

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

MOVERS

& SHAKERS

Wednesday

June 24

9-10 a.m.

Walk at Sunny Valley Preserve

8 Sunny Valley Lane, New Milford

1.5-mile mostly level hike with some uneven terrain. Yellow Trail.

Not ideal for canes or walkers/rollators. Some big steps required.

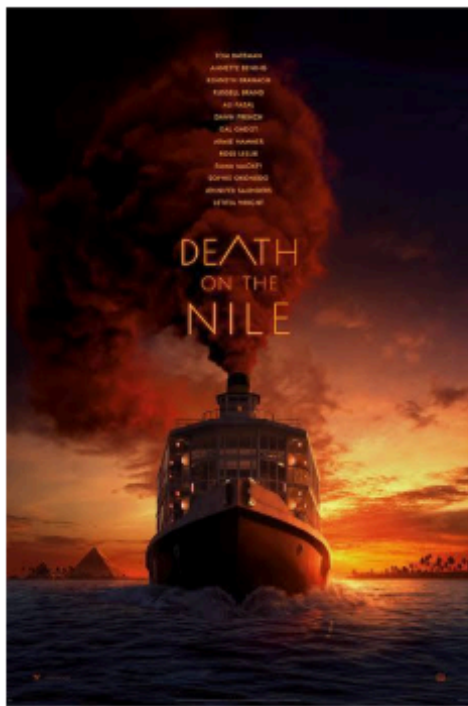
Meet at the dirt lot across from the Sunny Valley Preserve office on Sunny Valley Lane, New Milford.

Contact the senior center at 860-355-6075 for sign up.

Wednesday Matinee

June 3

PG - 2 hr 7 min - Mystery



While on a glamorous river cruise in Egypt, famous Belgian detective Hercule Poirot's vacation is interrupted when a wealthy, newlywed heiress is murdered. Trapped on the boat with the killer, Poirot must unravel a tangled web of secrets, hidden motives, and passionate love triangles among the eccentric group of fellow passengers.

June 10

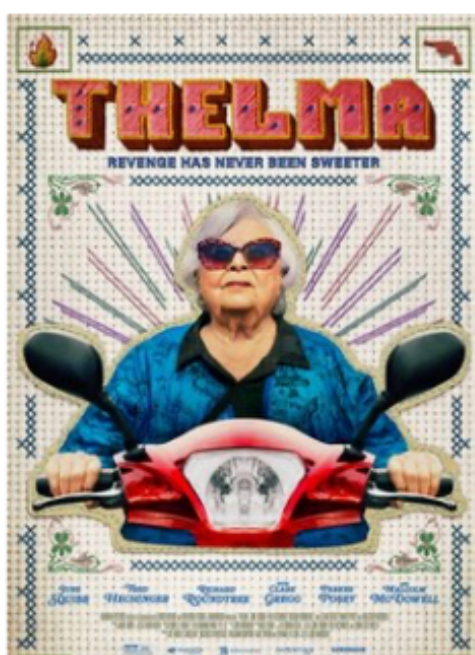
G - 1 hr 46 min - Comedy



1968 film. Neil Simon has a special genius for finding the great hilarity in ordinary people doing everyday things. Like two divorced men who decide to share a New York apartment. That's the premise of The Odd Couple, though there's nothing odd in the casting of two Oscar-winning talents like Jack Lemmon and Walter Matthau. The two veteran funny men work together with the precision timing of a vaudeville team, but always with bright spontaneity. Lemmon plays fussy Felix, fastidious to a fault. He proves that cleanliness is next to insanity. Matthau is Oscar, who wreaks havoc on a tidy room with the speed and thoroughness of a tornado. An enduring and endearing picture, with the intelligence on usually misses in comedies.

June 17

PG-13 1 hr 38 min - Comedy/Drama



A comedic action-drama starring June Squibb as Thelma Post, a 93-year-old grandmother who gets swindled out of \$10,000 in a phone scam. Unwilling to let it go, she embarks on a determined, low-stakes "mission" across Los Angeles to recover her money, highlighting themes of aging, independence, and family.

