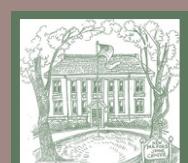


# NEW MILFORD SENIOR CENTER

*Upcoming  
Programs*

**Note: Programs may be  
subject to change  
It's always best to call the  
center to confirm.**

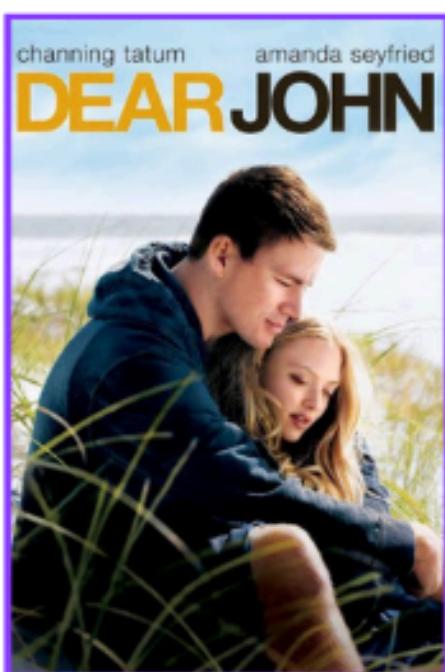


New Milford Senior Center  
40 Main St.  
New Milford, CT 06776

860-355-6075  
[senior@newmilfordct.gov](mailto:senior@newmilfordct.gov)  
FB: @NewMilfordCTSeniorCenter  
Instagram: @nmctseniorcenter

# Wednesday Matinee

Feb. 4



"Dear John" is a Nicholas Sparks adaptation about soldier John Tyree (Channing Tatum) and college student Savannah Curtis (Amanda Seyfried) who fall in love during a whirlwind two-week romance, but are separated by his deployments, communicating through letters until tragedy strikes, leading Savannah to marry a family friend (Tim) while John is away, leaving John to return and face heartbreak before a bittersweet, hopeful ending involving Tim's illness and a final connection with Savannah.

PG-13 ~ 1 hr 48 min ~ Romance/War

nmpl book club

# Wednesday Matinee

Feb. 18



Race car driver Jim Douglas (Dean Jones) and his philosophical mechanic, Tennessee Steinmetz (Buddy Hackett), find themselves in possession of a white Volkswagen Beetle that seems to have a mind and spirit of its own. Calling the car Herbie, Jim and Tennessee become the talk of the California racing circuit -- much to the displeasure of sports-car dealer Peter Thorndyke (David Tomlinson), who tries to use his assistant (Michele Lee) to come between the friends and their car.

G ~ 1 hr 48 min ~ Family/Comedy

nmpl

# Wednesday Matinee

Feb. 11



■ No movie today—but this program is a real feature presentation!

Join us for part two of our February "Birds & the Bees, Flora & Fauna in Connecticut" series.

Today we will have representatives from New Milford's Bee City here to discuss pollinators and environmental stewardship. Guest speakers will discuss how the Town of New Milford achieved certification as a Bee City USA community—the first town in the state to earn this distinction.

In addition, 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.

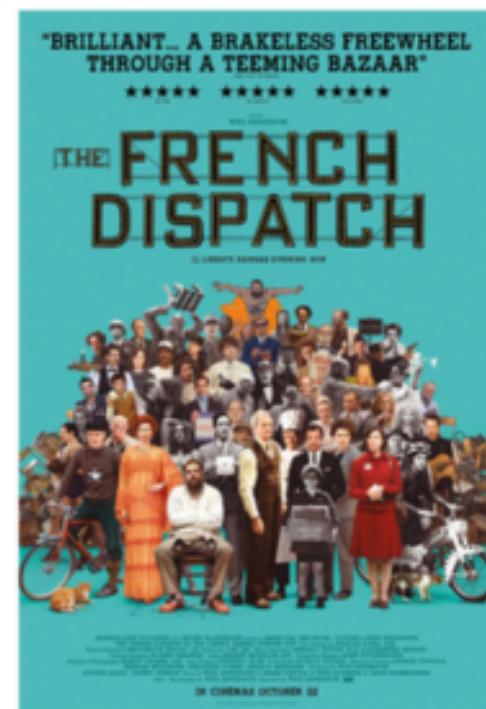
# Wednesday Matinee

Feb. 25

## Starring

Owen Wilson \* Adrien Brody  
\* Tilda Swinton \* Bob  
Balaban \* Henry Winkler \*  
Frances McDormand \*  
Timothée Chalamet \* Lynda  
Khoudri \* Christoph Waltz \*  
Rupert Friend \* Jeffrey  
Wright \* Liev Schreiber \*  
Mathieu Amalric \* Stephen  
Park \* Willem Dafoe \*  
Edward Norton  
Bill Murray \* Elisabeth Moss  
\* Jason Schwartzman  
\* Anjelica Huston

"The French Dispatch" is a Wes Anderson anthology film, a "love letter to journalism," set in the fictional French city of Ennui-sur-Blasé. It is structured like a tribute to



The New Yorker, featuring the final issue of a fictional American magazine. In 1975, Arthur Howitzer Jr., the editor of the magazine The French Dispatch, dies of a heart attack. According to the wishes expressed in his will, publication of the magazine is immediately suspended following one final farewell issue, in which four articles are published, along with an obituary. Through its eccentric journalists and quirky characters, the vignettes include an imprisoned artist's masterpiece ("The Concrete Masterpiece"), a student uprising led by a young revolutionary ("A Private-Public Affair"), and a chef's culinary tale ("The Nitty-Gritty Planetarium"/"The Revisions," with "The Exceptional Chefs" as a narrative thread). The movie's tone is a blend of dry humor, cynicism, and admiration for the artistic spirit, even as it satirizes the self-importance of writers and critics.

R ~ 1 hr 48 min ~ Comedy/Drama Anthology

nmpl



# *Love is all around*

You're invited....

Members and visitors are encouraged to write on a paper heart by the check-in computer something they can do this month to spread/share love.

Examples could include acts of service, volunteering, or simply reaching out to a friend, or an act of self-care.

Place the heart in the bowl on the table.

These heartfelt ideas will be displayed on the senior center wall for the entire month.

# Tech Savvy Seniors



How do I make my iPhone louder?

How do I update my devices?

Can I take photos and videos and send them to my friends and family?

How do I download new Apps?



