

NEW MILFORD SENIOR CENTER

Upcoming
Programs



***Note: Programs may be subject to change
It's always best to call the center to confirm.***



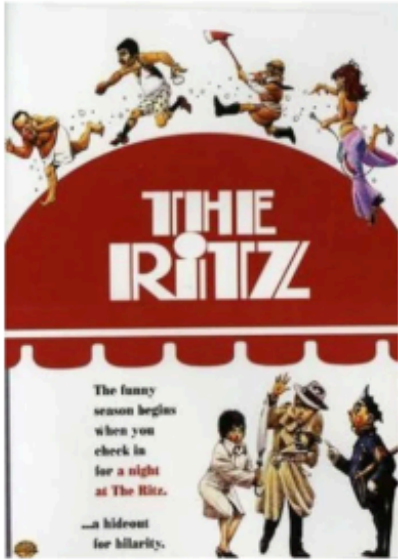
New Milford Senior Center
40 Main St.
New Milford, CT 06776

860-355-6075
senior@newmilfordct.gov
FB: @NewMilfordCTSeniorCenter
Instagram: @nmctseniorcenter

Wednesday Matinees

July 8

PG - 1 hr 31 min - Comedy



Gaetano Proclo (Jack Weston), an overweight businessman from Cleveland, discovers that his homicidal mobster brother-in-law has ordered a hit on him. Desperate to hide, he takes a cab to a Manhattan bathhouse, completely unaware that it is a gay retreat. Once inside, Gaetano is forced to dodge his pursuers, including his relentless brother-in-law, a squeaky-voiced private eye, a persistent, aggressive "chubby chaser," and Googie Gomez (Rita Moreno)—an untalented, hyper-ambitious cabaret singer who mistakenly believes Gaetano is a major Broadway producer.

July 15

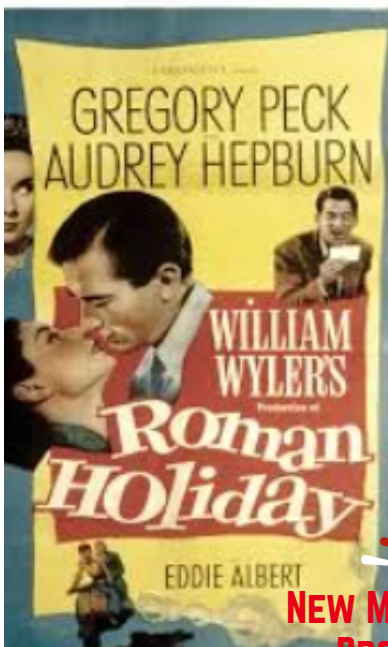
PG - 2 hr 8 min - Comedy-Drama



As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other, scout Ernie Capadino (Jon Lovitz) and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates.

July 22

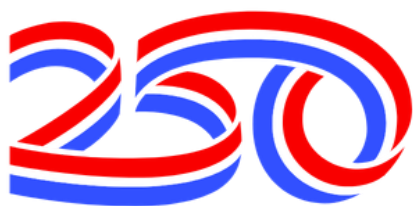
PG - 1 hr 58 min - Classic



Roman Holiday (1953) is a classic romantic comedy starring Audrey Hepburn as a sheltered, overworked princess who escapes her royal duties while in Rome. She spends an unforgettable day exploring the city with an American newsman (Gregory Peck) who, while trying to get an exclusive interview, unexpectedly falls in love with her.

NEW MILFORD SENIOR CENTER
PROGRAM CELEBRATING

AMERICA



July 29

P-13G - 1 hr 37 min - Comedy



CHRISTMAS IN JULY



As the holidays approach, Clark Griswold (Chevy Chase) wants to have a perfect family Christmas, so he pesters his wife, Ellen (Beverly D'Angelo), and children, as he tries to make sure everything is in line, including the tree and house decorations. However, things go awry quickly. His hick cousin, Eddie (Randy Quaid), and his family show up unplanned and start living in their camper on the Griswold property. Even worse, Clark's employers renege on the holiday bonus he needs.

WEDNESDAY
JULY 1
10 A.M.



