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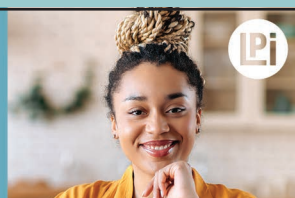
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New Milford Senior Center, New Milford, CT

06-5288

## Seeking models for fashion show



Do you have a favorite outfit that makes you feel fabulous? Are you ready to strut your stuff and celebrate confidence at any age? The center is looking for senior models aged 60 and older to take part in a High Tea & Fashion Show set for April.

The uplifting event will showcase local seniors in a joyful, stylish afternoon filled with tea, treats, and timeless fashion while celebrating femininity.

Whether it's a treasured vintage dress, or something that simply makes you feel your best, we look forward to seeing you on the runway.

No modeling experience is necessary.

Interested individuals are encouraged to contact the center at 860-355-6075.

## Odd Fellows serve breakfast for seniors

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, Feb. 27, 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.

## AARP Smart Driver course to be held

The New Milford Senior Center will host the AARP Smart Driver™ classroom course on **Friday, Feb. 27, from 9 a.m. to 1 p.m.**

This four-hour course is designed to help older drivers refresh their driving skills and stay safe on today's roads.

Participants will review the latest rules of the road and learn valuable defensive driving techniques, including how to handle left turns, navigate roundabouts, and understand right-of-way. The course also highlights proven strategies to help drivers stay safe—not only for themselves but for their passengers and others on the road.

Upon completion of the course, participants may be eligible for a discount on their auto insurance. (Please consult your insurance provider for specific details and eligibility.)

The cost of the course is \$20 for AARP members and \$25 for non-members. Payment confirms reservation.

For more information and RSVP, connect with the senior center.

## Helping Hands volunteers set to meet Feb. 18

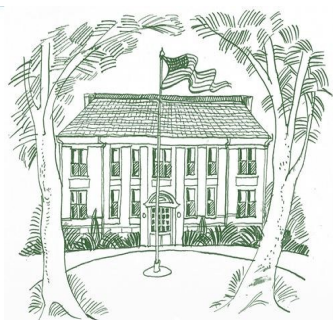
Those looking to volunteer or share a talent/skill at the senior center are invited to attend the monthly Helping Hands of New Milford Senior Center Volunteer Meeting, held the third Wednesday of each month at 10:15 a.m.

The next meeting will be held **Wednesday, Feb. 18, 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.

## 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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## SENIOR CENTER SUBCOMMITTEES

### TRIAD for Senior Safety

Andrea Wilson, *Chairperson*

Nanette Bergin, *Secretary*

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

### WHEELS Program of Greater NM

Carrie Lee Bunblasky, *Program Director*

Marianne Tarby, *Scheduler*

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

## HEALTH & WELLNESS PARTNERS

Alzheimer's Association

Housatonic Valley Health District

RVNA-New Milford

Nuvance Health

## STAFF DIRECTORY

**Jasmin Marie J. Ducusin-Jara**

*Director of Senior Services*

**Janette Lynn Ireland**

*Municipal Agent/Elder Advisor*

**RJ Yarrish**

*Municipal Agent/Elder Advisor*

**Deborah Rose**

*Program Coordinator*

**Kim Fitch**

*Office Coordinator/13b Clerical*

**Tom Williams**

*Senior Center Bus Operator*

**Erin Baldwin**

*Senior Center Bus Operator*

**Lori McNamara**

*PT Seasonal Office Coordinator for MAs*

**Sue Desgro**

*Per Diem Sub Senior Center Bus Operator*

**Rufus de Rham**

*Per Diem Sub Senior Center Bus Operator*

**Ann Robinson**

*Per Diem Sub Senior Center Bus Operator*

## SENIOR CENTER COMMUNITY CAFÉ

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

## Income tax assistance available with AARP at senior center; appointments are needed

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.

Appointments will be accepted 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

- 2025 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

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## 'Birds & Bees, Flora & Fauna' series to be offered this month

With February bringing both winter's quiet beauty and the celebration of Valentine's Day, it's the perfect time to turn our attention to nature's own stories of connection and courtship.

