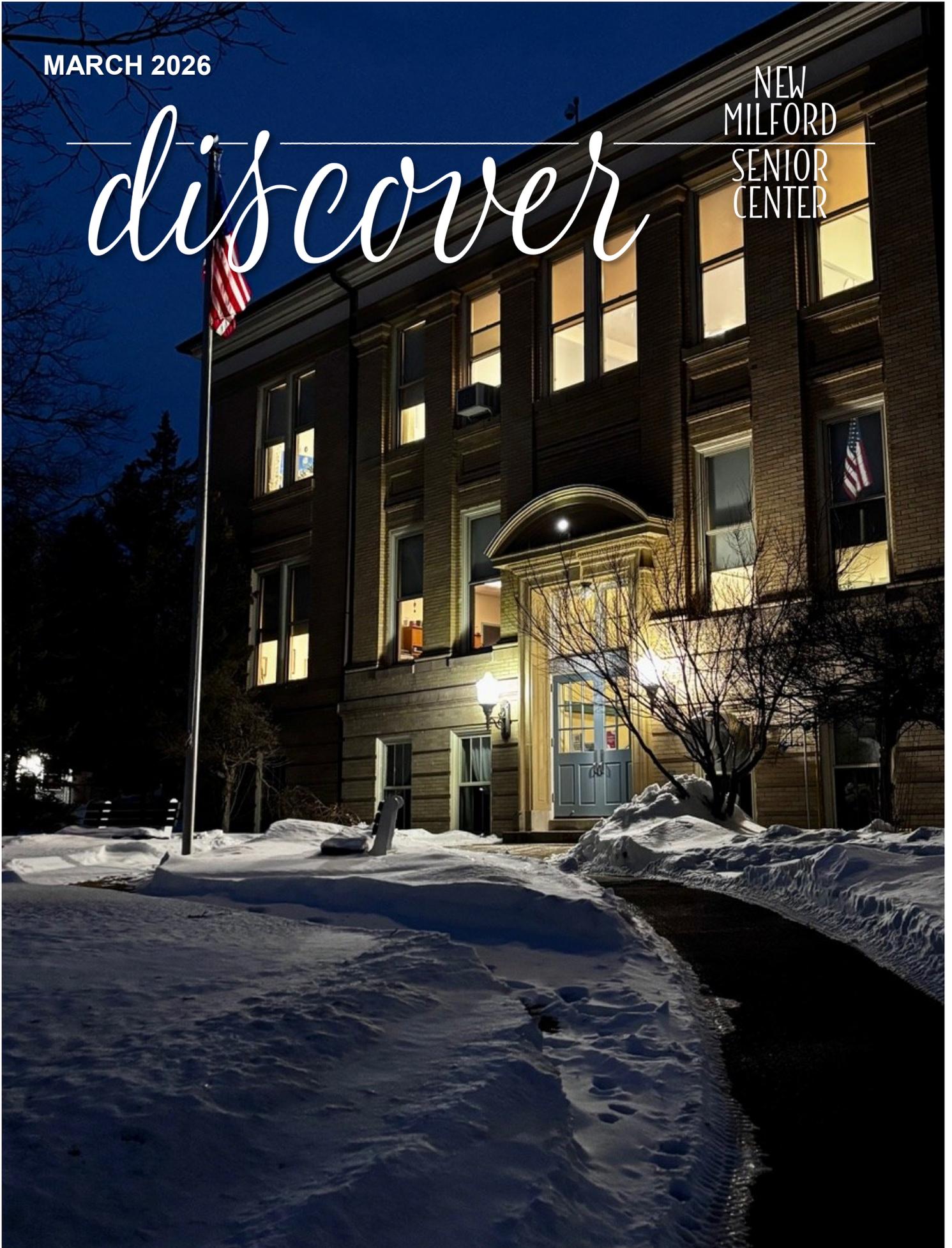


MARCH 2026

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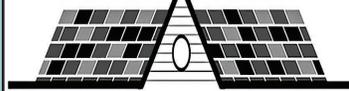
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Pilobolus to spearhead ‘Bounce Back, Mastering the Art of Falling’ class



Photo by Emily Denaro

A new free movement class series, “Bounce Back, Mastering the Art of Falling,” designed to help older adults build confidence, strength, and safety, will kick off **Thursday, March 12, at 1:30 p.m.** at New Milford Fitness & Aquatics.

