

JUNE 2026

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Important: campaign underway to update membership records

The New Milford Senior Center is updating its membership records and asking current members to help ensure their information is accurate and complete.

The membership campaign runs through August.

Members are encouraged to complete new registration forms and any other required paperwork, and make sure they have a current photo on file for check-in purposes.

Keeping records up to date allows the center to communicate

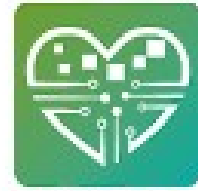
effectively about programs, events, and important notices.

“This helps us stay connected with our members and make sure they’re receiving timely information about programs and services,” said Jasmin Marie J. Ducusin-Jara, the center’s director.

“It’s also important that we have current paperwork and emergency contact information on file so we can respond appropriately if needed.” she said.

Those who need assistance with the photo are asked to contact staff.

Watch for announcements about specific dates that will be offered to



my senior center

help those with photos.

For more information, connect with the center.

Mahjong training to pause for summer months

The training session required for all new and inexperienced Mahjong players normally held the second Tuesday of each month from 12:30 to 3 p.m. will not be held from June through August.

It is expected to resume in September; watch for an announcement.

Tech Savvy classes focus on features of Apple products

The center’s Tech Savvy instructor Lindsey Burk continues to present a series about key features of Apple products.

The program meets **Wednesdays from 10 to 11 a.m.** in the center’s computer lab.

The remaining topics of the series that recently began will cover texting/messaging **June 3**; customization **June 10**; security and legacy contacts **June 17**; health

and medical ID **June 24**; and iCloud and finding a lost device **July 1**.

Participants must own an iPhone or iPad and bring/know their Apple ID and password.

This is a free class.

Space is limited; advance registration is encouraged by calling the center at 860-355-6075.

ABOUT US



NEW MILFORD
SENIOR CENTER

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

HEALTH & WELLNESS

PARTNERS

Alzheimer’s Association
Housatonic Valley Health District
RVNA-New Milford
Nuvance Health

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.gov

Website..... : www.newmilford.org

Click on “Departments” and select “Senior Center”

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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*

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

Stephanie Barksdale
Chore Services Coordinator

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

Meals-on-Wheels serves lunches to homebound seniors

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.

Meals on Wheels provides 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 RW Solutions at 203-743-5418.

Bereavement group held

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, June 12**. 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

Senior center offers lunches four days a week

The senior center serves nutritionally balanced meals to individuals through the Elderly Nutrition Program. Meals are prepared locally four days a week—Mondays through Thursdays—by C&C Delicatessen of New Milford.

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. The monthly lunch menu is included in this newsletter and hard copies are available at the center. For more info, connect with the center.

Seniors invited to breakfast at Odd Fellows Hall

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, June 26 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.

**THE SENIOR CENTER WILL BE
CLOSED
FRIDAY, JUNE 19
FOR JUNETEENTH**

Lunch Bunch meets

The Lunch Bunch meets one Saturday a month to enjoy a new or favorite restaurant. For more information, connect with the senior center.

Top of the Green Boutique items for sale

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.

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Senior center to celebrate Pride Month with multiple offerings

June marks Pride Month, a time to celebrate the LGBTQ+ community and promote inclusion—and the New Milford Senior Center is planning events to recognize the occasion.


The senior center is a part of the LGBTQ+ Moveable Senior Center Initiative in Connecticut (CT), a statewide program fostering networking, inclusion, and resources for LGBTQ+ older adults.

It works by training senior center staff and hosting inclusive, social events at various locations, offering a mobile, supportive network

 On **Thursday, June 18, at 2 p.m.** the center will host a simple but meaningful activity: painting rocks to celebrate visibility and support. Members are invited to decorate rocks with bright colors, Pride symbols, and

affirming messages.

The finished pieces will be placed in the garden beds at the front of the building, creating a display that reflects a welcoming space for those who are part of the LGBTQ+ community and their allies.

