

JULY 2026

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Stop by to update membership information



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

The campaign runs through August. Members are encouraged to complete updated registration forms, submit any required paperwork, and ensure a current photo is on file for check-in purposes.

Staff will be on hand **Monday, July 13, from 9 a.m. to noon; Tuesday, July 14, from 9 to 11 a.m. and from 1 to 3 p.m.; Monday, July 27, from 4 to 6 p.m.; and other days throughout the month to hand out papers and assist those who need it.**

Maintaining up-to-date records helps the center communicate important information about programs, services, and events, while also ensuring emergency contact information is available if needed.

Members needing assistance with photos should contact the center.

'Aging in Place' program to be offered at New Milford library

New Milford Public Library and the senior center are collaborating on a program, "Aging in Place: How to Protect Assets and Stay at Home," **Thursday, July 30, from 6 to 7 p.m.** at the library, 24 Main St.

Connecticut ranks among the three most expensive states for nursing home and long-term care. As a result, planning ahead is essential to protecting assets and preserving financial security while maintaining the ability to remain at home and age in place whenever possible.

This program will provide an overview of Medicaid and other public benefit programs available through the state, along with asset-protection strategies for both married and single individuals. Attendees will learn how thoughtful planning can help safeguard hard-earned resources and prepare for future long-term care needs.

For more information, call the library at 860-355-1191.

Volunteer meeting scheduled

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, July 16, at 10:15 a.m.** Staff and attendees review upcoming events, brainstorm new ideas, and see where time and talents can be shared.

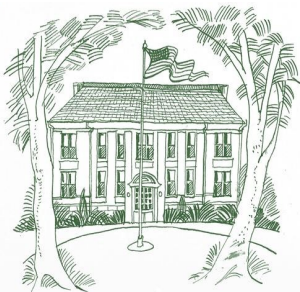
For more information, connect with the center.

VOLUNTEER OPPORTUNITIES

- **Good Morning, New Milford:** Call New Milford seniors to check in and say "hello."
- **Kitchen:** Assist with setting up trays, serving beverages and trays, and other tasks.
- **Arts/crafts for Apple Fest 2026:** Donors to make apple-themed crafts or art to sell at the Sept. 26 event on the Green.
- **Senior center Walk a Mile for Meal Team:** Join the center's September team to collect non-perishables for the town's food bank.

If interested in any of the above, email Deborah at drose@newmilfordct.gov or sign up near check-in computer at center.

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"

Follow us on social media

Facebook: [@NewMilfordCTSeniorCenter](https://www.facebook.com/NewMilfordCTSeniorCenter)

Instagram: [@nmctseniorcenter](https://www.instagram.com/nmctseniorcenter)



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 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.

NMPL and senior center team up for homebound book service

In keeping with its mission to provide access to books and other materials for the purpose of enriching their lives, the New Milford Public Library offers delivery and pickup of library materials to homebound New Milford residents. The library is pleased to partner with the senior center for delivery and pick-up services. Materials include but are not limited to books, magazines, DVDs CDs, audiobooks, and puzzles. For more information, please connect with the New Milford Library by calling 860-355-1191 x4216 or by visiting their website: www.newmilfordlibrary.org with links to the registration form.

**THE SENIOR CENTER WILL BE
CLOSED
FRIDAY, JULY 3
FOR INDEPENDENCE DAY**

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.

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, July 24, 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.

Medical equipment available to borrow at center

The New Milford Senior Center operates a Caring for Our Community Program, which offers access to donated durable medical equipment and continence care supplies for those in need. For more information, connect with the center which is open weekdays from 8 a.m. to 4 p.m.

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Center to celebrate America's 250th with variety of events — musical screenings, historical lectures, themed bingo and more



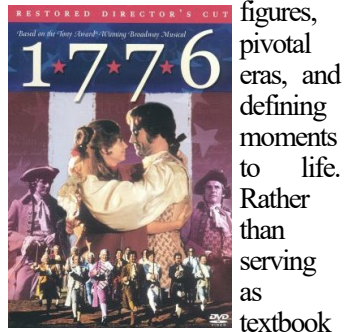
America will celebrate its 250th birthday on July 4, marking a milestone that invites reflection on the nation's founding, its history, and the people who shaped it.

