

# 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



August 5

Wednesday Matinees

## Happiness for Beginners

PG-13 - 1 hr 45 min - Romantic Comedy



Happiness for Beginners is based on the heartwarming novel by Katherine Center. Starring Ellie Kemper, it's about Helen Carpenter, a recently divorced 32-year-old trying to reset her life. She books a hardcore wilderness survival trek on the Appalachian Trail, only to discover her brother's best friend, Jake, has coincidentally joined the group.

August 12

## Soul on Fire

PG - 1 hr 52 min - Drama, based on book & real life

Thematic content including burn injuries, some peril

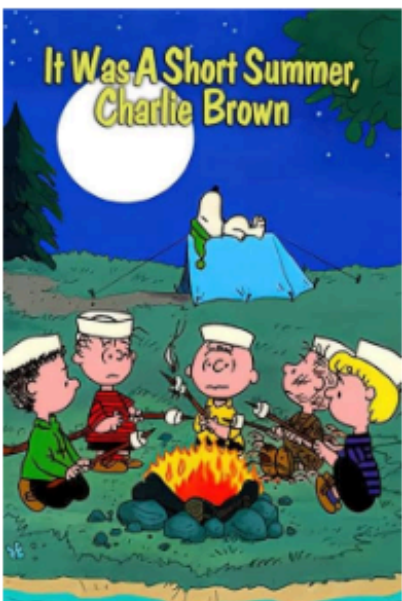


A tragic accident leaves 9-year-old John O'Leary with burns covering 100% of his body. He soon embarks on a miraculous road to recovery with support from family, the community, and baseball announcer Jack Buck. Grateful for the gift of life, John becomes a motivational speaker who inspires millions of people to make the world a better place.

August 19

## It was a Short Summer, Charlie Brown

G - 25 min - Animated



A 1969 animated TV special where the Peanuts gang goes to summer camp. The boys lose every sports competition to the girls until Snoopy enters an arm-wrestling match as "The Masked Marvel."

August 26

## Cat on a Hot Tin Roof

NR - 1 hr 48min - Drama



Adapted from Tennessee Williams' Pulitzer Prize-winning play, the film centers on a wealthy Southern family gathering at their Mississippi Delta plantation for the birthday of the domineering patriarch, "Big Daddy". Tensions erupt as Big Daddy's terminally ill condition brings a greedy sibling (Gooper) to vie for the estate. Meanwhile, Big Daddy's favorite son—the alcoholic ex-football star Brick—must confront his own suppressed emotions and navigate his fractured, loveless marriage to his determined wife, Maggie "the Cat."





# ARTS & CRAFTS WORKSHOP

*Make a birdfeeder out of recycled items.*

*With Anita Yarrish*



**TUESDAY  
AUG. 4  
10 AM**

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

**RSVP 860-355-6075**



# The MUSIC of the 1950-60s

## PART 2

WITH STEPHEN ARMSTRONG

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

**TUESDAY**  
**AUG. 4**  
**1 P.M.**

SPONSORED BY



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

**TO RSVP, CALL 860-355-6075**



# TECH SAVVY



How do I make my iPhone louder?  
How do I update my devices?  
Can I take photos and videos and send them to my friends and family?  
How do I download new Apps?



Do you have questions like these? Come join us! Bring your iPhone and/or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Before you know it you will be a *Tech Savvy Senior*!

**You MUST own an *iPhone* or *iPad* for this class.**  
**It is not for any other devices.**  
**\*Please also bring your Apple ID and Password\***

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

8/5: Apps Week 1  
8/12: Apps Week 2  
8/19: Camera Week 1  
8/26: Camera Week 2  
9/2: Communication- Calling and FaceTime  
9/9: Texting Week 1  
9/16: Texting Week 2

