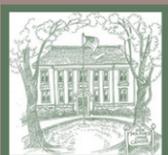


NEW MILFORD SENIOR CENTER

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
FB: @NewMilfordCTSeniorCenter
Instagram: @nmctseniorcenter

Wednesday Matinees

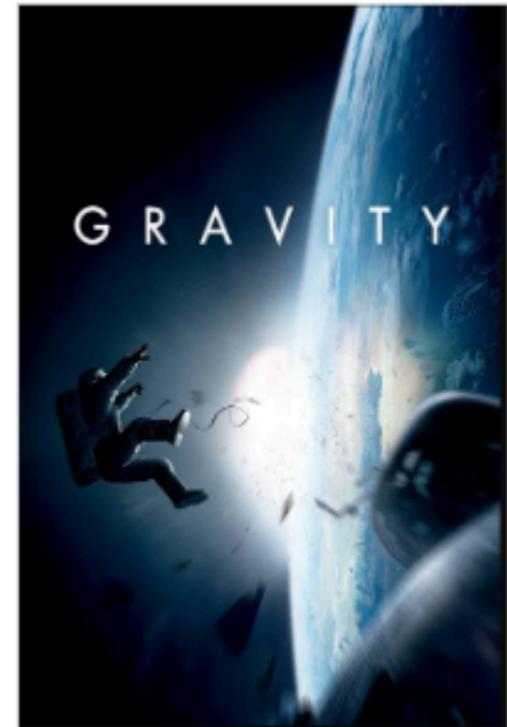
March 4



"The Roses" is a dark comedy about Ivy (Olivia Colman) and Theo (Benedict Cumberbatch), a seemingly perfect couple whose idyllic life unravels into bitter war when Theo's career collapses and Ivy's culinary empire blossoms, igniting fierce competition and resentment, leading to a chaotic, destructive divorce centered around their beloved home, a reimagining of The War of the Roses that ends with ambiguity about their fate after a fiery climax.

R ~ 1 hr 45 min ~ Comedy, Satirical nmpl

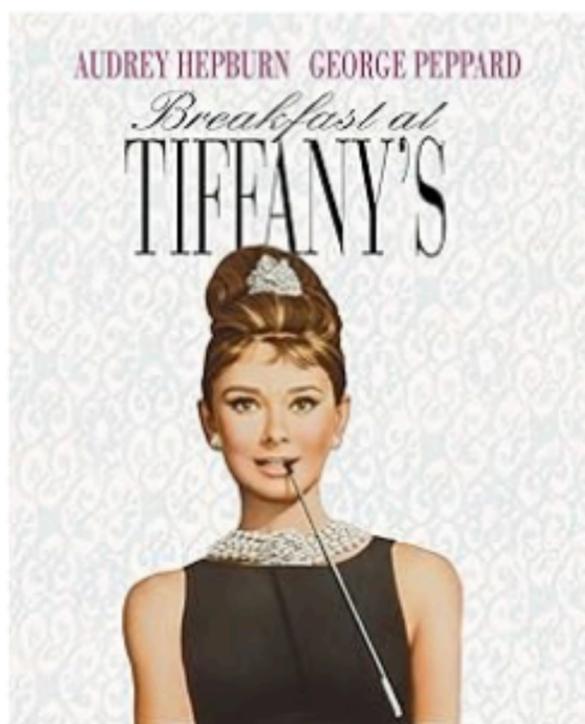
March 11



Dr. Ryan Stone (Sandra Bullock) is a medical engineer on her first shuttle mission. Her commander is veteran astronaut Matt Kowalsky (George Clooney), helping his last flight before retirement. Then, during a routine space walk by the pair, disaster strikes: The shuttle is destroyed, leaving Ryan and Matt stranded in deep space with no link to Earth and no hope of rescue. As fear turns to panic, they realize that the only way home may be to venture further into space.

PG-13 ~ 1 hr 30 min ~ Thriller/Sci-Fi BA

March 18



"Breakfast at Tiffany's" (1961) follows eccentric NYC socialite Holly Golightly (Audrey Hepburn) who lives a glamorous but rootless life, surviving on rich men's gifts while dreaming of finding a true home, symbolized by the secure tranquility of Tiffany's jewelry store. Her carefully curated world is upended by Paul Varjak (George Peppard), a struggling writer who moves into her building, sees past her facade, and falls for her. Their complex relationship evolves as Paul helps Holly confront her troubled past (including a young marriage and fleeing her home) and fear of commitment, leading to a poignant romance where she must choose between her freedom and true connection, culminating in an iconic rain-soaked kiss and her realization of love.