Do you have questions like these? Come join us! Bring your iPhone and/or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Before you know it you will be a *Tech Savvy Senior!*

**You MUST own an *iPhone* or *iPad* for this class.**

**It is not for any other devices.**

**\*Please also bring your Apple ID and Password\***

## 2026 Winter Session Classes

**Wednesdays 10a-11a**

**1/7: Intro and Basics**– Learn the basics of your device

**1/14: Learn about Apps**– Download, delete, and more

**1/21: Apps Continued**– Continuing from the previous week

**1/28: Camera**– Learn all about your camera

**2/4: Communication**– Calling, Messaging, and FaceTime

**2/11: Communication Continued** – Continuing from previous week

**2/18: Customization**– Making your device work to fit your needs

**2/25: Security**– Securing your device and Health App (iPhone only)

**3/4: Security Continued** – Continuing from previous week

**3/11: Wrap Up**– Catching up on topics we missed and answering ?'s

Classes taught by Lindsey Burk. Sign up with NM Senior Center.

# Birds of winter



**Tuesday  
Feb. 3  
1 p.m.**

**With  
Lori Lichtenauer**  
Sanctuary Manager and Naturalist with  
Connecticut Audubon Society's Deer Pond Farm



***Winter is a wonderful time to learn about and  
observe birds in your backyard.***

***What birds spend the colder months in Connecticut?  
What birds migrate through for only a season?***

***How to pick the right types of bird feeders,  
understanding which feeders attract which birds,  
and manage other wildlife visitors—like squirrels,  
bears, and more—that may drop by for a snack.***

**At New Milford Senior Center, 40 Main St., New Milford**

**RSVP 860-355-6075**

# FILM SCREENING



*Wednesday  
Feb. 4  
10 a.m.*

Masaka Kids Africana is one of the organizations making a powerful difference on the ground, supporting orphaned children from age 2 and up in Uganda.

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.

This uplifting 45-minute film offers a moving look at the children's journeys, their community, and the unbreakable spirit that carries them forward.

**At New Milford Senior Center, 40 Main St., New Milford**

**RSVP 860-355-6075**

# CAREGIVERS SUPPORT GROUP

Whether you're caring for a loved one with an illness, disability, or age-related needs, this group offers understanding, practical tips, and emotional support. You don't have to do it alone—come listen, share, and recharge with others who truly understand.



CONNECT WITH FELLOW  
CAREGIVERS

SHARE UNIQUE EXPERIENCES

DISCOVER EMPATHY  
& UNDERSTANDING

LEARN  
ABOUT  
RESOURCES

FIRST THURSDAY EACH MONTH AT 1 PM

FEBRUARY, FEB. 5, 1 PM

New Milford Senior Center, 40 Main St., New Milford

FOR MORE INFO & RSVP 860-355-6075

# Valentine

## GNOME PAINTING

*with Rachael from*



THURSDAY

FEB. 5

1 - 3 P.M.



**At New Milford Senior Center, 40 Main St., New Milford**

**RSVP 860-355-6075**



# *Yoga*

*Yoga Fridays*

Fridays, 10 a.m.

Begins Feb. 6    4-week session    \$25

*With Maryann Ness*  
Yoga instructor at Evolve Yoga in New Milford

**At New Milford Senior Center, 40 Main St., New Milford**  
**RSVP 860-355-6075 beginning Jan. 29**

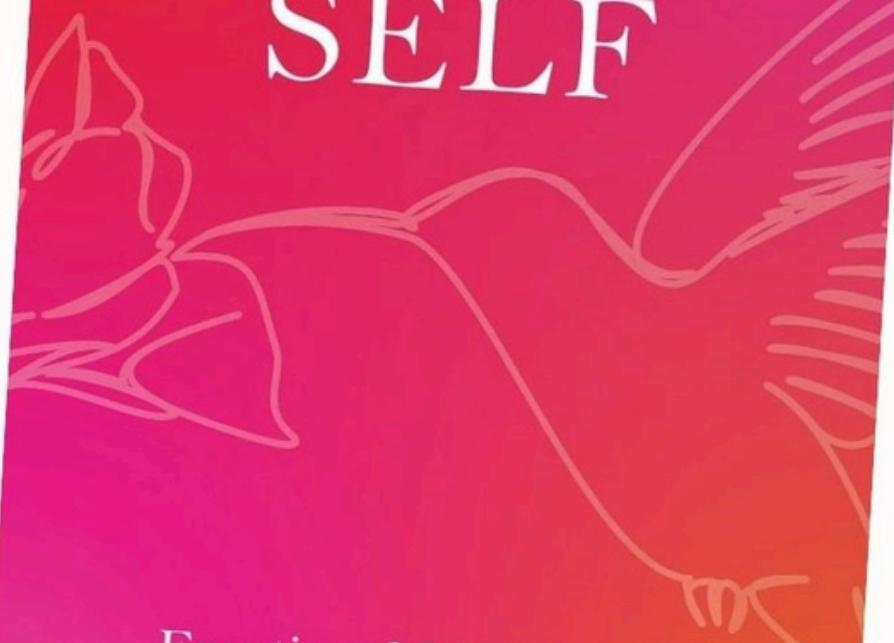


AUTHOR TALK

# STACEY DUTTON

**Thursday  
February 5  
6:00-7:00pm  
at the Senior Center**

THE  
SOVEREIGN  
SELF

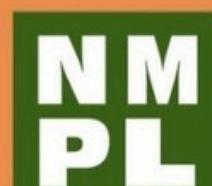
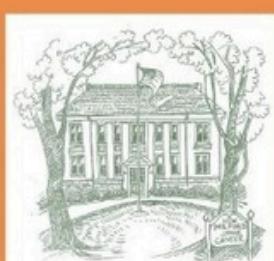


