


APRIL 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>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: _____ Address: _____ 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>	<p>10:00 Visit with Children's Center (GR) 1 10:00 Tech Savvy (Creating Albums) – week 1 (CR) 10:30–11:30 Blood Pressure Screenings (HW) 10:30-11:30 Fashion Show Meeting #3 (GR) 11:00 Dancin' Through the Decades (CR) *\$\$* 11:00 Book Exchange with NMPL (DR) 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong – experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "The Five People You Meet in Heaven" book club movie (2h 40m) (GR) 1:00 Tai Chi (CR) *\$\$*</p>	<p>2 10:00 Cartoon Drawing Class (LL) 10:00 Chess (CL) 10:00 Integrated Fitness: Balance in Motion – Week 3 (2A) 11:00-11:45 Spanish (GR) 11:30 Strength & Balance Exercise Class (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 1:00 Caregivers Support Group (L) 1:00 Cornhole (GR) 1:00 Easter themed Gnome Painting on Canvas with Visiting Angels (DR) 1:30-2:30 Bounce Back with Pilobolus – Week 4 (at NM Fitness & Aquatics)</p>	<p>3</p> <p style="text-align: center; font-size: 24px; font-weight: bold;">CLOSED FOR GOOD FRIDAY</p>
<p>By appt only AARP Tax Aide Program (2A & CL) 6 9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) 10:30 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Bingo (DR/GR) 1:00 German Conversational Group (HW) 2:00 "Safe Medication Use for Seniors" (covering opioid use, Substance Abuse Disorder and more) by HVRHD (GR) 4:30 Zumba Gold (CR) *\$\$*</p>	<p>7 10:00 Screening of "Our Oceans" series Part 1 narrated by Barack Obama – the Pacific Ocean (1hr)(GR) 10:30 Chair Yoga (2A) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A) 1:00 Quilt Circle (CR) 1:00 "Navigating Loss through Activity" (GR) 2:00-3:00 Reiki Healing (HW) 2:15 p.m. Spring Trivia & Snacks with Always Best Care of Greater Bristol (GR) 5:45-6:45 Intergenerational Sharing: Brownies interview seniors (Part 1) (GR) – limited to 10</p>	<p>8 9:30 Healthy Chats & Breakfast Snacks: "Importance of Physical Activity" with HVHD and snacks by SYNERGY HomeCare (GR) 10:00 Tech Savvy (Maps & Traveling with iPhone) – week 2 (CR) 10:30–11:30 Blood Pressure Screenings (HW) 10:30-11:30 Fashion Show Meeting #4/Rehearsal (GR) 11:00 Dancin' Through the Decades (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong – experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Eleanor the Great" (1h 38m) (GR) 1:00 Tai Chi (CR) *\$\$* 2:00 Golden Pen Poetry Workshop (HW)</p>	<p>9 10:00 Cartoon Drawing Class (LL) 10:00 Chess (CL) 10:00 Integrated Fitness: Balance in Motion – Week 4 (2A) 10:30 What's Happening? Current Events Discussion Group (L) 11:00-11:45 Spanish (GR) 11:30 Strength & Balance Exercise Class (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 Cornhole (GR) 1:30-2:30 Bounce Back with Pilobolus – Week 5 (at NM Fitness & Aquatics) 3:30 Commission on Aging Meeting (GR)</p>	<p>10 10:00 Bereavement Support Group (L) 10:00 We've Got Game! Card Games (2A) 10:00 Wii Bowling (DR) 10:00 Yoga (2A) *\$\$* 1:00 Sound Healing (2A) 1:00 Mystery Book Discussion Group (L) 1:00 Senior Songbirds (GR) 5:00-7:00 Pulp Fusion: Make Your Own Paper (GR) – limited to 20</p>
<p>9:30 Cornhole (GR) 13 10:00 Handiwork Circle (GR) 10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by apt (HW) 10:30 No class - American Sign Language 101 (L) 11:30 Strength and Balance (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Special Bingo with SYNERGY Homecare (DR/GR) 1:00 German Conversational Group (HW) 4:30 Zumba Gold (CR) *\$\$</p>	<p>14 10:00 Screening of "Our Oceans" series Part 2 narrated by Barack Obama – the Indian (1hr)(GR) 10-11:00 Hearing Life Screenings (HW)- by appt 10:30 Chair Yoga (2A) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (first-timers must attend this lesson before attending Beginner Mahjong) (2A) 1:00 Quilt Circle (CR) 1:00 "The Majestic Return of Notre Dame" (GR)</p>	<p>15 10:00 Arts & Crafts: Spring-inspired centerpiece (LL) 10:00 Tech Savvy (Shopping with Your iPhone) – week 3 (CR) 10:30–11:30 Blood Pressure Screenings (HW) 10:30-11:30 Fashion Show Meeting #5/Rehearsal (GR) 