In recognition of the anniversary, the New Milford Senior Center will continue its America250 activities in the coming months with programs that explore the American story through music, film, history, and discussion.

ON THE SCREEN

A screening of two musicals — “1776” and “Hamilton” — will be presented in July and August in preparation for a special presentation, “From Liberty to Legacy,” in mid-August.

Musicals offer a vibrant lens through which to view American history, bringing key figures,



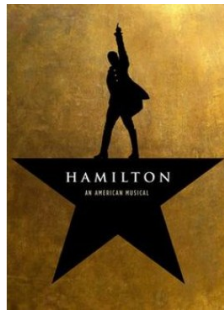
pivotal eras, and defining moments to life. Rather than serving as textbook recaps, these productions use music and storytelling to explore the events and ideas that shaped the nation.

Both “1776” and “Hamilton” tell the story of America's founding. Using video clips

from both shows, **the Monday, Aug. 17**, lecture will examine these groundbreaking musicals and their contrasting visions of an American society at a crossroads.

A screening of “1776” will be shown **Friday, July 17, from 10 a.m. to 12:45 p.m.** The musical focuses on the Continental Congress in Philadelphia as John Adams, Benjamin Franklin, and Thomas Jefferson struggle to draft and secure support for the Declaration of Independence.

A screening of “Hamilton” will be presented **Friday, Aug. 7, from noon to 2:45 p.m.** The musical tells the story of Founding Father Alexander Hamilton, tracing his journey from immigrant orphan to George Washington's trusted aide and the nation's first Treasury Secretary. Michael Langlois will visit the center **Tuesday, Aug. 17, at 6 p.m.** for “From Liberty to Legacy: Exploring American Ideals in the Musicals ‘1776’ and ‘Hamilton.’” a program that will explore how Americans tell their origin story — and how that telling changes over time. The presentation examines two quintessential American musicals written during very different periods of the nation's history: “1776,” which premiered on Broadway in 1969 amid social and political upheaval, and “Hamilton,” which debuted in 2015 during another period of national reflection and debate. Open to the public, the program will explore not only the stories



these musicals tell, but also how the times in which they were written influenced what appeared on stage.

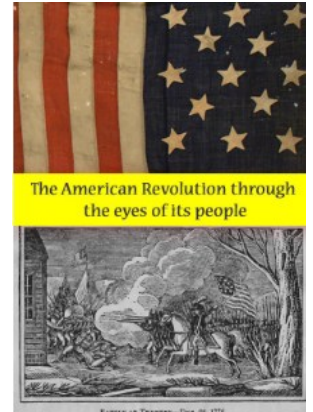
Langlois is a theatre artist, lecturer, performer, and storyteller with decades of experience in directing, performance, and arts education. He has directed productions throughout New England, served for 20 years as Artistic Director of the Ashford Youth Theatre, and spent more than a decade as Associate Artist with New London's Flock Theatre. Through his work with audiences and students of all ages, he has helped individuals discover their voices and share their stories through creative expression. A variety of additional documentaries, musicals, plays, and films focused on American history will be screened in the coming months. Watch for upcoming announcements in Discover magazine and center flyers.

Registration for “1776” and “Hamilton” will open Thursday, July 2.

Registration for “From Liberty to Legacy” will open Thursday, July 16.

SPECIAL PROGRAMS
A handful of special America250-themed events will be held this month as well. Jukebox Bingo returns to the center **Friday, July 10, from 1 to 3 p.m.** — this time with a patriotic twist. Participants will enjoy the familiar combination of music and bingo while listening to songs that celebrate and honor America. Local author and storyteller John Cilio will visit the center **Monday, July 27**, for the Evening Edition program, “The American Revolution Through the Eyes of Its People.” The presentation begins at **5 p.m.** The program will explore the events leading up to and during the American Revolution, including Britain's efforts to unite the colonies, the political struggles that shaped the era, and the issues that fueled the drive for independence. The talk will conclude with a discussion of the Treaty of Paris, which officially ended the war, and a brief overview of the constitutions established in its aftermath. Illustrations, artwork, and historical documents from the period will help bring the story to life. The presentation draws upon a compelling 1785 book as well as modern research that reveals insights unavailable to historians of the time.