*Emotional Mastery for  
Women in Their Sixties  
and Beyond*

STACEY DUTTON

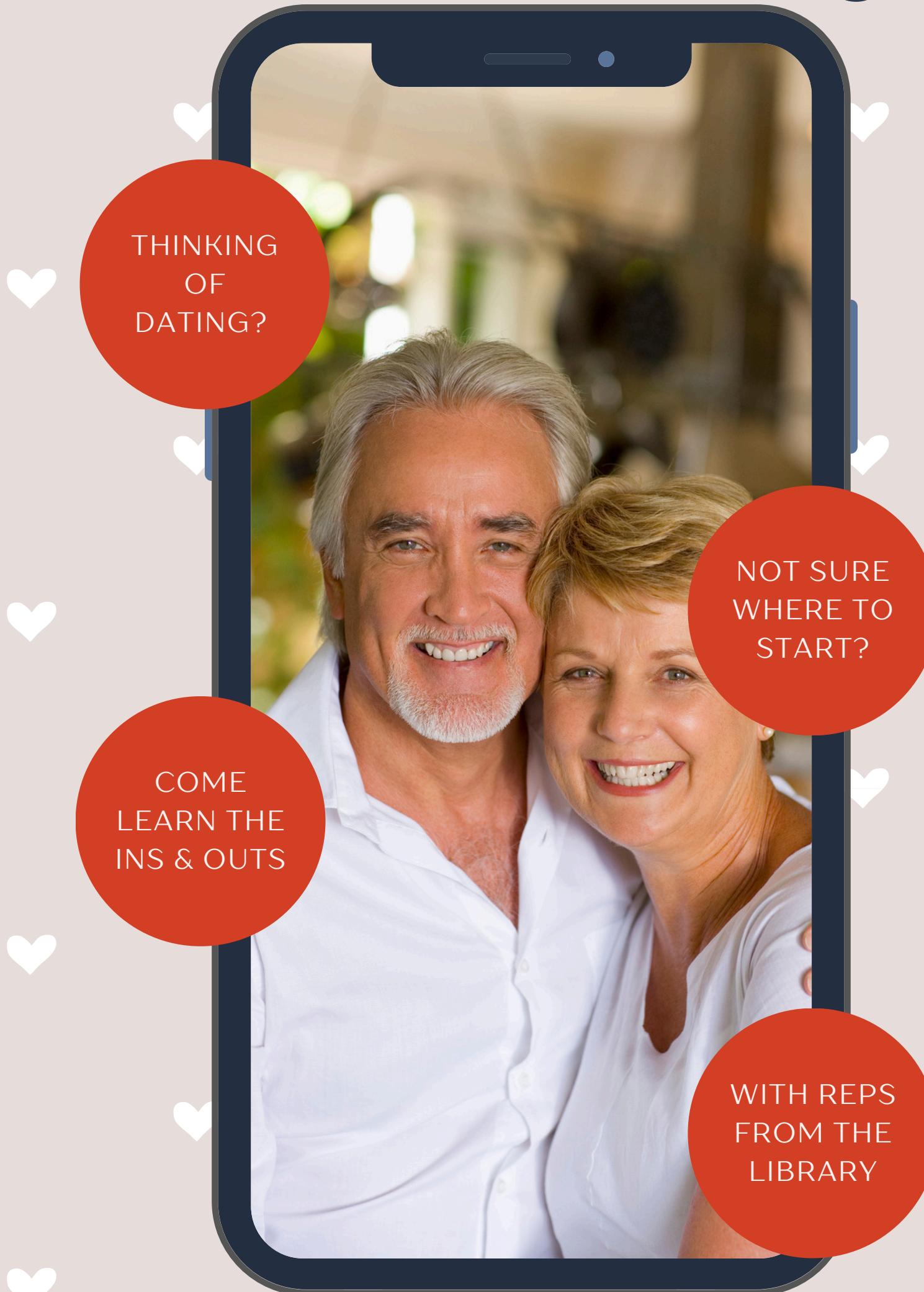
You are not done. You are still becoming.  
Let this manifesto be your guide to a  
luminous, inner-driven life—filled with joy,  
purpose, self-love, and emotional mastery.

**Registration required at  
[www.newmilfordlibrary.org](http://www.newmilfordlibrary.org) or  
call the Senior Center at 860-355-6075**



**New Milford  
Public Library**

# How to Approach Online Dating



MONDAY  
FEBRUARY 9  
1 PM

**At New Milford Senior Center, 40 Main St., New Milford**

**RSVP 860-355-6075**

# CELEBRATION OF *African Culture*



TUESDAY  
FEB. 10  
10 AM

Join us for presenter Rita Wagener, who emigrated from Uganda in the 1980s, who 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.

**At New Milford Senior Center, 40 Main St., New Milford**

**RSVP 860-355-6075**

# HEARING SCREENING

Assess your hearing  
health with a short  
hearing screening with  
Hearing Life.

Tuesday, Feb. 10  
10 a.m.  
by appointment



With  
Hearing Life



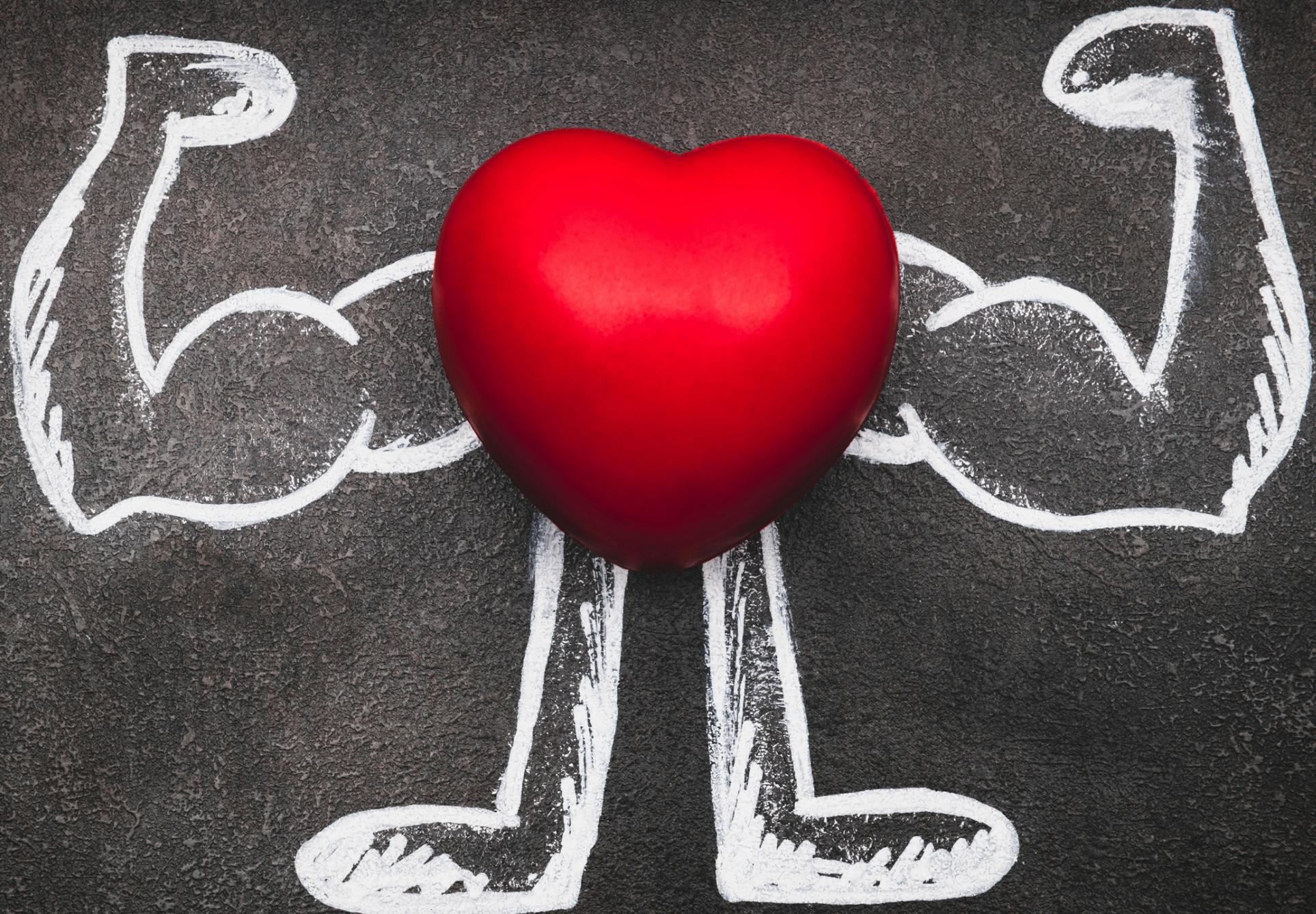
New Milford Senior Center, 40 Main St., New Milford