The eight-week course is designed by Pilobolus and focuses on mastering the art of falling safely and getting up with ease—an

important skill that can help reduce fear of falling and improve overall confidence.

Through gentle movement, balance exercises, and practical techniques, the class provides a fun and supportive environment where participants can learn skills that translate directly into everyday life.

Led by Pilobolus education professionals, the program emphasizes safety, strength, and peace of mind, empowering seniors to move more freely and confidently.

The class will meet Thursdays March 12 through April 30 from 1:30 to 2:30 p.m.

It is open to those 55+ of all mobility levels.

The class is limited to 25. Early registration is strongly recommended.

For more information and RSVP, call 860-799-6880.

To arrange for senior center transportation to and from New Milford Fitness & Aquatics, connect with the center.

Odd Fellows to serve breakfast

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, March 27, from 9 to 10 a.m.** at the 25 Danbury Road lodge.

The event offers an opportunity for a meal and time to meet friends and make new ones.

For more information, sign up, or to arrange for transportation, connect with the senior center.

Woman’s Club penny auction slated for April 11

The GFWC Woman’s Club of Greater New Milford will host a Penny Plus Auction on **Saturday, April 11**, at the John Pettibone Community Center on Pickett District Road in New Milford.

Doors open at 11 a.m., with bidding closing at 12:30 p.m. The event will feature over 250 auction items, along with basket raffles, a 50/50 drawing, and door prizes.

Ticket sheets are three for \$5 (25 tickets per sheet plus a free door prize ticket). Refreshments will be available at the Woman’s Club Café.

The event is open to the public and supports the charitable work of the GFWC Woman’s Club of Greater New Milford.

ABOUT US



NEW MILFORD
SENIOR CENTER

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

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PARTNERS

Alzheimer’s Association
Housatonic Valley Health District
RVNA-New Milford
Nuvance Health

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

Website..... : www.newmilford.org

Click on “Departments” and select “Senior Center”

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SENIOR CENTER SUBCOMMITTEE

TRIAD for Senior Safety

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Nanette Bergin, *Secretary*

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

PARTNER

WHEELS Program of Greater NM

Carrie Lee Bunblasky, *Program Director*

Marianne Tarby, *Scheduler*

Jen Thierfelder, *Community Outreach Coordinator*

Leo Ghio, Erin Baldwick,

Rui Anderson-Sousa, Jess Umbarger,

Shelley Scalzo, Eleanor Covelli, Thea Gruber

SENIOR CENTER COMMUNITY CAFÉ

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

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 Baldwick
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

Mark calendar for community cornhole tournament



The senior center invites the community to save the date for a cornhole tournament on **Sunday, May 3**, at the John Pettibone Community Center.

The fundraiser will offer a full day of fun and friendly competition, with prizes awarded to top teams. Participants and spectators alike can enjoy raffle drawings and food, making it a great outing for players and fans of all ages. Funds raised will benefit the senior center's Enrichment Fund, which provides vital financial assistance for services, programs, and activities that promote wellness, connection, and quality of life for older adults. The fund helps ensure that seniors have access to uplifting programs, compassionate support, and meaningful scholarship opportunities.

Additional details—including registration fees, event times, and tournament

information—will be announced soon.

General donations to the Enrichment Fund are tax-deductible to the extent allowed by law. Municipalities qualify as eligible organizations for charitable donations under the Internal Revenue Code (Publication 526) when funds are used for public purposes. Donations to the Senior Center may be made using the Town of New Milford, CT EIN: 06-6002046.

