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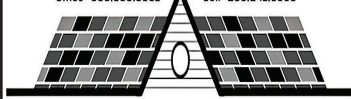
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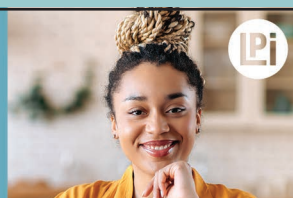
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New Milford Senior Center, New Milford, CT

06-5288

**Seniors invited to enter submissions for annual poetry contest**

Residents of New Milford and students in all New Milford schools are invited to participate in the fourth annual New Milford Poetry Contest, with submissions accepted **through April 24.**

The Town of New Milford, the New Milford Commission on the Arts and New Milford Public Library are co-sponsors of the New Milford Poetry Contest.

The age categories are: youth 8-12; young adult 13-18; adult 19-55; and senior 56+.

The literary arts offering, which celebrates National Poetry Month in April, will conclude with a public poetry reading and awards ceremony.

“This contest is an opportunity for writers of all ages to share their perspectives and celebrate the power of words,” said New Milford Poet Laureate Deborah Rose, who

in 2023 revived the contest from years past with support from the arts commission and library.

A blind read of poems will be conducted by Deborah and New Milford Public Library Services Librarian Amy Berkun.

Poems will be accepted by email, and can also be dropped off at the library.

Winners will be notified by May 9 and invited to read their poem at a poetry reading in Memorial Hall at New Milford Public Library May 23 at 2 p.m. In addition, cash prizes will be awarded.

In addition, the winning poems will be displayed at New Milford Public Library from May 15 through June 15.

Full guidelines are posted at [www.artsnewmilfordct.org](http://www.artsnewmilfordct.org) and [www.newmilfordlibrary.org](http://www.newmilfordlibrary.org).

**THE SENIOR CENTER WILL BE CLOSED FRIDAY, APRIL 3, FOR GOOD FRIDAY.**

**Women’s Club Penny Auction set for April 11 at community center**

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, 2 Pickett District Road, in New Milford.

Doors open at 11 a.m., with bidding closing at 12:30 p.m. The event features more than 250 items, basket raffles, a 50/50 drawing, and door prizes. Ticket sheets are three for \$5. Refreshments will be available.

**Covid vaccine clinic planned**



The Housatonic Valley Health District will offer a Covid vaccine clinic **Thursday, April 23, from 11 a.m. to 1 p.m.** in the senior center’s Health & Wellness Center. To sign up, visit

[CHT@HVHDC.T.GOV](mailto:CHT@HVHDC.T.GOV) or call 203-264-9616.

**Seniors invited to monthly breakfast at Odd Fellows Hall**

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, April 24 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 info, sign up, or to arrange for transportation, connect with the senior center.

**ABOUT US**



**NEW MILFORD SENIOR CENTER**

**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.org](mailto:senior@newmilfordct.org)**

**Website..... : [www.newmilford.org](http://www.newmilford.org)**

Click on “Departments” and select “Senior Center”

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**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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Alzheimer’s Association  
Housatonic Valley Health District  
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**SENIOR CENTER SUBCOMMITTEE**

**TRIAD for Senior Safety**

Andrea Wilson, *Chairperson*

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*

**Bob Reiling**  
*Per Diem Sub Senior Center Bus Operator*

## Medical supplies available

The New Milford Senior Center continues its commitment to supporting residents through its Caring for Our Community Program, which offers access to donated durable medical equipment and continence care supplies for those in need.

This valuable resource helps individuals maintain independence, safety, and comfort at home.

All items available through the program—such as walkers, wheelchairs, canes, shower chairs, and various continence products—are donated in clean, excellent, and/or unopened condition.

Each donation is carefully reviewed to ensure it meets the center's standards for quality and safety.

Director Jasmin Ducusin-Jara emphasizes the program's importance, noting that these resources can make a significant difference for individuals facing financial hardship or unexpected medical needs.

