

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. 072826V2

August 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
3 9:30 Cornhole (GR) 10:00 Handiwork Circle (DR) <i>10:30-11:45 No class: American Sign Language 101 (L)</i> 11:30 Strength and Balance (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Bingo (GR/DR) 1:00 German Conversational Group (HW) 4:30 Zumba Gold (GR) *\$*\$	4 9:30 Bocce (BC) 10:00 Chair Yoga (2A) *\$*\$ 10:00 Art & Crafts Workshop: Make Your Own Rustic Can Bird Feeder with Anita Yarrish – limited to14 (LL) 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A) 1:00 Quilt Circle (CR) 1:00 "History of the Music of 1950-60s, Part 2" sponsored by SYNERGY Homecare (GR)	5 10:00 Tech Savvy for Apple products: Apps Part 1 (CL) <i>10:15 On hold 'til September: Visit with Children's Center (GR)</i> 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$*\$ 11:00 Book Exchange with NMPL (DR) 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Stardust" (2h 7m) – NMPL Book Club movie (GR) 1:00 Tai Chi (CR) *\$*\$	6 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10:30 Nutrition Talk: "Eating Healthy While Dining Out" with Dietician Judy Prager (GR) 11:00-11:30 Spanish – with Sr. Jara from Spain (Nora returns in September) (CL) 11:30 Strength & Balance Exercise Class (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation <i>1:00 On hold for August: Caregiver's Support Group (L)</i> 1:00 Cornhole (GR)	7 10:00 Breakfast & Learn: "What You Need to Know About Energy Assistance" with Janette and RJ (GR) – RSVP by Aug. 5. 10:00 We've Got Game! Card Games (DR) 10:00 Wii Bowling (DR) 10:00 Yoga (2A) *\$*\$ 12-2:45 Screening of the musical "Hamilton" (GR) 12:00 Odd Fellows Senior Luncheon (At Odd Fellows, 25 Danbury Road) 1:00 Sound Healing (2A)
10 9:15 Movers & Shakers: Walk at New Milford River Walk on Young's Field (meet near entrance of playground) 9:30 Cornhole (GR) 10:00 Handiwork Circle (DR) 10:00 Tech Smart: Android Help – by appointment 10:30-11:30 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Bingo (GR/DR) 1:00 German Conversational Group (HW) 4:30 Zumba Gold (GR) *\$*\$	11 GRAND ROOM CLOSED FOR PRIMARY ELECTION USE 9:30 Bocce (BC) 10:00 Chair Yoga (2A) *\$*\$ 10:00 HearingLife hearing screenings (HW) –by appt 12:00 Lunch (DR) \$5 Suggested Donation 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A) *Training session for first-timers and newbies normally held 2 nd Tuesday of each month on hold through August. 1:00 Quilt Circle (CR) 1:00 "Home Safety Solutions" with Hartford Healthcare Center on Aging (DR) 2:00-3:00 Reiki Healing (HW)	12 10:00 Tech Savvy for Apple products: Apps Part 2 (CL) <i>9:30 Healthy Chats & Breakfast Snacks – moved to Aug. 19 this month</i> 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Soul on Fire" (1h 52m)(GR) 1:00 Tai Chi (CR) *\$*\$ 2:00 Golden Pen Poetry Workshop (HW)	13 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10-11:30 What's Happening? Current Events Discussion Group (L) 11:00-11:30 Spanish – with Sr. Jara from Spain (Nora returns in September) (CL) 11:30 Strength & Balance Exercise Class (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 Cornhole (GR) 3:30 Commission on Aging Meeting (GR)	14 <i>10:00 On hold for August: Bereavement Support Group (L)</i> 10:00 We've Got Game! Card Games (DR) 10:00 Wii Bowling (DR) 10:00 Yoga (2A) *\$*\$ 1:00 Sound Healing (2A) 11:00 Introduction to Ukulele (GR) 1:00 Mystery Book Discussion Group (L)
17 9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) <i>10:30-11:45 No class: American Sign Language 101 (L)</i> 11:30 Strength and Balance (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Special Bingo with Always Best Care (GR) 1:00 German Conversational Group (HW) <i>4:30 No class: Zumba Gold (GR) *\$*\$</i> 6:00 "Liberty to Legacy: Exploring American Ideals in the Musicals '1776' and 'Hamilton'" (GR) – open to community	18 9:30 Bocce (BC) 9:30 Ask the Attorney Roundtable (HW) 10:00 Chair Yoga (2A) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:00 August Birthdays Celebration with cupcakes by Candlewood Rehabilitation & Healthcare (DR/GR) 12:30 Scrabble (L) 12:30-3:00 Beginner Mahjong (2A) 1:00 Quilt Circle (CR) 1:00 "Charles Lindbergh: There is so Much More to His Story"with