Bereavement group offered

A monthly bereavement support group is held at the center the second Friday of each month at 10 a.m.

The next meeting will take place **Friday, March 13**.

The group is led by Garret 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.

For more information, contact Garret Walkup at 475-529-6118 or gwalkup@rvnahealth.org, or connect with the senior center.

Monthly Lunch Bunch meets

The Lunch Bunch meets one Saturday a month to enjoy a new or favorite restaurant. For more information, connect with the senior center.



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Center to launch pilot program of staying open late once a month

The senior center will offer extended “after-hours” service on the fourth Monday of each month beginning **Monday, March 23**.

The center, which is for individuals 60 and older, will keep its doors open from 8 a.m. to 6 p.m. that day and subsequent fourth Mondays of each month unless otherwise announced or holiday Mondays.

The center normally closes at 4 p.m.

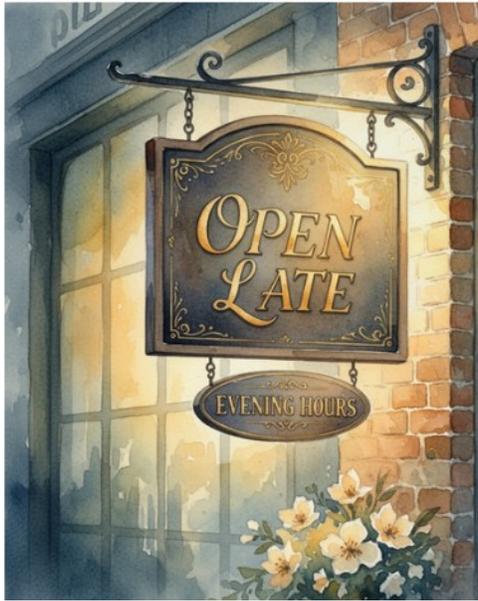
The additional hours provide added flexibility for older adults who work, care for family, or whose schedules don’t align with the center’s normal Monday through Friday from 8 a.m. to 4 p.m. business hours.

“These extended Monday hours are particularly beneficial for seniors who may have daytime obligations, including work, caregiving, or appointments elsewhere,” said Jasmin Marie Ducusin-Jara, senior center director.

“By staying open two hours later than usual, the center ensures that all seniors have an opportunity to access programs, resources, and appointments at a time that works for them,” she said. “We don’t want seniors to miss out on essential programs or resources because of scheduling conflicts.”

“It also provides a quieter, more relaxed environment for appointments and social interaction,” she added.

During these extended hours, municipal agents Janette Ireland and RJ Yarrish will be available to meet with seniors by appointment only, which must be



scheduled in advance.

The sessions allow older adults to receive personalized assistance and guidance on accessing vital benefits and community resources.

In addition, an activity or special program may be offered.

Even without the once-a-month extended hours, the center occasionally offers evening programs.

What do municipal agents do?

The municipal agents serve as a key link between residents and local, state, and federal programs, helping seniors 60+ access resources that improve well-being, maintain independence, and enhance quality of life.

Services include:

- Information and referrals: Guidance

on community resources and programs for older adults.

- Benefit assistance: Help applying for programs such as Medicare, Medicaid, Social Security, SNAP, and energy assistance.
- Advocacy: Light budgeting, assistance with concerns, and connections to legal and long-term care services.
- Outreach: Workshops, presentations, and announcements to keep seniors informed about available services.

Residents interested in meeting with Janette or RJ during the extended hours should call the center to schedule an appointment in advance.

These after-hours opportunities are part of the center’s commitment to making services accessible, convenient, and welcoming to all seniors.

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



Municipal agents RJ Yarrish, left, and Janette Ireland.

SPECIAL EVENTS & TRIPS (CONTINUED ON PAGE 6)

Municipal Agents’ Lunch & Learn to explore ways to be ‘prepared’ and ‘empowered’

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.



