

MARCH 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
<p>2</p> <p>By appt only AARP Tax Aide Program (2A & CL)</p> <p>9:30 Cornhole (GR)</p> <p>10:00 Handiwork Circle (GR)</p> <p>10:30 American Sign Language 101 (L)</p> <p>11:00 Strength and Balance (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge 101 (L)</p> <p>1:00 Bingo (DR/GR)</p> <p>1:00 German Conversational Group (HW)</p> <p>4:30 Zumba Gold (CR) *\$*\$</p>	<p>3</p> <p>10:30 Chair Yoga (2A) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Scrabble (L)</p> <p>12:30 Beginner Mahjong (2A)</p> <p>1:00 Quilt Circle (CR)</p>	<p>4</p> <p>10:00 Tech Savvy Seniors - week 9 (CL)</p> <p>10:00 Visit with Children's Center (GR)</p> <p>10:30-11:30 Blood Pressure Screenings (HW)</p> <p>11:00 Dancin' Through the Decades (CR) *\$*\$</p> <p>11:00 Book Exchange with NMPL (DR)</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Mahjong (L)</p> <p>12:30 Bridge Club (2A)</p> <p>12:45 Midweek Matinee: "The Roses" (1 hr 45 min) (GR)</p> <p>1:00 Tai Chi (CR) *\$*\$</p>	<p>5</p> <p>10:00 Cartoon Drawing Class (HW)</p> <p>10:00 Chess (CL)</p> <p>11:03 Strength & Balance Exercise Class (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>1:00 Caregivers Support Group (L)</p> <p>1:00 Cornhole (GR)</p> <p>1:00 St. Patrick's themed Gnome Painting on Canvas with Visiting Angels (DR)</p>	<p>6</p> <p>10:00 We've Got Game - Card Games (DR/GR)</p> <p>10:00 Wii Bowling (DR)</p> <p>10:00 Yoga (2A) *\$*\$</p> <p>1:00 Sound Healing (2A)</p> <p>1:00 Jukebox Bingo (GR) \$5 pay the day of</p>
<p>9</p> <p>By appt only AARP Tax Aide Program (2A & CL)</p> <p>9:30 Cornhole (GR)</p> <p>10:00 Handiwork Circle (GR)</p> <p>10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by apt (HW)</p> <p>10:30 American Sign Language 101 (L)</p> <p>11:30 Strength and Balance (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge 101 (L)</p> <p>1:00 Bingo (DR/GR)</p> <p>1:00 German Conversational Group (HW)</p> <p>4:30 Zumba Gold (CR) *\$*\$</p>	<p>10</p> <p>10:30 Chair Yoga (moved to CR today) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Scrabble (L)</p> <p>12:30 Beginner Mahjong for first timers only (moved to CR today)</p> <p>1:00 Quilt Circle (CR)</p> <p>1:00 "Spymistresses: A Story of Allied Women" (GR)</p> <p>2:00-3:00 Reiki Healing (HW)</p>	<p>11</p> <p>9:30 Healthy Chats & Breakfast Snacks: "Sleep Apnea" with HVHD and snacks by SYNERGY HomeCare (GR)</p> <p>10:00 Tech Savvy Seniors - week 10 (CL)</p> <p>10:30-11:30 Blood Pressure Screenings (HW)</p> <p>10:30 Fashion Show High Tea planning meeting (GR)</p> <p>11:00 Dancin' Through the Decades (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Mahjong (L)</p> <p>12:30 Bridge Club (2A)</p> <p>12:45 Midweek Matinee: "Gravity" (1 hr 30 min) (GR)</p> <p>1:00 Tai Chi (CR) *\$*\$</p> <p>2:00 Golden Pen Poetry Workshop (HW)</p>	<p>12</p> <p>10:00 Cartoon Drawing Class (HW)</p> <p>10:00 Chess (CL)</p> <p>10:30 What's Happening? Current Events Discussion Group (L)</p> <p>11:30 Strength & Balance Exercise Class (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge Club (L)</p> <p>1:00 Cornhole (GR)</p> <p>1:30-2:30 Bounce Back with Pilobolus - Week 1 (at NM Fitness & Aquatics)</p> <p>3:30 Commission on Aging Meeting (GR)</p>	<p>13</p> <p>10:00 Bereavement Support Group (L)</p> <p>10:00 We've Got Game! Card Games (2A)</p> <p>10:00 Wii Bowling (DR)</p> <p>10:00 Yoga (2A) *\$*\$</p> <p>1:00 Sound Healing (2A)</p> <p>1:00 Mystery Book Discussion Group (L)</p> <p>1:00 Lunch & Learn: "Prepared & Empowered: How Proper Documents Make a Difference" (GR)</p> <p>1:00 Senior Songbirds (HW)</p>
