

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

Health Talk

HOW TO INCORPORATE NEW
DIETARY GUIDELINES INTO
YOUR DIET



THURSDAY MAY 7 10:30 AM

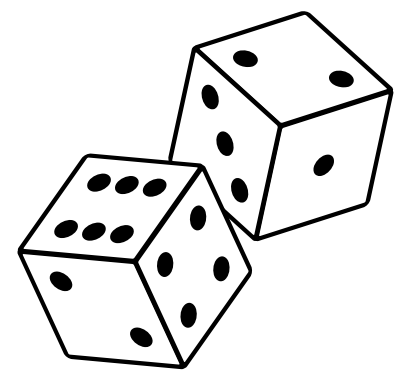
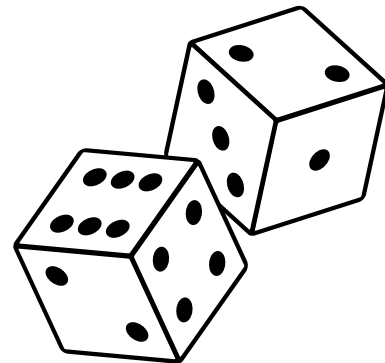
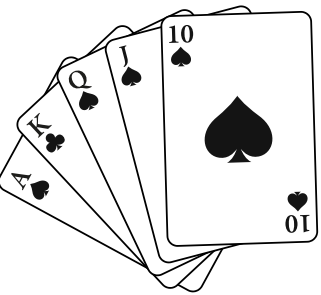
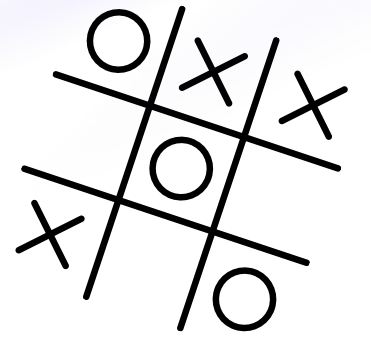
With Judy Prager
REGISTERED DIETICIAN/NUTRIITIONIST

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

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

GAMES & VISIT

with
Washington Montessori School
8th graders



THURSDAYS
MAY 7 & 21
11:15 A.M.-1:15 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, MAY 7, 1 PM