St. Patrick's Day musical event with state troubadour set St. Patty's painting activity scheduled



The senior center will celebrate the sounds and spirit of Ireland with a special musical program with Tom Callinan, Connecticut's official state troubadour, **Monday, March 16, at 1 p.m.**

Appointed as the state's first troubadour in 1991, Callinan has spent decades sharing music, history, and storytelling with audiences across Connecticut and beyond. A respected folk musician and storyteller, he is known for weaving traditional songs with engaging historical insights, creating performances that are both entertaining and

educational.

For this festive program, Callinan will explore Irish culture through music, performing traditional Irish songs and ballads while sharing stories that reflect Ireland's rich heritage. His warm, engaging style makes this a perfect way to kick off St. Patrick's Day celebrations.

For more information and RSVP, connect with the center.

Unsung heroines of WWII revealed in 'Spymistresses' program



The senior center will host an historical program, "Spymistresses: A Story of Allied Women," **Tuesday, March 10, at 1 p.m.** Local author and storyteller John Cilio will be the featured guest speaker.

During World War II, countless brave women risked their lives operating behind enemy lines to gather intelligence and carry out covert missions. Some were formally trained, while others relied on instinct, courage, and ingenuity. Often overlooked, these women played a vital role in the Allied victory.

In "Spymistresses," Cilio brings to life the remarkable stories of these unsung heroines, highlighting their impact in both the European and Pacific theaters of the war.

A compelling historical storyteller, author, and researcher, Cilio has captivated audiences for more than 15 years with his vivid narratives and meticulous research.

He is a member of the Organization of American Historians and the Association for the Study of Connecticut History and has written extensively for national magazines and newspapers.

The program will transport attendees back in time through engaging storytelling and striking vintage photographs.

For more information and RSVP, connect with the center.



Jukebox Bingo to return

Jukebingo Bingo is one of the center's most popular offerings, bringing music, games, and fellowship into one activity.

Come **Friday, March 6, at 1 p.m.**, music will be rocking and toes will be tapping for Jukebox Bingo in the Grand Room.

The cost to play is \$5, paid the day of the event.

Pizza will be served at noon.

For more information and RSVP, connect with the center.



The senior center will celebrate the luck of the Irish with a special St. Patrick's Day gnome painting event presented by Visiting Angels of Brookfield **Thursday, March 5, at 1 p.m.**

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

Attendees will paint their own St. Patrick's Day themed gnome on canvas, 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 heartwarming activity promises an afternoon filled with laughter, artistic expression, and Valentine's cheer.

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

Spring trivia event on horizon with ABC

Always Best Care of Greater Bristol will visit the senior center **Tuesday, March 24, at 1 p.m.** for a fun and engaging spring trivia event.

Patrick Downey, director of operations from Always Best Care of Greater Bristol, will lead the activity, offering seniors a chance to test their knowledge, enjoy friendly competition, and connect with others in the community.

Light snacks will be provided.

For more information and RSVP, connect with the center.

Arts & Crafts group to meet

The senior center will offer an Arts & Crafts group activity focused on creating cutting board wall decor **Wednesday, March 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.

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

Deadline nears for trip to Catskills casino

The deadline to sign up for the day trip to Resorts World Catskills Casino March 2. The trip will be held **Wednesday, March 25**. 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. The trip is limited to 50 people. The cost is \$80 per person. Payment confirms a seat.

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.



Visiting Angels to sponsor March Special Bingo

The center will welcome its friends from Visiting Angels **Monday, March 23, from 1 to 2 p.m.** for special bingo. 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.

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.

March 4 "The Roses" 12:45 p.m. (1 hr, 45 min)

March 11: "Gravity" 12:45 p.m. (1 hr 30 min)

March 18: "Breakfast at Tiffany's" (1 hr 55 min)

March 25: "Caddyshack" (1 hr 39 min)

For more information and RSVP, connect with the center.

Signup underway for New York Bee Gees

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 cost is \$137 per person and includes transportation, meal, show, and driver gratuity. Payment confirms a seat.