RSVP 860-355-6075

# healthy chats & breakfast snacks

# HEART HEALTH



With  
Heidi Bettcher, RN, BSN,  
Community Health  
Nursing Supervisor

*Wednesday*  
*Feb. 11*  
*9:30 a.m.*

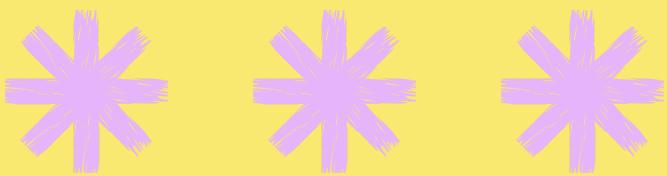


*At New Milford  
Senior Center  
40 Main St.*

*Sponsored by Village Crest Center for Health & Rehabilitation*

To register, call 860-355-6075

# ALL ABOUT BEES



## Pollinators & Environmental Stewardship

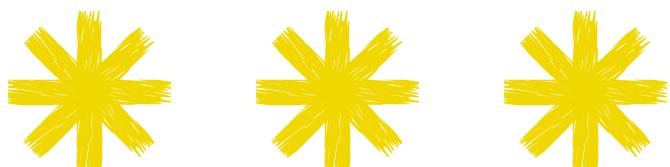
**Wednesday,  
Feb. 11  
1 p.m.**

Join representatives from New Milford's Bee City who will explain what it means to be a Bee City and why the certification matters.



Explore the vital role bees play in our daily lives.

Learn how local efforts can make a meaningful difference and how individuals can help protect pollinators right in their own backyards.



At New Milford Senior Center  
40 Main St.  
New Milford

Sign up by calling 860-355-6075

# Golden Pen

## Poetry Workshop

Join Deborah Rose,  
New Milford Poet Laureate,  
for this monthly workshop.

Wednesday, Feb. 11 at 2 p.m.  
Class full. Call to get on wait list.