For more information or to RSVP for any of the programs, contact the center.



Registration for “1776” and “Hamilton” will open Thursday, July 2.

Registration for “From Liberty to Legacy” will open Thursday, July 16.

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Author to talk about 'The Sovereign Self: Emotional Mastery for Women in their 60s and Beyond'

Local author to explore ways to find balance and joy for women 60+.

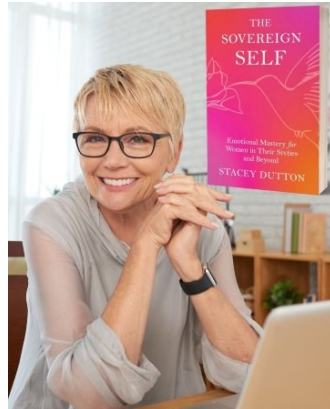
The New Milford Public Library and the New Milford Senior Center will team up to bring the community a special program featuring New Preston author Stacey Dutton **Tuesday, July 7, at 6 p.m.**

The program will be held at the senior center.

Dutton's new book, "The Sovereign Self: Emotional Mastery for Women in Their Sixties and Beyond," is earning attention for its compassionate, practical approach to emotional well-being later in life.

Dutton's work offers tangible tools and uplifting perspective for older adults navigating the complexities of life transitions.

Her writing is known for being grounded, encouraging, and deeply relevant to many of the topics that resonate with senior center members — including identity, purpose, shifting family dynamics, and cultivating inner



steadiness during changing seasons of life.

As a local resident who is passionate about community engagement, Dutton has generously offered to present a free program for New Milford residents.

Her events are known for being warm, interactive, and thoughtfully designed to support emotional clarity and resilience. The program, limited to 50, will be held at the senior center.

For more information and RSVP, connect with the center.

What you need to know about UV protection

The senior center will welcome Heidi, public health nurse from the Housatonic Valley Health District, for an informative "Healthy Chat" on **Wednesday, July 8, at 9:30 a.m.**

The program will address small steps that can be taken by older adults to enjoy the outdoors while protecting one's skin and independence.

Snacks will be provided by SYNERGY HomeCare. For more information and RSVP, connect with the senior center.



Arts & Crafts group to meet July 15

The senior center will offer an Arts & Crafts group activity **Wednesday, July 15, 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.

Program to explore 'History of Chronic Disease in America'

The senior center will welcome Comfort Keepers **Tuesday, July 7, from 1 to 2 p.m.** to discuss "The History of Chronic Disease in America."

Clay Callahan, of Comfort Keepers, will explore how long-term illnesses such as heart disease, diabetes, cancer, and obesity became the leading health challenges facing the nation. The presentation will examine the shift from infectious diseases to chronic conditions, the impact of industrialization and lifestyle changes, advances in medicine and public health, and the growing role of prevention, nutrition, and exercise. For more information, connect with the center.

Village Crest to lead Brain Games & Breakfast soon

Those looking for a fun way to keep the mind sharp and spirits high may want to attend Brain Games & Breakfast **Friday, July 10, at 10:30 a.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.

Comfort Keepers to sponsor special bingo

The center will hold its next special bingo **Monday, July 20, from 1 to 2 p.m.** for special bingo.

For more info and RSVP, contact the center.

Poetry group underway

The center's Golden Pen, a poetry workshop, will next meet **Wednesday, July 8, 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.

July birthdays to be celebrated July

The senior center will offer its monthly birthday celebration for all those with July birthdays **Tuesday, July 21, at noon.**

Pianist Brian Horberg will perform during lunch, followed by birthday cupcakes sponsored by Dawn Hough of Coldwell Banker.

Lunch and the Birthday Celebration require separate registration.

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

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, July 27, from 10 to 11 a.m.**

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



Head of hospital to visit senior center, talk about the latest happenings at New Milford Hospital

The senior center will present a special program, "What's Happening at New Milford Hospital," on **Tuesday, July 21, at 1 p.m.**

The presentation will be led by Dr. Thomas Koobatian, Executive Director and Chief of Staff at New Milford Hospital.