June 24

PG-13 1 hr 53 min - Drama

Thematic material, some strong language, suggestive references



Film adaptation of Shelby Van Pelt's 2022 bestseller, starring Sally Field as Tova, a grieving widow who forms an unlikely friendship with a curmudgeonly giant Pacific octopus named Marcellus at the Sowell Bay Aquarium. Directed by Olivia Newman, the heartwarming drama features a mystery surrounding Tova's son's disappearance, which the intelligent octopus helps solve.

MOVERS & SHAKERS

EXPERIENCE *The Farmington River*

KAYAKING

Thursday, June 11, 10:30 a.m.



For beginners and those who are comfortable with water are welcome. No prior padding experience is necessary.

Collinsville Canoe & Kayak
41 Bridge St., Collinsville, Conn.

\$30

Register by 6/2/26

Payment confirms registration

Contact the senior center at 860-355-6075

leaves New Milford at 9 a.m.



Bus transportation available by request

SENIOR FARMERS MARKET



Nutrition Program

Your Senior Advisors/Municipal Agents

will be at:

NEW MILFORD FOOD BANK

Hosted by
New Milford Social Services

**THURSDAY
MAY 28**

9:00 AM – 12:00 PM

NEW MILFORD SENIOR CENTER

**MONDAY
JUNE 1**

9:00 AM – 12:00 PM

ALREADY HAVE A FARMERS MARKET CARD?

Please bring your card so we can reload your benefits.

Lost it? That's OK—we have extra.

If you have never applied before and are not in our system, we may need to make an appointment to check eligibility.

ELIGIBILITY



You must be age 60 years or older

OR



a disabled individual under the age of 60 living in housing facilities occupied primarily by older individuals where nutrition services are provided.

INCOME GUIDELINES



Household Size 1:

\$29,526



Household Size 2:

\$40,034

*Fresh
Local
Produce!*



SOCIAL SERVICES
2 Pickett District Rd
New Milford, CT 06776



NEW MILFORD SENIOR CENTER
40 Main St
New Milford, CT 06776

We hope to see you there!



WEDNESDAY
JUNE 3
10:15 A.M.



**VISIT WITH THE
CHILDREN'S CENTER**



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, JUNE 4, 1 PM

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

Summer kickoff



FRIDAY, JUNE 5

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

12 PM - 1:30 PM

Order lunch from Rich's Wings & Things food truck, which will be on site to take orders. Dine in the Grand Room or Dining Room at the senior center, or order to eat elsewhere. Pay the day of at the truck.



\$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

1:30 PM

Dress in your favorite summer attire and/or accessories and play a **special bingo** as we tune in to summer vibes.



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

RSVP 860-355-6075



LIMITED TO 20

Get your creative on!

Paint & Sip

FRIDAY
JUNE 5
5-7 PM

CREATE A SUNFLOWER-THEMED
MASTERPIECE IN THIS WORKSHOP
LED BY RJ

red & white wine / cheese & crackers

No painting
experience
needed.

All
supplies
provided.



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

TO RSVP, CALL 860-355-6075

HEARING SCREENING



With
Hearing Life

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

Tuesday, June 9
10 a.m.
by appointment



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



RSVP 860-355-6075



NEW TECHNOLOGIES IN HIP AND KNEE REPLACEMENT Seminar

**JENNIFER H. WOOD, M.D.,
FAAOS**
HIP & KNEE
REPLACEMENT
SPECIALIST, ROBOTIC
& ANTERIOR HIP
REPLACEMENT
EXPERT


Join OrthoConnecticut & Jennifer H. Wood, M.D., FAAOS Hip & Knee Replacement Specialist & Anterior Hip Replacement Expert as she teaches you about Robotic knee and hip surgery benefits such as, improved precision during procedures which can lead to less pain, faster recovery, and better long-term joint function.

Tuesday, June 9th 

1:00 PM 

New Milford Senior Center 

Featuring **stryker**
Orthopedic Technology

SIGN UP NOW 

**The New Milford Senior Center 860-355-6075
40 Main St, New Milford, CT**

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***

**Wednesdays
10-11 a.m.**

June 10th- Customization
June 17th- Security and Legacy Contacts
June 24th- Health/Medical ID
July 1st- iCloud- finding a lost device

With Lindsey Burk, instructor

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

RSVP 860-355-6075

HEALTHY CHATS: SENIOR SAFETY

Join Heidi from HVHD to learn how to live safely, securely, and independently. We will discuss fall prevention, personal safety, and how to spot frauds and scams. Take charge of your safety—for yourself and your family.