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

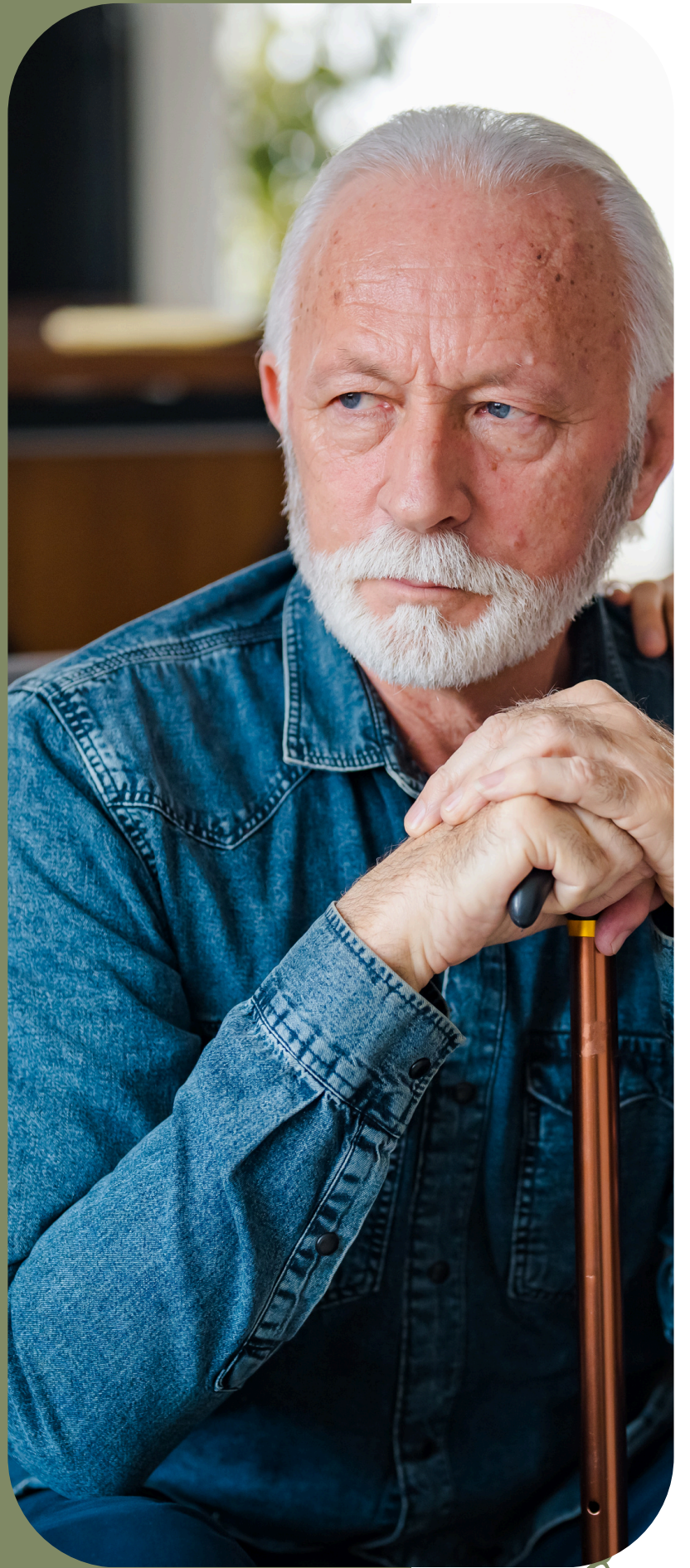
BEREAVEMENT SUPPORT GROUP

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.

May 8
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

FRIDAY, MAY 8, 10 AM



New Milford Senior Center

Cruise presentation

with Minucci Travel

Join Nick Minucci for a discussion about a senior center trip to the Bahamas aboard Royal Caribbean's Oasis of the Seas. Attendees will have access to a special discounted group rate. In addition, those who book will have access to onboard credits for a variety of things, depending on room bookings. The cruise date will be discussed at the event. The cruise will leave from Bayonne, N.J., on a Saturday and return on Friday. Stops will be made in Nassau and Cococay, Bahamas.

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

RSVP 860-355-6075

Senior Songbirds



**FRIDAY
MAY 8
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



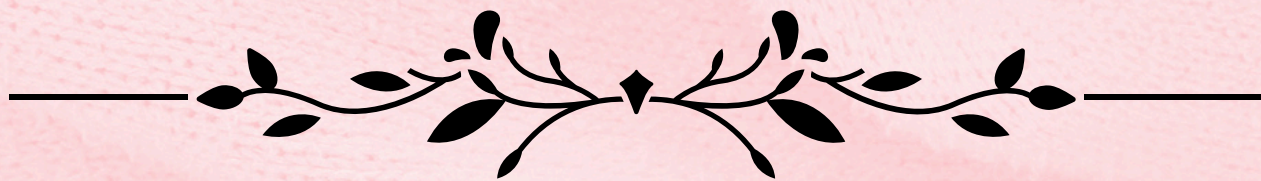
Mother's Day

BREAKFAST

MONDAY, MAY 11

9:30 a.m.

French toast Bacon Fresh Fruit



New Milford Senior Center
40 Main St.
New Milford

*RSVP 860-355-6075
through May 5*



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

May 11

June 8

June 22

10-11 a.m.