Dr. Koobatian will provide an overview of the hospital's recent merger with Northwell Health and discuss what the merger means for patients and the community.

He will also highlight the hospital's latest services and offerings.

A question-and-answer session will follow the presentation.

A longtime member of the New Milford Hospital medical staff, Dr. Koobatian has practiced Emergency Medicine there for 26 years and previously served as Director of Emergency Medicine for 18 years.

He holds degrees from Tufts University and the University of Vermont College of Medicine and completed his residency at the Medical College of Pennsylvania. In 2020, he was recognized by Becker's Hospital Review as one of the nation's top 60 rural hospital CEOs.

Community members are invited to attend this informative program and learn more about the future of healthcare in the region.

Northwell Health acquired and completed its merger with Nuvance Health on May 1, 2025. The acquisition created an integrated health system spanning New York and Connecticut, including New Milford and Danbury hospitals, into the Northwell network. For more info and RSVP connect with the center.

Aloha!

**NEW MILFORD SENIOR CENTER
SUMMER LUAU**

Live music with *The Boomers*
Dancing
Raffles & Prizes
Alcoholic & Non-alcoholic beverages
Lunch catered by C&C Delicatessen

**Friday, July 24
12 p.m.**
**At The Maxx
94 Railroad St.
New Milford**

\$20
PAYMENT
CONFIRMS
RSVP

Green salad
Huli Huli Chicken over white sticky rice
Roasted broccoli with onion & red peppers
Tropical dessert

For more information, contact the
New Milford Senior Center
860-355-6075
Registration July 2-17

Life, Legacy & Light Celebration on tap at senior center

The center will present a Life, Legacy & Light Celebration **Wednesday, July 29 at 10 a.m.**

The event will serve as an annual get together for members to remember the lives of friends and

loved ones who have passed on.

It will include short reflective and uplifting readings, the opportunity to place an organic ribbon in honor of an individual on a special display in front of the center, and the hanging of

pinecones coated in natural peanut butter and rolled in bird seed on tree branches.

The celebration will be held outdoors on the front lawn at the senior center. In case of inclement weather, it will be held indoors.

DAYTRIPPERS

CONNECTICUT LIGHTHOUSE CRUISE

Tuesday, Aug. 25

Two-hour narrated cruise will depart from New London and offers sweeping views of at least eight historic lighthouses along the Long Island Sound, followed by lunch at the Steak Loft in Old Mistick Village.

Departs from the senior center at 9:15 a.m., with an estimated return time of 6:15 p.m.

\$170 per person. Payment confirms reservation.

The deadline to sign up is July 14.

THE MOUNT LIFE AND LEISURE IN THE GILDED AGE BERKSHIRES

Wednesday, Sept. 30

Guided visit to The Mount, the historic Lenox estate of famed author Edith Wharton, and buffet lunch on terrace overlooking the gardens; guided Berkshire Cottages and Historical Tour aboard the coach bus; and walking tour of the scenic grounds of Tanglewood will also be held.

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

\$148/person. Payment confirms reservation.

Registration runs through Aug. 26.

CULINARY INSTITUTE OF AMERICA

Thursday, Oct. 15

Includes behind-the-scenes look at one of the nation's premier culinary schools, which has been training chefs and hospitality professionals for over 80 years; participation in an interactive demonstration to explore the science of taste; exploration of the campus; dining at the institute's American Bounty Restaurant.

Departs from the senior center at 10 a.m., with an estimated return time of 5:15 p.m.

\$170/person. Payment confirms reservation.

Registration opens July 14, with a deadline to RSVP by Sept. 2.

TROPICANA, ATLANTIC CITY

Wednesday-Friday,

Oct. 21-23

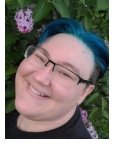
Includes two-night stay at Tropicana on the Boardwalk; tickets to "Daybreak: A Tribute to Barry Manilow;" casino bonus; and food vouchers.

Center has 8 seats reserved.