**With Lindsey Burk, instructor**

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

***RSVP 860-355-6075***



# **Health Talk**

**With Judy Prager**  
**REGISTERED DIETICIAN/NUTRIITIONIST**

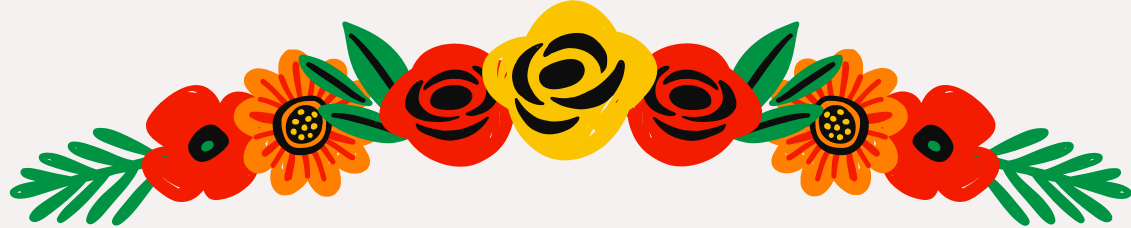
**EATING HEALTHY  
WHILE DINING OUT**

**THURSDAY  
AUG. 6  
10:30 AM**

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

**FOR MORE INFORMATION & RSVP, CALL 860-355-6075**





# SPANISH



Learn practical vocabulary and everyday conversation in a fun, relaxed, and supportive environment. No prior experience is necessary—all skill levels are welcome.

Thursday, Aug. 6 and Aug. 13  
11–11:30 a.m.

with

**SPECIAL GUEST TEACHER**

Sr. Jofre Jara, of Spain

Regularly meets

11–11:45 a.m.

Starts back up in

September 2026

With Señora Nora





# BREAKFAST & LEARN

## What You Need to Know about Energy Assistance

Discussion of available  
energy assistance  
programs and resources  
for older adults and  
eligible residents.

Friday, Aug. 7  
10 a.m.



Information on  
assistance options,  
eligibility requirements,  
and the application  
process available.  
Plus Q&A.

*With Municipal Agents  
RJ Yarrish & Janette Ireland*

**At New Milford Senior Center, 40 Main St., New Milford  
RSVP 860-355-6075 by Aug. 5**



# AMERICAN HISTORY IN MUSIC

NEW MILFORD SENIOR CENTER  
PROGRAM CELEBRATING  
AMERICA

250

## SCREENING OF BROADWAY MUSICAL "HAMILTON"

A PROGRAM, "FROM LIBERTY TO LEGACY: EXPLORING AMERICAN IDEALS IN THE MUSICALS '1776' AND 'HAMILTON'" WILL BE PRESENTED AUG. 17. JOIN US FOR THE SCREENING OF THIS MUSICAL IN PREPARATION FOR THE AUG. 17 PROGRAM.

## "HAMILTON"

FRIDAY, AUG. 7  
12 PM

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



# **MOVERS**

**& SHAKERS**

**Monday  
Aug. 10  
9:15 a.m.**

## ***Walk at New Milford River Walk***

***Quarter mile walkway. We'll walk back and forth at least four times to walk a mile.***

***Ideal for canes or walkers/rollators. Paved, flat walkway.***

***Meet at entrance of playground on Young's Field Road.***

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



# TECH SMART

## ANDROID, TABLET & TRACFONE HELP

Marianna from the New Milford Public Library will be here to help those with questions about their Android, tablet, or TracFone.



**Mondays**

Aug. 10

Aug. 24

10-11 a.m.

***Half-hour  
appointments  
available. Must call  
for an appointment***



New Milford Senior Center  
40 Main St.  
New Milford



860-355-6075

*In partnership with*





# HEARING SCREENING



With  
Hearing Life

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

Tuesday, Aug. 11  
10 a.m.  
by appointment



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



RSVP 860-355-6075





# “Home Safety Solutions”

With Melissa Garthwait, resource coordinator for  
Hartford Healthcare Center for Aging

**Hartford**   
**HealthCare**  
Center for Healthy Aging

**Tuesday,  
Aug. 11  
1 p.m.**

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

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

**Registration required by calling the senior center at 860-355-6075**





# INTRO TO UKULELE

Friday, Aug. 14  
11 a.m.