***Half-hour
appointments
available. Must call
for an appointment***



New Milford Senior Center
40 Main St.
New Milford



860-355-6075

In partnership with

**NM
PL**

**New Milford
Public Library**

MOVERS

& SHAKERS

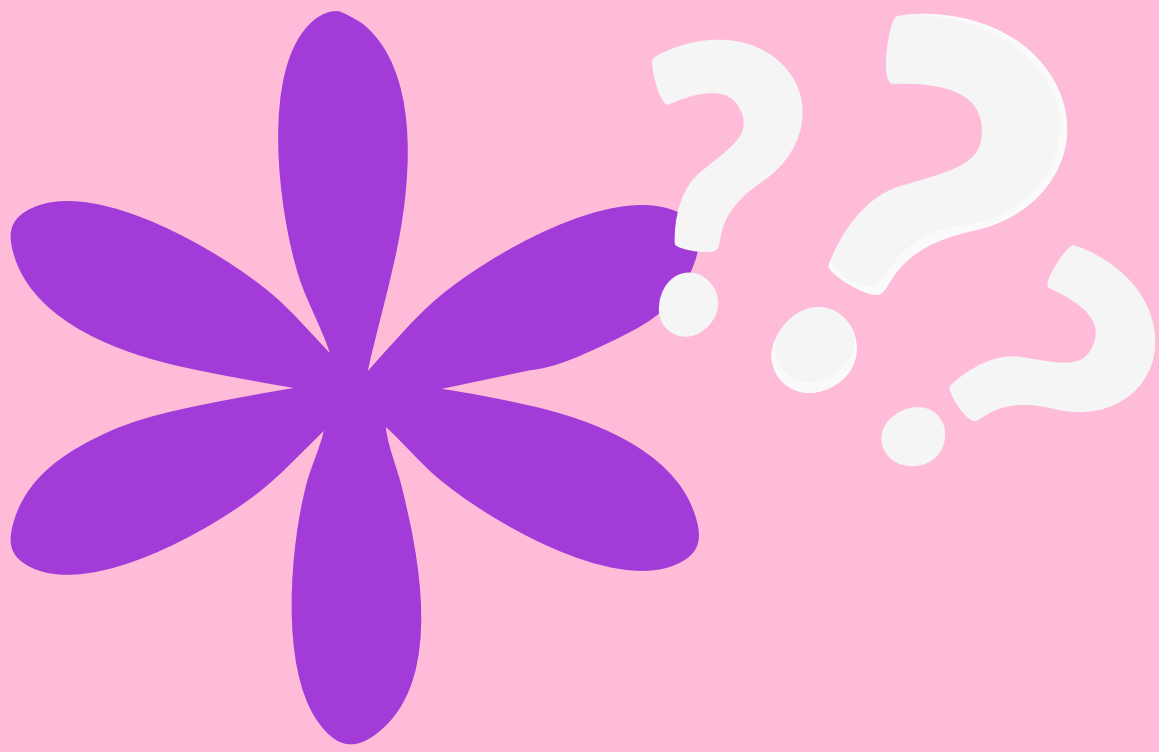
Tuesday
May 12
9-9:45 AM

Walk at Harrybrooke Park

100 Still River Drive, New Milford

Meet inside the park near the row of pine trees for a walk at the park. The walk is on level asphalt with some uneven sections.

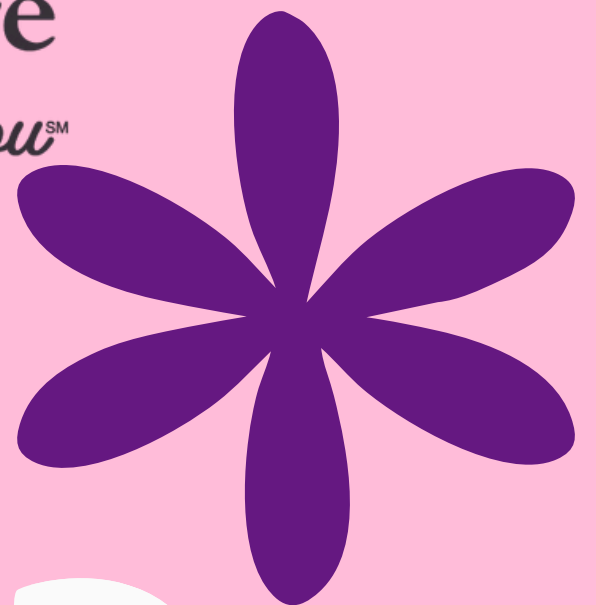
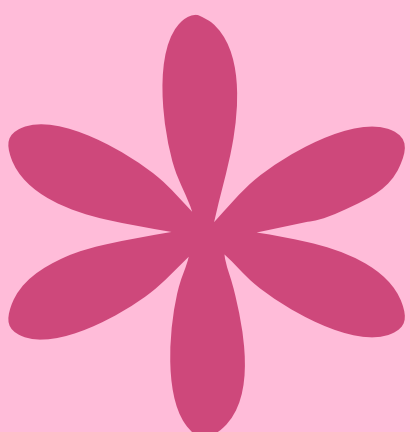
Contact the senior center at 860-355-6075 for sign up.
Senior bus transportation available.



Tuesday
May 12
1 p.m.

Trivia & treats

with Kay Schreiber of





Mental Health and QPR



Wednesday, May 13th




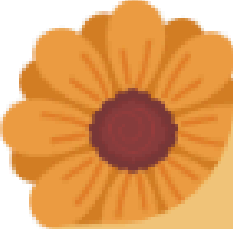


9:30am - 10:30am



New Milford Senior Center

Join HVHD nurse in May for mental health awareness month. Become a gatekeeper for your community. We will discuss topics such as mental health stigmas, recognize warning signs of mental health issues and how to offer hope. You will be receiving a certificate after the program.



Golden Pen



Poetry

Workshop



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

Wednesday, May 13, 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

Celebrating 90+ Years Young

Friday, May 15
11 a.m. - 2 p.m.

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

RSVP by May 6

**GUESTS OF THE CELEBRANTS
ARE WELCOME TO ATTEND!**

(\$20.00 PER ADDITIONAL GUEST - CASH /CHECK)

Lunch Menu

**PASTA PRIMAVERA
ROSEMARY CHICKEN
MASHED POTATOES
GLAZED CARROTS
BIRTHDAY CAKE**

**CATERED BY
C&C DELICATESSEN
NEW MILFORD**

SPECIAL BINGO

with

THE
GRAND
REHABILITATION & NURSING
PAWLING

Monday
May 18
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

4-6 p.m.