New Milford Senior Center  
40 Main St.  
New Milford  
RSVP 860-355-6075



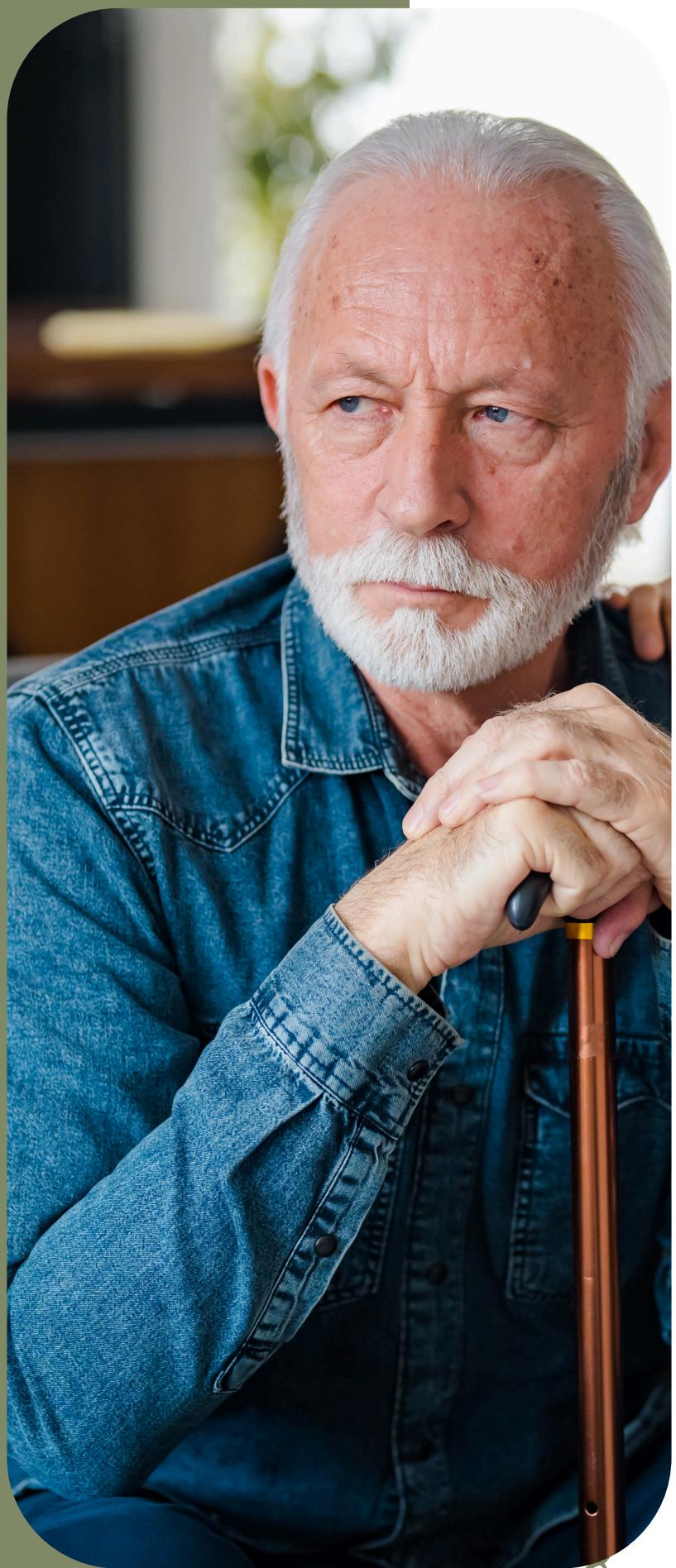
# BEREAVEMENT SUPPORT GROUP

Whether it's the loss of a loved one, a relationship, or a life change, it's normal to feel a range of emotions. Remember, there's no right or wrong way to grieve.

**Feb. 13  
10 a.m.**

Meets second Friday  
of each month

with **Garrett 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.



New Milford Senior Center, 40 Main St., New Milford



RSVP 860-355-6075



For Lifelong Care & Wellness

# Valentine's LUNCH & GAMES

Friday, Feb. 13

*Lunch, 12 p.m.  
Games, 1 p.m.*

Join us for a lunch of  
roasted tomato and basil soup & crackers and  
caprese sandwich

Followed by trivia, word scrambles, and  
guessing games

**At New Milford Senior Center, 40 Main St., New Milford**

**RSVP 860-355-6075**

Deadline to sign up Feb. 9

# *Flora of Connecticut*



**With Felicia Millett,  
plant diagnostician  
at the Connecticut  
Agricultural  
Experiment Station's  
Plant Disease  
Information Office in  
New Haven**

**Tuesday  
Feb. 17  
1 p.m.**

**At New Milford Senior Center, 40 Main St., New  
Milford**

**RSVP 860-355-6075**



# HELPING HANDS VOLUNTEER MEETING

Looking to volunteer or share a talent/skill  
at the senior center?

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

**THURSDAY, FEB. 19, 10:15 AM**

**Third Wednesday each month  
unless otherwise noted**

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New Milford Senior Center  
40 Main St.  
New Milford

860-355-6075

# February BIRTHDAYS CELEBRATION



**Feb. 17  
12 p.m.**

*To sign up, stop  
in or call the  
senior center at  
860-355-6075*

**Music/entertainment  
pianist Brian Horberg**  
**Cupcakes**  
**sponsored by the StoneBridge in Newtown**



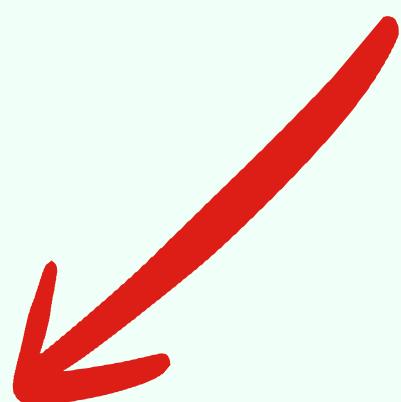
Housatonic

**Habitat for Humanity®**

Come learn about Housatonic Habitat for Humanity's initiative that offers a free yard cleanup to low income seniors and veterans.