A fun, beginner-friendly class designed for anyone who wants to learn the basics of playing the ukulele.

No prior musical experience is required, and all skill levels are welcome.

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

***RSVP 860-355-6075***



# SPECIAL

# BINGO

*with*



**Always Best Care**  
senior services®

**Monday**  
**Aug. 17**  
**1 p.m.**

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

**RSVP 860-355-6075**



# *From Liberty to Legacy*

## **EXPLORING AMERICAN IDEALS IN THE MUSICALS "1776" AND "HAMILTON"**

Join acclaimed performer, director, and storyteller Michael Langlois for an exploration of how Broadway has brought America's founding to life on stage. This multimedia presentation combines memorable video clips with insightful cultural analysis to examine Broadway's evolving portrayals of the people, events, and ideals that shaped the United States. Perfect for theater lovers, history enthusiasts, and anyone curious about the stories we tell about our nation's past.

**OPEN TO PUBLIC.  
RSVP REQUIRED.**

**Monday,  
Aug. 17  
6 p.m.**



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

**RSVP 860-355-6075**



# *August*

## **BIRTHDAYS CELEBRATION**

***Tuesday Aug. 18 12 p.m.***



***MUSIC & ENTERTAINMENT  
PIANIST  
BRIAN HORBERG***

***CUPCAKES SPONSORED  
BY***



**Candlewood**  
REHABILITATION AND HEALTHCARE CENTER

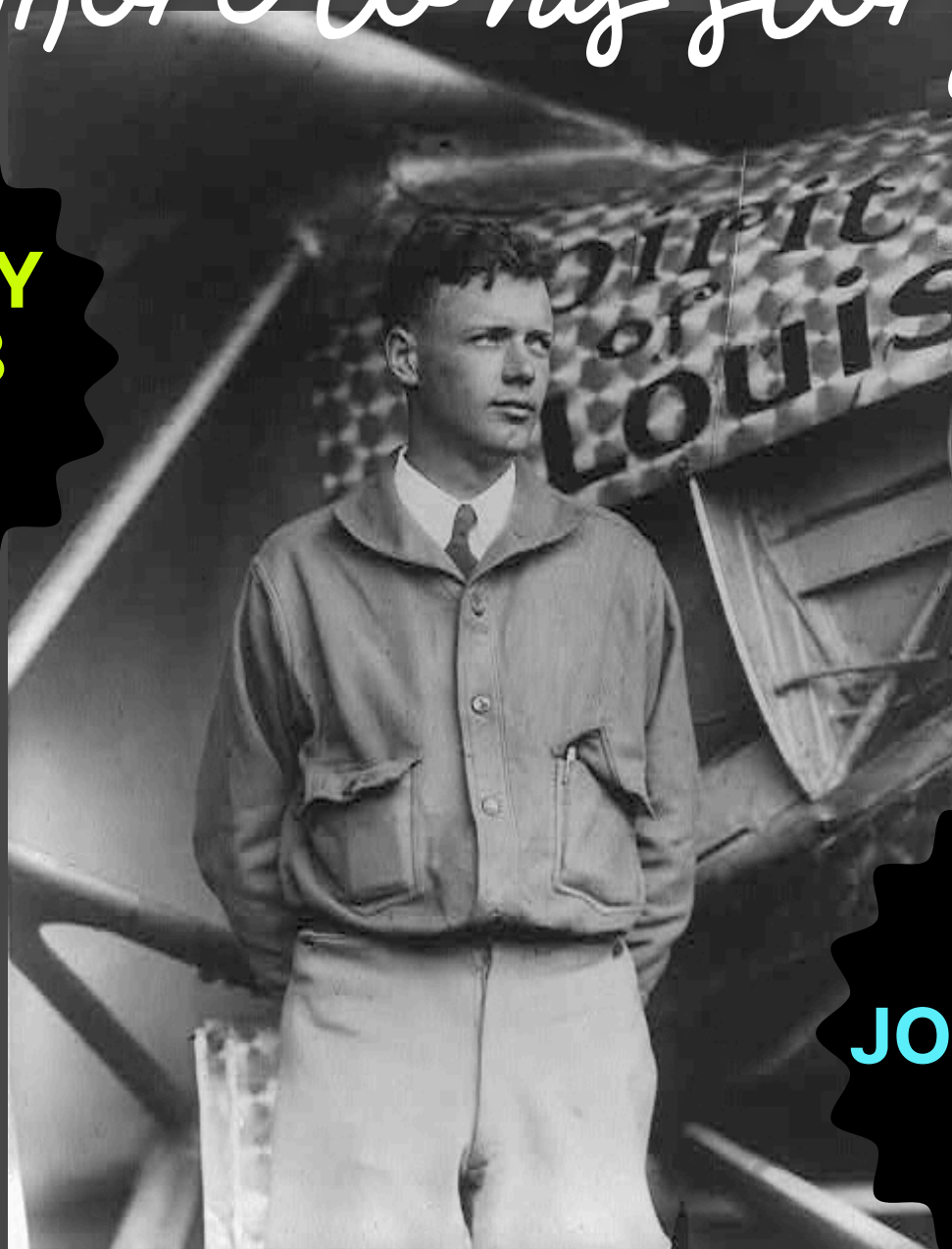
***To sign up, stop in or call the senior center  
at 860-355-6075***