Inspired by the classic 1965 hit "The Birds and the Bees" by Jewel Akens, the four-part February series "**Birds & the Bees, Flora & Fauna**" will explore the fascinating relationships, behaviors, and rhythms that shape the natural world.

Just as the song playfully evokes romance, this series highlights how birds, bees, plants, and animals interact, survive, and thrive—revealing that love, partnership, and cooperation are woven into nature itself.

### Program to spotlight feathered friends

Lori Lichtenauer, sanctuary manager and naturalist with

introduce participants to some of the bird species that spend the colder months in Connecticut, as well as those that migrate through for only a season.

Lichtenauer will also share expert tips on choosing the right types of bird feeders, understanding which feeders attract which birds, and managing other wildlife visitors—like squirrels, bears, and more—that may drop by for a snack.

Birding is a fun, multigenerational activity that can be enjoyed year-round. Learn how your bird observations can contribute to community science projects and help protect the habitats that support both birds and people.

For more information or to RSVP, connect with the senior center.

### Why bees matter; how we can protect them

The senior center will on **Wednesday, Feb. 11, at 9 a.m.** present part two of its February "Birds & the Bees, Flora & Fauna" series with an engaging and timely program focused on pollinators and environmental stewardship.

Representatives from New Milford Bee City will visit to share how the Town of New Milford achieved certification as a Bee City USA community—the first town in the state to earn this distinction.

During the presentation, speakers will explain what it means to be a Bee City and why the certification matters. Bee City USA recognizes communities that commit to protecting pollinators through education, sustainable practices, and habitat preservation. New Milford's certification highlights the



town's leadership in environmental responsibility and its dedication to supporting local ecosystems.

The program will also explore the vital role bees play in our daily lives. Bees are essential pollinators, responsible for helping produce many of the fruits, vegetables, and plants we rely on for food and nutrition. Beyond agriculture, they support healthy ecosystems by enabling plants to reproduce, which in turn sustains wildlife and biodiversity. With bee populations under threat from habitat loss, pesticides, and climate change, community awareness and action are more important than ever.

The session will offer residents an opportunity to learn how local efforts can make a meaningful difference and how individuals can help protect pollinators right in their own backyards.

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

### Get an inside look at state plant life

The senior center will continue its educational series with "Flora of Connecticut," the third program in its February "Birds & the Bees, Flora & Fauna" series exploring the natural world **Tuesday, Feb. 17, at 1 p.m.**

The presentation will feature guest speaker Felicia Millett, plant diagnostician at the Connecticut Agricultural Experiment Station's Plant Disease Information Office in New Haven.

Millett will share her expertise

on Connecticut's diverse plant life, highlighting native species, their ecological importance, and how they contribute to the state's natural beauty and environmental health.

She holds the Connecticut Arborist's License and received her master's degree in Plant Science from the University of Connecticut, where her research focused on fire blight on apple trees.

For more information and RSVP, connect with the senior center.



### Connecticut fauna to be featured

The senior center will welcome a representative from Flanders Nature Center in Woodbury in late February—watch for the date—for an educational program focused on the fascinating fauna found right here in Connecticut.

The presentation will explore the diverse wildlife that shares our environment, from familiar animals like deer and raccoons to more elusive species such as bobcats and other native mammals.

Participants will learn about animal behaviors, habitats, and how these species adapt to both natural and residential areas.

For more information and RSVP, connect with the center.



the Connecticut Audubon Society's Deer Pond Farm in Sherman, will be the guest speaker for a program about winter birds **Tuesday, Feb. 3, at 1 p.m.**

Winter is a wonderful time to stay connected to nature, and bird feeders offer a front-row seat to the fascinating world of overwintering birds. In this engaging presentation - which is being held during National Bird Feeding Month - Lichtenauer will

## Pets and wellness go hand in hand



Pets, especially dogs, bring much joy and comfort into our lives.