Wednesday, June 10th



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, June 10, 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

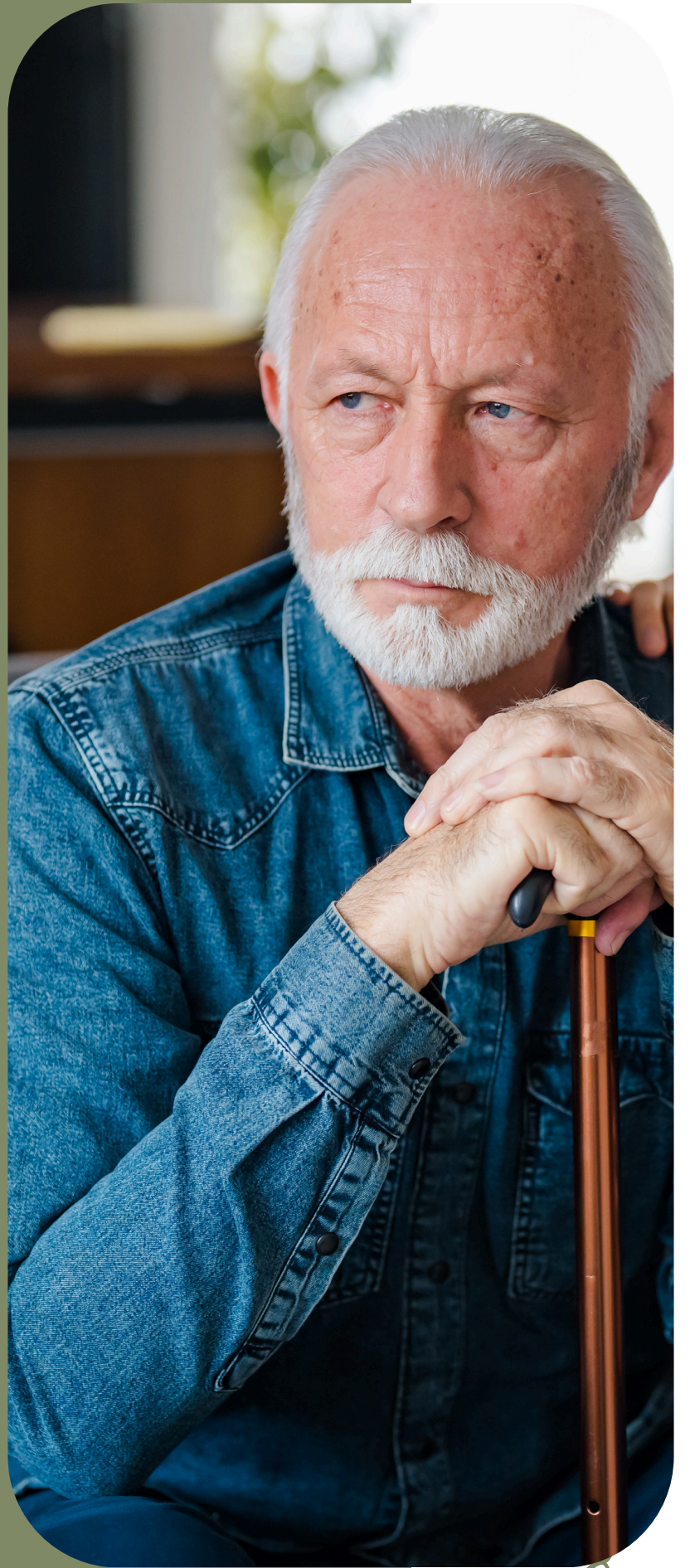
BEREAVEMENT SUPPORT GROUP

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.

June 12
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
JUNE 12
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

SPECIAL BINGO



Monday
June 15
1 p.m.

with

America's Choice in Home Care®
Visiting Angels®
LIVING ASSISTANCE SERVICES



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

RSVP 860-355-6075

June BIRTHDAYS CELEBRATION

Tuesday June 16 12 p.m.