Departs from a Danbury commuter lot.

\$449/double or triple. \$569/single.

Deadlines July 2.



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 •

SNAP

Work Requirement Changes

- Began November 2025
- Increases the age limit of Able-Bodied Adults Without Dependents (ABAWD) subject to work requirements from 55 to 64
- Changes the exemption for adults with children under the age of 18 to adults with children under the age of 14
- Removes exemptions for veterans, those experiencing homelessness, young adults under the age of 24 and those who have aged out of foster care. Limits waivers to towns/areas that have an unemployment rate greater than 10%

Non-citizen Eligibility

- Began November 2025
- Restricts non-citizen eligibility to legal permanent residents, Cuban/Haitian entrants, and Compacts of Free Association (COFA) citizens
- Individuals such as refugees, asylees, trafficking victims, humanitarian parolees and more who currently qualify for SNAP will no longer be eligible due to their immigration status

Low Income Home Energy Assistance Program (LIHEAP)

- Began November 2025
- Limits the SNAP-LIHEAP (Heat & Eat) connection to only apply to households with an older adult or disabled member

Medicaid (HUSKY Health)

Work Requirements

• Effective January 1, 2027

- Adults 19-64 will be required to engage in at least 80 hours per month of work or community engagement to remain eligible for Medicaid
- Acceptable activities to meet the requirement:
- Monthly income that is at least 80 times the federal hourly minimum wage (currently \$7.25), or any of the following:
- At least 80 hours per month of work, or
- At least 80 hours per month of community service, or
- At least 80 hours per month of qualified work or training program participation, or
- Enrolled at least half-time in an education program, or
- Any combination of the above totaling at least 80 hours per month
- Provides exemptions from the work requirement for:
- Pregnant and postpartum individuals
- Foster and former foster youth
- Indians/Urban Indians
- Veterans with rated disabilities
- Medically frail individuals (e.g. blind, disabled, children with serious emotional disturbances, adults with serious mental illness, chronic substance use disorders, serious and complex medical conditions)
- Individuals with alcohol use disorder and substance use disorder
- Individuals already meeting work requirements for SNAP and/or TANF
- Parents and caregivers of a dependent child aged 13 and under or an individual with a disability
- Individuals recently released from incarceration for 90 days post release
- Individuals with a short-term hardship waiver

Non-citizen eligibility

- Effective October 1, 2026
- Restricts non-citizen eligibility to legal permanent residents, Cuban/Haitian entrants, and Compacts of Free Association (COFA) citizens
- Individuals such as refugees, asylees, trafficking victims, humanitarian parolees and more who currently qualify for HUSKY Health will no longer be eligible due to their immigration status

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.

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. 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.

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.

ON THE HORIZON

These are some of the programs on the horizon in August (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

- Art Workshop: Make Your Own Rustic n Can Bird Feeder
- Nutrition talk: “Eating Healthy While Dining Out”
- Introduction to the Ukulele
- “From Liberty to Legacy: ‘1776’ & ‘Hamilton’”
- “Charles Lindbergh: There is so Much More to His Story”
- AARP Smart Drivers course
- Presentation about overnight trip “Legends, Leaves, and Locks”
- Day Trippers: CT Lighthouse Cruise
- “Wealth Management”

...and more

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

Vehicles Operate: Monday - Thursday 8am - 4pm

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www.wheelsofnewmilford.org



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Get the scoop on the history of ice cream

The senior center will present "The Chilling Chronicles of Ice Cream: A Scoop Behind One of Connecticut's Favorite Mouth-watering Delights" on **Tuesday, July 14, at 1 p.m.**

Local author and storyteller John Cilio will visit the center to take a look at the rich history of ice cream, from its origins as a simple blend of cream, sugar, and flavorings to its status as one of America's favorite treats.

Attendees will learn how ice cream became a beloved part of Connecticut culture and discover some of the local history that helped shape the state's ice cream

legacy.

The presentation will also highlight several hidden gems and unique ice cream destinations across Connecticut, offering participants a sweet journey through the state's favorite summertime indulgence.

For more information 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 purple.