The program also promotes sustainability by giving usable medical equipment a second life within the community.

For more information, community members are encouraged to connect with the center.



## Home-delivered meals are through Meals on Wheels

For seniors 60 and older and of homebound

status, meaning not able to access public places without assistance and not be able to drive, can qualify for home delivered meals with Meals on Wheels.

Prepared meals are delivered to a person's home for individuals who are unable to prepare or obtain nourishing meals on their own.

Western CT's Area Agency on Aging's home-delivered meal programs provide two meals a day and can be obtained anywhere from one to seven days per week depending on need.

For more information, to apply, or to make a referral, call the WCAAA at 800-994-9422 or 203-757-5449.



## Senior center offers lunches

The senior center announces its continued participation in the Elderly Nutrition Program, which provides nutritionally balanced meals to individuals ages 60 and over, as well as their spouses.

Through this program, community members can enjoy fresh, healthy congregate lunches in a welcoming social setting.

Meals are prepared locally four days a week—Mondays through Thursdays—by C&C Delicatessen of New Milford, ensuring high-quality, home-style dishes made close to home.

Reservations are required. To reserve a meal, contact the senior center at 860-355-6075 by the Friday before the week of lunch service.

A suggested donation of \$5 per meal helps offset the cost of providing this valuable service and supports the continuation of the program.

For more information, connect with the senior center.

The monthly lunch menu is included in this newsletter and hard copies are available at the center.

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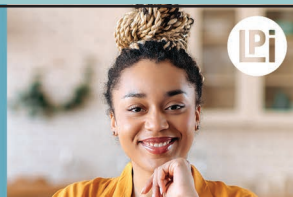
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## Cornhole tournament to raise funds for senior center's Enrichment Fund

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

Advance registration is encouraged. Forms are available in the senior center office, which is open weekdays from 8 a.m. to 4 p.m. Registration and payment is also available online by visiting [www.newmilford.org/seniorcenter](http://www.newmilford.org/seniorcenter).

Registration is \$30 per person in-person and \$32 online. Team names are encouraged.

The event is being held in collaboration with Candlewood Cornhole.

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.

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.

The senior center offers cornhole games Mondays at 9:30 a.m. and Thursdays at 1 p.m. Players of all skill levels are welcome.

## Program to explore 'Navigating Loss'

The senior center will host a special program, "Navigating Loss through Activity," on **Tuesday, April 7, at 1 p.m.**

The thoughtful and supportive session is designed to help individuals better understand and cope with loss by exploring the role that purposeful activity and engagement can play in the healing process.

The program will be led by Jacob Nicholls, LCSW and clinical director of Brookfield Counseling. Drawing on his professional experience, Nicholls will share insights, practical strategies, and compassionate guidance for navigating grief in healthy and meaningful ways.

The program is open to all who may be experiencing loss or supporting others through it.

For more info or to RSVP, connect with the senior center.



## Public invited to High Tea & Fashion Show April 26

There's no need to travel to New York City, Paris or Milan to see a fashion show when the senior center will serve as the venue for one of the hottest shows of 2026.

A "High Tea & Fashion Show: A Celebration of Femininity," set for **Sunday, April 26**, will bring together a combination of tea, fashion, and fun for an event that highlights the timeless beauty of seniors.

The 3 p.m. event will showcase senior models gracing the runway in their favorite trends, proving that style has no age limit.

Guests will be treated to a selection of teas paired with an assortment of finger sandwiches and treats.

The highlight of the afternoon will be a fashion show featuring a diverse group of senior models from various walks of life.

The runway will showcase a collection of elegant attire, designed to empower and inspire individuals of all ages to embrace their unique style.

The showcase is a collaboration between resident Evette Brown and the senior center.

The event is open to all. Friends of family of the models are encouraged to attend. Admission is \$5 per person in advance by registering at the senior center.