**VISIT WITH THE
CHILDREN'S CENTER**



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

RSVP 860-355-6075





HISTORY OF CHRONIC DISEASE IN AMERICA

with



TUESDAY, JULY 7, 1 PM

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.

At New Milford Senior Center
40 Main St.
New Milford

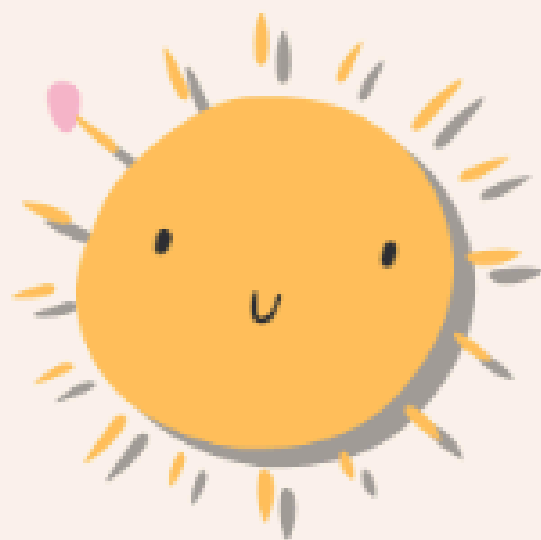
Co-presented by



*RSVP 860-355-6075
beginning June 16*

**NM
PL** **New Milford
Public Library**

UV Protection



Wednesday, July 8th



9:30am - 10:30am



New Milford Senior Center

July is UV protection awareness month. Join Heidi from HVHD as we discuss small steps that can help older adults enjoy the outdoors while protecting their health and independence.

**with refreshments
sponsored by**



Golden Pen



Poetry

Workshop



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

Wednesday, July 8, at 2 p.m.

*New Milford Senior Center
40 Main St.
New Milford
RSVP 860-355-6075*



With Danielle Ramos
of Village Crest Health & Rehab

 **Village Crest**
Center for Health & Rehabilitation

Friday

July 10

10:30 a.m.

brain games

**AND
BREAKFAST**

JUKEBOX

BINGO

& PIZZA

Friday
July 10
1 p.m.

*Pay on
the day*
\$5


NEW MILFORD SENIOR CENTER
PROGRAM CELEBRATING

AMERICA



At New Milford Senior Center, 40 Main St., New Milford
To sign up, stop in or call the senior center
at 860-355-6075

The Chilling Chronicles

of

ICE CREAM

A Scoop Behind one of Connecticut's
Favorite Moo-velous Delights"

EXPLORE

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.

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.

DISCOVER

several hidden gems and unique ice cream destinations across Connecticut.

WITH
JOHN CILIO



TUESDAY
JULY 14
1 P.M.

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, JULY 16, 10:15 AM

**Third Thursday each month
unless otherwise noted**

New Milford Senior Center
40 Main St.
New Milford

 860-355-6075

AMERICAN HISTORY IN MUSIC

NEW MILFORD SENIOR CENTER
PROGRAM CELEBRATING
AMERICA
250

SCREENINGS OF BROADWAY MUSICALS

A PROGRAM, "FROM LIBERTY TO LEGACY: "FROM LIBERTY TO LEGACY: EXPLORING AMERICAN IDEALS IN THE MUSICALS '1776' AND 'HAMILTON'" WILL BE PRESENTED IN AUGUST.

JOIN US FOR THE SCREENINGS OF ONE OR BOTH OF THESE CLASSIC MUSICALS ON THEIR OWN (SEE DATES BELOW), OR IN PREPARTION FOR THE AUGUST PROGRAM.

★
"1776"



"HAMILTON" ★

FRIDAY, JULY 17
10:30 A.M.-12:45 PM

FRIDAY, AUG. 7
12 PM

AT NEW MILFORD SENIOR CENTER
40 MAIN ST., NEW MILFORD
RSVP 860-355-6075

Senior Songbirds



FRIDAY
JULY 17
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

MOVERS

& SHAKERS

Monday

July 20

9:30 a.m. at park

Walk at Still River Greenway in Brookfield

The Still River Greenway is a 3.3-mile trail that is generally considered an easy route, with a paved surface. Suitable for walkers, rollators, etc. We'll walk for about an hour.

