

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

April 1



A romantic drama set in WWII-occupied Morocco, centering on American expatriate Rick Blaine (Humphrey Bogart), who must choose between his love for Ilsa Lund (Ingrid Bergman) and helping her husband, a resistance leader, escape the Nazis. It is a story of sacrifice, moral duty, and patriotism

PG ~ 1 hr 42 min ~ Romantic Drama

B

April 8



After her best friend Bessie dies, Eleanor moves from Florida to NYC to live with family. She accidentally joins a Holocaust survivor support group, and to belong, she tells her deceased friend's harrowing life story as her own.

PG-13- 1 hr 38 min - Drama

N

April 15



A 2015 American biographical comedy-drama film directed by Ken Kwapis. Based on the 1998 book of the same name. After spending two decades in England, Bill Bryson (Robert Redford) returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends, Stephen Katz (Nick Nolte).

R - 1 hr 44 min - Comedy/Drama

Lib Loan

April 22



The film follows three brilliant African-American women-Katherine Johnson, Dorothy Vaughan, and Mary Jackson-who overcame racial and gender discrimination to serve as the "human computers" behind NASA's successful orbit of astronaut John Glenn.

SELECTED FOR SPRING ASTRONOMY DAY
APRIL 25

PG- 2 hr 7 min - Biographical Drama

Lib Loan

April 29



Centers on a turbulent period in Bob Marley's life, specifically between 1976 and 1978. It begins with the aftermath of an assassination attempt on him and his wife Rita in Jamaica, leading him to move to London to record his landmark album Exodus. The film delves into his internal struggles, the pressures of fame, and his commitment to bringing a message of peace and unity to a divided Jamaica, culminating in his return for the 1978 One Love Peace Concert. biographical drama focused on Marley's life in the late 1970s, including the 1976 assassination attempt and the creation of the Exodus album.

PG-13 - 1 hr 47 min - Biographical Drama

New Milford Senior Center

High Tea & Fashion Show

A CELEBRATION OF CONFIDENCE



April 26

Sunday

3:00

P.M.

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

RSVP : 860-355-6075

March 31-April 21

An elegant afternoon celebrating timeless style, featuring a curated runway showcase of local seniors presenting their most cherished and stylish ensembles. Guests will enjoy finger sandwiches, cookies, and as grace, confidence, and personal expression unfold on the runway

\$5/person

*Semi-formal attire requested for all guests.
Bring favorite teacup.*





Volunteers

APRIL 26* Needed

We need some extra hands to help backstage for our High Tea & Fashion Show to be presented April 26. No prior experience required. It's going to be a fun and sophisticated event!

- **Backstage Dresser/Manager:** Responsible for organizing outfits, helping models dress, and managing garment repairs.
- **Sample Makers:** Handle final adjustments and ensure clothing is runway-ready.
- **Fashion Stylists:** Helps select and pairs last-minute accessories.
- **Runway LineUp Assistant:** Queues up models and maintains silence and for the show

*Some rehearsals may be required; contact Deborah at the center.

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

RSVP 860-355-6075

FASHION SHOW

MEETING/REHEARSAL



PARTICIPATING
MODELS ONLY

WEDNESDAYS, 10:30 AM

April 1

April 8

April 15

April 22

MORNING OF SHOW

April 26

10 AM

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

RSVP 860-355-6075

**4-GAME ROUND ROBIN
DOUBLE ELIMINATION BRACKET**

\$30*/PLAYER \$60*/TEAM

**\$32 ONLINE IN ADVANCE - RECOMMENDED*

**\$30 IN-PERSON AT SENIOR CENTER*



TWO BRACKETS

- Competitive Bracket (27 feet)
- Social (new players & seniors; 21 feet)

To benefit **New Milford Senior Center** Enrichment Fund

CORNHOLE

TOURNAMENT

SUNDAY

MAY 3

PRACTICE & REGISTRATION

11 AM

START 12 PM

*At John Pettibone Community Center
2 Pickett District Road
New Milford*

\$32 ONLINE RSVP

Scan QR code or visit

www.newmilford.org/senior_center



RAFFLE & 50/50

**1ST, 2ND & 3RD PRIZES
BOTH BRACKETS**

**RICH'S WINGS & THINGS
FOOD TRUCK**

BYOB

Info: @Candlewood on FB or email
candlewoodcornhole@gmail.com

\$30 IN-PERSON RSVP & PAYMENT

New Milford Senior Center
40 Main St., New Milford
M-F, 8 a.m.-4 p.m.
Info: 860-355-6075