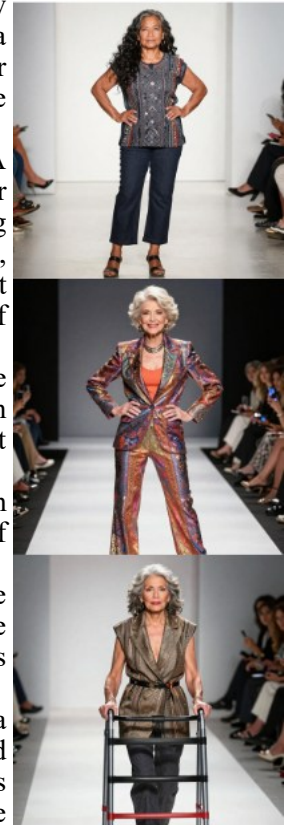
The event is limited to 60.

## Ringuette to lead Senior Songbirds

The center's Senior Songbirds meets monthly for those looking to lift their voice and enjoy the power of music in a friendly, no-pressure setting.

Pianist Dan Ringuette will lead the next session **Friday, April 10, at 1 p.m.** in the Grand Room.

All levels are welcome. For more information and RSVP, connect with the center.



## Arts & Crafts group to meet

The senior center will offer an Arts & Crafts group activity **Wednesday, April 15, at 10 a.m.**

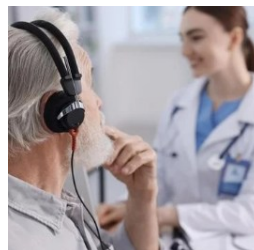
The project will be announced closer to the date.

The program enables individuals to express oneself through color, patterns, and personal design—no prior crafting experience needed.

## Hearing screenings set for this month

A representative from HearingLife of New Milford will be on site at the center to conduct hearing tests **Tuesday, April 14, at 10 a.m.**

Visits are by appointment only and can be made by connecting with the senior center.



## Papermaking workshop set for this month



In celebration of Earth Day, the senior center will host “Pulp Fusion: Make Your Own Paper” on **Friday, April 10, at 5 p.m.**

The hands-on workshop invites participants to learn the art of papermaking from scratch. Attendees will be

able to personalize their creations by adding native plant seeds to the pulp, crafting a unique and environmentally friendly keepsake that can later be planted to grow new life.

The completed pieces will be showcased **Friday, April 25, at 12:30 p.m.—right before Brain Games & Lunch—** where guests can view and appreciate everyone’s work.

Supplies will be provided.

Participation is limited to 20 people.

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

## Brownies to interview local seniors

The senior center will welcome a local Brownie troop for a special two-visit program this month 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. The 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.

For more info and RSVP, connect with the center .

## Healthy Chat to explore physical activity

The senior center will host its monthly Healthy Chat & Breakfast Snacks program **Wednesday, April 8, at 9:30 a.m.**

Community members are invited to enjoy light breakfast snacks, sponsored by Village Crest Center for Health & Rehabilitation, 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 the importance of physical activity. and how staying active supports overall health and well-being at every age.

Attendees will gain practical tips and simple strategies to incorporate more movement into their daily routines.

Snacks will be provided by Village Crest Center for Health & Rehabilitation.

For more information and RSVP, connect with the center.



## Explore the natural world through ‘Our Oceans’ weekly screenings

In celebration of Earth Day this month, the senior center will host a screening of the five-part documentary series “Our Oceans,” an inspiring and visually stunning exploration of the world beneath the waves.

The series highlights both the profound impact of human activity on marine ecosystems and the remarkable resilience of ocean life.

Released in November 2024 and narrated by former President Barack Obama, the series highlights the interconnectedness of Earth’s five major oceans. Using advanced filming techniques and groundbreaking underwater photography, each episode reveals how marine life survives—and often thrives—in some of the planet’s most challenging environments.