*Meet at entrance to the trail at the
Brookfield Municipal Center lot at 100 Pocono Road.*

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

SPECIAL BINGO

Monday
July 20
1 p.m.

with



**Comfort
Keepers®**



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

RSVP 860-355-6075

July

BIRTHDAYS CELEBRATION

Tuesday July 21 12 p.m.



**MUSIC & ENTERTAINMENT
PIANIST
BRIAN HORBERG**

**CUPCAKES SPONSORED
BY**



Dawn Hough

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

“What’s Happening at New Milford Hospital”

TUESDAY
JULY 21
1 PM



**Northwell
Health®**

**With
Dr. Thomas Koobaitan,
Executive Director &
Chief of Staff at
New Milford Hospital**

Dr. Koobaitan will discuss the hospital's merger with Northwell Health and what it 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.

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

RSVP 860-355-6075



Aloha!

NEW MILFORD SENIOR CENTER SUMMER LUAU

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



**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**

EVENING EDITION

at the senior center

extended hours

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 FROM 4–6 PM
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 FROM 5–6 PM

- ✓ *“The American REvolution through the Eyes of Its People” with author/storyteller John Cilio*

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, call 860-355-6075



The American Revolution through the eyes of its people

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.

Monday July 27 5 p.m.

With John Cilio
Author/Storyteller



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

RSVP 860-355-6075



DESSERT & LEARN

Medicare & Medicaid: What are they and what you need to know in planning for tomorrow



(P) 1.855.775.2664
(F) 1.855.777.3293
www.seniorplanning.com

Plan Today For Tomorrow



What Families Need to Know When Funds Run Out in Assisted Living

A free educational seminar for families caring for aging loved ones

Hosted by
New Milford Senior Center

Join us for an informative session that will help you understand:



When Funds Are Depleted

What happens when your loved one can no longer afford assisted living,



Transitioning to a Skilled Nursing Facility

The process, what to expect, and how planning ahead can make the transition smoother.



Medicaid Application

An overview of the Medicaid application process and what you need to know to protect your loved one's future.



40 Main Street
New Milford, CT 06776



Tuesday, July 28, 2026
1:00PM - 2:00PM



860-355-6075
Senior@newmilfordct.gov

Unable to Attend?

Call Senior Planning Services for a free Medicaid consultation at **1.855.S.PLANNING (775.2664)**

We're here to help you explore your options, protect your loved one's future, and provide peace of mind.

Remember the lives
of friends
and loved ones

WEDNESDAY

JULY 29

10 A.M.

Life, Legacy & Light

reflective & uplifting readings

place an organic ribbon in honor
of an individual on a special display

hang peanut butter/bird seed pinecones
on tree branches

FRONT LAWN
NEW MILFORD SENIOR CENTER
40 MAIN ST.
NEW MILFORD

in case of inclement weather,
the event will be held indoors

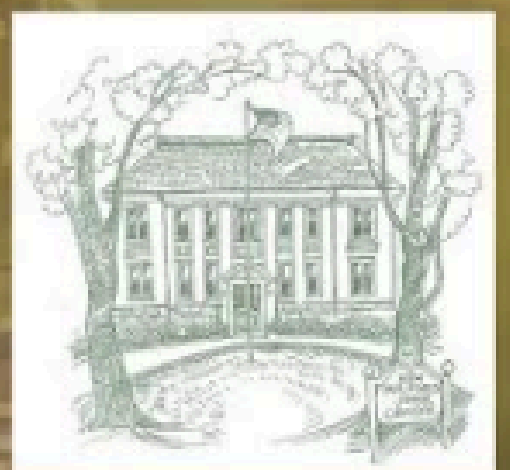
Aging in Place

**How to Protect Assets
and Stay at Home**

**Registration
required at
[www.newmilford
library.org](http://www.newmilfordlibrary.org)**

**Thurs
July 30
6:00-
7:00pm**

**Learn about Medicaid
and other public
benefit programs the
state has to offer,
as well as strategies
that you can use to
protect your assets.
This program is a
collaboration
between NMPL and
the NM Senior Center.**



at

NEW MILFORD PUBLIC LIBRARY



NAME

that

TUNE

of the '20-50s

Friday
July 31
1 pm.