July 1: "National Treasure" (2 hr, 10 min)

July 8: "The Ritz" (1 hr, 31min)

July 15: "A League of Their Own" (2 hr 8 min)

July 17, 10:30 a.m.: "1776" the musical (2 hr 46 min)

July 22: "Roman Holiday" (1 hr 58 min)

July 29: Christmas in July screening: "National Lampoon's Christmas Vacation" (1 hr 37 min)

What You Need to Know about Medicare & Medicaid

The senior center will present an informative program, "Medicare & Medicaid: What They Are and What You Need to Know," on **Tuesday, July 28, at 1 p.m.**

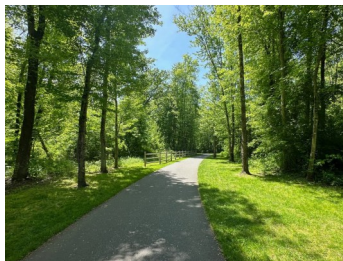
The program will be led by Lance Galassi of Senior Planning, who will provide valuable information to help seniors and their families better understand Medicare and Medicaid benefits, eligibility requirements, and long-term care planning. Topics to be covered

include what happens when personal funds are depleted, transitioning to a skilled nursing facility, an overview of the Medicaid application process, Medicaid eligibility criteria, income and resource limits, spousal allowances, and the documentation required to apply.

The educational presentation is designed to help attendees navigate important healthcare and financial decisions with greater confidence.

For more information and RSVP, connect with the center.

Movers & Shakers to visit Still River Greenway



The senior center's Movers & Shakers group will enjoy a walk along the Still River Greenway in Brookfield on **Monday, July 20, at 9:30 a.m.**

Participants are asked to meet at the entrance to the trail at the Brookfield Municipal Center lot at 100 Pocono Road.

Those interested in bus

transportation should call the center to reserve a seat.

The Still River Greenway is a 3.3-mile trail that is generally considered an easy route, taking about an hour to complete. The trail features a 10-foot-wide paved surface and a 170-foot bridge spanning the Still River.

Designed for walkers, cyclists, runners, and rollerbladers, the greenway provides a safe and scenic place to exercise and enjoy the outdoors.

The group won't walk the whole greenway; rather it will walk for about an hour.

For more information, connect with the center.

Beltone to present Ice Cream Social

Nothing says summer quite like ice cream.

The senior center is pleased to welcome Beltone as the sponsor of a special Ice Cream Social **Friday, July 30, at 1 p.m.**

The event is perfectly timed to celebrate National Ice Cream Month, a tradition observed each July.

For more information, connect with the center.



Current events group meets twice a month

The senior center's next "What's Happening? Current Events & Conversation" will be held **Thursdays July 9 and 23, 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.

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, July 17, at 1 p.m.** in the Grand Room.

All levels are welcome. For more information and RSVP, 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.

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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Patriotic
Paul Revere
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Rebellious
Revolution
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Semiquincentennial

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Tea Party
Union
USA
Valley Forge
Washington



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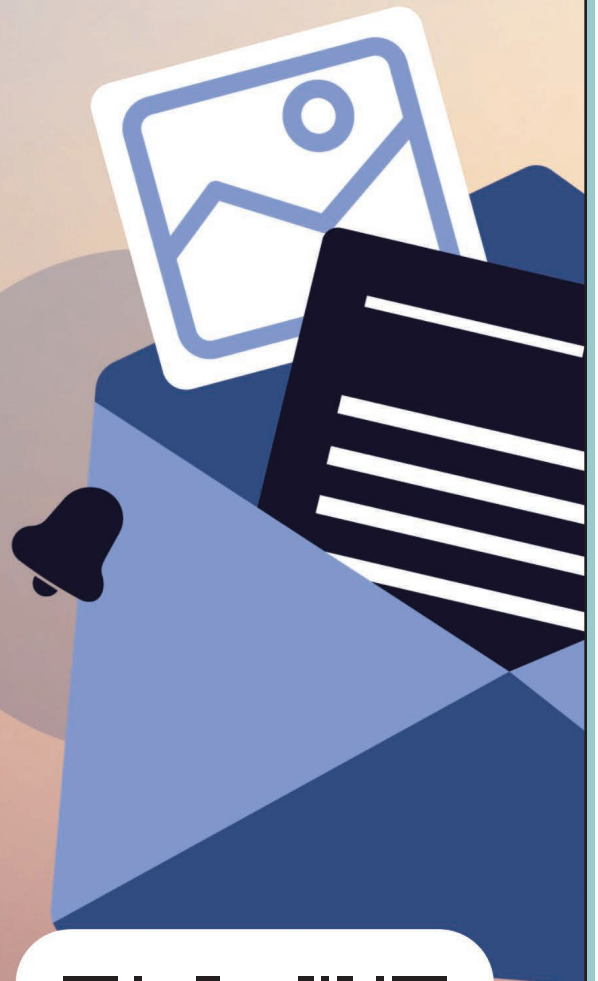
3 Ounces Protein • 1/2 Cup Starch • 1/2 Cup Vegetables
1 Bread • 1/2 Cup Fruit or Fruit Juice • 8 Ounces Milk