For those 60+



*One Monday a month, municipal agents from 10 a.m. to 6 p.m.,
and senior center from 8 a.m to 6 p.m.*

Monday, May 18

FEATURING APPOINTMENTS WITH MUNICIPAL AGENTS TO

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

FEATURING A PROGRAM OF

- ✓ *Variety of games, including Scrabble, Sequence, and more*

connect with our community

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

To make an appointment with a municipal agent, call 860-355-6075

To register for games, call 860-355-6075

May

BIRTHDAYS CELEBRATION

Tuesday May 19 12 p.m.

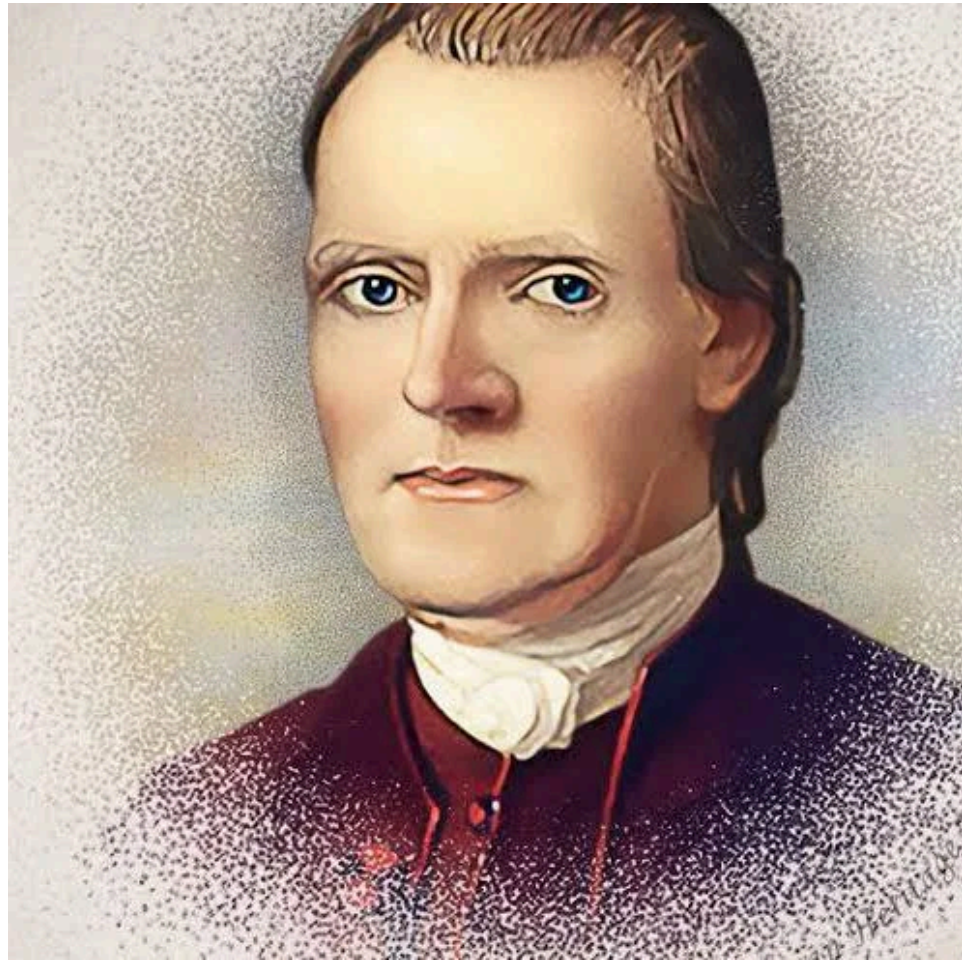


**MUSIC/ENTERTAINMENT
PIANIST BRIAN HORBERG**

CUPCAKES

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

FROM CONNECTICUT TO CAPITOL HILL:



THE STATEMAN'S JOURNEY OF ROGER SHERMAN

Tuesday, May 19, 1 pm.

Roger Sherman's foray into politics began with his appointment to New Haven county surveyor in 1745. He served as a public servant in many positions including election to the Connecticut General Assembly in 1755. He would become the largest land owner in Litchfield County, authored numerous almanacs, and became a contemporary with George Washington.

During the tumultuous years leading up to the American Revolution, Sherman stood unwavering in his support for independence from British rule. His discriminating insight and commitment to public service soon propelled him onto the national stage as a delegate to the Constitutional Convention in 1787.