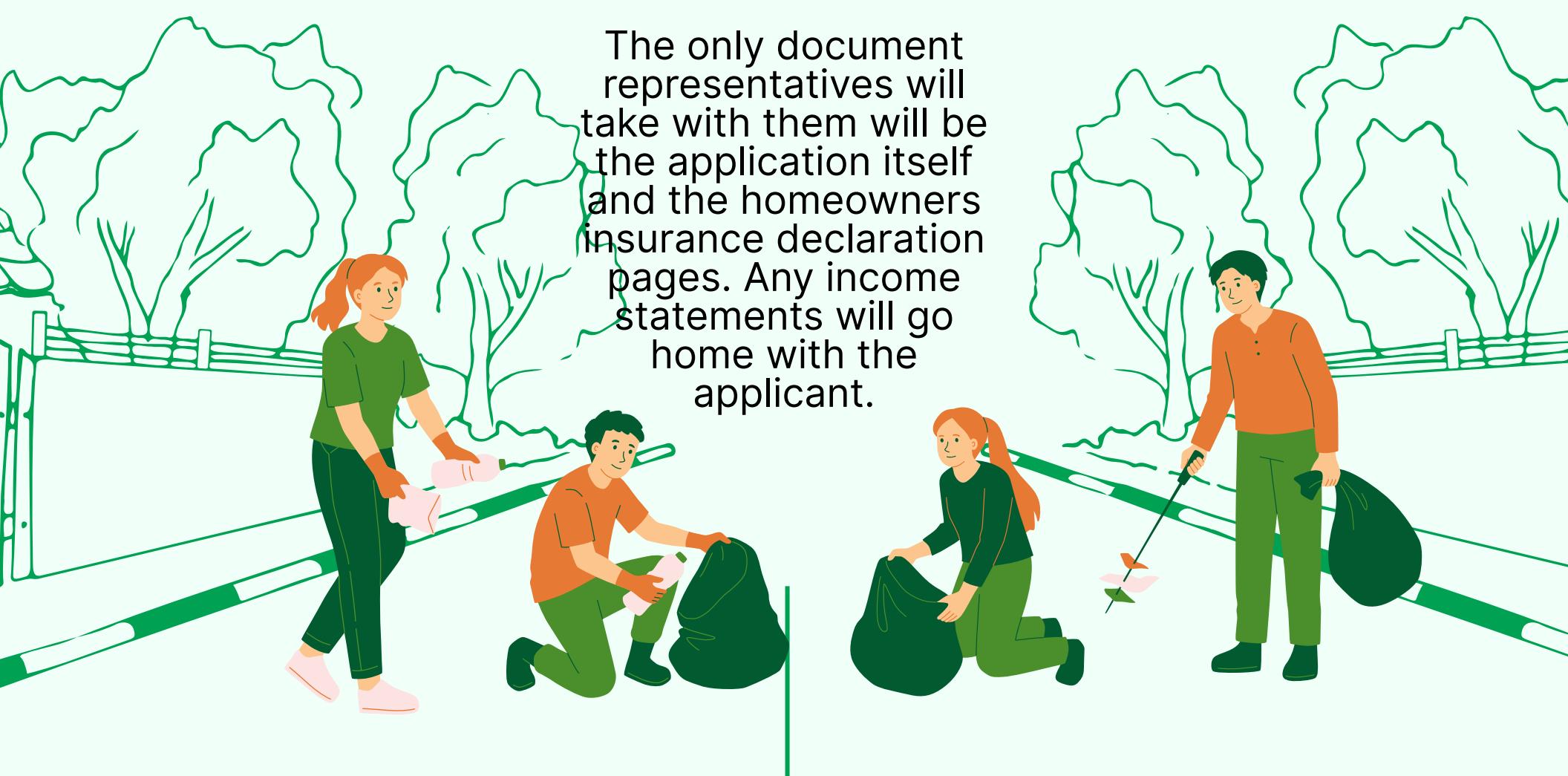
# SPRING CLEANUP INITIATIVE

## workshop



The submission of proof of income and homeowners' insurance is required.

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.

### Date, Time & Location

Wednesday, Feb. 18  
11 a.m.

### RSVP

860-355-6075

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

*Warm Hearts,  
Gentle Paws*

**Prepare for tail-wagging fun**

Join us for a heartwarming visit with a volunteer and her canine friend from Ridgefield Operation for Animal Rescue (ROAR).

**Friday  
Feb. 20  
1 p.m.**

**At New Milford Senior Center, 40 Main St., New Milford**

**RSVP 860-355-6075**

# SPECIAL BINGO

*with*



**Dawn Hough**  
*of*  
**COLDWELL BANKER**

**Monday,  
Feb. 23  
1 p.m.**

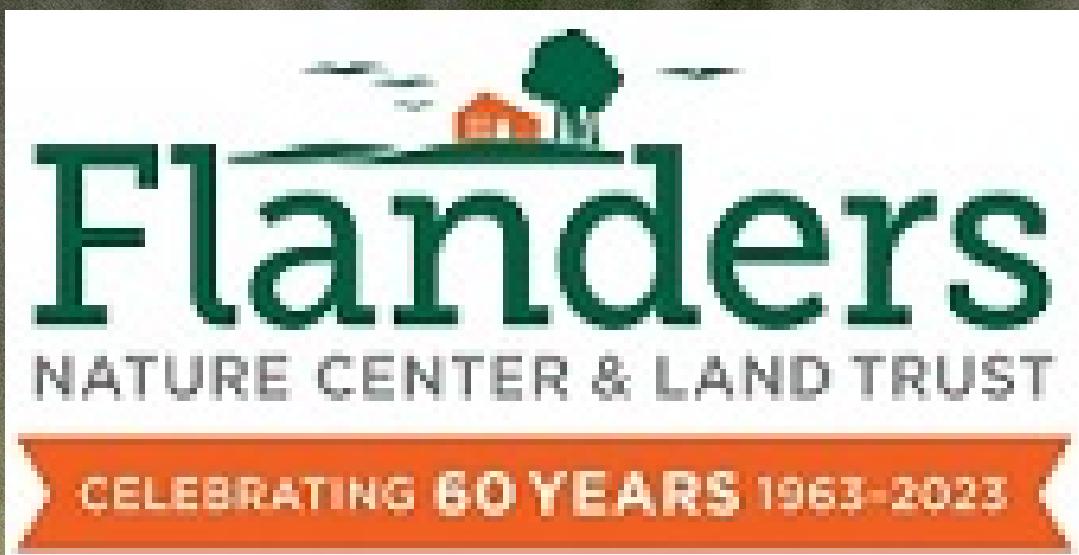
**At New Milford Senior Center, 40 Main St., New Milford**

**RSVP 860-355-6075**

# Wildlife in Our Backyard

Tuesday,  
Feb. 24  
10 a.m.