 Later in the month, on **Thursday, June 25**, an after-hours event will be held from **4 to 7 p.m.**

Guests are invited to enjoy a rainbow of colorful mocktails and light refreshments.

Around 4:20 p.m., a screening of the documentary “Casa Susanna” will take place.

In the 1950s and '60s, an underground network of transgender women and cross-dressing men found refuge at a house in the Catskills region of New York.

Known as Casa Susanna, the house provided a safe place for members of the transgender community to express their true

selves and live as they had always dreamed. Told through the memories of those who visited the house, the film provides a look back at a secret world where the persecuted and frightened found freedom, acceptance and, often, the courage to live out of the shadows.

A discussion following the screening (1 hour, 37 minutes) will focus on themes from the film, including allyship, visibility, and support for LGBTQ+ communities.

The event is open to the community.

For more information and RSVP, connect with the senior center by June 23.



The events are intended to foster a safe, inclusive environment where LGBTQ+ individuals and allies can come together, celebrate, and build community.

For more info and RSVP, connect with the center.

SPECIAL EVENTS & TRIPS (CONTINUED ON PAGE S6)

Program to discuss new technologies for hip and knee replacements this month



The New Milford Senior Center will host an informative program, “New Technologies in Hip and Knee Replacements,” on **Tuesday, June 9, at 1 p.m.**

Presented by OrthoConnecticut and Dr. Jennifer H. Wood, M.D., FAAOS, a hip and knee replacement specialist and anterior hip replacement expert, this session will explore the latest advancements in joint replacement procedures.

Attendees will learn about robotic-assisted hip and knee surgery and how these innovations are improving patient outcomes. Topics will include enhanced precision during surgery, which can result in less pain, faster recovery times, and improved

long-term joint function.

The program offers a valuable opportunity for those considering joint replacement or simply interested in learning more about modern orthopedic care.

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

Current events group meets twice a month

The senior center’s next “What’s Happening? Current Events & Conversation” will be held **Thursdays June 11 and 25 from 10 to 11:30 a.m.**

Attendees are asked to note the new time frame for the group.

The group 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.

Beauty workshop scheduled: ‘Your Most Radiant Self Awaits’

The senior center will host a special beauty workshop, “Your Most Radiant Self Awaits,” **Monday, June 29, from 5 to 7:30 p.m.**

Led by celebrity makeup artist and educator Joby Rogers, the interactive session is designed specifically for mature women and focuses on enhancing natural beauty with practical, easy-to-follow techniques.

Participants will learn professional tips tailored to their individual features, including how to choose the right foundation and concealer, apply eye shadow, shape brows, and use contouring and highlighting effectively.

The program will also cover proper makeup and brush care, selecting the right tools, and evaluating personal makeup collections.

Hands-on demonstrations

will help simplify routines while building confidence in everyday application.

Attendees are encouraged to bring their own makeup and brushes for optional evaluation, though it is not required. Coming makeup-free is also welcomed but not necessary.

A free drawing will be included, and participants should bring pen and paper for notes.

The class is limited to 20.

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

Bus transportation will be available by request; connect with the center.



Summer kickoff celebration starts June 5

The New Milford Senior Center is kicking off the summer season in style with a full day of activities designed to bring people together for food, fun, and creativity on **Friday, June 5, arriving at noon.**

The celebration begins at noon with a special visit from Rich's Wings & Things, a local food truck owned by Rich and Deb Vallinaggi.

Guests are invited to enjoy music and conversation with friends while lunches are ordered and served.

Though National Food Truck Day is also recognized in June, this event stands on its own as a flavorful way to welcome the season.

Rich's Wings & Things has become a community staple, known as much for its generosity as its menu. Launched just before the COVID-19 pandemic, the business pivoted during

shutdowns to feed emergency responders and has since built a loyal following at local events.

Registration is appreciated through June 4 but is not necessary.

Cash payment is encouraged and preferred to pay the day of the event at the food truck.