<p>16</p> <p>By appt only AARP Tax Aide Program (2A & CL)</p> <p>9:30 Cornhole (GR)</p> <p>10:00 Handiwork Circle (GR)</p> <p>10:30 American Sign Language 101 (L)</p> <p>11:30 Strength and Balance (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge 101 (L)</p> <p>1:00 St. Patrick's Day in Music: With State Troubador Tom Callinan (GR)</p> <p>1:00 German Conversational Group (HW)</p> <p>4:30 Zumba Gold (CR) *\$*\$</p>	<p>17</p> <p>9:30 Ask the Attorney Roundtable (HW)</p> <p>10:30 Chair Yoga (2A) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:00 March Birthdays Celebration (DR/GR)</p> <p>12:30 Scrabble (L)</p> <p>12:30 Beginner Mahjong (2A)</p> <p>1:00 Quilt Circle (CR)</p> <p>1:00 St. Patrick's Day Bingo (GR)</p>	<p>18</p> <p>10:00 Arts & Crafts: Easter centerpiece (DR)</p> <p>10:30-11:30 Blood Pressure Screenings (HW)</p> <p>11:00 Dancin' Through the Decades (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Mahjong (L)</p> <p>12:30 Bridge Club (2A)</p> <p>12:45 Midweek Matinee: "Breakfast at Tiffany's" (1 hr 55 min) (GR)</p> <p>1:00 Tai Chi (CR) *\$*\$</p>	<p>19</p> <p>10:00 Cartoon Drawing Class (HW)</p> <p>10:00 Chess (L)</p> <p>10:00 Integrated Fitness: Balance in Motion - Week 1 (2A)</p> <p>10:15 NMSC Helping Hands Volunteer Meeting (GR)</p> <p>11:30 Strength & Balance Exercise Class (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>1:00 Cornhole (GR)</p> <p>1:00 Thursday Popular Books Book Discussion Group (L)</p> <p>1:30-2:30 Bounce Back with Pilobolus - Week 2 (at NM Fitness & Aquatics)</p>	<p>20</p> <p>9:30-2:30 "Protect Your Future" Living Will and Power of Attorney Clinic - by appointment (CL)</p> <p>10:00 Wii Bowling (DR)</p> <p>10:00 We've Got Game! Card Games (DR/GR)</p> <p>10:00 Yoga (2A) *\$*\$</p> <p>1:00 Sound Healing (2A)</p> <p>1:00 Name that Tune of the '20-50s with CT Nursing Services (GR)</p>
<p>23</p> <p>By appt only AARP Tax Aide Program (2A & CL)</p> <p>9:30 Cornhole (GR)</p> <p>10:00 Handiwork Circle (GR)</p> <p>10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by apt (HW)</p> <p>10:30 American Sign Language 101 (L)</p> <p>11:30 Strength and Balance (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge 101 (L)</p> <p>1:00 Special Bingo with Visiting Angels (DR/GR)</p> <p>1:00 German Conversational Group (HW)</p> <p>4-6:00 Evening Edition: After 5, Our Lights Are On. Extended center hours. Municipal Agents available by apt</p> <p>4:30 Zumba Gold (CR) *\$*\$</p>	<p>24</p> <p>10:30 Chair Yoga (2A) *\$*\$</p> <p>12:00 Lunch (DR and GR) \$5 Suggested Donation</p> <p>12:30 Beginner Mahjong (2A)</p> <p>12:30 Scrabble (DR)</p> <p>1:00 Quilt Circle (CR)</p> <p>1:00 Spring Trivia & Snacks with Always Best Care of Greater Bristol (GR)</p> <p>1:00 Tuesday Popular Books Book Discussion Group (L)</p> <p>2:00-3:00 Reiki Healing (HW)</p>	<p>25</p> <p>8:30 Day Trippers: Trip to Resort World Catskills</p> <p>10:30-11:30 Blood Pressure Screenings (HW)</p> <p>11:00 Dancin' Through the Decades (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Mahjong (L)</p> <p>12:30 Bridge Club (2A)</p> <p>12:45 Midweek Matinee: "Caddyshack" (1 hr 39 min) (GR)</p> <p>1:00 Tai Chi (CR) *\$*\$</p>	<p>26</p> <p>10:00 Cartoon Drawing Class (HW)</p> <p>10:00 Chess (L)</p> <p>10:00 Integrated Fitness: Balance in Motion - Week 2 (2A)</p> <p>10:30 What's Happening? Current Events Discussion Group (L)</p> <p>11:30 Strength & Balance Exercise Class (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge Club (L)</p> <p>1:00 Cornhole (GR)</p> <p>1:30-2:30 Bounce Back with Pilobolus - Week 3 (at NM Fitness & Aquatics)</p>	<p>27</p> <p>9:00 Senior Breakfast (Odd Fellow's Hall)</p> <p>10:00 Wii Bowling (L)</p> <p>10:00 We've Got Game! Card Games (DR/GR)</p> <p>10:00 Yoga (2A) *\$*\$</p> <p>1:00 Sound Healing (2A)</p> <p>1:00 Brain Games & Snacks with Village Crest (GR)</p>
<p>30</p> <p>By appt only AARP Tax Aide Program (2A & CL)</p> <p>9:30 Cornhole (GR)</p> <p>10:00 Handiwork Circle (GR)</p> <p>10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by apt (HW)</p> <p>10:30 American Sign Language 101 (L)</p> <p>11:30 Strength and Balance (CR) *\$*\$</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge 101 (L)</p> <p>1:00 Moment of Remembrance (at start of Bingo) (GR)</p> <p>1:00 Bingo (GR/DR)</p> <p>1:00 German Conversational Group (HW)</p> <p>4:30 Zumba Gold (CR) *\$*\$</p>	<p>31</p> <p>10:30 Chair Yoga (2A) *\$*\$</p> <p>12:00 Lunch (DR and GR) \$5 Suggested Donation</p> <p>12:30 Beginner Mahjong (2A)</p> <p>12:30 Scrabble (DR)</p> <p>1:00 Quilt Circle (CR)</p> <p>1:00 Tuesday Popular Books Book Discussion Group (L)</p> <p>2:00-3:00 Reiki Healing (HW)</p>		 <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 <input type="checkbox"/> Check box if Senior Bus Transportation is needed</p> <p>*\$*\$ -- Fee-based program, connect with office for details</p>