Presented by New Milford Senior Center
in collaboration with Candlewood Cornhole

VOLUNTEERS NEEDED

To help us make our **May 3
Community Cornhole
Tournament a success**

**the tournament will
benefit the Senior Center
Enrichment Fund**



YOUR HELP IS NEEDED TO

- Spread the word about the event to friends, family, neighbors, and others in your circle
- Seek sponsorships and raffle prizes from local businesses (letters are ready to go; just need volunteers)
- Help put together raffle prizes, and wrap them
- Sell raffle tickets the day of the tournament, Sunday, May 3
- Other tasks as they come up

For more information, connect with Deborah

WEDNESDAY
APRIL 1
10 A.M.



**VISIT WITH THE
CHILDREN'S CENTER**



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

RSVP 860-355-6075



TECH SAVVY



How do I make my iPhone louder?
How do I update my devices?
Can I take photos and videos and send them to my friends and family?
How do I download new Apps?



Do you have questions like these? Come join us! Bring your iPhone and/or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Before you know it you will be a *Tech Savvy Senior*!

**You MUST own an iPhone or iPad for this class.
It is not for any other devices.
*Please also bring your Apple ID and Password***

April 1 - Creating Albums

April 8 - Maps and Traveling with you iPhone

April 15 - Shopping with you iPhone

April 22 - Using Paypal and Venmo

April 29 - Intro and Basics

With Lindsey Burk, instructor

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

RSVP 860-355-6075

Spring

GNOME PAINTING ON CANVAS

with *Rachael*
from



THURSDAY

APRIL 2

1-3 P.M.



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, APRIL 2, 1 PM

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

HOUSATONIC VALLEY HEALTH DISTRICT PRESENTS

SAFE MEDICATION USE FOR SENIORS



Covering:

Prescription Opioid Safety

Dangerous Drug Interactions

Recognizing Signs of Overdose

Safe Medication Storage/Disposal

Pain Management Alternatives

Alcohol Use and Aging

How to Talk to Doctors and Pharmacists



MONDAY, APRIL 6TH
NEW MILFORD SENIOR CENTER
2:00 PM

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

RSVP 860-355-6075



In celebration of Earth Day this month, we will present a special screening of the five-part documentary series "Our Oceans." Released in November 2024 and narrated by former President Barack Obama, the series highlights the interconnectedness of Earth's five major oceans.

Each episode runs about 1 hour.

TUESDAYS, 10 AM
April 7-May 5

APRIL 7 Pacific Ocean

The largest and deepest ocean on Earth takes center stage, from the fiery "Ring of Fire" to towering underwater seamounts. Viewers will encounter humpback whales, sea lions, sharks drawn to volcanic underwater mountains, and even mesmerizing cuttlefish. The episode captures the Pacific's raw, unpredictable energy and the remarkable adaptations of the species that inhabit it.

APRIL 14 Indian Ocean

Set in warm, tropical waters, this episode showcases extraordinary biodiversity — from tiny mantis shrimp to massive sperm whales. It highlights the ingenuity marine animals use to hunt, reproduce, and raise their young in a competitive and vibrant ecosystem.

APRIL 21 Atlantic Ocean

The choppy and ever-changing Atlantic reveals dramatic survival strategies as fish and marine mammals navigate predators and adapt to a rapidly shifting climate. The episode underscores the resilience required to endure in unpredictable waters.

APRIL 28 Arctic Ocean

In one of the fastest-warming regions on Earth, creatures must adjust to melting sea ice and rising temperatures. This powerful installment examines the stark realities of climate change and the delicate balance of life in the far north.

MAY 5 Southern Ocean

The series concludes in the remote waters encircling Antarctica, where the planet's strongest global ocean current churns. Featuring rarely seen deep-sea footage and dramatic hunting sequences, the episode highlights extreme cold-water species surviving in one of Earth's harshest environments.

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

RSVP 860-355-6075

THURSDAY
APRIL 7
1 P.M.