The deadline to register is April 17.

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

Group meets to discuss current events, news

The senior center's next "What's Happening? Current Events & Conversation" will be held **Thursday, March 12 and 26, at 10:30 a.m.**

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

Participants are encouraged to have respectful and thoughtful conversation.

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

Birthdays to be recognized

The senior center will offer its monthly birthday celebration for all those with March birthdays **Tuesday, March 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.

Brain Games & Snacks slated

Those looking for a fun way to keep the mind sharp and spirits high may want to attend Brain Games & Snacks **Friday, March 27, at 1 p.m.** Danielle Ramos of Village Crest leads a lively session filled with engaging brain teasers, memory games, and more. For more information and RSVP, connect with the center.

Helping Hands volunteers to next meet March 19

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 Thursday of each month at 10:15 a.m. The next meeting will be held **Thursday, March 19, 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.

WORKSHOPS, CLASSES & GROUPS

'Balance in Motion' will be focus of Integrated Fitness series

Cynthia Rauschert, owner and creative director of Circus Moves, will return to the center this month to offer part three of a four-week Integrated Fitness series.

The session, which will focus on "Balance in Motion," will meet **Thursdays March 19, 26, April 2 and 9 from 10 to 11:30 a.m.**

Participants will explore balance through safe and playful challenges based on circus training techniques.

Attendees can expect to build physical stability, confidence, and coordination while laughing, experimenting, and supporting each along the way. Creative movement and plenty of social connection in a class will prove balance can be bold, joyful, and empowering.

Class size limited to 12 participants.

This is a free series that runs for four weeks.

For more information and RSVP, connect with the center. Payment confirms registration.



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.

SERVICES AVAILABLE TO NEW MILFORD RESIDENTS AND THEIR FAMILIES ONLY

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- 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 •

Are you one of the homeowners eligible for a tax credit this year?

Homeowners who participate in the Homeowner Tax Relief Program are reminded to take note of several important deadlines and requirements to ensure continued eligibility.



By Feb. 1, the Assessor is required to notify current homeowner applicants by regular mail if they must refile. This notice will include a new application form along with an explanation of the refiling requirement.

The last day to receive homeowner applications by mail is April 15. After this date, applications will only be accepted if filed in person.

If an applicant has not refiled by April 15, the Assessor must send a follow-up notification by April 30, mailed with a certificate of mailing.

The final deadline to accept homeowner applications is May 15, unless the applicant has received an approved extension. Applications submitted after this date without an extension cannot be accepted.

For the 2025 income year, total qualifying income must not exceed \$46,300 for unmarried applicants or \$56,500 for married couples. For married applicants, both spouses' incomes must be included when determining eligibility.

Documentation is required to verify income:

If the applicant files taxes, a copy of the tax return is required, along with all individual 1099s, W-2s, or other income statements.

If the applicant does not file taxes, that is acceptable; however, all 1099s, W-2s, and other income documents are still required.

Applicants are encouraged to review these requirements carefully and submit all materials on time to avoid delays or disqualification. For assistance or additional information, please contact the Assessor's Office directly.

Medicare Plan Discontinued?

You May Qualify for a Special Enrollment Period

If your Medicare plan ended December 31, you have a Special Enrollment Period to choose a new plan.

Deadline: Feb. 28, 2026

You may qualify if:

- Your Medicare Advantage or Part D plan was discontinued
- Your plan is no longer offered in your area
- You received a non-renewal notice from your provider

You must enroll in a new Medicare plan by **February 28, 2026** to avoid:

- Coverage gaps
- Late enrollment penalties
- Higher future premiums
- Loss of prescription coverage

Call the New Milford Senior Center at 860-355-6075 to make an appointment with a Municipal Agent /Senior Advisor who can assist you in finding and enrolling in a new plan.

2026 schedule for Access Health CT in New Milford is HERE:

Meet with an Enrollment Specialist if you have a qualifying life event and need insurance, OR have questions/concerns about your current Marketplace Insurance Plan or Husky Health Plan, OR you're looking to see if you eligible for any financial assistance like with the Covered CT Program?