The series will be screened

Tuesdays for five weeks at 10 a.m., with each episode running about one hour. Episodes focus on the five major oceans: the Pacific Ocean **Tuesday, April 7**; the Indian Ocean **Tuesday, April 14**; the Atlantic Ocean **Tuesday, April 21**; the Arctic Ocean **Tuesday, April 28**; and the Southern Ocean **Tuesday, May 5**.

The timing is especially meaningful. Earth Day, observed annually on April 22, began in 1970 as a grassroots effort to highlight environmental protection and is now recognized worldwide as a call to safeguard the air we breathe, the water we drink, and the ecosystems that sustain life.

Oceans play a vital role in regulating Earth’s climate, producing much of our oxygen, and supporting biodiversity, yet they face growing threats from pollution, overfishing, and climate change.

For more information or to RSVP, contact the senior center.



## Visting Angels gnome painting activity slated

Visiting Angels will lead a session of Easter gnome painting on canvas **Thursday, April 2, from 1 to 3 p.m.** Supplies will be provided. For more information and RSVP, connect with the center.

## SYNERGY Homecare to sponsor special bingo

The center will welcome its friends from SYNERGY Homecare **Monday, April 13, 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, contact the center.

## Current events group meets

The senior center’s next “What’s Happening? Current Events & Conversation” will be held **Thursday, April 9 and 23 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 info and RSVP, connect with the senior center.

## One-on-One tech help available by appointment

Need help with your phone, tablet, or computer? The center's One-on-One Tech Help sessions offer personalized instruction in a private appointment with one of the center's tech-savvy Helping Hands volunteers. Whether one wants to learn the basics, troubleshoot a problem, or get advice on choosing a new cell phone or computer, the center offers help. Connect with the senior center to schedule an appointment.



## Need help with an Android or TracFone?

Marianna Nicholas of New Milford Public Library will visit the center for Tech Smart twice a month through the end of the year to help seniors with their basic questions about their Android phone and tablet, as well as TracFone.



Marianna will be on site by half-hour appointments **Mondays, April 13 and 27, from 10 to 11 a.m.**

For more info and to schedule a time on one of those dates, call the center at 860-355-6075.

## From China to New England: A remarkable 19th-Century story

The Connecticut Museum of Culture and History will visit the New Milford Senior Center on **Tuesday, April 21, at 1 p.m.** for a presentation titled "Journeys: Boys of the Chinese Educational Mission."

The program had been scheduled for earlier this year but was postponed due to inclement weather.

In the 1870s, China's Qing government sent 120 boys—ages 10 to 14—to New England to study Western science and technology as part of an effort to modernize the nation. The program was led by Yung Wing, the first Chinese graduate of Yale University.

Living with American families, the boys attended school, played sports, and experienced U.S. culture before tensions with traditional Chinese values led to the program's abrupt end.

For more info or to RSVP, contact the senior center.

## A note from the staff at the senior center

### Volunteer celebration to feature musical program

At the New Milford Senior Center, we feel incredibly fortunate to be surrounded by volunteers who give their time, talents, and kindness to support our community. April is Volunteer Appreciation Month, and it offers us a wonderful opportunity to recognize the many individuals who help make our center such a welcoming and vibrant place.

To celebrate their contributions, we will host a special musical program featuring The Zeltones on **Thursday, April 23, at 1 p.m.** This lively performance is our small way of saying thank you to the volunteers who give so much throughout the year. The band blends sweet jazz, bossa nova, and folk music from around the world, performed with guitar, flute, piano, and vocals.

Every day, we see firsthand the impact our volunteers make. They greet members as they arrive, assist with classes and activities, help organize special events, make deliveries, support the Good Morning, New Milford phone program, and often provide a listening ear when it's needed most. Some share professional skills, while others simply share their time—but each one plays an important role in creating a place where people feel valued and connected.