“Navigating Loss Through Activity”

WITH JACOB NICHOLLS, LCSW AND CLINICAL DIRECTOR OF



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.



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

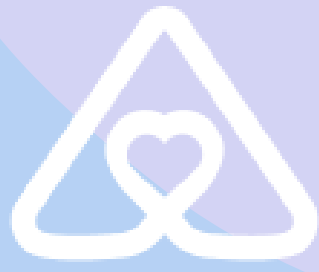
New Milford, CT 06776

For more information and RSVP, call 8600-355-6075

Spring Trivia

and snacks

with



Always Best Care
senior services®

Tuesday

April 7 2:15 p.m.

*after "Navigating Loss
through Activity" at 1 p.m.*

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

RSVP 860-355-6075

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

RSVP 860-355-6075



Healthy Chats



Join HVHD's public health nurse Heidi to explore the importance of physical activity. Our chat will be followed by a short walk to kick start spring activity.



Wednesday, April 8th



9:30am - 10:30am



New Milford Senior Center



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, April 8 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

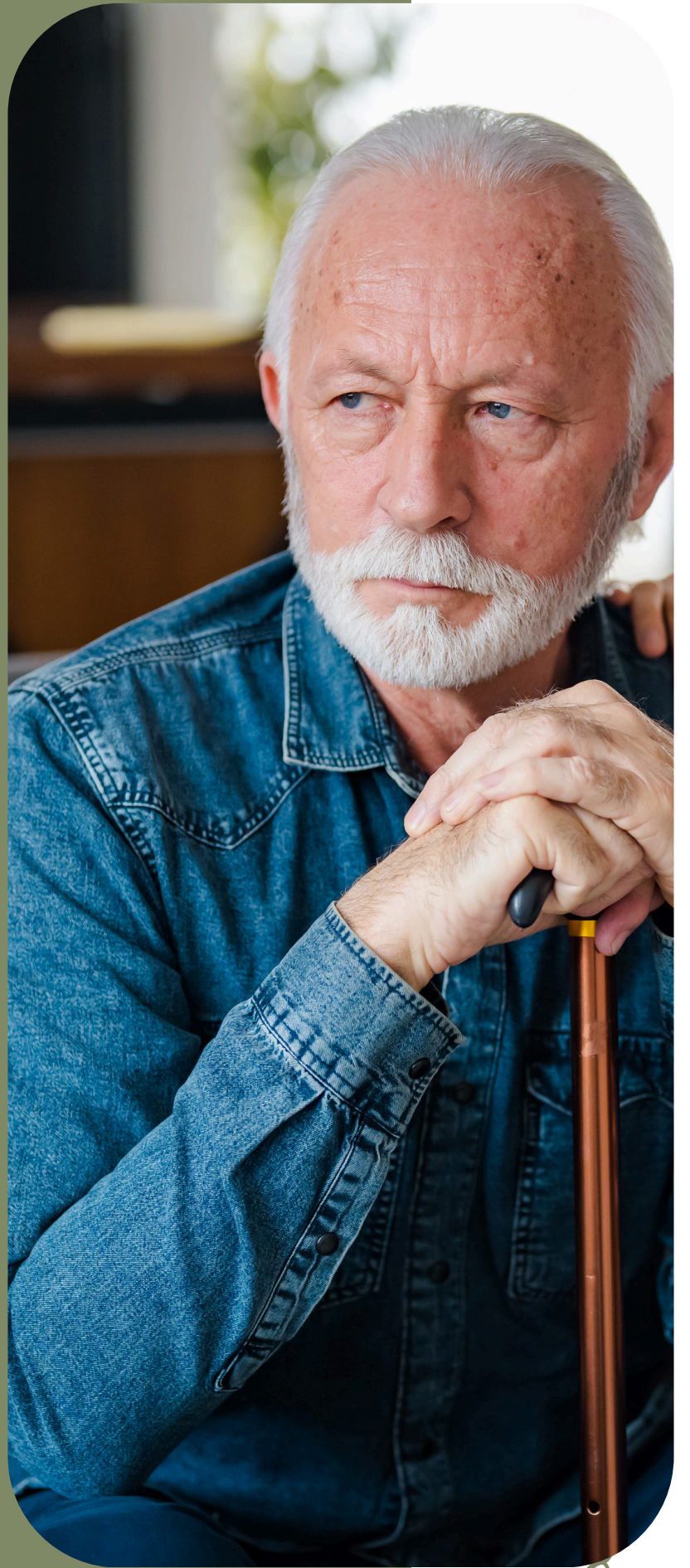
BEREAVEMENT SUPPORT GROUP

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.