He was known for his sharp wit and keen intellect, a master of debate and negotiation, often mediating disputes between his fellow founding fathers. His ability to see both sides of an argument and find common ground made him an invaluable asset to the fledgling nation.

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, MAY 21, 10:15 AM

**Third Thursday each month
unless otherwise noted**

New Milford Senior Center
40 Main St.
New Milford

 860-355-6075

HEAD, SHOULDERS, KNEES & TOES

Integrated Fitness

*Exercise
your mind
and body.*

*With Cynthia Rauschert
owner and creative director of Circus Moves*

**CIRCUS
MOVES**
body. mind. spirit.

Thursdays
May 21, May 28
June 4 & June 11
10:45-11:45 a.m.

Four-week series will get participants to work out the winter kinks and get ready for summer fun.

Part four of a four-part Integrated Fitness series, this four-week intensive invites you to come work out the winter kinks! Head, Shoulders, Knees & Toes is a joyful mix of movement, theater, and circus games designed to wake up your body, challenge your brain, and get you laughing. Build strength, balance, and confidence in a fun, supportive group. Stay steady, sharp, and connected with Circus Moves—body, mind, and spirit.

RSVP



New Milford Senior Center
40 Main St.
New Milford



860-355-6075



With Danielle Ramos
of Village Crest Health & Rehab

 **Village Crest**
Center for Health & Rehabilitation

Friday
May 22
p.m.

brain games

AND SNACKS



Join us
MONDAY

MAY 25, 2026

for the Memorial Day parade

*Be a part of one of
our two units*

WALKING UNIT

*Walkers will walk
the parade route
around downtown.*



*Participants will enjoy
light breakfast fare at
the center at 9 a.m.
before the parade
starts around 10 a.m.*

RIDING UNIT*

*Participants will ride
aboard the senior
center bus, which
will follow our
walking unit.*

**first-call, first-sign up
basis due to limited seats*

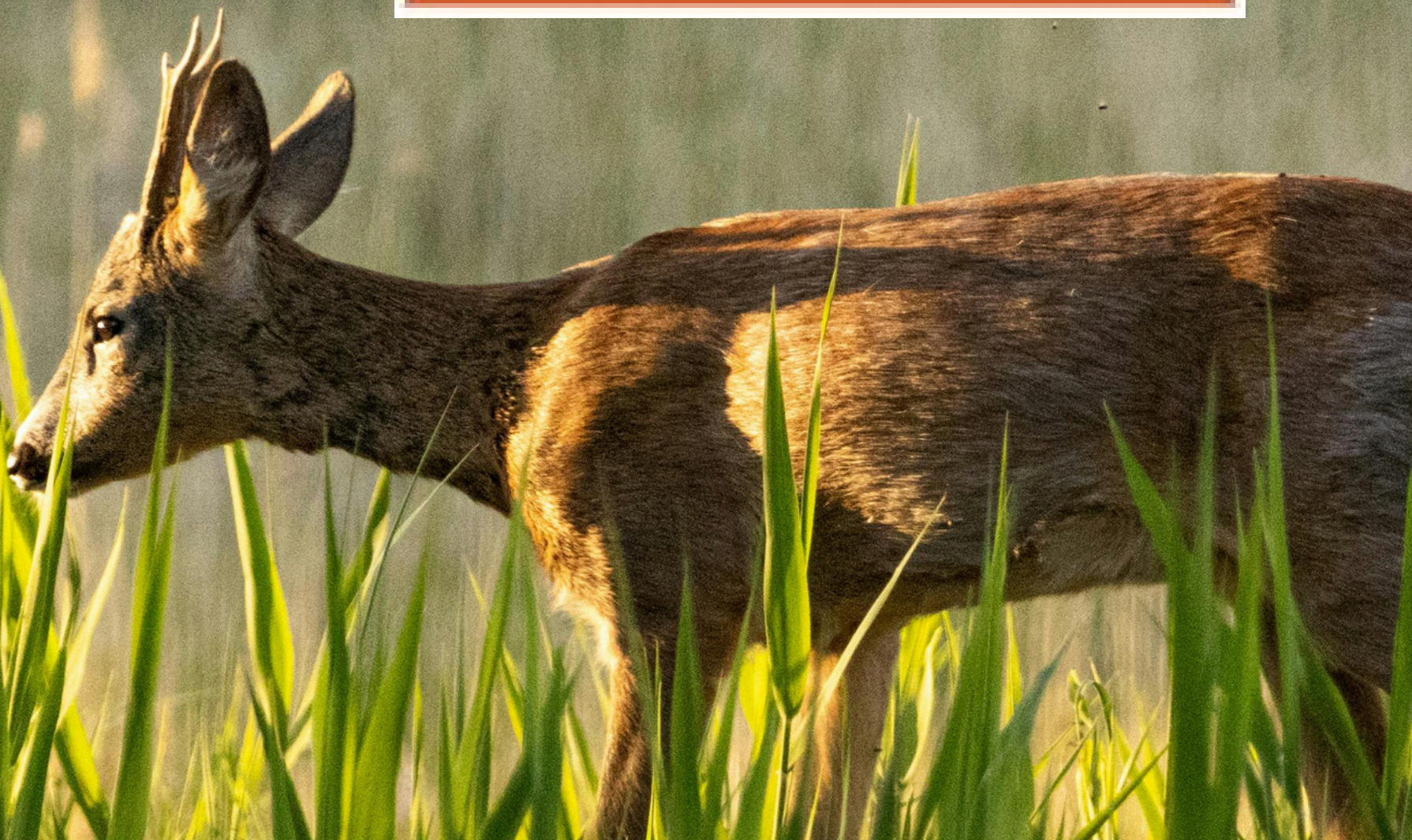
At New Milford Senior Center, 40 Main St., New Milford