*with friends from Connecticut
Nursing Services*

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

RSVP 860-355-6075



Ice Cream

S O C I A L

FRIDAY | JULY 31 | 1 PM



SPONSORED BY



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

RSVP 860-355-6075

NEW MILFORD SENIOR CENTER PRESENTS:

TROPICANA

ATLANTIC CITY

Casino & Show
"DAYBREAK LIVE"
A Musical Tribute to Barry Manilow

October 21-23, 2026 Wed-Fri

2 night stay at the Tropicana Atlantic City North Tower located on the famous boardwalk. Tropicana is home to the Quarter, a retail and restaurant complex. There is always something exciting happening including an IMAX Theater and over a dozen restaurants to chose from.

CASINO BONUS:

\$30 Slot Play, 2-\$25 Food Vouchers & Matinee Show

MATINEE SHOW - OCT 22: "DAYBREAK LIVE"

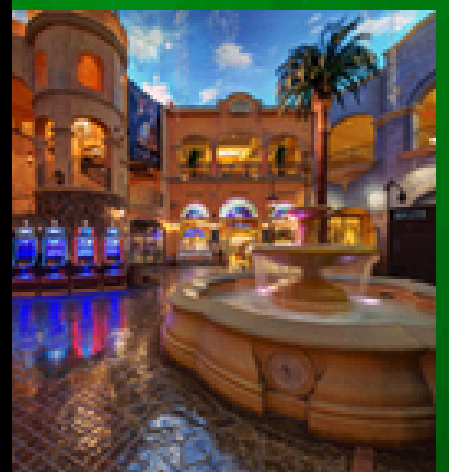
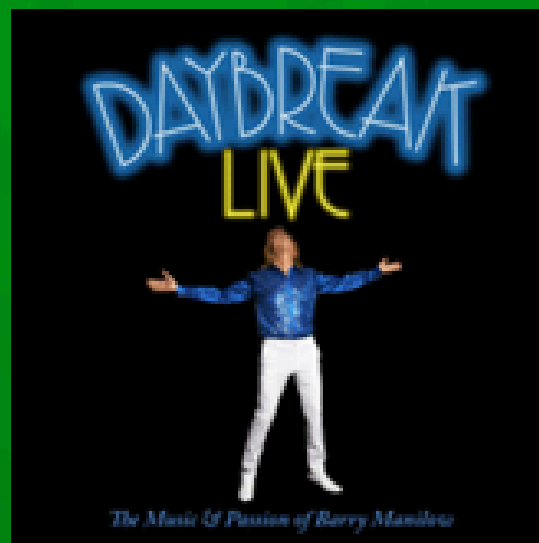
Get ready to experience one of the most authentic tribute acts ever to hit the music scene as "Daybreak: A Tribute to Barry Manilow" takes you on a musical journey back to the 70's. Fans will experience Barry Manilow's greatest hits the way you remember them. Led by veteran musician and accomplished pianist Joe Hite, Daybreak brings to life timeless classics like "Mandy", "Can't Smile Without You", and the foot stomping rhythm of "Copacabana" just to name a few. You won't believe your eyes and ears as this 8 piece ensemble presents the Music and Passion of Barry Manilow to perfection while keeping the music alive for generations to enjoy.

COST: \$449 pp double / triple;
\$569 pp single Based on 40

Includes:
Deluxe motorcoach,
2 nights hotel,
Casino Bonus:
\$30 pp Slot,
2- \$25 Food Vouchers
& Show, Friendship Tours
Escort

...Continued on back

The features of the casino bonus may be changed and/or eliminated at the discretion of the casino.



NEW MILFORD SENIOR CENTER HAS 8 SEATS FOR THIS TRIP.