The menu is noted below.

Following lunch, the center will continue the fun with a special bingo celebration at 1:30 p.m. Attendees are invited to wear the favorite summer attire.

The festivities will shift to a more relaxed and creative atmosphere with "Sip & Paint" from 5 to 7 p.m. (see article, this page).

Note: Lunch and bingo are two separate events. Those who would like to register for only one event may do so.



\$10

- **6 wings with choice of sauce***
with Bleu cheese or Ranch with celery & carrot sticks
- **Grilled cheese sandwich & chips**
- **Grilled cheese sandwich with ham or bacon & chips**
- **Veggie burger & chips**
includes lettuce, tomato, red onion and avocado
- **Hamburger & chips**
includes lettuce, tomato, and raw or fried onions
- **Cheeseburger & chips**
American, Swiss, or Cheddar; includes lettuce, tomato, and raw or fried onions
- **Hot dog & fries**
with choice of mustard, relish, sauerkraut
- **Chili cheese dog & chips**

SPECIAL

- **Italian Chicken Wrap & chips**
sliced chicken patty, mozzarella, roasted red peppers, Balsamic dressing

*Sauces: BBQ, Buffalo, Garlic Parmesan, Teriyaki, Sriracha Hot Chili, Cajun Spice, Wicked Hot, Sweet Chili, Habanero Hot Sauce, Garlic-Buffalo, Mango Habanero, Kickin' Bourbon, Stingin' Hot Honey Garlic, Lemon Pepper (wet or dry), Mississippi Honey Barbecue, Spicy Peach, Plain

Brain Games & Snacks to be offered this month

Those looking for a fun way to keep the mind sharp and spirits high may want to attend Brain Games & Snacks **Friday, June 26, at 1 p.m.** Danielle Ramos of Village Crest leads a lively session filled with engaging brain teasers, memory games, and more. For more information and RSVP, connect with the center.

After hours 'Sip & Paint' event to be held

The senior center will host a "Sip & Paint" **Friday, June 5, from 5 to 7 p.m.**, offering an evening of guided painting in a relaxed, social setting.

Sunflowers will be incorporated into the theme.

Led by RJ Yarrish, a local artist and one of the town's municipal

agents/senior advisors, participants will be taken step by step through creating their own artwork while enjoying light refreshments. All supplies are included.

Space is limited to 20 participants, and advance registration is required. RSVPs will be accepted until all spots are filled. For more information or to reserve a spot, contact the senior center.



Breakfast in honor of Father's Day scheduled

The senior center will celebrate Father's Day with a special Father's Day breakfast **Monday, June 22, at 9:30 a.m.** in the Grand Room.

Attendees can look forward to a breakfast catered by C&C Delicatessen, featuring pancakes, eggs, sausage, and fresh fruit.

Registration for the event will run through June 15.

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

Arts & Crafts group to meet June 17

The senior center will offer an Arts & Crafts group activity **Wednesday, June 17, 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.

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

Poetry group underway

The center's Golden Pen, a poetry workshop, will next meet **Wednesday, June 10, 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 to be added to the wait list.

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 **Monday, June 8 and 22, from 10 to 11 a.m.**

For more info and to schedule a time, call the center at 860-355-6075.

Cupcakes to celebrate June birthdays

The senior center will offer its monthly birthday celebration for all those with May birthdays **Tuesday, June 16, at noon.**

Pianist Brian Horberg will perform during lunch, followed by birthday cupcakes sponsored by Connecticut Nursing Services.

Lunch and the Birthday Celebration require separate registration.

For more information and to sign up, connect with the senior center.

Movers & Shakers: kayaking signup deadline nears



The Movers & Shakers will take on the Farmington River via kayak **Thursday, June 11, at 10:30 a.m.**

Attendees will visit Collinsville Canoe & Kayak at 41 Bridge St., Collinsville.

Beginners and those who are comfortable with water are welcome. No prior paddling experience is necessary.