Because of their generosity, our center is more than just a place to gather. It's a true community filled with companionship, learning, and joy, and we are deeply grateful for every volunteer who helps make that possible.



### Monthly poetry workshop offered

The center's Golden Pen, a poetry workshop, will next meet **Wednesday, April 8, at 2 p.m.** in the Health and Wellness Room.

The group is limited to 8 and is currently full. If interested in joining, connect with Deborah at 860-355-6075 or [drose@newmilfordct.gov](mailto:drose@newmilfordct.gov) to be added to the wait list.

### 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.



**April 1:** "The Five People You Meet in Heaven," 12:45 p.m. (2 hr, 40 min)

**April 8:** "Eleanor the Great," 12:45 p.m. (1 hr 38 min)

**April 15:** "A Walk in the Woods" (1 hr 44 min)

**April 22:** "Hidden Figures" (2 hr 7 min)

**April 29:** "Bob Marley One Love" (1 hr 47 min)

For more information and RSVP, connect with the center.

### April birthdays to be recognized

The senior center will offer its monthly birthday celebration for all those with April birthdays **Tuesday, April 21, 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.

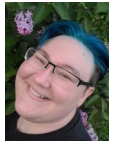
### Bereavement group offered once a month at senior center

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, April 10.**

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 Garrett Walkup at 475-529-6118 or [gwalkup@rvnahealth.org](mailto:gwalkup@rvnahealth.org), or connect with the senior center.



## 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

- Information and Referrals • Housing Options • Prescription Drug Plans • Energy Assistance • Renter & Tax Rebates •
- Medicaid • Medicare and Supplemental Plans • Medicare Advantage Plans • Long Term Care Planning and Insurance •
- 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 •

### Veterans tax relief available

Residents who are veterans may be eligible for property tax relief through the town's Veteran's Exemption programs, including additional benefits for elderly or disabled Veterans.

To qualify for the Basic Veteran's Exemption, a Veteran must file an Honorable Discharge (Form DD-214) with the Town Clerk before Oct. 1. Applicants must also have served during an eligible service period. A full list of qualifying service dates is available on the town's website at [www.newmilford.org](http://www.newmilford.org).

Veterans seeking the Additional Veteran's Exemption must first meet the eligibility requirements for the basic exemption and comply with established financial guidelines. Documentation of income is required to determine eligibility:

If you file a federal or state income tax return, a copy must be submitted with your application.

If you receive Social Security benefits, you must provide a copy of your SSA-1099 form. Veteran's disability income is not counted when determining eligibility.

For Veterans who are rated 100% disabled by the Veterans Administration, Social Security benefits are also not considered in the income calculation.

Veterans and qualifying residents are encouraged to contact the Town Clerk's office or visit the town website for complete eligibility details, service date requirements, and application instructions.

For more information, contact the Town

### ALZHEIMER'S ASSOCIATION

The Alzheimer's Association provides resources, advocacy, and guidance for individuals and families affected by Alzheimer's disease and other dementias. For more information, call 1-800-272-3900.

### EARLY-STAGE ALZHEIMER'S & DEMENTIA SUPPORT GROUP

Presented by the Alzheimer's Association of Connecticut, this support group helps individuals living with early-stage Alzheimer's or other dementias build a network with others who understand. Groups are led by trained facilitators and provide a safe space for participants and care partners. Pre-registration is required. Contact Amanda Lamb-Moretti at 860-383-2667 or [aklambmoretti@alz.org](mailto:aklambmoretti@alz.org). The group meets the last Friday of each month.

### CONNECTICUT STATEWIDE RESPITE CARE PROGRAM

If you are caring for someone with Alzheimer's disease or dementia and need support, you may qualify for the Connecticut Statewide Respite Care Program, funded by the State Unit on Aging and administered in partnership with the Alzheimer's Association Connecticut Chapter and Connecticut Area Agencies on Aging.