Scheduling an appointment is best, but walk-ins welcomed.
<https://www.accesshealthct.com/2025-enrollment-events/>

access health CT. COMING BACK TO NEW MILFORD!

Access Health CT enrollment specialists will be at JPCC, 2 Pickett District Rd, New Milford on the following dates:

- February 19, 2026, 10 am-4 pm
- March 19, 2026, 10 am-4 pm
- April 30, 2026, 10 am-4 pm
- June 25, 2026, 10 am-4 pm
- August 27, 2026, 10 am-4 pm
- October 29, 2026, 10 am-4 pm

Schedule your appointment by visiting www.accesshealthct.com.

Walk-ins are welcome, if there is time.

*And remember, Annual Open-Enrollment begins November 1, 2026.

IMPORTANT

SNAP & CASH

Benefit Loading Dates Are Changing

MARCH 1ST 2026

Client ID:	Loading Date
00-12	1 ST of the month
13-24	2 ND of the month
25-37	3 RD of the month
38-49	4 TH of the month
50-62	5 TH of the month
63-74	6 TH of the month
75-87	7 TH of the month
88-99	8 TH of the month

WHAT'S CHANGING?

- CASH benefits will issue on the **first day** of the month
- SNAP benefits will issue during the **first 8 days** of the month

HOW? Payment date is based on the **last 2 digits** of the EBT card as shown to the right:

PLAN AHEAD: Match your Client ID with the day of the month to know when your SNAP benefits will load.

NEED YOUR CLIENT ID? Use the last two digits of the Client Number from your **ConneCT Card**. (ex: ID ending in 34 loads on the 3rd)

STATE OF CONNECTICUT
DEPARTMENT OF SOCIAL SERVICES
CONNNECT CARD

ISSUER: 600 890 CLIENT NUMBER: 0011 22334 JAF: 00 4

CLIENT NAME: FIRSTNAME M LASTNAME

ISSUE DATE: 05 02 2023

CONNECTICUT

Bus rides available

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..

Requirements

- At least 24 hours notice for a change in destination as all "stops" are scheduled accordingly.
- Riders be ready at least 15 minutes before your scheduled pickup time.
- A MySeniorCenter Card.
- When you are finished with your appointment and/or have been waiting for more than 15 minutes for your ride, call the center.

Safety

- All walkers and canes must be secured and wheelchairs will be secured in appropriate locked positions while onboard the bus.
- 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.

Bus ride cost

- 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.

Additional information

- If you need assistance, aides and companions (>18 years old) are welcome to ride with you free of charge, but you must indicate that there will be an additional passenger with you at time of scheduling.

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 March, 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

- "Navigating Loss through Activity"
- Pulp Fusion: Make Your Own Paper (evening program) - Reg opens 3/25
- Visit & interviews with seniors by local Brownie Troop (evening program) - Reg opens 3/18
- "The Majestic Return of Notre Dame"
- Afternoon of music with the Zeltones
- "The Search of Life in the Solar System": Spring Astronomy Day talk
- Brain Games & Lunch
- High Tea & Fashion Show
- "Creating a Strong Estate Plan: Protect Your Family and Your Finances"

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Protect your future: Living Will and Power of Attorney Clinic set



Planning ahead with the right legal documents is one of the most important steps in protecting personal well-being and peace of mind. Two of

the most critical tools in any estate plan are a Living Will/Health Care Directive and a Durable Power of Attorney.

The senior center will offer a Living Will/Health Care Directive and Power of Attorney clinic **Friday, March 20, from 9:30 a.m. to 2:30 p.m. by appointment** with Attorney Liguori will offer free execution of Living Wills/Health Care Directives and Durable Powers of Attorney at the New Milford Senior Center.