The trip had been scheduled for

last summer and September 2025, but was postponed due to heat and rain, respectively.

Bus transportation is available by request or caravan. Interested kayakers are also welcome to meet the group at the site.

The cost is \$30 per person, with payment confirming registration. Attendees will leave the senior center at 9 a.m. The guided tour will start at 10:30 a.m.

Registration will run through Tuesday, June 2.

For more information and registration, connect with the center.

Attendees will be required to sign a waiver to participate in the excursion.

Day Trippers: Lighthouse cruise set for August

The New Milford Senior Center invites members to set sail on a scenic summer adventure with its upcoming Connecticut Lighthouse Cruise on Tuesday, Aug. 25.

This two-hour narrated cruise will depart from New London

and offer sweeping

views of at least eight historic lighthouses along the Long Island Sound.

Highlights include the New London Harbor Light, Ledge Light, Race Rock Light, Little Gull Light, and

North Dumpling Light, providing participants with a unique perspective on Southern New England's maritime history.

The trip also includes lunch at the Steak Loft in Old Mistick Village, featuring a salad, with a choice of stuffed chicken breast, crusted cod, or seafood stuffed shrimp (2), along with dessert and coffee.

Transportation will depart from the senior center at 9:15 a.m., with an estimated return time of 6:15 p.m. The cost is \$170 per person.

The deadline to sign up is July 14. Payment confirms reservation.

For more information or to sign up, connect with the senior center.

American Mural Project day trip in the works

The New Milford Senior Center is planning a fall trip to the American Mural Project in Winsted with the date to be announced.

The American Mural Project is home to one of the largest three-dimensional indoor collaborative art installations in

the world that celebrates the spirit of American workers, honoring the diverse professions that have shaped the country's history and communities. Additional details, including the date and price, will be announced in the coming months.

Day Trippers: Berkshires trip planned

The New Milford Senior Center will offer a special day trip this fall, inviting participants to experience the beauty and history of the Berkshires through a guided tour titled "The Mount: Life and Leisure in the Gilded Age Berkshires."

The trip is scheduled for **Wednesday, Sept. 30.**

Participants will enjoy a guided visit to The Mount, the historic Lenox estate of famed author Edith Wharton. Known for her works "The Age of Innocence" and "The House of Mirth, Wharton designed the estate herself in 1902, and it remains a stunning reflection of her love for architecture, gardens, and refined living.

Guests will enjoy a buffet sandwich lunch on the terrace overlooking the estate's picturesque gardens. Lunch includes salad, chips, cookies, iced tea or lemonade, and the choice of hummus vegetable wrap, turkey club wrap, or ham and brie on marbled rye with basil pesto.

Following lunch, travelers will

be treated to a guided Berkshire Cottages and Historical Tour aboard the coach bus. The tour will feature Stockbridge, and Lenox. A walking tour of the scenic grounds of Tanglewood will also be held.

The cost of the trip is \$148 per person.

Departure will be at 9 a.m. from the senior center, with an estimated return time of 6:30 p.m.

Registration runs through Aug. 26.

Payment is required to confirm a reservation.



Day Trippers: Lighthouse cruise set for August

The New Milford Senior Center is planning a fall outing for food lovers with a trip to the Culinary Institute of America in Hyde Park, N.Y., on Thursday, Oct. 15.

Attendees will go behind-the-scenes to look at one of the nation's premier culinary schools, which has been training chefs and hospitality professionals for over 80 years, as well as participate in an interactive demonstration to explore the science of taste.

Guests will also have the opportunity to explore the campus, including Roth Hall, where the culinary magic happens.

Before returning home, the visit will include dining at the

institute's American Bounty Restaurant, known for its focus on seasonal, regional cuisine from the Hudson Valley.

With its comfortable warm service, the casually elegant restaurant sets the stage for an unparalleled dining experience.

There will be time to explore the gift shop and bakery.

The pre-set menu will be available in July.