For more information, contact the Western Connecticut Area Agency on Aging

**EVENING EDITION**  
*at the senior center*  
extended hours  
**4-6 p.m.**  
For those 60+



One Monday a month from 8 a.m. to 6 p.m.  
Monday, April 27

#### FEATURING APPOINTMENTS WITH MUNICIPAL AGENTS TO

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

*connect with our community*

New Milford Senior Center, 40 Main St., New Milford  
To make an appointment, call 860-355-6075

### Eligible renters may get rebate

Eligible renters may qualify for a Rental Rebate of up to \$900 for married couples and \$700 for single individuals. The rebate amount is based on a graduated income scale and the total rent and utility payments (excluding telephone) made during the previous calendar year.

To apply, renters must provide proof of rent paid for the previous year and meet the following income limits:

- Single: \$46,300 per year
- Married: \$56,500 per year

Applicants must also be 65 years of age by the end of the previous year or be receiving Social Security Disability benefits.

Residents interested in applying should ensure all required documentation is included with their application.

For more information, contact the appropriate town office.

### Do you qualify for a homeowner tax credit?

Applications for the Homeowner's Tax Credit Program are being accepted now through May 15.

To qualify, at least one household member must have turned 65 by the end of 2024 or be receiving Social Security Disability.

Income eligibility limits are:

- Single: \$46,300 per year
- Married: \$56,500 per year

Applicants who file taxes must provide a

copy of their 2025 tax return. Those who do not file must submit 1099 forms or other income documentation with their application.

Applications are available on the town website, at the Tax Assessor's Office, and at the New Milford Senior Center.

Residents who believe they may be over the income limit are still encouraged to apply, as the town counts only 50% of Social Security income when determining eligibility.

### 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 April, 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](http://www.newmilford.org/seniorcenter)*

- Cornhole tournament fundraiser for the center’s Enrichment Fund (Sunday, May 3)
- Travel presentation
- Mother’s Day breakfast
- Trivia & Treats
- Day Trippers: Trip to see the New York Bee Gees
- 90th birthday Celebration
- Senior Center Open House (Saturday, May 16)
- Program about Roger Sherman
- “Wildlife in Our Backyard”
- “Fall Prevention”
- AARP Smart Driver course
- Memorial Day parade

...and more

### THE WHEELS PROGRAM OF GREATER NEW MILFORD

#### TRANSPORTATION TO MEDICAL APPOINTMENTS

The Wheels Program is an independent non-profit providing donation based transportation for seniors and individuals with disabilities to non-emergency medical, dental, and physical therapy appointments.

You must be 60+ years of age or ADA certified and independently mobile, or accompanies by a companion or aide, to use this service.

Rides are provided on a first come, first serve basis pending driver and vehicle availability. Book a ride as soon as you have your appointment because rides fill up fast!

Located on the lower level of the Senior Center.

Office Hours: Monday - Thursday 9am - noon

Vehicles Operate: Monday - Thursday 8am - 4pm

(860) 354-6012

[www.wheelsofnewmilford.org](http://www.wheelsofnewmilford.org)



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## 'The Majestic Return of Notre Dame' scheduled

The senior center will host a special presentation, "The Majestic Return of Notre Dame," **Tuesday, April 14, at 1 p.m.**

Local author and storyteller John Cilio, known for bringing history to life through engaging talks and vivid storytelling, will explore the dramatic story of destruction, discovery, and restoration surrounding the world-famous Notre-Dame Cathedral in Paris.

Cilio will recount the events of Notre-Dame Cathedral Fire, when on April 15, 2019, a devastating fire destroyed much of the cathedral's roof and caused the collapse of its iconic spire, known as the *flèche*. The disaster shocked people around the world and sparked an international effort to save and restore one of the most treasured landmarks of Gothic architecture.

During the program, Cilio will explain how experts from across the globe united to revive the cathedral, combining traditional craftsmanship with modern technology. Reconstruction officially began in 2021 and continued for three years, as specialists worked carefully to restore the building while preserving its historic character.