MUSIC & ENTERTAINMENT
PIANIST
BRIAN HORBERG

CUPCAKES SPONSORED
BY



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

HOME SAFETY SOLUTIONS

***Tuesday
June 16
1 p.m.***

***Learn about
practical tips
to help reduce
the risk of
common
household
hazards,
including
falls,
poisonings,
and fires.***

Hartford 
HealthCare
Center for Healthy Aging

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, JUNE 18, 10:15 AM

**Third Thursday each month
unless otherwise noted**

New Milford Senior Center
40 Main St.
New Milford

 860-355-6075

RAINBOW

ROCK the

with paint

**FRIDAY
JUNE 12
2 P.M.**

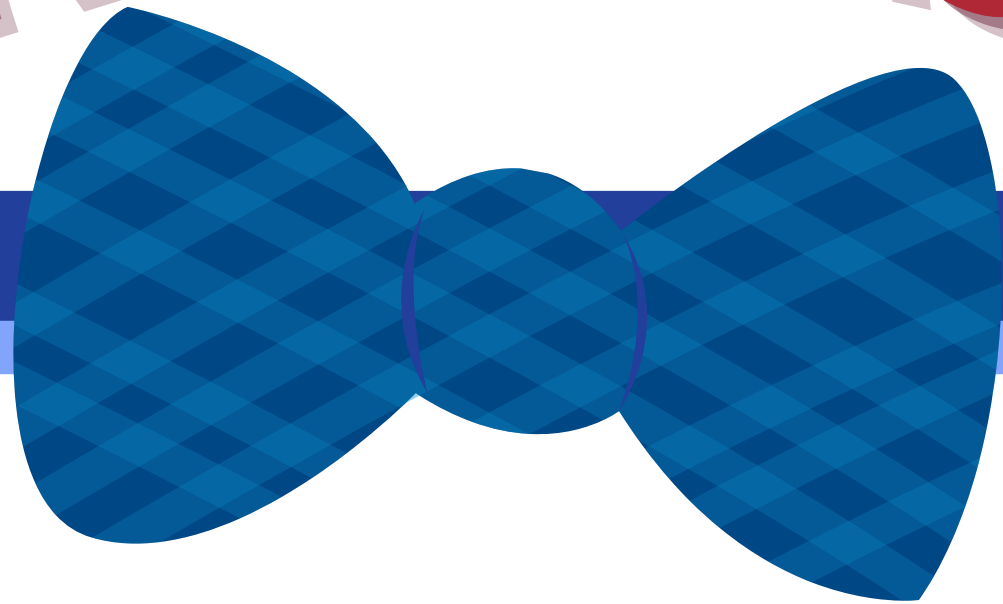


***Join us in painting
rocks in recognition
of Pride Month.
Rocks will be
displayed in the
garden bed in front
of the senior center.***

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

RSVP 860-355-6075

BREAKFAST



in honor of
Father's Day

MONDAY, JUNE 22

9:30 a.m.

Pancakes & Syrup Eggs Bacon Fresh Fruit

RSVP 860-355-6075

May 28 - June 15

New Milford Senior Center
40 Main St.
New Milford

The MUSIC of the 1950-60s

WITH STEPHEN ARMSTRONG

Stephen is a long standing professor at Central Connecticut State University. Among his many academic attributes is that he has served as a State Historian for Connecticut. He has a passion for music and music history.

**TUESDAY
JUNE 23
1 P.M.**

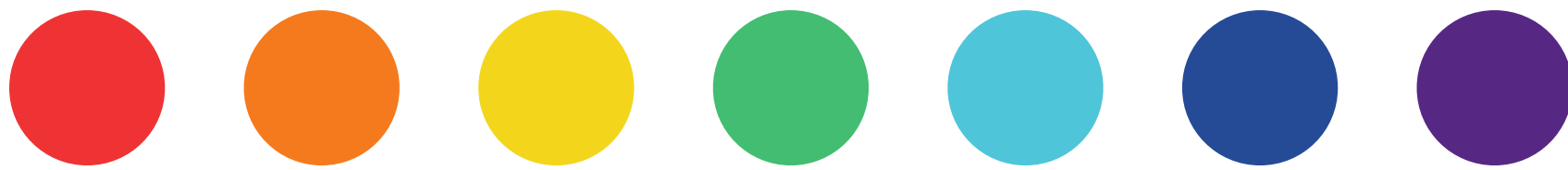
SPONSORED BY



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

TO RSVP, CALL 860-355-6075

Open to the public



Voices of Pride

rainbow reception, film screening, talk

Join us for a Rainbow Reception with colorful mocktails and refreshments, and connections.