**April 10
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

Senior Songbirds



FRIDAY
APRIL 10
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

PULP FUSION

make your own paper

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

limited to 20

PART TWO

Friday, April 24

12:30 p.m. before Brain Games

Share the final handmade paper with peers at the center.



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

RSVP 860-355-6075

TECH SMART

ANDROID, TABLET & TRACFONE HELP

Marianna from the New Milford Public Library will be here to help those with questions about their Android, tablet, or TracFone.



Mondays

April 13

April 27

May 11

June 8

June 22

10-11 a.m.

Half-hour

appointments

***available. Must call
for an appointment***

In partnership with



New Milford Senior Center
40 Main St.
New Milford



860-355-6075

**NM
PL**

**New Milford
Public Library**

SPECIAL BINGO

with

 **SYNERGY[®]**
HomeCare
Care that moves youSM

Monday
April 13
1 p.m.

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

RSVP 860-355-6075

HEARING SCREENING



With
Hearing Life

Assess your hearing health with a short hearing screening with Hearing Life.

Tuesday, April 14
10 a.m.
by appointment



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



RSVP 860-355-6075



Reviving a Landmark

The Majestic Return

of Notre Dame

Tuesday, April 14, 1 pm.

In 2019, a tragic fire broke out at Notre Dame Cathedral in Paris. In the early days, there were worries about whether the building could be saved. The effort to restore this architectural wonder has united experts from all over the world, working together to revive a masterpiece that holds much cultural significance.

Join John Cilio as he shares some fascinating techniques, methods, and technologies that experts have used to bring Notre Dame back to life. He will also dive into the exciting discoveries of medieval artifacts and architectural features that were uncovered beneath the debris, shedding light on historical building techniques.

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

RSVP 860-355-6075



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, APRIL 16, 10:15 AM

**Third Thursday each month
unless otherwise noted**

New Milford Senior Center
40 Main St.
New Milford

 860-355-6075

VOLUNTEER

appreciation

with

live music & cookies

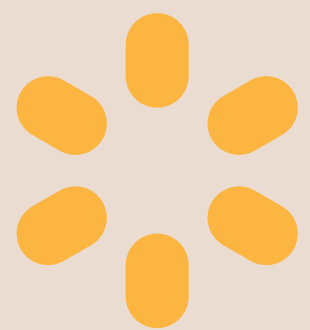
Featuring music by the Zeltones, a band that blends sweet jazz, bossa nova, and folk music from around the world, performed with guitar, flute, piano, and vocals.

