\$*\$ 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 12:30    Mahjong (L) 12:30    Bridge Club (2A) <b>12:45    Midweek Matinee: “The French Dispatch” (1 hr 48 min) (GR)</b> 1:00    Tai Chi (CR) *\$*\$	26 10:00    Cartoon Drawing Class (HW) 10:00    Chess (L) 10:30    What’s Happening? Current Events Discussion Group (L) 11:00    Strength & Balance Exercise Class (CR) *\$*\$ 12:00    Lunch (DR/GR) <i>\$5 Suggested Donation</i> 12:30    Bridge Club (L) 1:00    Cornhole (GR)	27 9:00    Senior Breakfast (Odd Fellow’s Hall) <b>9:00-1:00    AARP Smart Driver™ classroom course (\$20/AARP member; \$25/non-member) (GR)</b> 10:00    Wii Bowling (L) 10:00    We’ve Got Game! Card Games (DR/GR) 10:00    Yoga (2A) *\$*\$ 1:00    Sound Healing (2A) <b>1:00    Brain Games &amp; Snacks with Village Crest (GR)</b>
			 <div>NEW MILFORD SENIOR CENTER 40 MAIN STREET   NEW MILFORD, CT 06776 PHONE: 860-355-6075 EMAIL: SENIORS@NEWMILFORDCT.GOV – <b>Open Hours Available</b> – Connect with the New Milford Senior Center office for usage requests: Computer Lab and pool table all year-round and Bocce Ball Court (spring through Oct. 15).</div>	<div>Name: _____</div> <div>Address: _____</div> <div>Phone: _____</div> <div>To sign up for multiple programs, please indicate signups by circling program on Calendar <input type="checkbox"/> Check box if Senior Bus Transportation is needed</div> <div><i>*\$*\$ -- Fee-based program, connect with office for details</i></div>