G ~ 1 hr 55 min ~ Comedy/Romance NMPL

March 25



Danny Noonan (Michael O'Keefe), a teen down on his luck, works as a caddy at the snob-infested Bushwood Country Club to raise money for his college education. In an attempt to gain votes for a college scholarship reserved for caddies, Noonan volunteers to caddy for a prominent and influential club member (Ted Knight). Meanwhile, Danny struggles to prepare for the high pressure Caddy Day golf tournament while absorbing New Age advice from wealthy golf guru Ty Webb (Chevy Chase).

R ~ 1 hr 39 min ~ Comedy NMPL

WEDNESDAY
MARCH 4
10 A.M.



**VISIT WITH THE
CHILDREN'S CENTER**



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

THURSDAY, MARCH 5, 1 PM

New Milford Senior Center, 40 Main St., New Milford
FOR MORE INFO & RESVP 860-355-6075

St. Patrick's Day

GNOME PAINTING
ON CANVAS

with Rachael
from

America's Choice in Home Care
Visiting Angels
LIVING ASSISTANCE SERVICES



THURSDAY

MARCH 5

1-3 P.M.



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

RSVP 860-355-6075



JUKEBOX

BINGO

& PIZZA

Friday
March 6
1 p.m.

*Pay on
the day
\$5*

At New Milford Senior Center, 40 Main St., New Milford
To sign up, stop in or call the senior center
at 860-355-6075

Spymistresses: A Story of Allied Women

with author/storyteller John Cilio

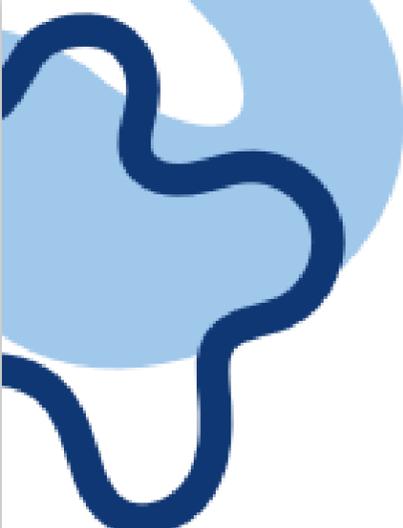


During World War II, courageous women operated behind enemy lines, gathering intelligence and carrying out dangerous covert missions that helped secure Allied victory. In *Spymistresses*, Cilio uncovers the powerful true stories of these overlooked heroines and their vital impact across Europe and the Pacific.

TUESDAY
MARCH 10
1 P.M.

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

RSVP 860-355-6075



SLEEP APNEA HEALTHY CHATS

Join HVHD's public health nurse, Heidi as we explore sleep apnea, a common condition where breathing repeatedly stops and starts, causing loud snoring, gasping, and daytime exhaustion, even after a full night's rest.