WE



Our Volunteers

Thursday
April 16
1 pm



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

RSVP 860-355-6075

MOVERS

& SHAKERS

**Friday
April 17
9 a.m.**

***Walk around downtown New Milford
with Deborah***

Start at senior center, 40 Main St., New Milford

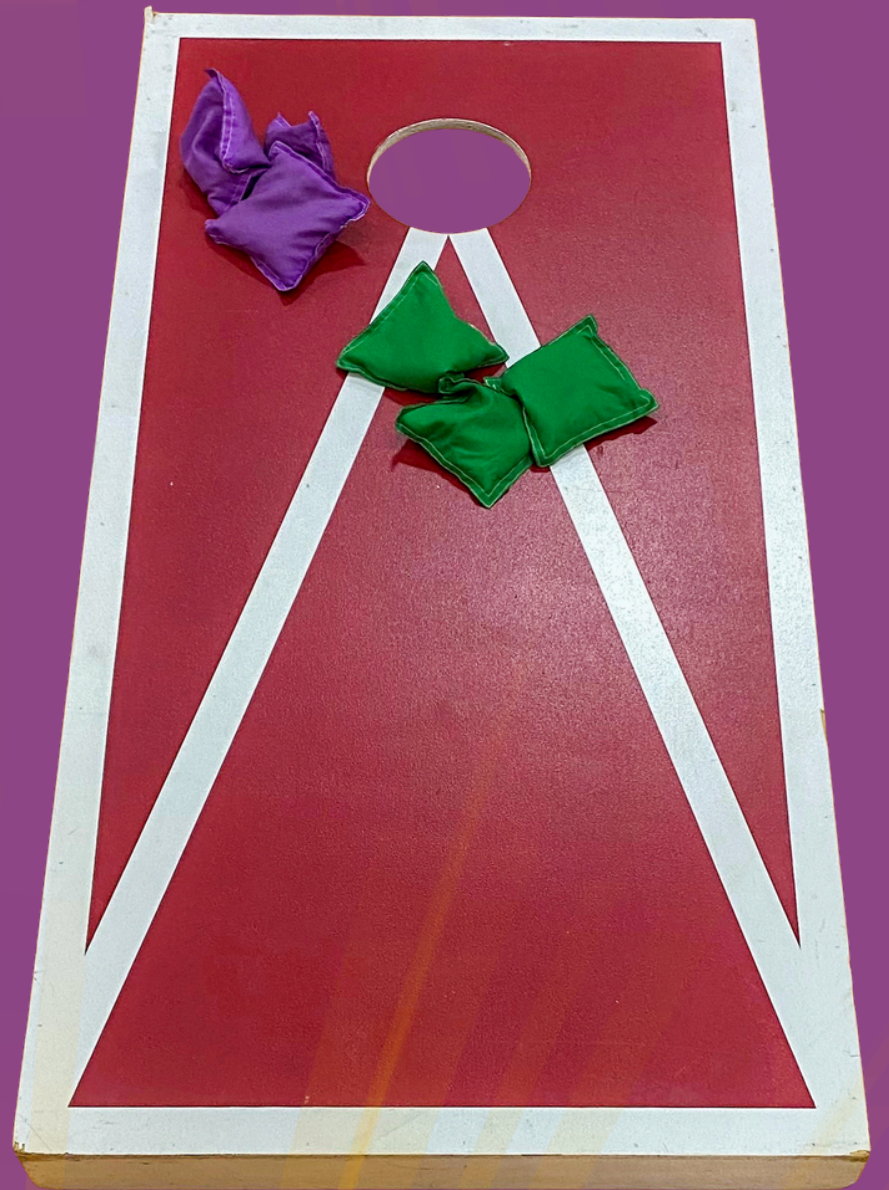
Contact the senior center at 860-355-6075 for sign up.
Senior bus transportation available.