Beyond companionship, studies show that spending time with dogs can reduce stress, lower blood pressure, improve mood, and even increase social interaction.

For seniors, the presence of a

friendly canine can be a source of emotional support, mental stimulation, and simple, heartwarming fun.

The senior center will welcome a volunteer from the Ridgefield Operation for Animal Rescue (ROAR) and her canine companion **Friday, Feb. 20, at 1 p.m.**

This visit is a wonderful opportunity for attendees to meet and interact with a gentle, well-trained dog, ask questions about pet care, and learn more about ROAR's mission to rescue and rehome animals in need.

During the visit, seniors will have the chance to pet and spend time with the dog, enjoying the proven benefits that come from animal companionship.

Whether you're a lifelong dog lover or just curious about the positive impact pets can have, this visit promises smiles, laughter, and a little extra warmth for your heart.

For more information and RSVP, connect with the senior center.

**"The love for all living creatures is the most notable attribute of man."**

— Charles Darwin

## Creativity to blossom at February arts and crafts group

The senior center will offer an Arts & Crafts group activity focused on creating handmade serving trays **Wednesday, Feb. 18, at 10 a.m.**

The fun and creative program is a great way to express oneself through color, patterns, and personal design—no prior crafting experience needed.

Participants will enjoy a relaxed, welcoming environment where they can be social, share ideas, and connect with others while working side by side.

At the end of the program, each participant will take home a unique, functional serving tray they can use or share with loved ones.

For more information and RSVP, connect with the senior center.

## Stay informed, engaged, and learn at center's 'What's Happening?' group

The senior center's next "What's Happening? Current Events & Conversation" will be held **Thursday, Feb. 26, at 10:30 a.m.**

This engaging program offers a welcoming space for lively discussion of local, national, and international current events.

Participants may choose to listen, share their perspectives, or ask questions, with an emphasis on respectful and thoughtful conversation. All are welcome to attend and take part at their own comfort level.

For more information and RSVP, connect with the senior center.



## Habitat for Humanity Spring Cleanup Initiative workshop to be offered

The senior center will present a workshop with Housatonic Habitat for Humanity to discuss its Spring Cleanup Initiative **Wednesday, Feb. 18, at 11 a.m.**

The initiative offers a free yard cleanup to low income seniors and veterans.

Habitat's research shows that as seniors age, despite their best efforts, it becomes almost impossible to maintain their yards as well as they used to. That's where Habitat steps in.

Habitat mobilizes teams of volunteers throughout its service area that are eager to help take the worry of a spring cleanup off of their shoulders.

Representatives from Habitat will explain the Spring Cleanup initiative and walk attendees through the application

process to ensure they have the proper information and documents available for review.

The application is online only. The submission of proof of income and homeowners' insurance is required for the program.

Applicants must come to the workshop with their proof of income, in the form of last year's tax return or bank statements as well as their current homeowner's declaration pages, which are a requirement of acceptance into the program.

Sensitive information such as Social Security numbers or account numbers be blocked out before submitting them.

The only document representatives will

take with them will be the application itself and the homeowners insurance declaration pages. Any income statements will go home with the applicant.

This is Habitat's third year offering the program and each year it grows with more applicants as well as volunteers who are eager to help our seniors and veterans be able to age well in their own homes.

Of note, even though the team strives to assist everyone, meeting the eligibility criteria and submitting an application does not necessarily guarantee a place on the schedule for our free services.

For more information and RSVP, connect with the senior center.



## Sign up for New York Bee Gees concert to start soon

The New Milford Senior Center is offering a fun-filled day trip on **Thursday, May 14**, to see The New York Bee Gees, the Ultimate Tribute Band, celebrating the legendary music of one of the most iconic groups of all time.

Travelers will ride in comfort aboard a coach bus departing from the New Milford Senior Center at 10:15 a.m., with an estimated return time of 4:30 p.m. Upon arrival, guests will be welcomed with coffee and donuts, setting the tone for a relaxing and entertaining day.