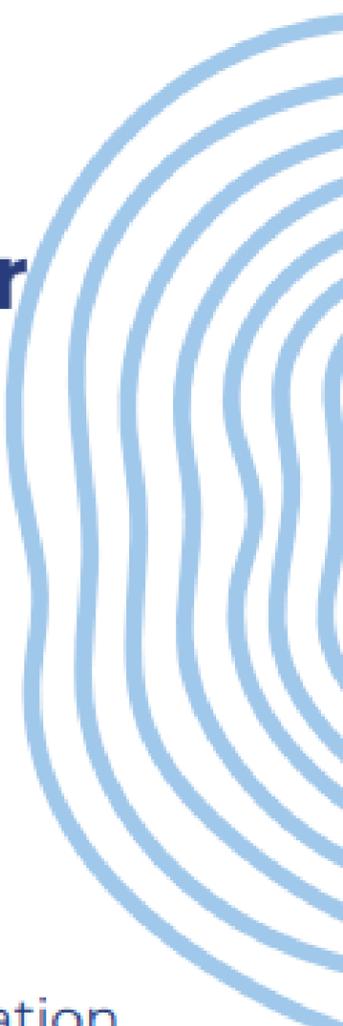
Wednesday, March 11th



9:30am - 10:30am



New Milford Senior Center



For more information,
visit www.hvhdct.gov/events/ or
email cht@hvhdct.gov

With snacks sponsored by SYNERGY Homecare

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

RSVP 860-355-6075

Golden Pen



Poetry

Workshop



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

Wednesday, March 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

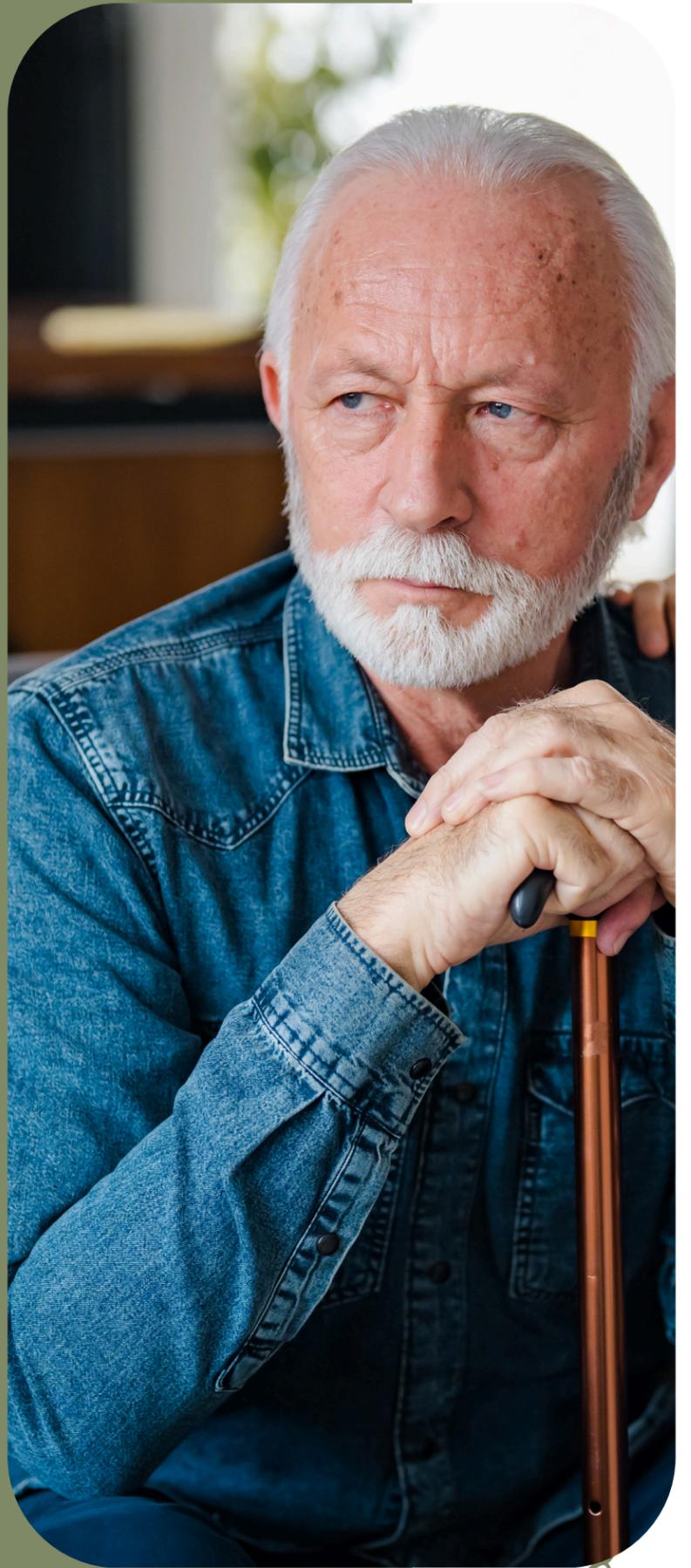
BEREAVEMENT SUPPORT GROUP

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.

March 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

rYnaHEALTH™

For Lifelong Care & Wellness

LUNCH & LEARN

Prepared & Empowered:

How Proper Documents Make a Difference

With Municipal Agents RJ Yarrish & Janette Ireland

Coming to the senior center for a benefit check?
Need to apply for local services, benefits, or assistance programs?

Friday, March 13
1 p.m.

Save time.
Be prepared.
Be confident.



Be prepared for applications by having the right documents on hand and organized.

Sponsored by

M L MICHELLE M. LIGUORI
ATTORNEY AT LAW

**At New Milford Senior Center, 40 Main St., New Milford
RSVP 860-355-6075 by Jan. 13**

Senior Songbirds



FRIDAY
MARCH 13
1 P.M.

Led by Dan Ringuette
on piano

*Lift your voice in song
with fellow senior
center members*

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

TO RSVP, CALL 860-355-6075

Irish Music Celebration

with State Troubador Tom Callinan



Callinan will explore Irish culture through music, performing traditional Irish songs and ballads while sharing stories that reflect Ireland's rich heritage.