RSVP connect with the center

Wildlife in Our Backyard

Tuesday,
May 26
1 p.m.

with



Join staff from Flanders Nature Center & Land Trust for a program about the native animals in our backyards. View video of a variety of backyard friends and learn about their habits

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

RSVP 860-355-6075



AGING & FALLS PREVENTION

Staying steady as we get older

Wednesday, May 27th, 10:00 – 11:00 am

**New Milford Senior Center, 40 Main Street, New
Milford, CT**

As we get older, a lot of us notice small changes. Maybe balance feels a little off. Maybe stairs feel different than they used to. Maybe we've had a close call and thought, "That could have been bad."

This one-hour gathering is a chance to talk honestly about why falls happen and what actually helps prevent them. We'll walk through simple, practical ideas around balance, strength, medications, vision, and making small changes at home that can make a big difference.

No lectures. No scare tactics. Just clear information, everyday examples, and things you can start using right away to feel more confident on your feet.

Come as you are. Listen, ask questions, and take home a few ideas that may help you stay active, independent, and doing the things you enjoy.

rYnaHEALTH™

For Lifelong Care & Wellness

with

Stacie Perachi, MSPT, CDP, LSVT-BIG

Physical Therapist

New Milford Branch Therapy Manager • Rehab

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

RSVP 860-355-6075



SMART DRIVER COURSE

Friday, May 29
9 a.m. - 1 p.m.

\$20/AARP member
\$25/non-member

Designed to help older drivers refresh their driving skills and stay safe on today's roads.

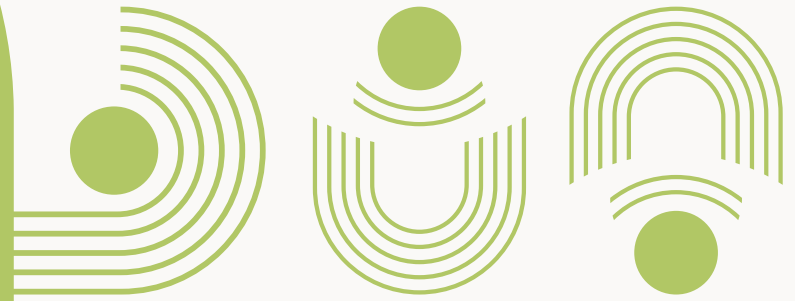
RSVP
860-355-6075

Upon completion of the course, participants may be eligible for a discount on their auto insurance. Consult your insurance provider for details and eligibility.

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



FileShred



DOCUMENT SHREDDING

The event, presented by the TRIAD for Senior Safety Committee, offers a convenient and secure way to dispose of sensitive paper documents. FileShred, a professional shredding vendor, will be on site with its mobile shredding truck to ensure all materials are destroyed safely and efficiently. This event is open exclusively to New Milford Senior Center members and is offered free of charge. While there is no cost to participate, donations are welcome and will support future senior safety initiatives.



May 29



10 a.m.-12 p.m.



**Senior center
parking lot**

New Milford Senior Center
40 Main St.
New Milford, CT 06776

860-355-6075

DAY TRIPPERS

Roger Sherman

a key figure in america's revolutionary story

Guided private tour of exhibit with author/storyteller John Cilio
at the Sherman Historical Society.

Exhibit includes

- Comprehensive booklet that explores Roger Sherman's life and his evolution from humble beginnings as a common man to that of a staunch statesman for Connecticut and ultimately as a founding father of the United States of America.
- Large timeline highlighting Sherman's careers and the four founding documents of the U.S. all signed by Sherman



Tuesday,
May 29
1 p.m.