John Cilio (GR)	19 9:30 Healthy Chats & Breakfast Snacks – Adult Immunizations; snacks by Village Crest (GR) 10:00 Tech Savvy for Apple products: Camera, Part 1 (CL) 10:00 Arts & Crafts: project TBA (limited to 15) (LL) 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "It was a Short Summer, Charlie Brown" (25 min) (GR) 1:00 Tai Chi (CR) *\$*\$ 1:45 Trip to get ice cream at Kimberly Farms; RSVP Aug. 4-12 – see more details	20 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10:15 NMSC Helping Hands Volunteer Meeting (GR) <i>11:00-11:45 On hold until September: Spanish (CL)</i> 11:30 Strength & Balance Exercise Class (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 1:00 Cornhole (GR) 1:00 Thursday Popular Books Book Discussion Group (L)	21 9-1:00 AARP Smart Drivers Classroom Course (\$20/AARP member; \$25/non-member) (GR) 10:00 Wii Bowling (DR) 10:00 We've Got Game! Card Games (DR) 10:00 Yoga (2A) *\$*\$ 12:00 Lunch & Learn: HearingLife presents a program about hearing (lunch at noon, followed by program) (DR) 1:00 Sound Healing (2A) <i>1:00 On hold until September: Senior Songbirds (GR)</i>
24 9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) 10:00 Tech Smart: Android, Tablet & TracFone Help with NMPL by appt (HW) 10:30-11:30 American Sign Language 101 (L) 11:30 Strength and Balance (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 1:00 Bingo (GR) 1:00 German Conversational Group (HW) 4:30 Zumba Gold (GR) *\$*\$	25 9:15 Day Trippers: Depart from senior center for CT Lighthouses Cruise (must have paid in advance; return approx. 6:15 p.m.) 9:30 Bocce (BC) 10:00 Chair Yoga (2A) *\$*\$ 12:00 Lunch (DR and GR) \$5 Suggested Donation 12:30-3:00 Beginner Mahjong (2A) 12:30 Scrabble (DR) 1:00 Quilt Circle (CR) 1:00 Tuesday Popular Books Book Discussion Group (L) 2:00-3:00 Reiki Healing (HW)	26 9:30 Presentation with Kay Schreiber about "Legends, Leaves & Locks" 2-day trip to upstate New York (GR) 10:00 Tech Savvy for Apple products: Camera, Part 2 10:30–11:30 Blood Pressure Screenings (HW) 11:00 Dancin' Through the Decades (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Advanced Mahjong–experienced players only (L) 12:30 Bridge Club (2A) 12:45 Midweek Matinee: "Cat on a Hot Tin Roof" (1h 48 m) (GR) 1:00 Tai Chi (CR) *\$*\$	27 10:00 Cartoon Drawing Class (LL) 10:00 Chess (L) 10-11:30 What's Happening? Current Events Discussion Group (L) <i>11:00-11:45 On hold until September: Spanish (CL)</i> 11:30 Strength & Balance Exercise Class (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge Club (L) 1:00 Cornhole (GR)	28 9:00 Senior Breakfast (Odd Fellow's Hall) 10:00 Wii Bowling (DR) 10:00 We've Got Game! Card Games (DR) 10:00 Yoga (2A) *\$*\$ 12:00 Lions Club Senior Picnic (at Harrybrooke Park) – see more details 1:00 Sound Healing (2A) 6-7:00 Full moon (Sturgeon Moon) meditation on riverbank (at Guiding Light Wellness at historic Bleachery Complex off West Street) – Bus transportation available but must be reserved by Aug. 24.
31 9:30 Cornhole (GR) 10:00 Handiwork Circle (GR) <i>10:30-11:45 No class: American Sign Language 101 (L)</i> 11:30 Strength and Balance (CR) *\$*\$ 12:00 Lunch (DR/GR) \$5 Suggested Donation 12:30 Bridge 101 (L) 12:45 Moment of Reflection (DR/GR) 1:00 Bingo 1:00 German Conversational Group (HW) 4-6:00 Evening Edition: Extended hours. MAs appts 4:30 Zumba Gold (GR) *\$*\$ 5-6:00 "Wealth Management" with American Senior Benefits, with light dinner served promptly at 5 (GR)	 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).	Name: Address: Phone: To sign up for multiple programs, please indicate signups by circling program on Calendar ☐ Check box if Senior Bus Transportation is needed *\$*\$ -- Fee-based program, connect with office for details	➡ ADDITIONAL DETAILS FOR VISIT TO KIMBERLY FARMS ICE CREAM SHOPPE - Wednesday, Aug. 19 - Those who drive are asked to carpool/drive to Kimberly Farms and meet others for 1:45 p.m. - Those who need transportation are asked to connect with the center - Individuals will purchase their own ice cream	➡ ADDITIONAL DETAILS FOR LIONS CLUB SENIOR PICNIC AT HARRYBROOKE PARK - Limited tickets available beginning Aug. 11 at senior center. - Butter Brook and Glen Ayre residents should get tickets from their respective facility beginning Aug. 11.