The presentation will also highlight fascinating discoveries made during the restoration, including medieval artifacts and architectural details uncovered beneath the debris. Through stories and images, Cilio will show how these findings have provided new insights into the cathedral's original construction and centuries-long history.

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



## Attorney to present 'Creating a Strong Estate Plan'

Whether you're a careful planner or someone who tends to put things off, creating a strong, up-to-date estate plan is one of the most important steps you can take to protect yourself and your loved ones.

A well-crafted estate plan does more than document your final wishes—it provides clarity, guidance, and peace of mind during life's most difficult moments. It ensures that someone you trust can manage your financial, legal, and health care decisions if you're ever unable to do so yourself.

New Milford-based estate planning and elder law attorney Jeanne Di Minno will discuss "Creating a Strong Estate Plan: Protect Your Family and Your Finances" **Tuesday, April 28, at 1 p.m.**

Di Minno will discuss the essential building

blocks of an estate plan, including Wills, powers of attorney, advance directives, and trusts.

The program will explore what each document does, who should be chosen to act on your behalf, and what can happen if you pass away without a Will.

Attendees will also learn how estates are divided among heirs, who can pay bills if you cannot, and common estate planning mistakes to avoid. Even if you already have an estate plan, you'll gain insight into when and why documents should be reviewed and updated.

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



## 'The Search for Life in the Solar System' to be discussed



intriguing locations in our solar system—including planets and icy moons that may contain conditions capable of supporting life.

Cloutier is a longtime volunteer and educator with the McCarthy Observatory in New Milford, where he helps share the excitement of astronomy through lectures, public viewing nights, and educational programs.

Located at New Milford High School, the McCarthy Observatory is a volunteer-run facility dedicated to public outreach and science education. The observatory regularly hosts free sky-watching sessions, guest speakers, and community events that invite people of all ages to explore the universe through powerful telescopes and engaging presentations. It marked its 25<sup>th</sup> anniversary in December 2025.

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

The McCarthy Observatory will bring the wonders of space a little closer to home during a special presentation, "The Search for Life in the Solar System," **Thursday, April 23, at 1 p.m.**

Guest speaker Bill Cloutier will lead the program, which recognizes Spring Astronomy Day recognized this year on April 25.

During the presentation, guest speaker Bill Cloutier will explore how scientists search for signs of life beyond Earth, highlighting

## Deadline nears for Bee Gees trip

The center is offering a day trip on **Thursday, May 14**, to see The New York Bee Gees, the Ultimate Tribute Band. The deadline to register is April 17. A coach bus will depart from the center at 10:15 a.m. and return around 4:30 p.m. The trip includes coffee and donuts, a 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. For more information and RSVP, connect with the senior center.

## Volunteer meeting scheduled

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, April 16, 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.

*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.
- ◆ **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 Adult Fiction Book Club Book Discussion:** Fourth Tuesday and third Thursday each month, 1 p.m. Tuesday and Thursday groups occasionally read same titles but have two

independent book schedules and different interests. 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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April 25 is Spring Astronomy Day

If you can spot the Andromeda Galaxy with your naked eyes, you can see something 14.7 billion billion miles away.

Scientists estimate that the earliest stars formed some 200 million years after the Big Bang.

If the Milky Way were the size of a single tennis ball, the Andromeda Galaxy (M31) would lie 5.6 feet away.

The Sun is 400 times larger than the Moon, but also 400 times as far away, making both objects appear to be the same size in our sky.

It would take nine years to walk to the moon.

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TO VIEW THE SENIOR CENTER CALENDAR & FLYERS FOR THE MONTH, VISIT [WWW.NEWMILFORD.ORG/SENIORCENTER](http://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, located in the display case at the senior center. Proceeds benefit the center's Enrichment Fund.