with

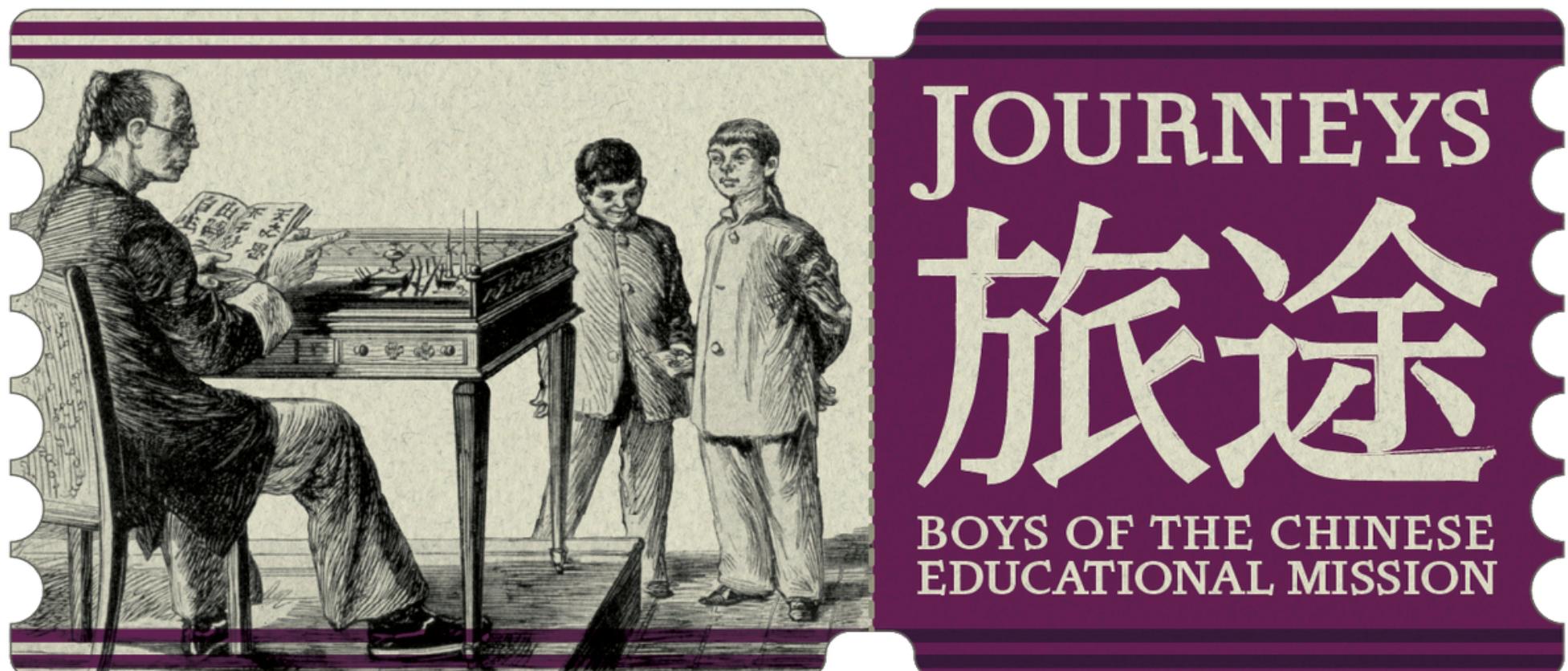


Join staff from Flanders Nature Center & Land Trust for a program about the native animals in our backyards. View video of a variety of backyard friends and learn about their habits

**At New Milford Senior Center, 40 Main St., New Milford**

**RSVP 860-355-6075**

# “Journeys: Boys of the Chinese Educational Mission”



**Tuesday  
Feb. 24  
1 p.m.**

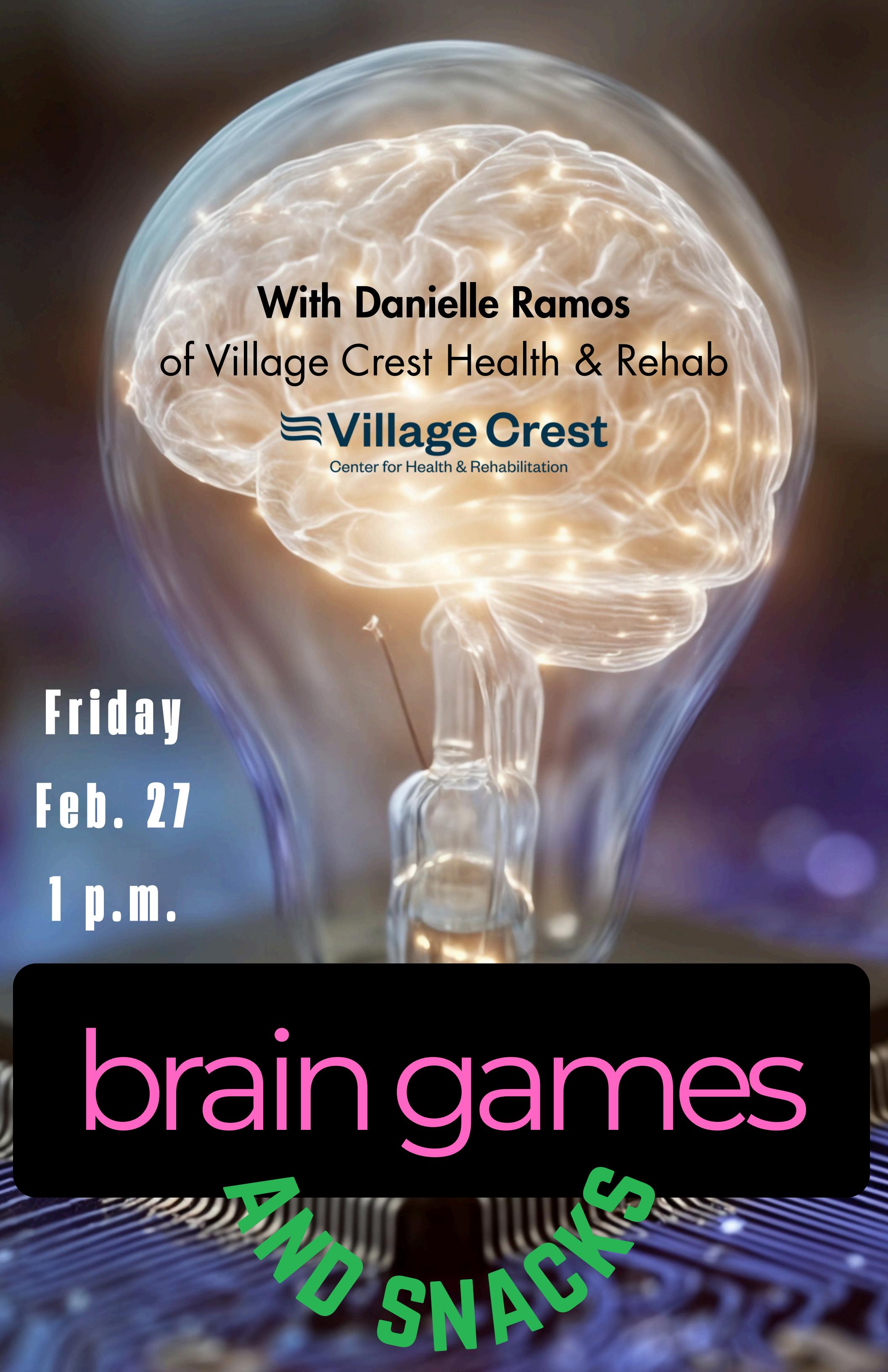
In the 1870s, 120 young Chinese students traveled to New England to explore American schools, sports, and daily life. Their journey of learning, culture, and adventure reveals a story of identity, sacrifice, and cross-cultural exchange.



**connecticut museum  
of culture and history**

**At New Milford Senior Center, 40 Main St., New Milford**

**RSVP 860-355-6075**



**With Danielle Ramos**  
of Village Crest Health & Rehab



**Friday**  
**Feb. 27**  
**1 p.m.**

**brain games**

**AND SNACKS**



## SMART DRIVER COURSE

**Friday, Feb. 27**  
**9 a.m. -1 p.m.**

**\$20/AARP member**  
**\$25/non-member**

**Designed to help older  
drivers refresh their  
driving skills and stay  
safe on today's roads.**

**RSVP**  
**860-355-6075**

**Upon completion  
of the course,  
participants may be  
eligible for a  
discount on their  
auto insurance.  
Consult your  
insurance provider  
for details and  
eligibility.**

**At New Milford Senior Center, 40 Main St., New Milford**

# ONE-ON-ONE TECH HELP

Provides instruction on how to use cell phones, tablets, or computers, and advice on selecting a new phone or computer with one of the center's Helping Hands volunteers.

