



Pop-up events are possible. They will be communicated via email and posted on the bulletin board near the check-in computer at the senior center. If you aren't receiving our emails, please let us know so we can add or update your address.

NOTE: The required training series for first-timers and newbies players normally held the second Tuesday of each month for Mahjong Beginners is paused June through August. It is expected to resume in September. Watch for announcement. 061826V1

July 2026	Dining Room (DR) Grand Room (GR)	Lounge/Library (L) Health and Wellness Room (HW)	Second Floor Carpeted Classroom (2A) Second Floor Hard Floor Club Room (CR) Lower Level (LL)	Second Floor Computer Lab (CL) Bocce Court outside (BC) Parking Lot (PL)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>NEW MILFORD SENIOR CENTER 40 MAIN ST. NEW MILFORD, CT 06776 PHONE: 860-355-6075 EMAIL: SENIORS@NEWMILFORDCT.GOV - Open Hours Available - Connect with the New Milford Senior Center office for usage requests: Computer Lab and pool table all year- round and Bocce Ball Court (spring through Oct. 15).</p>	<p>Name: _____</p> <p>Address: _____</p> <p>Phone: _____</p> <p>To sign up for multiple programs, please indicate signups by circling program on Calendar <input type="checkbox"/> Check box if Senior Bus Transportation is needed</p> <p>*** -- Fee-based program, connect with office for details</p>	<p>10:15 Visit with Children's Center (GR)</p> <p>10:30-11:30 Blood Pressure Screenings (HW)</p> <p>11:00 Dancin' Through the Decades (CR) ***</p> <p>11:00 Book Exchange with NMPL (DR)</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Advanced Mahjong - experienced players only (L)</p> <p>12:30 Bridge Club (2A)</p> <p>12:45 Midweek Matinee: "National Treasure" (2h 10m) (GR)</p> <p>1:00 Tai Chi (CR) ***</p>	<p>2</p> <p>10:00 Cartoon Drawing Class (LL)</p> <p>10:00 Chess (L)</p> <p>11:00-11:45 On hold for July: Spanish (CL)</p> <p>11:30 Strength & Balance Exercise Class (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>1:00 On hold for July & August: Caregiver's Support Group (L)</p> <p>1:00 Cornhole (GR)</p>	<p>3</p> <p>OFFICE CLOSED FOR INDEPENDENCE DAY America turns 250 on July 4, 2026!</p> 
<p>6</p> <p>9:30 Cornhole (GR)</p> <p>10:00 Handiwork Circle (DR)</p> <p>10:30 American Sign Language 101 (L)</p> <p>11:30 Strength and Balance (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge 101 (L)</p> <p>1:00 Bingo (GR/DR)</p> <p>1:00 German Conversational Group (HW)</p> <p>4:30 No class: Zumba Gold (GR) **\$</p>	<p>7</p> <p>9:30 Bocce (BC)</p> <p>10:00 Chair Yoga (2A) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Scrabble (L)</p> <p>12:30-3:00 Beginner Mahjong (2A) *Training session for first-timers and newbies normally held 2nd Tuesday of each month on hold through August.</p> <p>1:00 Quilt Circle (CR)</p> <p>1:00 "History of Chronic Disease in America" with Comfort Keepers (GR)</p> <p>6-8:00 CANCELED: Author talk with Stacey Dutton</p> <p>By appointment: One-on-One Tech Help</p>	<p>8</p> <p>9:30 Healthy Chats & Breakfast Snacks: "UV Protection" with snacks from SYNERGY Homecare (GR)</p> <p>10:30-11:30 Blood Pressure Screenings (HW)</p> <p>11:00 Dancin' Through the Decades (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Advanced Mahjong - experienced players only (L)</p> <p>12:30 Bridge Club (2A)</p> <p>12:45 Midweek Matinee: "The Ritz" (1h 31m) (GR)</p> <p>1:00 Tai Chi (CR) ***</p> <p>2:00 Golden Pen Poetry Workshop (HW)</p>	<p>9</p> <p>10:00 Cartoon Drawing Class (LL)</p> <p>10:00 Chess (L)</p> <p>10-11:30 What's Happening? Current Events Discussion Group (L)</p> <p>11:00-11:45 On hold for July: Spanish (CL)</p> <p>11:30 Strength & Balance Exercise Class (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge Club (L)</p> <p>1:00 Cornhole (GR)</p> <p>3:30 Commission on Aging Meeting (GR)</p>	<p>10</p> <p>10:00 On hold for July & August: Bereavement Support Group (L)</p> <p>10:00 Brain Games & Breakfast with Village Crest (GR)</p> <p>10:00 We've Got Game! Card Games (DR)</p> <p>10:00 Wii Bowling (L)</p> <p>10:00 Yoga (2A) ***</p> <p>1:00 Sound Healing (2A)</p> <p>1:00 Mystery Book Discussion Group (L)</p> <p>1:00 Jukebox Bingo & Pizza (\$5 pay day of; pizza, 12:15) (GR)</p>
<p>13</p> <p>9:30 Cornhole (GR)</p> <p>10:00 Handiwork Circle (GR)</p> <p>10:30 No class: American Sign Language 101 (L)</p> <p>11:30 Strength and Balance (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge 101 (L)</p> <p>1:00 Bingo (GR)</p> <p>1:00 German Conversational Group (HW)</p> <p>4:30 No class: Zumba Gold (GR) **\$</p>	<p>14</p> <p>9:30 Bocce (BC)</p> <p>10:00 Chair Yoga (2A) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Scrabble (L)</p> <p>12:30-3:00 Beginner Mahjong (2A)</p> <p>1:00 Quilt Circle (CR)</p> <p>1:00 "The Chilling Chronicles of Ice Cream: A Scoop Behind one of Connecticut's Favorite Moo-velous Delights" with John Cilio (GR)</p> <p>2:00-3:00 Reiki Healing (HW)</p>	<p>15</p> <p>10:00 Arts & Crafts: project TBA (limited to 15) (LL)</p> <p>10:30-11:30 Blood Pressure Screenings (HW)</p> <p>11:00 Dancin' Through the Decades (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Advanced Mahjong - experienced players only (L)</p> <p>12:30 Bridge Club (2A)</p> <p>12:45 Midweek Matinee: "A League of their Own" (2h 8 m) (GR)</p> <p>1:00 Tai Chi (CR) **\$</p>	<p>16</p> <p>10:00 Cartoon Drawing Class (LL)</p> <p>10:00 Chess (L)</p> <p>10:15 NMSC Helping Hands Volunteer Meeting (GR)</p> <p>11:00-11:45 On hold for July: Spanish (CL)</p> <p>11:30 Strength & Balance Exercise Class (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>1:00 Cornhole (GR)</p> <p>1:00 Thursday Popular Books Book Discussion Group (L)</p>	<p>17</p> <p>10:00 Wii Bowling (DR)</p> <p>10:00 We've Got Game! Card Games (GR/DR)</p> <p>10:00 Yoga (2A) ***</p> <p>10:30-12:45 Screening of "1776" (GR)</p> <p>1:00 Sound Healing (2A)</p> <p>1:00 Senior Songbirds (GR)</p>
<p>20</p> <p>9:30 Cornhole (GR)</p> <p>9:30-10:30 Movers & Shakers: Walk at Still River Greenway in Brookfield (Meet at start of walkway at Brookfield Municipal Center).</p> <p>10:00 Handiwork Circle (GR)</p> <p>10:30 American Sign Language 101 (L)</p> <p>11:30 Strength and Balance (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge 101 (L)</p> <p>1:00 Special Bingo with Comfort Keepers (GR)</p> <p>1:00 German Conversational Group (HW)</p> <p>4:30 Zumba Gold (GR) ***</p>	<p>21</p> <p>9:30 Bocce (BC)</p> <p>9:30 Ask the Attorney Roundtable (HW)</p> <p>10:00 Chair Yoga (2A) ***</p> <p>12:00 Lunch (DR and GR) \$5 Suggested Donation</p> <p>12:00 July Birthdays Celebration with cupcakes from Dawn Hough of Coldwell Banker (DR/GR)</p> <p>12:30-3:00 Beginner