The trip also includes a delicious family-style meal, featuring garden salad, pasta, chicken cacciatore, salmon with honey ginger glaze, vegetables, potatoes, rolls, dessert, and beverages.

The highlight of the day is the live performance by The New York Bee Gees, who deliver an authentic and high-energy tribute to the Bee Gees—one of the best-selling musical groups of all time, with more than 220 million records sold worldwide and eight Grammy Awards. The show features beloved 1970s disco hits such as “Stayin’ Alive” and “Night Fever,” along with earlier classics like “To Love Somebody” and “I’ve Got to Get a Message to You.” Their music continues to resonate with audiences of all ages, making this a must-see performance for longtime fans and newcomers alike.

The cost is \$137 per person and includes transportation, meal, show, and driver gratuity. **Registration will begin on Feb. 18.** Payment confirms a seat.

The deadline to register is April 17.

For more information and RSVP, connect with the senior center.



## Seniors invited to Valentine's gnome painting activity

The senior center will celebrate the season of love with a special Valentine's gnome painting event presented by Visiting Angels of Brookfield **Thursday, Feb. 5, at 1 p.m.**

The program will be led by Rachael D. Stowe, Business Development & Community Relations, and will offer participants a delightful opportunity to get creative while enjoying good company.

Attendees will paint their own Valentine-themed gnome, adding personal touches and playful details in a relaxed, supportive environment.

The event is designed for all skill levels and encourages creativity, conversation, and connection.

The activity promises an afternoon filled with laughter, artistic expression, and Valentine's cheer.

For more info and RSVP, connect with the senior center.

## Day trip to casino set for March



The senior center is offering a day trip to Resorts World Catskills Casino **Wednesday, March 25**, for an exciting and relaxing getaway.

Participants will depart the senior center by coach bus at 8:30 a.m. and enjoy a full day at the casino.

Each attendee will receive \$25 in free slot play along with \$15

toward food, adding extra value to the trip.

The bus will leave the casino around 3 p.m., making it a convenient and enjoyable outing for those looking to try their luck, dine, or simply take in the atmosphere.

The trip is limited to 50 people.

The cost is \$80 per person. Payment confirms a seat.

The deadline to register is March 2.

Participants must have a valid state or federal government issued ID. Copies are not accepted.

For more information or to reserve a seat, contact the senior center.

## Birthdays to be celebrated with music

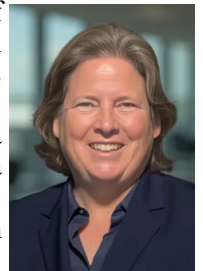
The senior center will offer its monthly birthday celebration for all those with February birthdays **Tuesday, Feb. 17, at noon.** Pianist Brian Horberg will perform during lunch, followed by birthday cupcakes sponsored by Stone Bridge Center for Health & Rehabilitation in Newtown. For more information and to sign up, connect with the senior center.

## February Special Bingo to feature new sponsor

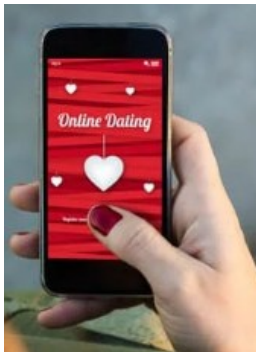
Local Realtor Dawn Hough of Coldwell Banker will sponsor special bingo **Monday, Feb. 23, from 1 to 2 p.m.**

Special bingo is held monthly with a different business/organization as a sponsor.

For more info and RSVP, connect with the center at 860-355-6075.



## Love in the digital age: online dating



Thinking about online dating but not sure where to start?

Representatives from New Milford Public Library will present “How to Approach Online Dating” **Tuesday, Feb. 9, at 1 p.m.** at the center.

Attendees can prepare to gain confidence, learn tips, and enjoy a few laughs along the way.

For more information and RSVP, connect with the center.

## Mark calendar for Brain Games & Snacks

It's time to put on our thinking caps and challenge our brains. Join us **Friday, Feb. 27, at 1 p.m.** as our friend Danielle Ramos of Village Crest leads fun brain games. To sign up, contact the senior center at 860-355-6075.