Registration opens with \$75 deposit **June 9, 2026**

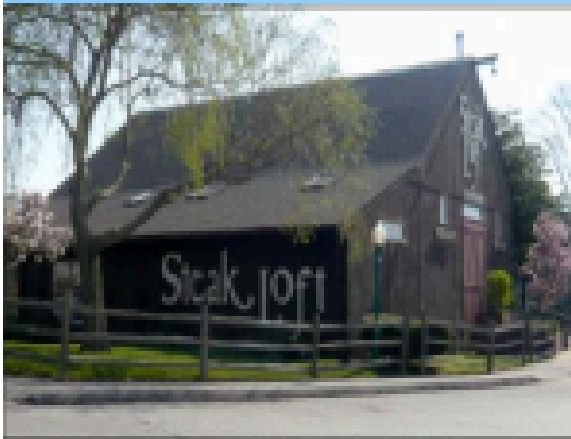
Deadline for RSVP **July 2, 2026**

more on back

New Milford Senior Center Presents:

CONNECTICUT LIGHTHOUSE CRUISE

Tuesday, August 25, 2026

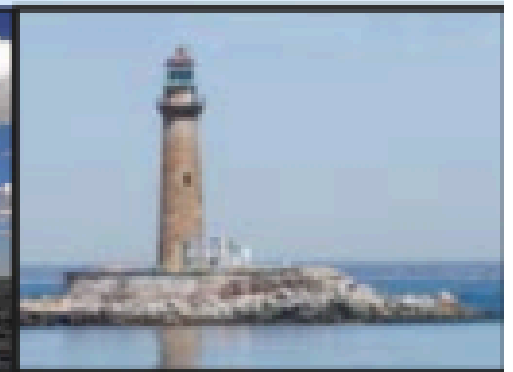
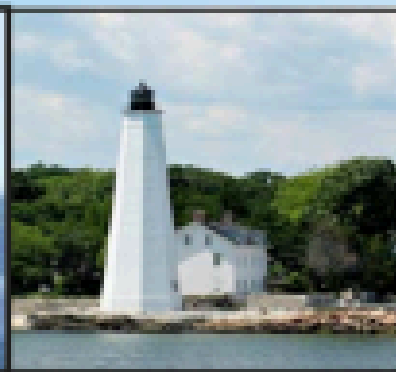
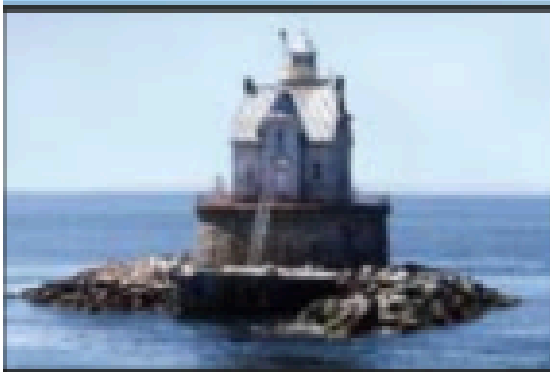


Get a new perspective on the history of Southern New England and Long Island with your narrated sightseeing from the water -- aboard a comfortable, climate-controlled, high-speed vessel in the Long Island Sound.



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

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



COST \$170pp based on 35-50

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

Estimated Return: 6:15pm New Milford

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

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



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

Registration opens **May 12, 2026**

Deadline for RSVP **July 14, 2026**

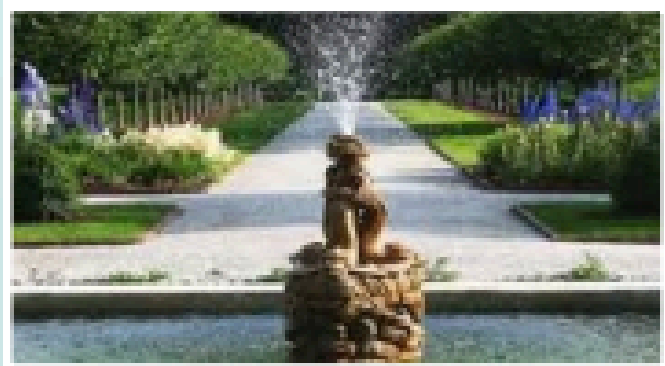
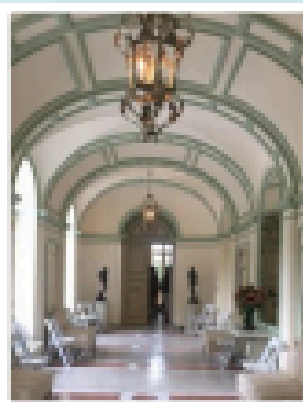
Payment confirms reservation