**SIGN UP UNDERWAY FOR 'GOOD MORNING, NEW MILFORD'**  
 The New Milford Senior Center is accepting registration for its opt-in Good Morning, New Milford program. Trained volunteers will provide weekday morning check-in calls for older adults who may be living alone, are homebound, have limited support systems, or simply appreciate a friendly "good morning" to start their day. Residents who would like to receive a daily call—or those interested in becoming a "Good Morning" call volunteer—are encouraged to contact the senior center at 860-355-6075.

♦ **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, 11:30 a.m.-12:15 p.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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# ELDERLY NUTRITION PROGRAM LUNCH SERVICE

CONGREGATE MEALS SERVED AT THE NEW MILFORD SENIOR CENTER

MONDAY - THURSDAY, 12:00 PM

SIGN UP BY CONNECTING WITH THE SENIOR CENTER BY PREVIOUS FRIDAY

SUGGESTED DONATION: \$5.00

**ALL MEALS MEET PORTION GUIDELINES**  
 3 Ounces Protein • 1/2 Cup Starch • 1/2 Cup Vegetables  
 1 Bread • 1/2 Cup Fruit or Fruit Juice • 8 Ounces Milk

## APRIL 2026 MENU

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  |
|---|---|--|---|
| <b>LUNCH PREPARED BY</b><br>   |   | 1<br><ul style="list-style-type: none"> <li>• Salmon</li> <li>• Rice</li> <li>• Mixed Vegetables</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>                                    | 2<br><ul style="list-style-type: none"> <li>• Chicken Quesadilla</li> <li>• Three Bean Salad</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>  |
| <i>Please note that due to product availability, menu items may be subject to substitutions</i>   |   | 6<br><ul style="list-style-type: none"> <li>• Chicken &amp; Beef Empanadas</li> <li>• Coleslaw</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>   | 7<br><ul style="list-style-type: none"> <li>• Pork Loin</li> <li>• Mashed Potatoes</li> <li>• Steamed Carrots</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>  |
| 8<br><ul style="list-style-type: none"> <li>• Baked Fish</li> <li>• Roasted Potatoes</li> <li>• Mixed Vegetables</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul> | 9<br><ul style="list-style-type: none"> <li>• Pasta with Meat Sauce</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>                         | 13<br><ul style="list-style-type: none"> <li>• Chicken Noodle Soup</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>   | 14<br><ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• Mashed Potatoes</li> <li>• Green Beans</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> <li>•</li> </ul>                                       |
| 15<br><ul style="list-style-type: none"> <li>• Chicken Teriyaki</li> <li>• Yellow Rice with Vegetables</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>           | 16<br><ul style="list-style-type: none"> <li>• Chicken Alfredo</li> <li>• Pasta</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>             | 20<br><ul style="list-style-type: none"> <li>• Pulled Pork on a Roll</li> <li>• Cheddar Cheese</li> <li>• Cucumber and Tomato Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul> | *Happy April Birthdays*<br>21<br><ul style="list-style-type: none"> <li>• Chicken Francese</li> <li>• Egg Noodles</li> <li>• Steamed Carrots</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> <li>• Celebration Cupcake</li> </ul> |
| 22<br><ul style="list-style-type: none"> <li>• Beef Stew</li> <li>• Rice and Beans</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>              | 23<br><ul style="list-style-type: none"> <li>• Lasagna</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>                                      | 27<br><ul style="list-style-type: none"> <li>• Tomato Soup</li> <li>• Grilled Cheese Sandwich</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>  | 28<br><ul style="list-style-type: none"> <li>• Chicken Stew</li> <li>• Rice and Beans</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>   |
| 29<br><ul style="list-style-type: none"> <li>• Chicken Marsala</li> <li>• Mashed Potatoes</li> <li>• Vegetables</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>  | 30<br><ul style="list-style-type: none"> <li>• BBQ Chicken</li> <li>• Macaroni &amp; Cheese</li> <li>• Salad</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul> |  |   |



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