A Durable Power of Attorney allows a trusted individual to step into one's shoes and manage financial matters if the ability to do so becomes limited or unavailable. This document ensures that bills can be paid, assets managed, and important financial decisions handled without unnecessary delays or court involvement.

A Living Will, also known as a Health Care Directive, makes medical wishes clear in advance and designates a health care representative to speak on one's behalf when communication is no longer possible. Together, these documents help ensure that both financial and medical needs are addressed according to personal wishes during a lifetime.

Even when a Power of Attorney or Living Will is already in place, regular

review is essential. Changes in health, family circumstances, relationships, or the law can make an older document ineffective or inconsistent with current wishes. Updating these documents helps ensure that named decision-makers are still appropriate and that instructions accurately reflect present intentions.

Participants should bring the names and addresses of the individuals they wish to designate, and fully executed documents will be provided the same day. This service is available to senior residents of New Milford only. Space is limited, so appointments should be scheduled through the senior center.

For more information and sign up, connect with the center beginning March 1.



Hands-on Earth Day event set: 'Pulp Fusion' paper-making workshop

In recognition of Earth Day this April, the senior center invites members to join "Pulp Fusion: Make Our Own Paper" on **Friday, April 10, at 5 p.m.** a creative, hands-on workshop where participants will learn to make paper from scratch.

Participants will have the opportunity to personalize their handmade paper by sprinkling native plant seeds into the pulp—creating a beautiful and eco-friendly keepsake that can later be planted and grow new life.

The finished creations will be revealed during the center's Earth Day Celebration on Tuesday, April 22 when guests can admire everyone's work.

"This workshop is a fun and meaningful way to celebrate sustainability and creativity," said Deborah Rose, program coordinator. "It's about giving new life to old materials and appreciating the beauty of renewal—just like Earth Day itself." Supplies will be provided.

"Pulp Fusion" is limited to 20 individuals. For more information and RSVP, connect with senior center beginning March 25.

Seniors sought for creative Brownie Troop project

The senior center is welcoming a local Brownie troop for a special two-visit program in April designed to build meaningful intergenerational connections.

During their first visit on **Tuesday, April 7, from 5:45 to 6:45 p.m.**, the Brownies will spend time with seniors conducting short interviews. The girls will ask thoughtful questions about childhood memories, favorite traditions, and life lessons learned, creating space for conversation, reflection, and shared stories.

Following the interviews, the Brownies will write and illustrate short biographies based on what they learn. These biographies will be presented to participating seniors during the troop's second visit on **Tuesday, April 21, from 5:45 to 6:45 p.m.**

Ten seniors are sought to participate in this engaging program, which celebrates storytelling, listening, and the joy of connecting across generations.

For more info and RSVP, connect with the center beginning March 18.

St. Patty's Day Bingo set

The center's regular bingo will be held **Tuesday, March 17, at 1 p.m.** Bingo will have a St. Patrick's Day theme since the game will fall on St. Patrick's Day.

The event was moved from Monday, the traditional day for bingo, to accommodate the musical guest that day. Bingo will follow the center's monthly birthdays celebration.

For more information and RSVP, connect with the center.

Sleep apnea to be explored at next Healthy Chat

The senior center will host its monthly Healthy Chat & Breakfast Snacks program **Wednesday, March 11, at 9:30 a.m.**



Community members are invited to enjoy light breakfast snacks, sponsored by SYNERGY

HomeCare, while learning about an important health topic.

This month's discussion will be led by Heidi, a nurse with the Housatonic Valley Health District, who will talk about sleep apnea—a common but often undiagnosed sleep disorder.

Sleep apnea occurs when breathing repeatedly stops and starts during sleep, which can lead to poor sleep quality, daytime fatigue, and increased risks for conditions such as high blood pressure and heart disease. Heidi will explain the signs, health impacts, and why early awareness matters.

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

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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 THE MONTH, VISIT
WWW.NEWMILFORD.ORG/SENIORCENTER
 Click on "Departments" and select "Senior Center"

Handmade crafts made by the senior community are on
 display and for sale at the Top of the Green Boutique,
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 benefit the center's Enrichment Fund.