New Milford Senior Center presents:

The Mount

Life and Leisure in the Gilded Age Berkshires

Wednesday, September 30, 2026



Gardens, Grandeur, and the Beauty of the Berkshires

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

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

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

COST: \$148pp based on 35-49

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

Estimated Return: 6:30pm New Milford

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



FRIENDSHIP TOURS
THE SHIP SHOP

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

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

Registration opens **May 12, 2026**

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

Payment confirms reservation

New Milford Senior Center Presents:

CULINARY INSTITUTE OF AMERICA

American Bounty Restaurant

Hyde Park, NY

Thursday, October 15, 2026



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

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

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

Pre-set Menu

Menu will be available in July

Please advise of any food allergies when registering.

Cost: \$170pp

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

Return: (Estimated) 5:15pm New Milford

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



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

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 **July 14 2026**

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

Payment confirms reservation



Legends, Leaves, and Locks

Oct. 7-9, 2026

Adirondacks & Cooperstown

The senior center will offer a presentation about this three-day, two night trip to upstate New York

Wednesday, Aug. 26, at 9:30 a.m.

The trip, "Legends, Leaves, and Locks," will be held Oct. 7-9.

It's hosted by Kay's Tours.

The trip will showcase the charm, beauty, and history of upstate New York during the colorful fall season.

The trip will start with a stop in Cooperstown, with visits to the Baseball Hall of Fame and the Farmer's Museum.

Guests will stay in Utica.

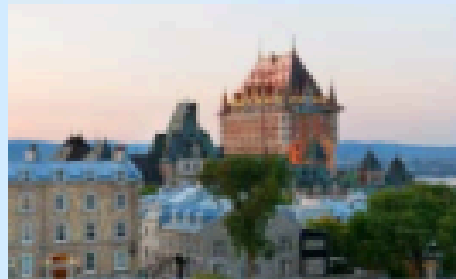
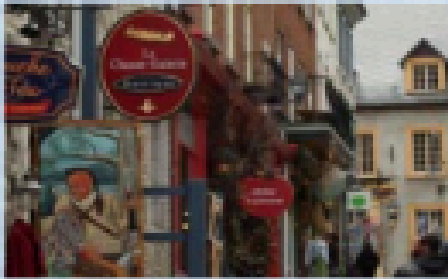
Travelers will also experience a train trip to Old Forge, lunch and a tour at Camp Sagamore, and a journey on the Erie Canal.

The trip includes two nights hotel accommodations, two breakfasts, one lunch, two dinners, and admission fees.

New Milford Senior Center Presents: Escorted Montreal & Canada / New England Cruise



Jul 9-17, 2027 9 Days / 8 Nts



One of our most popular cruises is back for 2027! If you are looking for a great experience on a **small ship without flying**, this is the cruise for you! This is the perfect time of year to sail the St Lawrence and visit some of the most beautiful ports in Canada and New England. Don't miss this always popular cruise!

- * Deluxe Motorcoach Transportation to Montreal & Home from Boston / Hartford Area Departure
- * 1 Night Hotel in Montreal, Welcome Dinner at a local Restaurant & City Tour
- * 7 Nt Cruise aboard Holland America's Volendam * All Meals onboard
- * Daily Activities & Casino * Ship Shop Escort



Fr \$2799pp Twin Includes Transportation!