**MONDAY
MARCH 16
1 P.M.**

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

RSVP 860-355-6075

March

BIRTHDAYS

CELEBRATION

on

St. Patrick's Day

March 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

St. Patrick's Day



BINGO



Yes, on a
Tuesday!

Tuesday
March 17
1 p.m.



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

RSVP 860-355-6075

Balance *in Motion*

Part three of a four-part Integrated Fitness series

Thursdays 10:00-11:30a
March 19 & 26 / April 2 & 9

Part three of a four-part Integrated Fitness series, this four-week intensive invites you to explore balance through safe and playful challenges based on circus training techniques. Build physical stability, confidence, and coordination while laughing, experimenting, and supporting each along the way. Expect creative movement and plenty of social connection in a class that proves balance can be bold, joyful, and empowering. Stay steady, sharp, and connected—body, mind, and spirit.

Circus
Moves
body. mind. spirit.

Presented by Cynthia Rauschert of Circus Moves.

Registration required, class size limited to 12 participants.





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, MARCH. 19, 10:15 AM

**Third Thursday each month
unless otherwise noted**

New Milford Senior Center
40 Main St.
New Milford

 860-355-6075

Protect Your Future



Living Will & Power of Attorney Clinic

MIL

MICHELLE M. LIGUORI
ATTORNEY AT LAW

free

FRIDAY
MARCH 20
9:30 A.M.-2:30 P.M.
BY APPOINTMENT

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

RSVP 860-355-6075



NAME

that

TUNE

of the '20-50s

Friday
March 20
1 pm.

*with friends from Connecticut
Nursing Services*

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

RSVP 860-355-6075

SPECIAL BINGO

with

America's Choice in Home Care®
Visiting Angels
LIVING ASSISTANCE SERVICES



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

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

RSVP 860-355-6075

EVENING EDITION

at the senior center

extended hours

For those 60+



*Fourth Monday of the month from 8 a.m. to 6 p.m.
beginning March 23*

FEATURING APPOINTMENTS WITH MUNICIPAL AGENTS TO

- ✓ *Explore programs and benefits*
- ✓ *Get assistance with applications and resources*
- ✓ *Learn about services that may help reduce expenses*

and connect with our community

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

To make an appointment, call 860-355-6075

Spring Trivia

and snacks

with



Always Best Care
senior services®

Tuesday
March 24
1 p.m.

