

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	
2	By appt only AARP Tax Aide Program (2A & CL)	10:30 Chair Yoga (2A) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Scrabble (L) 12:30 Beginner Mahjong (2A) 1:00 Quilt Circle (CR) 1:00 "Birds & the Bees, Flora & Fauna in Connecticut" series, Part 1: "Birds of Winter" (GR)	3	10:00 Tech Savvy Seniors - week 5 (CL) 10:00 Film screening: "Masaka Kids: A Rhythm Within" (GR) 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) \$5 Suggested Donation 12:30 Mahjong (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Dear John" (1 hr 48 min) - NMPL book club movie (GR) 1:00 Tai Chi (CR) *\$\$*	4	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) 6:00 Author talk with Stacey Dutton: "The Sovereign Self: Emotional Mastery for Women in Their Sixties and Beyond" (GR)	5	10:00 We've Got Game - Card Games (DR/GR) 10:00 Wii Bowling (DR) 10:00 Yoga (2A) *\$\$* 1:00 Sound Healing (2A) 1:00 Valentine's Gnome Painting with Visiting Angels (DR)	6	
9	By appt only AARP Tax Aide Program (2A & CL)	10:00 Celebration of African Culture: Rita Wagener and African Dance Show (GR) 10:00 Hearing Screenings by apt (HW) 10:30 Chair Yoga (2A) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 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)	10	9:30 Healthy Chats & Breakfast Snacks: "Heart Health" (GR) 10:00 Tech Savvy Seniors - week 6 (CL) 10:30-11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Mahjong (L) 12:30 Bridge Club (2A) 1:00 Tai Chi (CR) *\$\$* 1:00 "Birds & the Bees, Flora & Fauna in Connecticut" series, Part 2: "All About Bees: Pollinators & Environmental Stewardship" (GR) 2:00 Golden Pen Poetry Workshop (HW)	11	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)	12	10:00 Bereavement Support Group (L) 10:00 We've Got Game! Card Games (2A) 10:00 Wii Bowling (DR) 10:00 Yoga (2A) *\$\$* 12:00 Valentine's Lunch & Games (lunch of tomato & basil soup & Caprese sandwich, 12:00; games, 1:00) (GR) 1:00 Sound Healing (2A) 1:00 Mystery Book Discussion Group (L)	13	
16	CLOSED FOR PRESIDENTS' DAY	9:30 Ask the Attorney Roundtable (HW) 10:30 Chair Yoga (2A) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:00 February Birthdays Celebration (DR/GR) 12:30 Scrabble (L) 12:30 Beginner Mahjong (2A) 1:00 Quilt Circle (CR) 1:00 "Birds & the Bees, Flora & Fauna in Connecticut" series, Part 3: "Flora of Connecticut" (GR)	17	10:00 Tech Savvy Seniors - week 7 (CL) 10:00 Arts & Crafts: cutting board wall decor (DR) 10:30-11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$\$* 11:00 "Spring Cleanup for Low Income Seniors" with Habitat for Humanity (GR) 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Mahjong (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "The Love Bug" (1 hr 48 min) (GR) 1:00 Tai Chi (CR) *\$\$*	18	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) \$5 Suggested Donation 1:00 Cornhole (GR) 1:00 Thursday Popular Books Book Discussion Group (L)	19	10:00 Wii Bowling (DR) 10:00 We've Got Game! Card Games (DR/GR) 10:00 Yoga (2A) *\$\$* 1:00 Sound Healing (2A) 1:00 "Warm Hearts, Gentle Paws," a visit with canine friends from ROAR (GR)	20	
23	By appt only AARP Tax Aide Program (2A & CL)	10:00 "Birds & the Bees, Flora & Fauna in Connecticut" series, Part 4: "Wildlife in Our Backyard" (GR) 10:30 Chair Yoga (2A) *\$\$* 12:00 Lunch (DR and GR) \$5 Suggested Donation 12:30 Beginner Mahjong (2A) 12:30 Scrabble (DR) 1:00 Quilt Circle (CR) 1:00 "Journeys: Boys of the Chinese Education Mission" (GR) 1:00 Tuesday Popular Books Book Discussion Group (L) 2:00-3:00 Reiki Healing (HW)	24	10:00 Tech Savvy Seniors - week 8 (CL) 10:30-11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Mahjong (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "The French Dispatch" (1 hr 48 min) (GR) 1:00 Tai Chi (CR) *\$\$*	25	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) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 Cornhole (GR)	26	9:00 Senior Breakfast (Odd Fellow's Hall) 9:00-1:00 AARP Smart Driver™ classroom course (\$20/AARP member; \$25/non-member) (GR) 10:00 Wii Bowling (L) 10:00 We've Got Game! Card Games (DR/GR) 10:00 Yoga (2A) *\$\$* 1:00 Sound Healing (2A) 1:00 Brain Games & Snacks with Village Crest (GR)	27	
					 <p>NEW MILFORD SENIOR CENTER 40 MAIN STREET NEW MILFORD, CT 06776 PHONE: 860-355-6075 EMAIL: SENIORS@NEWMILFORDCT.GOV - Open Hours Available - 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).</p>	<p>Name: _____</p> <p>Address: _____</p> <p>Phone: _____</p> <p>To sign up for multiple programs, please indicate signups by circling program on Calendar</p> <p><input type="checkbox"/> Check box if Senior Bus Transportation is needed</p> <p>*** -- Fee-based program, connect with office for details</p>				