**At Sherman Historical Society,
1 Sherman Center, Sherman**

RSVP 860-355-6075

Senior transportation available if needed; call the center to sign up

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

WHAT'S HAPPENING?

**CURRENT EVENTS
DISCUSSION GROUP**

**Second and fourth
Thursday each
month
10-11:30 a.m.**

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

RSVP 860-355-6075

SPRECHEN

SIE DEUTSCH?

**German Conversational
GROUP**

**Mondays
1 p.m.**

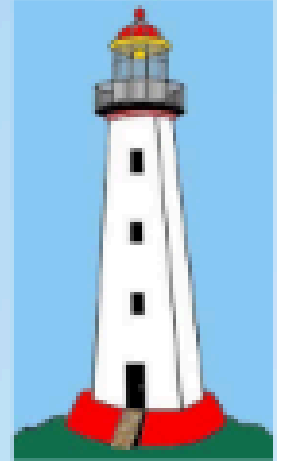
**At New Milford Senior Center
40 Main St., New Milford**

RSVP 860-355-6075

New Milford Senior Center Presents:

CONNECTICUT LIGHTHOUSE CRUISE

Tuesday, August 25, 2026

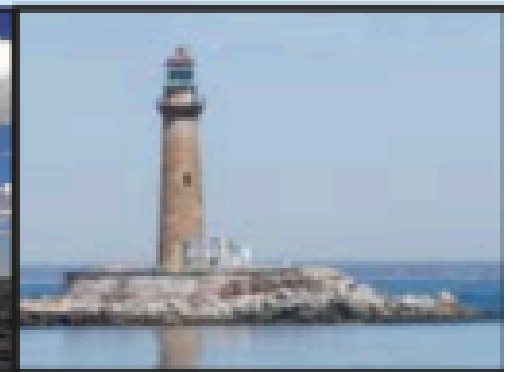
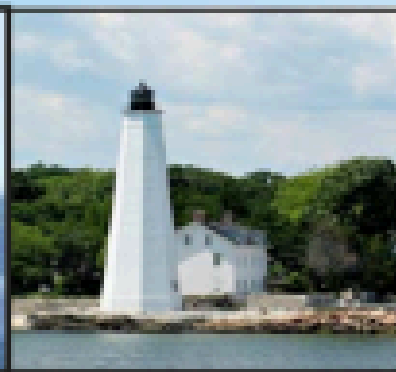
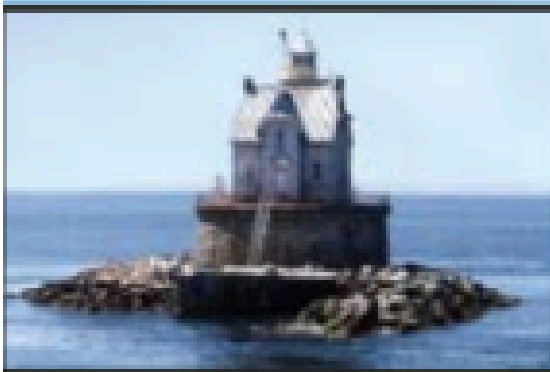


Get a new perspective on the history of Southern New England and Long Island with your narrated sightseeing from the water -- aboard a comfortable, climate-controlled, high-speed vessel in the Long Island Sound.



Our **2 hour narrated cruise** will depart from New London and will feature views of at least 8 lighthouses including the New London Harbor Light and Ledge Lighthouses, the Race Rock Light, Little Gull Light, North Dumpling Light and more.

Enjoy a sit-down lunch at **The Steak Loft** in Olde Mistick Village. **Menu:** Salad, Choice of Stuffed Chicken Breast, Potato Crusted Cod, or Seafood Stuffed Shrimp (2) with Dessert & Coffee. **Entrée Choice at sign-up**



COST \$170pp based on 35-50

Depart: 9:15am New Milford Senior Center, 40 Main St.

Estimated Return: 6:15pm New Milford

For Information: New Milford Senior Center 860-355-6075

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.