CORN HOLE

with

Torrington Senior Center

Monday
April 20
9:30 am



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

RSVP 860-355-6075

April

BIRTHDAYS CELEBRATION

*Tuesday
April 21
12 p.m.*

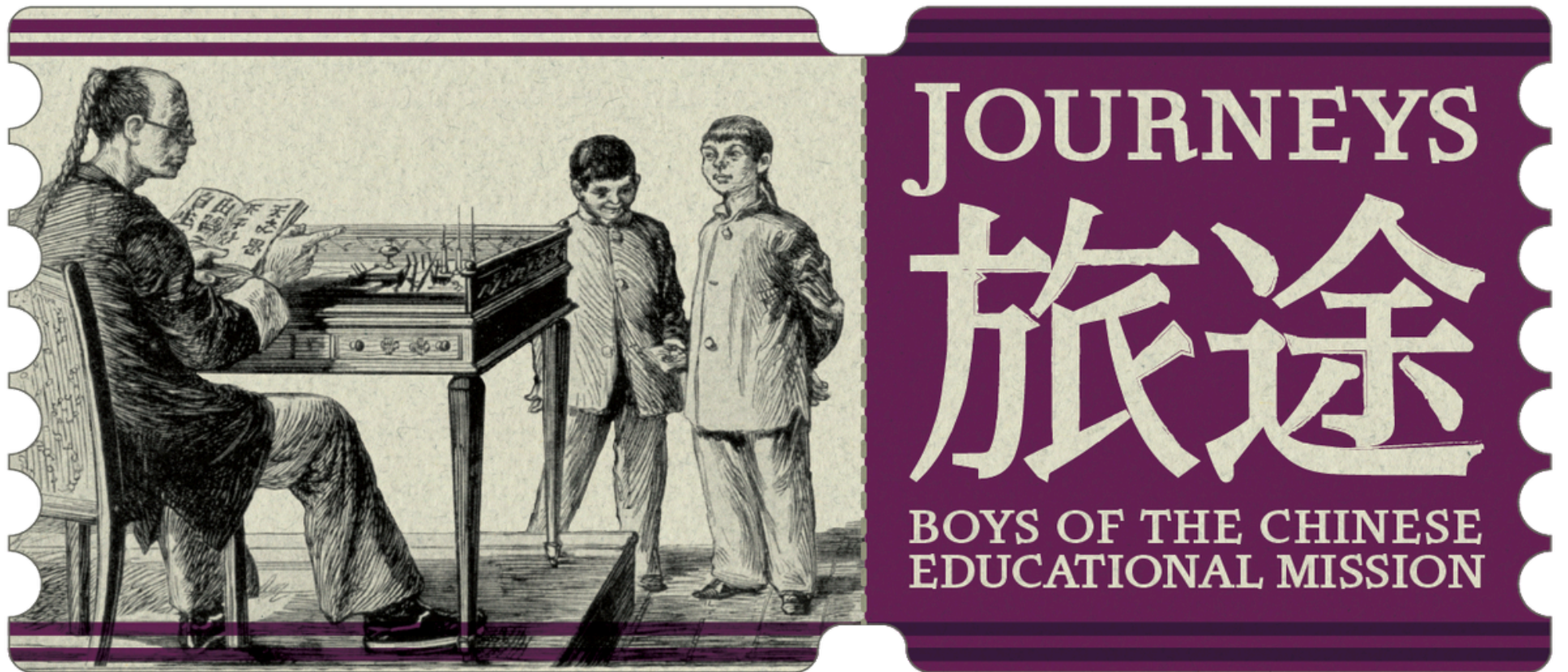
*To sign up, stop
in or call the
senior center at
860-355-6075*



**MUSIC/ENTERTAINMENT
pianist Brian Horberg**

**CUPCAKES
sponsored by
StoneBridge in Newtown**

“Journeys: Boys of the Chinese Educational Mission”



**Tuesday
April 21
1 p.m.**

In the 1870s, 120 young Chinese students traveled to New England to explore American schools, sports, and daily life. Their journey of learning, culture, and adventure reveals a story of identity, sacrifice, and cross-cultural exchange.



connecticut museum
of culture and history

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

RSVP 860-355-6075



Get vaccinated for COVID-19, Pneumonia, RSV, T-Dap, and Shingles!

HVHD Southbury Office
77 Main Street N, Suite 205,
Southbury
Tuesday, 4/21
11:00 am - 1:00 pm



New Milford Senior Center
40 Main Street, New Milford
Thursday 4/23
11:00 am - 1:00 pm

Contact Us

 CHT@HVHDCT.GOV

 (203) 264-9616

**No sign up needed,
just bring an ID and
insurance card**

LUNCH & LEARN

brain games

**With Danielle Ramos
of Village Crest Health & Rehab**

Friday, April 24, 1 p.m.



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

FOR MORE INFORMATION & RSVP, CALL 860-355-6075

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

**Tuesday
April 28
1 p.m.**

**With Elder Law Attorney
Jeanne DiMinno**



Creating a Strong Estate Plan

Protect Your Family & Your Finances

- What are the essential building blocks of an estate plan, including Wills, powers of attorney, advance directives, and trusts?
- What does each document do, who should be chosen to act on your behalf, and what can happen if you pass away without a Will?
- How are estates are divided among heirs, who can pay bills if you cannot, and what are common estate planning mistakes to avoid?

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

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

SPRECHEN

SIE DEUTSCH?

**German Conversational
GROUP**

**Mondays
1 p.m.**

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

RSVP 860-355-6075

WHAT'S HAPPENING?

*CURRENT EVENTS
DISCUSSION GROUP*

**Second and fourth
Thursday each
month
10:30 a.m.**

**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.
- ◆ **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.

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

Fee

- ◆ **Strength & Balance:** Four-week sessions held Mondays and Thursdays, 11:30 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.*
- ◆ **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.