## 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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- 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 •

"If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter."

- George Washington



## Municipal agents to lead Lunch & Learn on ways to take stress out of application processes

### *'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, March 13 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.

RJ 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 Feb. 18. RSVP is required by March 6.

## Are you eligible for a homeowner tax credit?

This program offers a property tax credit for homeowners who are 65 or older, or totally disabled, and whose annual incomes are within specific limits. The credit can be up to \$1,250 for married couples and \$1,000 for single persons, based on a graduated income scale. Applications must be filed with the local Assessor's Office between Feb. 1 and May 15.

**Eligibility Requirements:** Age 65 or older or Social Security disabled and owned a home throughout 2025 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. If applicants file a tax return this must be included along with any additional proof of income, and if you receive social security, a SSA-1099s.

For more information or to make an appointment, connect with the senior center.



### ABRAHAM LINCOLN

**On leadership:** "Nearly all men can stand adversity, but if you want to test a man's character, give him power."

**On Government:** "Government of the people, by the people, for the people, shall not perish from the earth"



## 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.

## 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 in February, 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)*

- "Spymistresses: A Story of Allied Women" with John Cilio
- Jukebox Bingo
- Memory Moments with Sheraton Caregivers
- St. Patrick's Day in Musi with State Troubador
- Living Wills & POAs clinic
- Bus trip to casino

...and more

## 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.

## 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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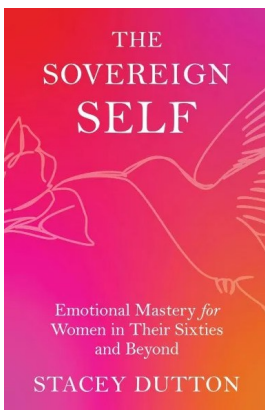
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## Local author to explore ways to find balance and joy for women 60+



The New Milford Public Library and the New Milford Senior Center will team up to bring the community a special program featuring New Preston author Stacey Dutton **Thursday, Feb. 5, at 6 p.m.**

The program will be held at the senior center.

Dutton's new book, "The Sovereign Self: Emotional Mastery for Women in Their Sixties and Beyond," is earning attention for its compassionate, practical approach to emotional well-being later in life.

Dutton's work offers tangible tools and uplifting perspective for older adults

navigating the complexities of life transitions.

Her writing is known for being grounded, encouraging, and deeply relevant to many of the topics that resonate with senior center members — including identity, purpose, shifting family dynamics, and cultivating inner steadiness during changing seasons of life.

As a local resident who is passionate about community engagement, Dutton has generously offered to present a free program for New Milford residents.

Her events are known for being warm, interactive, and thoughtfully designed to support emotional clarity and resilience.

The program, limited to 50, will held at the senior center.

For more information and RSVP, connect with the center beginning Jan. 15.

## African culture to be celebrated

The center will host a vibrant cultural program celebrating the fashion, music, and dances of Africa on **Tuesday, Feb. 10 at 10 a.m.**

Presenter Rita Wagener, who emigrated from Uganda in the 1980s, will share the customs, traditions, and beliefs of her people. Through colorful attire, movement, and storytelling, attendees will gain a deeper appreciation of Africa's rich cultural heritage and living traditions.

For more information and RSVP, connect with the senior center.

## From China to New England: A remarkable 19th-Century story

The Connecticut Museum of Culture and History will visit the senior center on **Tuesday, Feb. 24, at 1 p.m.** for a presentation titled "Journeys: Boys of the Chinese Educational Mission."

In the 1870s, China's Qing government sent 120 boys—ages 10 to 14—to New England to study Western science and technology as part of an ambitious effort to modernize the nation. The mission was led by Yung Wing, a Yale graduate and the first Chinese student to earn a degree from an American university.

Living with American families, the boys immersed themselves in daily life—attending school, playing sports like baseball, and adopting aspects of American culture.

This deep cultural exchange, however, also created tension with traditional Chinese values, ultimately leading to the program's abrupt end. Their story highlights powerful themes of identity, sacrifice, and cross-cultural experience.