A screening of “Casa Susanna”* and discussion will follow.

The event is geared toward allyship, visibility, and support for LGBTQ+ communities.

Thursday

June 25

4:30-7 p.m.

RSVP

860-355-6075

*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 American Experience 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.

Co-presented by



To be held at

New Milford Senior Center
40 Main St.
New Milford

L G B T Q A +

an evening of allyship & visibility



With Danielle Ramos
of Village Crest Health & Rehab

 **Village Crest**
Center for Health & Rehabilitation

Friday
June 26
1 p.m.

brain games

AND SNACKS

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, June 20

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

- ✓ *Timeless Beauty - makeup with Joby Rogers. See event flyer.*

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




Timeless Beauty

MAKEUP FOR MATURE WOMEN

Presented by

Celebrity MakeUp Artist • Educator

JOBY ROGERS

Member: CT Dept. of Higher Education • P.O.S.A 

TOPICS OF EXPLORATION INCLUDE...

- Proper MakeUp Application Techniques
- Keeping Your MakeUp & Brushes Clean & Sanitary
- Choosing the Right Concealer & Foundation
- Grooming & Defining Eyebrows
- Natural Day & Evening MakeUp
- Contouring & Highlighting & Blushing
- Choosing the Perfect Eye & Lip Colors
- Must Have' Products & Tools for Your Kit
- Questions & Evaluation of Your Personal Makeup Collection & Concerns... & MUCH MORE...
- If applicable, A selection of Product Purchase opportunities will be



FORUM DURATION • 2.5 HOURS

BRINGING YOUR PERSONAL MAKEUP IS ENCOURAGED • But Not Required

ATTENDING MAKE-UP FREE IS ENCOURAGED • But Not Required

PEN & PAPER ARE RECOMMENDED

MONDAY, JUNE 29, 5-7:30 PM

New Milford Senior Center
40 Main St.
New Milford

EVENING EDITION
at the senior center



Limited to 20
To RSVP, connect with
the senior center

THE SEARCH FOR LIFE IN THE SOLAR SYSTEM

TUESDAY
JUNE 30
1 PM

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.

**With Bill Cloutier
of the McCarthy Observatory in New Milford**

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.

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

TO RSVP, CALL 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

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**

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

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

New Milford Senior Center Presents:

CONNECTICUT LIGHTHOUSE CRUISE

Tuesday, August 25, 2026

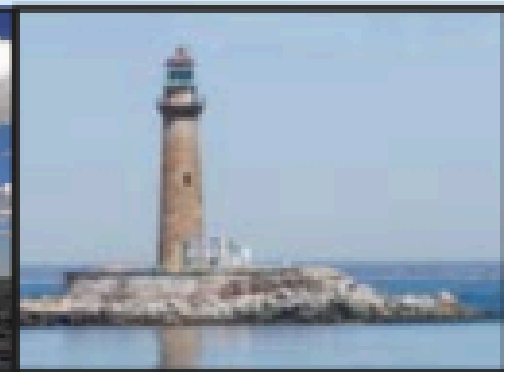
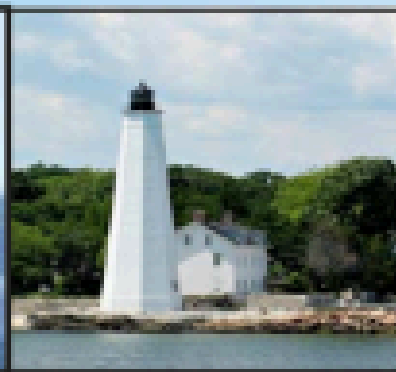
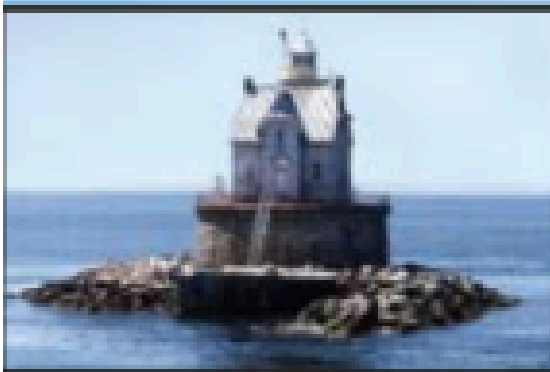