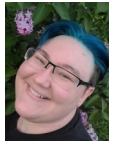
The cost is \$170 per person. Transportation will depart from the senior center at 10 a.m., with an estimated return time of 5:15 p.m.

Registration opens July 14, with a deadline to RSVP by Sept. 2.. Payment is required to confirm a reservation.

For more information or to sign up, contact 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 at senioradvisors@newmilfordct.gov

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 •

Eligibility guidelines announced for Farmers Market coupons

The New Milford Farmers Market is held Saturdays from 9 a.m. to noon on the New Milford Green until the end of October.

Eligible seniors will be able to apply and receive a Farmers Market Debit Card at the senior center by connecting with the senior center starting in June.

Income eligibility for the SFMNP is determined using

income standards and the income limit is 185% of the Federal Poverty Guidelines, as adjusted.

Please note if the center does not have a senior's income on file, the senior will have to make an appointment with one of the municipal agents by connecting with the senior center.

Please see the chart for eligibility.

2026-2027 Income Guidelines	
Household Size	Annual
1	\$29,526
2	\$37,814

Help available for chore work

The mission of New Milford Chore Services is to assist senior residents of New Milford with chores work so that they are able to remain living independently and with dignity, at home.

We assess work on a case by case basis, but here are some examples of how we might be able to help: Trim hedges, rake leaves, weed the garden, wash windows, spring cleaning, decluttering, rearrange furniture, switch out screen/storm windows, change lightbulbs, or even tighten screws.

The New Milford Chore Services program is funded through federal and state grants and donations based on a sliding scale of client fees.

If you think we might be able to help, please connect with the Senior Center to complete the required paperwork to begin service inquiry or if you are interested in volunteering for Chore Services as we are always looking for those who want to lend a helping hand.



ALZHEIMER'S ASSOCIATION

The Alzheimer's Association provides resources, advocacy, and guidance for individuals and families affected by Alzheimer's disease and other dementias.

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.

The group meets the last Friday of each month.

GUIDE

GUIDE is for individuals with Alzheimer's or dementia who have traditional Medicare. This program provides access to respite services. Individuals may call the Western Connecticut Area Agency on Aging (WCAAA) at 203-757-5449 to be either the caregiver program or a Service Navigator for further assistance.

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 (WCAAA) at 203-757-5449.

WELCOME

Stephanie Barksdale



CHORES SERVICES COORDINATOR

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.

Hearing screening set

A representative from HearingLife of New Milford will be on site at the center **Tuesday, June 9 at 10 a.m.**

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

Special bingo to be held June 15

The center will hold its next special bingo **Monday, June 15, from 1 to 2 p.m.** for special bingo.

For more info and RSVP, contact the center.

ON THE HORIZON

These are some of the programs on the horizon in July (times to be announced). Registration will **not** open up for these events in June, unless announced otherwise via this publication, 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

- Program with author of “The Sovereign Self: Emotional Mastery for Women in Their Sixties and Beyond”
- Jukebox Bingo
- Luau
- “The Chilling History of Ice Cream”

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

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



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," **Tuesday, June 30, at 1 p.m.**

The program had been scheduled for April but was

postponed.

Guest speaker Bill Cloutier will lead the program.

During the presentation, guest speaker Bill Cloutier will explore how scientists search for signs of life beyond Earth, highlighting 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 25th anniversary in December 2025.

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

'Home Safety Solutions' to be explored

In recognition of National Safety Month, the senior center will host a timely and informative program, "Home Safety Solutions," **Tuesday, June 16 at 1 p.m.**

The presentation will be led by Melissa Garthwait, Resource Coordinator for Hartford Healthcare Center for Aging. She will share practical tips to help reduce the risk of common household hazards, including falls, poisonings, and fires.

June is officially designated as National Safety Month, often highlighted as Home Safety Month, making it the perfect time to focus on simple but effective safety measures. Topics will include checking smoke detectors, removing tripping hazards such as loose rugs, improving home lighting, and developing emergency plans.