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

## Rhythm, resilience, and hope: 'Masaka Kids Africana'

Uganda is home to more orphans than any other country in the world—more than 2.4 million children—many affected by the AIDS epidemic, extreme poverty, and years of civil conflict. Despite these challenges, hope and resilience shine through.

Masaka Kids Africana is one of the organizations making a powerful difference on the ground, supporting children from age two and up.

One of the most remarkable ways these children heal and thrive is through music and dance—expressing joy, strength, and determination even in the face of hardship.

On **Wednesday, Feb. 4, at 10 a.m.**, the senior center will present a screening of the inspiring 2025 documentary "Masaka Kids: A Rhythm Within." This uplifting 45-minute film offers a moving look at the children's journeys, their community, and the unbreakable spirit that carries them forward.

For more information or to RSVP, 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.

**Feb. 4** "Dear John," 12:45 p.m. (runs 1 hr, 48 min)

**Feb. 11:** No movie but our special event is a real feature!

**Feb. 18:** "The Love Bug 12:45 p.m. (runs 1 hr, 38min)

**Feb. 28:** "The French Dispatch" 12:45 p.m. (runs 1 hr, 48 min)

See this page for info about a screening of "Masaka Kids: A Rhythm Within" the morning of Feb. 4.

**THE SENIOR CENTER WILL BE CLOSED  
MONDAY, FEB. 16,  
IN OBSERVANCE OF PRESIDENTS' DAY**

## WORKSHOPS, CLASSES & GROUPS

### Herberick leads Yoga sessions at center

Elora Herberick of EVOLVE Yoga Health Nutrition in New Milford leads a four-week yoga session **Wednesdays from 10 to 11 a.m.** The class is limited to 12. There is a \$25 fee for a four-week session.

For more information and RSVP, connect with the center.

### Dance workout class available at center

Professional dancer and certified professional trainer Matt Ames leads a four-week dance workout, Dancin' through the Decades, **Wednesdays at 11 a.m.**

The class is designed to increase range of motion and muscular recruitment.

The fee is \$25 for a four-week session. For more information and RSVP, connect with the center. 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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Click on "Departments" and select "Senior Center"

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display and for sale at the Top of the Green Boutique,  
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- ♦ **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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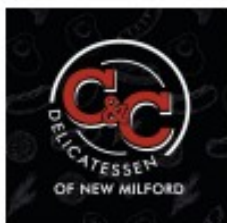
### ALL MEALS MEET PORTION GUIDELINES

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

### FEBRUARY 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
<ul style="list-style-type: none"> <li>Baked Fish</li> <li>Mixed Vegetables</li> <li>Rice</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Quesadilla</li> <li>Three Bean Salad</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	<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>	<ul style="list-style-type: none"> <li>Lasagna</li> <li>Salad</li> <li>Garlic Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>
9	10	11	12
<ul style="list-style-type: none"> <li>BBQ Pork Ribs</li> <li>Macaroni and Cheese</li> <li>Glazed Carrots</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	<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>	<ul style="list-style-type: none"> <li>Chicken Alfredo</li> <li>Salad</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Francese</li> <li>White Rice</li> <li>Steamed Vegetables</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>
16	*Happy February Birthdays* 17	18	19
<b>PRESIDENTS' DAY</b> Senior Center Closed	<ul style="list-style-type: none"> <li>Stewed Beef</li> <li>White Rice</li> <li>Steamed Vegetables</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> <li>Celebration Cupcake</li> </ul>	<ul style="list-style-type: none"> <li>Pasta and Meatballs</li> <li>Salad</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Shepherd's Pie</li> <li>Dinner Roll</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>
23	24	25	26
<ul style="list-style-type: none"> <li>Grilled Chicken</li> <li>Cesar Salad</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Teriyaki Chicken</li> <li>Broccoli</li> <li>White Rice</li> <li>Bread</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Tomato Soup</li> <li>Grilled Cheese Sandwich</li> <li>Salad</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	<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>

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