FRIENDSHIP TOURS
THE SHIP SHOP
715 Bloomfield Ave, Bloomfield, CT 06002
860-243-1638 • 860-243-1638
www.friendshiptours.net

Registration opens **May 12, 2026**

Deadline for RSVP **July 14, 2026**

Payment confirms reservation

New Milford Senior Center presents:

The Mount

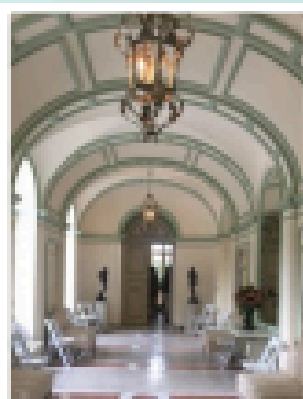
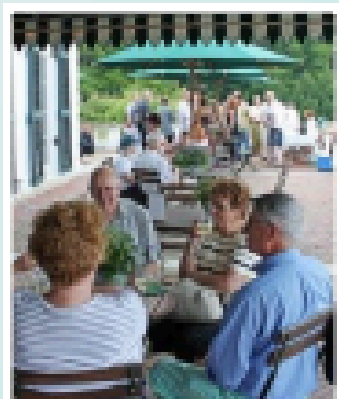
Life and Leisure in the Gilded Age Berkshires

Wednesday, September 30, 2026

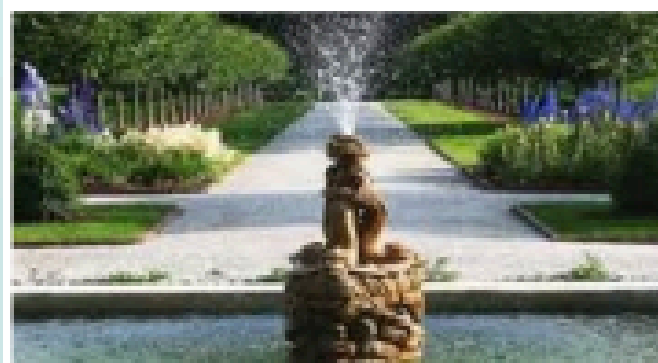


Gardens, Grandeur, and the Beauty of the Berkshires

Step into the elegant world of Edith Wharton with a guided visit to **The Mount**, her beautifully designed Lenox estate in the heart of the Berkshires. Best known for *The Age of Innocence*, *Ethan Frome*, and *The House of Mirth*, Wharton was one of America's most celebrated authors. Built in 1902 to her exacting vision, The Mount reflects her love of architecture, gardens, and refined living.



Enjoy a **buffet sandwich lunch on the terrace** overlooking the estate's picturesque gardens. Lunch includes, Salad, Chips, Cookies, Iced Tea or Lemonade and your choice of a Hummus Vegetable Wrap, Turkey Club Wrap, or Ham and Brie on Marbled Rye with basil pesto.



This afternoon, relax as we explore the Berkshires on a **Guided Berkshire Cottages and Historical Tour**, featuring Stockbridge, Lenox, and a walking tour of scenic grounds of **Tanglewood**. Discover why this storied region earned the nicknames "*The Inland Newport*" and "*America's Premier Cultural Resort*," long favored by artists, writers, musicians, and performers.

COST: \$148pp based on 35-49

Depart: 9:00am New Milford Senior Center, 40 Main St

Estimated Return: 6:30pm New Milford

For Information: New Milford Senior Center, 860-355-6075



FRIENDSHIP TOURS
THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.

Registration opens **May 12, 2026**

Deadline for RSVP **Aug. 26, 2026**

Payment confirms reservation

New Milford Senior Center Presents:

CULINARY INSTITUTE OF AMERICA

American Bounty Restaurant

Hyde Park, NY

Thursday, October 15, 2026



The Culinary Institute of America (CIA) has dedicated itself to providing the finest culinary training in the world for over 80 years. Located in Hyde Park, NY, the CIA has a student body of over 1900 students representing every state and many foreign countries.

Go behind the scenes of the CIA and get an inside look into the world of food. Participate in an interactive demonstration where you'll explore the science of taste. Tour Roth Hall, the building where culinary magic happens. If you love food and want to learn about the mystique of the world-famous CIA, you'll love this!

Full course luncheon at their American Bounty Restaurant. By consciously focusing on regional and seasonal products, the American Bounty Restaurant offers contemporary and traditional dishes brought to life in an honest and flavorful way. With its comfortable warm service, this casually elegant restaurant sets the stage for an unparalleled dining experience in New York's Hudson Valley. Time to explore their abundant gift shop and bakery before we head home.

Pre-set Menu

Menu will be available in July

Please advise of any food allergies when registering.

Cost: \$170pp

Depart: 10:00am New Milford Senior Center, 40 Main St.

Return: (Estimated) 5:15pm New Milford

For Information: New Milford Senior Center 860-355-6075



**FRIENDSHIP TOURS
THE SHIP SHOP**
792 Bloomfield Ave, Bloomfield, CT 06002
860-243-0270 • 860-243-0280

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Registration opens **July 14 2026**

Deadline for RSVP **Sept. 2, 2026**

Payment confirms reservation