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

Volunteer meeting set

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, June 18, 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.

One-on-One tech help available

Need help with a 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.

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, June 12, at 1 p.m.** in the Grand Room. All levels are welcome.

For more information and RSVP, connect with the center.

Senior Safety to be discussed at program

The senior center will welcome Heidi, public health nurse from the Housatonic Valley Health District, for an informative "Healthy Chat" on Wednesday, June 10, at 9:30 a.m.

The program will address senior safety, with a focus on fall prevention, personal safety, and how to spot frauds and scams.

Snacks will be provided by Village Crest Center for Health & Rehabilitation. For more information and RSVP, connect with the senior center.

History of the music of '50-60s to be highlighted

The senior center will host a lively and interactive program, "Music of the 1950s and '60s," **Tuesday, June 23, at 1 p.m.**, sponsored by SYNERGY HomeCare.

The presentation will be led by Stephen Armstrong, an adjunct instructor in the History Department at Central Connecticut State University and a longtime educator with a passion for music history. Known for his engaging and conversational style, Armstrong encourages audience participation, inviting attendees to share their own memories and perspectives.

Drawing on his experience as a former Connecticut State Historian and his work integrating music into social studies education, Armstrong explores how the sounds of the 1950s and 1960s reflect cultural and historical moments. His unique approach brings the era to life, sparking nostalgia and discussion.

For more info and RSVP, connect with the center.

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.

June 3: "Death on the Nile" (2 hr, 7 min) - book club movie

June 10: "The Odd Couple" (1 hr, 46 min)

June 17: "Thelma." (1 hr 38 min)

June 24: "Remarkably Bright Creatures" (1 hr 53 min)

For more information and RSVP, 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, 12:30-3 p.m. *Those who haven't played the game or are inexperienced must attend this training session, followed by at least three weeks of Beginners Mahjong. No newbies June-August '26.*
 - ◆ **Beginners:** Tuesdays, 12:30 p.m.
 - ◆ **Advanced (experienced players only):** 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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- Sunshine
- Graduation
- Camp
- Celebration
- Mountain
- Outdoors
- Travel
- Recreation
- Swimming
- Holiday
- Vacation
- Eagle
- Grow
- Hiking
- Summer
- Flag
- Picnic
- Gardening
- Fathers
- Family
- Baseball

The training session required for all new and inexperienced Mahjong players normally held the second Tuesday of each month from 12:30 to 3 p.m. will not be held from June through August. It is expected to resume in September; watch for an announcement.

TO VIEW THE SENIOR CENTER CALENDAR & FLYERS FOR THE MONTH, VISIT 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.

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.

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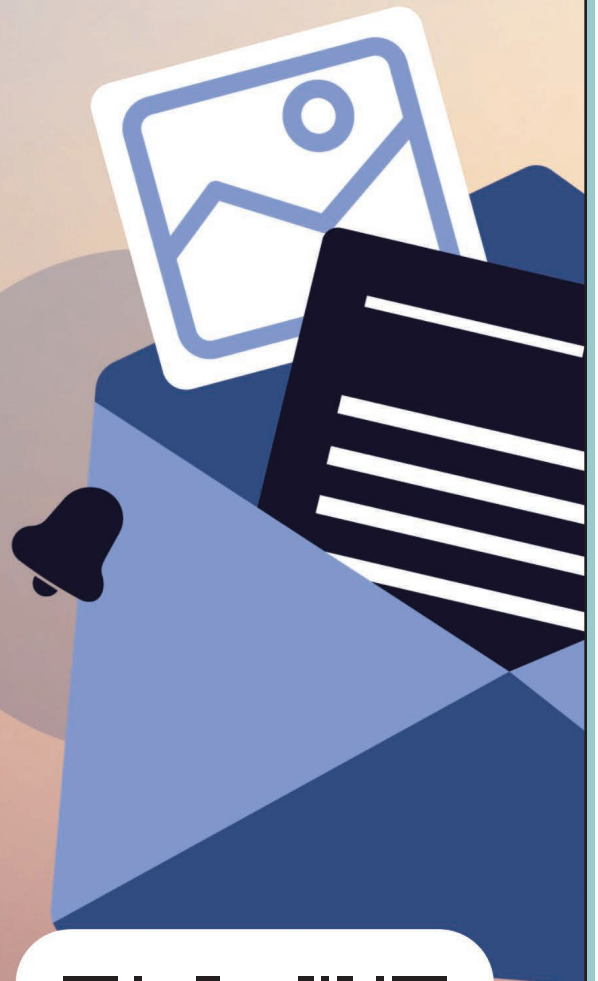
3 Ounces Protein • 1/2 Cup Starch • 1/2 Cup Vegetables
1 Bread • 1/2 Cup Fruit or Fruit Juice • 8 Ounces Milk