◆ **Sound Healing:** Fridays, 1 p.m. With Barbara “Bobbi” Soares of Hummingbird Sound Yoga.

◆ **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.

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:** Fridays, 10-11 a.m. With Maryann Ness. \$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.*

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.
- ◆ **Helping Hands Volunteer Meeting:** Third Thursday, 10:15 a.m. Staff and attendees review upcoming events, brainstorm new ideas, and see where time and talents can be shared.

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MARCH 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 <ul style="list-style-type: none"> Chicken and Rice Soup Salad Bread Low-Fat Milk Fruit Juice 	3 <ul style="list-style-type: none"> Pork Shoulder Rice and Beans Vegetables Bread Low-Fat Milk Fruit Juice 	4 <ul style="list-style-type: none"> Baked Chicken Roasted Potatoes Glazed Carrots Bread Low-Fat Milk Fruit Juice 	5 <ul style="list-style-type: none"> Chicken Alfredo Pasta Mixed Vegetables Bread Low-Fat Milk Fruit Juice
9 <ul style="list-style-type: none"> Chicken Salad Sandwich Lettuce and Tomatoes Chips Low-Fat Milk Fruit Juice 	10 <ul style="list-style-type: none"> Salmon Baked Potatoes Steamed Carrots Bread Low-Fat Milk Fruit Juice 	11 <ul style="list-style-type: none"> Meatloaf Mashed Potatoes Vegetables Bread Low-Fat Milk Fruit Juice 	12 <ul style="list-style-type: none"> Pasta with Meat Sauce Salad Bread Low-Fat Milk Fruit Juice
16 <ul style="list-style-type: none"> Baked Fish Vegetable Rice Bread Low-Fat Milk Fruit Juice 	*Happy March Birthdays* 17 <ul style="list-style-type: none"> Comed Beef Cabbage Bread Low-Fat Milk Fruit Juice Celebration Cupcake 	18 <ul style="list-style-type: none"> Pork Loin Mashed Potatoes Vegetables Bread Low-Fat Milk Fruit Juice 	19 <ul style="list-style-type: none"> Lasagna Salad Bread Low-Fat Milk Fruit Juice
23 <ul style="list-style-type: none"> Beef Noodle Soup Salad Crackers Low-Fat Milk Fruit Juice 	24 <ul style="list-style-type: none"> Chicken & Beef Empanadas Coleslaw Low-Fat Milk Fruit Juice 	25 <ul style="list-style-type: none"> Beef Stew Egg Noodles Mixed Vegetables Low-Fat Milk Fruit Juice 	26 <ul style="list-style-type: none"> Sausage and Peppers Pasta with Marinara Bread Low-Fat Milk Fruit Juice
30 <ul style="list-style-type: none"> BBQ Chicken Baked Potatoes Mixed Vegetables Low-Fat Milk Fruit Juice 	31 <ul style="list-style-type: none"> Pulled Pork Sandwich Cheddar Cheese Cucumber & Tomato Salad Low-Fat Milk Fruit Juice 	LUNCH PREPARED BY  <p><i>Please note that due to product availability, menu items may be subject to substitutions.</i></p>	



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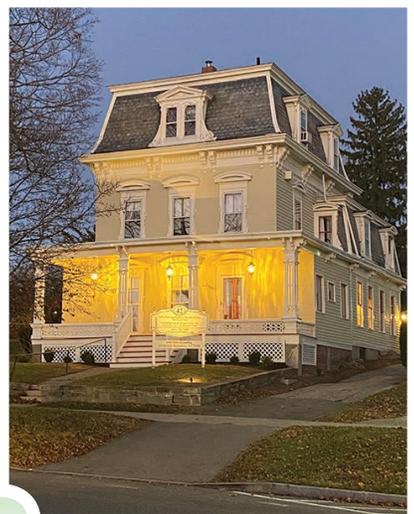
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