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

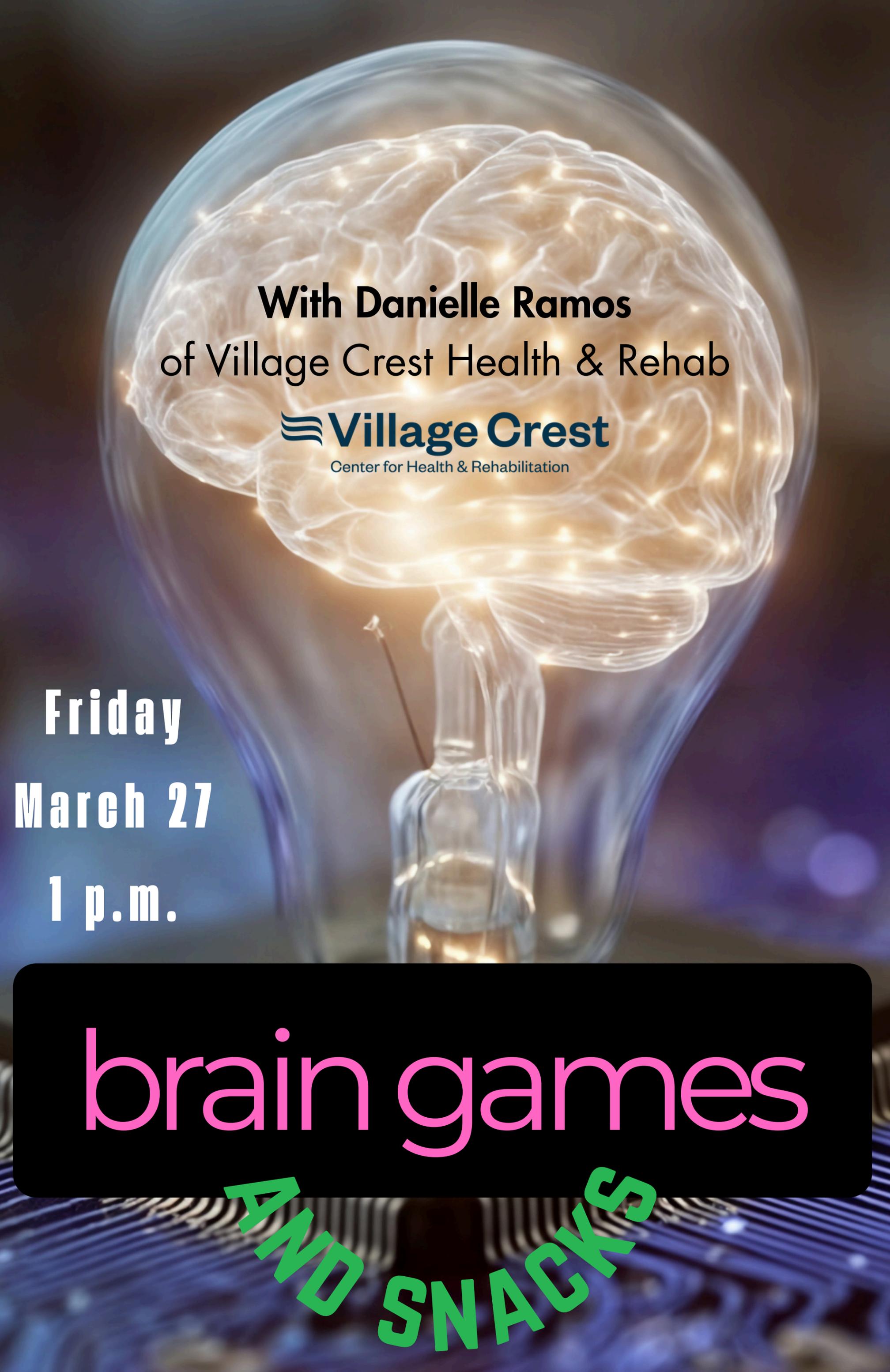
NEW MILFORD SENIOR CENTER
8:30 AM

RETURN

NEW MILFORD SENIOR CENTER
5:50 PM

LIMITED TO 50





With Danielle Ramos
of Village Crest Health & Rehab

 **Village Crest**
Center for Health & Rehabilitation

Friday

March 27

1 p.m.

brain games

AND SNACKS

Intergenerational Connections

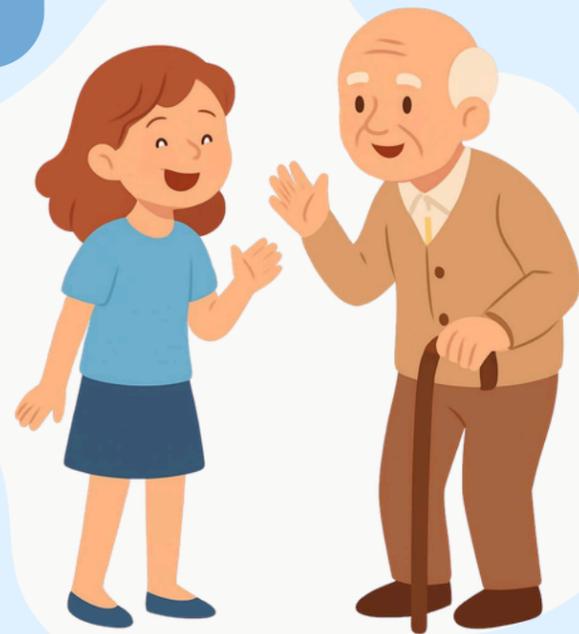
LIMITED TO 10

Share Your Story

Join a group of Brownies from a local Scout troop for a fun, two-part intergenerational project. The girls will ask participating seniors thoughtful questions about childhood memories, favorite traditions, and life lessons learned on April 7

Following the interviews, the Brownies will write and illustrate short biographies based on what they learn.

The biographies will be presented to seniors during the troop's second visit April 21.



INTERVIEWS

**Tuesday, April 7
5:45-6:45 p.m.**

CELEBRATION

**Tuesday, April 21
5:45-6:45 p.m.**



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

Registration opens March 18

RSVP 860-355-6075

PULP FUSION

make your own paper

**REGISTRATION OPENS
MARCH 25**

limited to 20

PART ONE

Friday, April 10, 5 p.m.

Join us to learn how to make paper from scratch. Personalize the 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

PART TWO

**Wednesday, April 22
Time to be announced**

Share the final handmade paper with peers at the center on Earth Day.



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

RSVP 860-355-6075

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.

**MUST MAKE AN
APPOINTMENT**

Generally
held first
and third
Tuesday

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

RSVP 860-355-6075



Ongoing Programs

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.

- ◆ **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:** 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.*
- ◆ **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.
- ◆ **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.