JULY 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>LUNCH PREPARED BY</p>  <p><i>Please note that due to product availability, menu items may be subject to substitutions</i></p>		<p>1</p> <ul style="list-style-type: none"> • Beef Stew • White Rice • Mixed Vegetables • Bread • Low-Fat Milk • Fruit Juice 	<p>2</p> <ul style="list-style-type: none"> • Cheeseburger • Corn on the Cob • Potato Salad • Low-Fat Milk • Fruit Juice
<p>6</p> <ul style="list-style-type: none"> • Chili Dog • Macaroni and Cheese • Cucumber Tomato Salad • Low-Fat Milk • Fruit Juice 	<p>7</p> <ul style="list-style-type: none"> • Chicken Cesar Salad • Bread • Low-Fat Milk • Fruit Juice 	<p>8</p> <ul style="list-style-type: none"> • Baked Fish • Roasted Potatoes • Mixed Vegetables • Bread • Low-Fat Milk • Fruit Juice 	<p>9</p> <ul style="list-style-type: none"> • Lasagna • Salad • Bread • Low-Fat Milk • Fruit Juice
<p>13</p> <ul style="list-style-type: none"> • Chicken Salad Wrap • Lettuce and Tomato • Chips • Low-Fat Milk • Fruit Juice 	<p>14</p> <ul style="list-style-type: none"> • Chicken Stew • Yellow Rice with Veggies • Bread • Low-Fat Milk • Fruit Juice 	<p>15</p> <ul style="list-style-type: none"> • BBQ Pulled Chicken • Green Beans • Pasta Salad • Low-Fat Milk • Fruit Juice 	<p>16</p> <ul style="list-style-type: none"> • Sausage and Peppers • Pasta with Marinara Sauce • Salad • Bread • Low-Fat Milk • Fruit Juice
<p>20</p> <ul style="list-style-type: none"> • Egg Salad on a Roll • Lettuce and Tomato • Chips • Low-Fat Milk • Fruit Juice 	<p>21</p> <ul style="list-style-type: none"> • Meatloaf • Mashed Potatoes • Steamed Carrots • Bread • Low-Fat Milk • Fruit Juice 	<p>22</p> <ul style="list-style-type: none"> • Beef & Chicken Empanadas • Coleslaw • Low-Fat Milk • Fruit Juice 	<p>23</p> <ul style="list-style-type: none"> • Pasta with Meatballs • Salad • Bread • Low-Fat Milk • Fruit Juice
<p>27</p> <ul style="list-style-type: none"> • Chicken and Rice Soup • Salad • Bread • Low-Fat Milk • Fruit Juice 	<p>28</p> <ul style="list-style-type: none"> • Pork Shoulder • Yellow Rice • Steamed Vegetables • Bread • Low-Fat Milk • Fruit Juice 	<p>29</p> <ul style="list-style-type: none"> • Baked Salmon • Potato Wedges • Carrots • Bread • Low-Fat Milk • Fruit Juice 	<p>30</p> <ul style="list-style-type: none"> • Pasta with Meat Sauce • Salad • Bread • Low-Fat Milk • Fruit Juice

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