Get a new perspective on the history of Southern New England and Long Island with your narrated sightseeing from the water -- aboard a comfortable, climate-controlled, high-speed vessel in the Long Island Sound.



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**

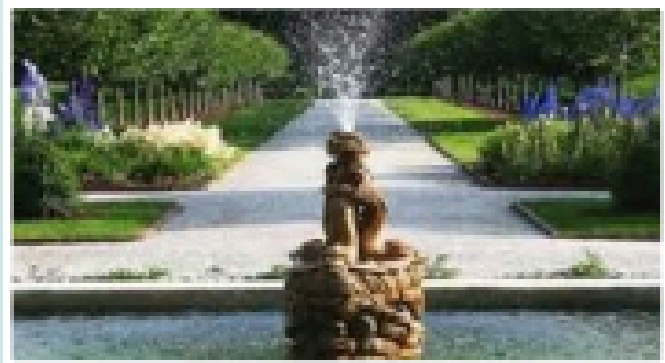
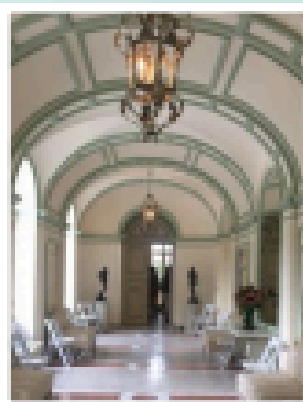
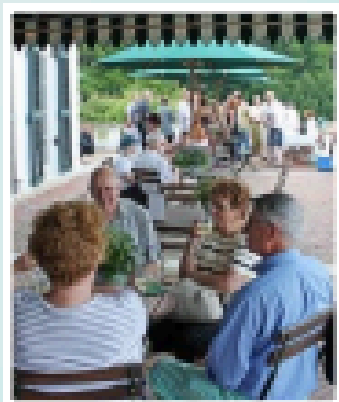
Payment confirms reservation

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

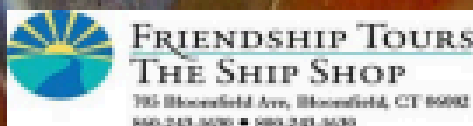
Please advise of any food allergies when registering.

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



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Registration opens **July 14 2026**

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

Payment confirms reservation

Join New Fairfield Senior Center's trip to Holiday Hill

Senior Outing at Holiday Hill

MONDAY, AUGUST 17, 2026

(RAIN OR SHINE)



\$90 FOR A DAY OF FUN AND FOOD!

LIMITED TO 50 PEOPLE

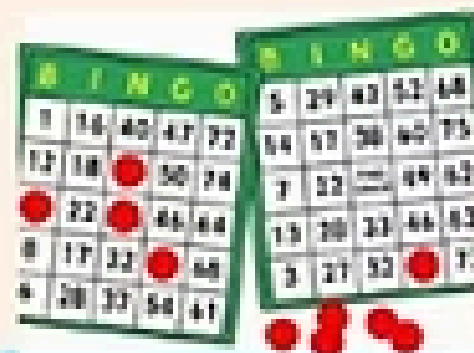
UNLIMITED FOOD & BEVERAGES

MUSIC, DJ, DANCING,

BINGO, GAMES & ACTIVITIES

SWIMMING POOL

50/50 RAFFLE



Monday, August 17, 2026

New Fairfield

Senior Center Departure: 8:00am

New Fairfield

Return to Senior Center: 5:00pm

RSVP by June 15

**Check must be delivered to
New Fairfield Senior Center**



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, 12:30-3 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.

- ◆ **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.