11:00 Dancin' Through the Decades (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong – experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "A Walk in the Woods" (1h 44 m) (GR) 1:00 Tai Chi (CR) *\$\$*</p>	<p>16 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10:15 NMSC Helping Hands Volunteer Meeting (GR) 11:00-11:45 Spanish (GR) 11:30 Strength & Balance Exercise Class (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 1:00 Cornhole (2A) 1:00 Volunteer Appreciation Musical Event: Music by the Zeltones & Cookies (GR) 1:00 Thursday Popular Books Book Discussion Group (L) 1:30-2:30 Bounce Back with Pilobolus – Week 6 (at NM Fitness & Aquatics)</p>	<p>17 9:00-10:00 Movers & Shakers: Walk around Downtown 10:00 Wii Bowling (DR) 10:00 We've Got Game! Card Games (DR/GR) 10:00 Yoga (2A) *\$\$* 1:00 Sound Healing (2A)</p>
<p>20 9:30 Cornhole with Torrington Senior Center (GR) 10:00 Handiwork Circle (GR) 10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by apt (HW) 10:30 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Bingo 1:00 German Conversational Group (HW) 4:30 Zumba Gold (CR) *\$\$*</p>	<p>21 9:30 Ask the Attorney Roundtable (HW) 10:00 Screening of "Our Oceans" series Part 3 narrated by Barack Obama – the Atlantic (1hr)(GR) 10:30 Chair Yoga (2A) *\$\$* 12:00 Lunch (DR and GR) \$5 Suggested Donation 12:00 April Birthdays Celebration (DR/GR) 12:30-3:00 Beginner Mahjong (2A) 12:30 Scrabble (L) 1:00 Quilt Circle (CR) 1:00 "Journeys: Boys of the Chinese Education Mission" (GR) 1:00 Tuesday Popular Books Book Discussion Group (L) 2:00-3:00 Reiki Healing (HW) 5:45-6:45 Sharing stories with Brownies (Part 2) (GR)</p>	<p>22 10:00 Tech Savvy (Using PayPal & Venmo) – week 4 (CR) 10:30–11:30 Blood Pressure Screenings (HW) 10:30-11:30 Fashion Show Rehearsal - must attend (GR) 11:00 Dancin' Through the Decades (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong – experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Hidden Figures" (2h 7 m) (GR) 1:00 Tai Chi (CR) *\$\$*</p>	<p>23 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10:30 What's Happening? Current Events Discussion Group (L) 11:00-11:45 Spanish (GR) 11:00 HVHD Covid clinic (HW) 11:30 Strength & Balance Exercise Class (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 Cornhole (GR) 1:30-2:30 Bounce Back with Pilobolus – Week 7 (at NM Fitness & Aquatics)</p>	<p>24 9:00 Senior Breakfast (Odd Fellow's Hall) 10:00 Wii Bowling (L) 10:00 We've Got Game! Card Games (DR/GR) 10:00 Yoga (2A) *\$\$* 12:30 Earth Day Recognition: Reveal of Paper Made at Senior Center (GR) 1:00 Sound Healing (2A) 1:00 Brain Games & Lunch with Village Crest (GR)</p>
<p>26 10:00 Fashion Show Prep – MODELS ONLY 3:00 "High Tea & Fashion Show: A Celebration of Femininity" - \$5 27 9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) 10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by apt (HW) 10:30 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Bingo & Moment of Remembrance (GR/DR) 1:00 German Conversational Group (HW) 4:30 Zumba Gold (CR) *\$\$* 4-6:00 Evening Edition: Extended hours. Municipal Agents by appt</p>	<p>28 10:00 Screening of "Our Oceans" series Part 4 narrated by Barack Obama – the Arctic (1hr)(GR) 10:30 Chair Yoga (2A) *\$\$* 12:00 Lunch (DR and GR) \$5 Suggested Donation 12:30 Beginner Mahjong (2A) 12:30 Scrabble (DR) 1:00 Quilt Circle (CR) 1:00 Tuesday Popular Books Book Discussion Group (L) 1:00 "Creating a Strong Estate Plan: Protect Your Family and Your Finances" with Attorney Jeanne Di Minno of Daly Perri Arnold & Knierim (GR) 2:00-3:00 Reiki Healing (HW)</p>	<p>29 10:00 Tech Savvy (iPhone Intro & Basics) – week 1 (CR) 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong – experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Bob Marley One Love" (1h 47m) (GR) 1:00 Tai Chi (CR) *\$\$*</p>	<p>30 10:00 Cartoon Drawing Class (HW) 10:00 Chess (L) 10:30 What's Happening? Current Events Discussion Group (L) 11:00-11:45 Spanish (GR) 11:30 Strength & Balance Exercise Class (CR) *\$\$* 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 Cornhole (GR) 1:30-2:30 Bounce Back with Pilobolus – Week 8, final week (at NM Fitness & Aquatics)</p>	