JUNE 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>1</p> <ul style="list-style-type: none"> Grilled Cheese Tomato Soup Salad Low-Fat Milk Fruit Juice 	<p>2</p> <ul style="list-style-type: none"> Meatloaf Mashed Potatoes Green Beans Bread Low-Fat Milk Fruit Juice 	<p>3</p> <ul style="list-style-type: none"> Baked Fish Roasted Potatoes Mixed Vegetables Bread Low-Fat Milk Fruit Juice 	<p>4</p> <ul style="list-style-type: none"> Sausage and Peppers Pasta Salad Bread Low-Fat Milk Fruit Juice
<p>8</p> <ul style="list-style-type: none"> Chicken and Rice Soup Salad Bread Low-Fat Milk Fruit Juice 	<p>9</p> <ul style="list-style-type: none"> Chicken Stew Rice and Beans Broccoli Bread Low-Fat Milk Fruit Juice 	<p>10</p> <ul style="list-style-type: none"> Salmon White Rice Steamed Carrots Bread Low-Fat Milk Fruit Juice 	<p>11</p> <ul style="list-style-type: none"> Pasta with Meatballs Salad Bread Low-Fat Milk Fruit Juice
<p>15</p> <ul style="list-style-type: none"> Chicken and Beef Empanadas Coleslaw Low-Fat Milk Fruit Juice 	<p>*Happy June Birthdays* 16</p> <ul style="list-style-type: none"> Pork Loin Mashed Potatoes Vegetables Low-Fat Milk Fruit Juice Celebration Cupcake 	<p>17</p> <ul style="list-style-type: none"> BBQ Chicken Mac and Cheese Mixed Vegetables Bread Low-Fat Milk Fruit Juice 	<p>18</p> <ul style="list-style-type: none"> Pasta with Meat Sauce Salad Bread Low-Fat Milk Fruit Juice
<p>22</p> <ul style="list-style-type: none"> Grilled Chicken Cesar Salad Bread Low-Fat Milk Fruit Juice 	<p>23</p> <ul style="list-style-type: none"> Chicken Teriyaki Yellow Rice with Veggies Bread Low-Fat Milk Fruit Juice 	<p>24</p> <ul style="list-style-type: none"> Beef and Egg Noodles Mixed Vegetables Bread Low-Fat Milk Fruit Juice 	<p>25</p> <ul style="list-style-type: none"> Chicken Francese Egg Noodles Carrots Bread Low-Fat Milk Fruit Juice
<p>29</p> <ul style="list-style-type: none"> Pulled Pork Sandwich with Cheddar Cheese Cucumber Watermelon Salad Low-Fat Milk Fruit Juice 	<p>30</p> <ul style="list-style-type: none"> Chicken Salad Wrap Lettuce and Tomato Potato Chips Low-Fat Milk Fruit Juice 	<p>LUNCH PREPARED BY</p> <div style="display: flex; align-items: center;">  <div> <p><i>Please note that due to product availability, menu items may be subject to substitutions</i></p> <p><i>We thank you for your understanding!</i></p> </div> </div>	

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