PAUL BRAINERD

**MUST MAKE AN  
APPOINTMENT**



.....  
.....  
Generally  
here first  
and third  
Tuesday

**At New Milford Senior Center  
40 Main St., New Milford**

**RSVP 860-355-6075**

Roll the dice and raise the stakes!

# CASINO TRIP

## RESORTS WORLD CATSKILLS

### WEDNESDAY, MARCH 25

Register by March 2

\$80/PERSON

**BONUS: \$25 SLOTS & \$15 LUNCH VOUCHER PER PERSON**

#### DEPARTURE

NEW MILFORD SENIOR CENTER  
8:30 AM

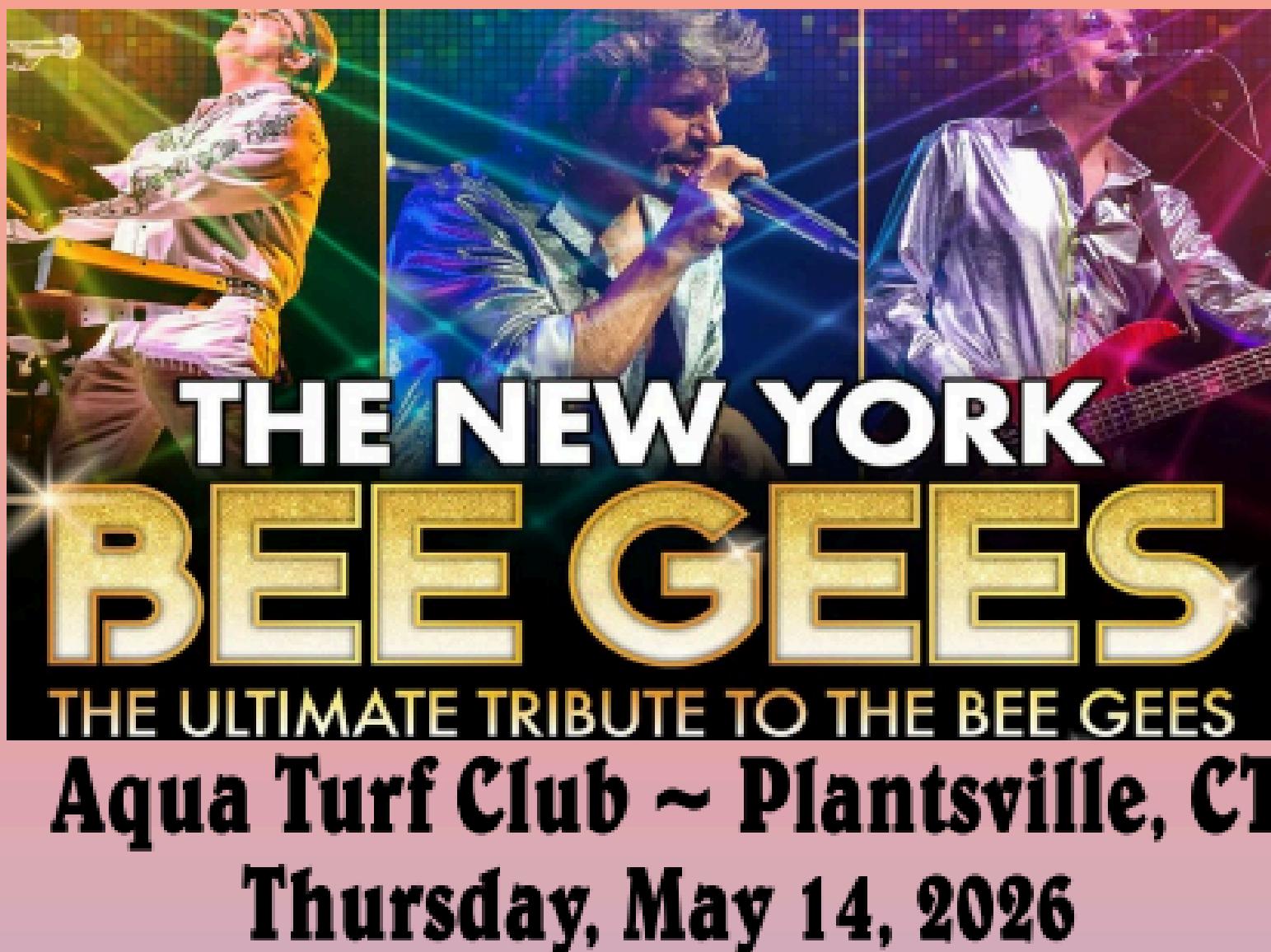
#### RETURN

NEW MILFORD SENIOR CENTER  
5:50 PM

LIMITED TO 50



# New Milford Senior Center Presents:



The New York Bee Gees present the ultimate Tribute to the Bee Gees! The Bee Gees have sold 220 million records worldwide and are 8 time Grammy Award winners. The New York Bee Gees will feature all of the classic 70s disco hits from *Stayin' Alive* to *Night Fever* while embracing their early works such as *To Love Somebody* and *I've Got to Get A Message to You* and many more!

Their music is still so popular and alive, and resonates with audiences of all ages! Don't miss the sounds of the band that defined 70s music.

## COFFEE & DONUTS ON ARRIVAL

**FAMILY STYLE MENU:** Garden Salad, Pasta, Chicken Cacciatore & Salmon with Honey Ginger Glaze, Vegetable, Potato, Rolls, Dessert, Beverage

**COST: \$137. pp** based on 35-50 (Includes driver gratuity)

Registration will begin on \_\_\_\_\_ Cash or Check secures your spot.

Depart: 10:15am New Milford Senior Center

Estimated Return: 4:30 pm New Milford

**For Reservations: New Milford Senior Center 860-355-6075**

Registration opens Tuesday, Feb. 3; Register by April 7

**Seating: See information below**



**FRIENDSHIP TOURS**  
**THE SHIP SHOP**  
785 Bloomfield Ave, Bloomfield, CT 06010  
860-243-1630 • 888-243-1630  
[www.friendshiptours.net](http://www.friendshiptours.net)

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.

**Must submit names of others to sit with at time of registration. Tables will seat 10-12 people.**

**Seating requests are NOT guaranteed, but will be accommodated as best as possible.**