T115

Date	Port	Arrive	Depart
Jul 9	Motorcoach to Montreal & Dinner at a local restaurant		
Jul 10	Montreal Sightseeing Tour Set Sail & Cruise St Lawrence River		7:00p
Jul 11	Quebec City	7:00a	4:00p
Jul 12	Cruising Gulf of St. Lawrence		
Jul 13	Charlottetown, Prince Edward Isl.	10:00a	8:00p
Jul 14	Sydney, Nova Scotia	9:00a	5:00p
Jul 15	Halifax, Nova Scotia	8:00a	4:00p
Jul 16	Portland, Maine	1:00p	10:00p
Jul 17	Boston, Massachusetts	7:00a	



**FRIENDSHIP TOURS
THE SHIP SHOP**

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

RSVP begins 6/2/26

**For information, call 860-243-1630;
indicate New Milford Senior Center**

more on back

Costs:

Category J	Inside Stateroom	\$2999.pp twin
Category DA	Outside Stateroom	\$3199.pp twin
Category C	Outside Stateroom	\$3249.pp twin
Category B	Veranda Stateroom	\$4499.pp twin

Plus Taxes: \$255.pp

Minimum # required for Motorcoach Transportation and Ship Shop Escort.

Deposit: \$600.pp due with reservation. Space is subject to availability at time of deposit. Check with the Ship Shop at any time for current availability on this sailing.

Final Payment: Due by March 26, 2027

Cancellation Penalty: If cancelled after deposit and before March 26, 2027 fee of \$150.pp; March 27-Apr 10, 2027 fee of 50% of total fare; Apr 10-May 4, 2027 fee of 75% of total fare; No refunds after May 4, 2027.

TRIP PROTECTION COVERAGE:

Trip Protection Coverage is strongly recommended. Friendship Tours offers Travel Protection Insurance through two providers: NTA Travel Protection Plan and Travel Insured International. Travel Protection offers coverage for Cancellation for Covered Medical Reasons, Trip Interruption, Emergency Medical Services, Travel Delay, & more. Cancel for Any Reason (CFAR) coverage can be purchased from either provider (see timing guidelines below) and will reimburse up to 75% of prepaid nonrefundable trip costs if canceled at least 48 hours prior to your trip for a non-covered reason.

Insurance Premiums are non-refundable. Terms and conditions apply.

NTA (AON) Travel Protection Plan is based on the cost of the trip and offers 3 levels of insurance: Basic, Enhanced, or Enhanced with CFAR. Emergency medical coverage is secondary coverage. The pre-existing medical condition exclusion can be waived by purchasing the Enhanced Plan or the Enhanced with CFAR Plan within 14 days of initial trip payment.

To enroll: <https://nta.aontravelprotect.com> Tour Operator Location #076068 OR call AON 1-800-388-1470.

Travel Insured International Worldwide Trip Protector (WTP) plans are based on each person's age as well as the cost of the trip and offer several levels of coverage including Platinum and Deluxe. Emergency medical coverage is primary coverage. Policy must be purchased within 14 days (for Deluxe) or 21 days (for Platinum) of your initial payment to have the pre-existing medical condition exclusion waived and to purchase CFAR coverage. Bundles for cruises and flights are also available.

To enroll: <https://www.friendshiptours.net/protection-plan> Agency #18649

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. Cruise lines reserve the right to alter itineraries including change or cancellation of ports. These changes will not be considered a material change and will not be considered cause for cancellation or refund by the guest.

Proof of Citizenship:

U.S. Citizens: Valid Passport required—must be valid 6 months past the return date

Non U.S. Citizens are responsible for obtaining proper documentation for travel. If you are non U.S. Citizen, please advise the Ship Shop when making your reservation.

Friendship Tours / The Ship Shop is not responsible for passengers not having proper documentation for travel

For More Information Contact: The Ship Shop 860-243-1630 or 800-243-1630 / Mention New Milford when inquiring

Entry into Canada: Please note that Canada may deny entry to any person for reasons including, but not limited to, security risks, health issues, involvement in criminal activity (including crimes that have occurred in the past) such as DUI, DWI, reckless driving, negligent driving, misdemeanor drug possession, all felonies, domestic violence, theft and other crimes. It is recommended that a person who has ever been charged with, or convicted of a crime obtain the necessary approval documents before attempting to enter Canada.



FRIENDSHIP TOURS
THE SHIP SHOP

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

Bus departs from
Waterbury, Conn.



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.