Mahjong (2A)</p> <p>12:30 Scrabble (L)</p> <p>1:00 Quilt Circle (CR)</p> <p>1:00 "What's Happening at New Milford Hospital" with Dr. Thomas Koobatian, Executive Director and Chief of Staff, NMH (GR)</p>	<p>22</p> <p>10:30-11:30 Blood Pressure Screenings (HW)</p> <p>11:00 Dancin' Through the Decades (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Advanced Mahjong - experienced players only (L)</p> <p>12:30 Bridge Club (2A)</p> <p>12:45 Midweek Matinee: "Roman Holiday" from 1953 (1h 58 m) (GR)</p> <p>1:00 Tai Chi (CR) ***</p>	<p>23</p> <p>10:00 Cartoon Drawing Class (LL)</p> <p>10:00 Chess (L)</p> <p>10-11:30 What's Happening? Current Events Discussion Group (L)</p> <p>11:00-11:45 On hold for July: Spanish (CL)</p> <p>11:30 Strength & Balance Exercise Class (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge Club (L)</p> <p>1:00 Cornhole (GR)</p>	<p>24</p> <p>9:00 Senior Breakfast (Odd Fellow's Hall)</p> <p>10:00 Wii Bowling (DR)</p> <p>10:00 We've Got Game! Card Games (GR/DR)</p> <p>10:00 Yoga (2A) ***</p> <p>1:00 Sound Healing (2A)</p> <p>12:00 Senior center annual luau (\$20; RSVP July 2-17) (at The Maxx)</p>
<p>27</p> <p>9:30 Cornhole (GR)</p> <p>10:00 Handiwork Circle (GR)</p> <p>10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by appt (HW)</p> <p>10:30 No class: American Sign Language 101 (L)</p> <p>11:30 Strength and Balance (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Bridge 101 (L)</p> <p>1:00 Bingo / Moment of Reflection (DR/GR)</p> <p>1:00 German Conversational Group (HW)</p> <p>4-6:00 Evening Edition: Extended hours. MAs appts</p> <p>4:30 Zumba Gold (GR) ***</p> <p>5-6:00 "The American Revolution through the Eyes of Its People" with John Cilio - NMSC America250 program (GR)</p>	<p>28</p> <p>9:30 Bocce (BC)</p> <p>10:00 Chair Yoga (2A) ***</p> <p>12:00 Lunch (DR and GR) \$5 Suggested Donation</p> <p>12:30-3:00 Beginner Mahjong (2A)</p> <p>12:30 Scrabble (L)</p> <p>1:00 Quilt Circle (CR)</p> <p>1:00 Dessert & Learn: "Medicare & Medicaid: What They Are and What You Need to Know" educational seminar for those caring for aging loved ones with Senior Planning (GR)</p> <p>1:00 Tuesday Popular Books Book Discussion Group (L)</p> <p>2:00-3:00 Reiki Healing (HW)</p>	<p>29</p> <p>10:00 Life, Legacy & Light remembrance celebration for those who've passed on (front lawn)</p> <p>10:30-11:30 Blood Pressure Screenings (HW)</p> <p>11:00 Dancin' Through the Decades (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>12:30 Advanced Mahjong - experienced players only (L)</p> <p>12:30 Bridge Club (2A)</p> <p>12:45 Midweek Matinee: Christmas in July: "National Lampoon's Christmas Vacation" (1h 37m) (GR)</p> <p>1:00 Tai Chi (CR) ***</p>	<p>30</p> <p>10:00 Cartoon Drawing Class (LL)</p> <p>10:00 Chess (L)</p> <p>11:00-11:45 On hold for July: Spanish (CL)</p> <p>11:30 Strength & Balance Exercise Class (CR) ***</p> <p>12:00 Lunch (DR/GR) \$5 Suggested Donation</p> <p>1:00 Cornhole (GR)</p> <p>6:00 "Aging in Place: How to Protect Assets and Stay at Home" (library program at New Milford Public Library)</p>	<p>31</p> <p>10:00 Wii Bowling (DR)</p> <p>10:00 We've Got Game! Card Games (GR/DR)</p> <p>10:00 Yoga (2A) ***</p> <p>11:30 Name that Tune from 1920-50s on piano with CT Nursing Services (GR)</p> <p>1:00 Sound Healing (2A)</p> <p>1:00 Ice Cream Social sponsored by Beltone (GR)</p>