# CHARLES LINDBERGH

*there is so much  
more to his story*

**TUESDAY  
AUG. 18  
1 PM**



**WITH  
JOHN CILIO**

*Join us as we explore Lindbergh's  
extraordinary achievements, the  
controversies that surrounded his life,  
and his lasting contributions to aviation,  
exploration, and conservation.*

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

**RSVP 860-355-6075**





**Note: Different  
Wednesday this month**



# Adult Immunizations



**Wednesday, August 19th**



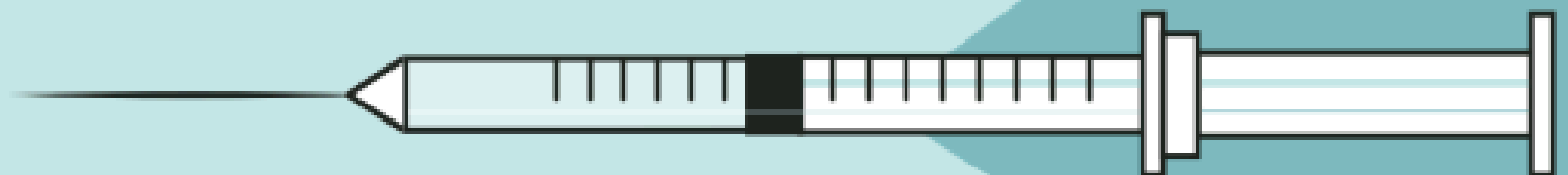
**9:30am - 10:30am**



**New Milford Senior Center**



**Staying up to date on adult immunizations is one of the most effective ways to protect your long-term health and independence. Join HVHD public health nurse, Heidi, on an informative talk that cuts through the confusion around adult vaccine schedules for seniors, caregivers, and community members.**





# Trip To Kimberly Farms Ice Cream Shoppe

Wednesday  
Aug. 19

1:45 p.m. at ice cream shoppe

Those who drive are asked to carpool/drive to Kimberly Farms Ice Cream Shoppe at 410 Chestnut Land Road, New Milford, to meet others for 1:45 p.m.

Those who need transportation are asked to connect with the center.

Individuals are responsible for purchasing their own ice cream.

**RSVP 860-355-6075**





## SMART DRIVER COURSE

**Friday, Aug. 21**  
**9 a.m. -1 p.m.**

**\$20/AARP member**  
**\$25/non-member**

**Designed to help older  
drivers refresh their  
driving skills and stay  
safe on today's roads.**

**RSVP**  
**860-355-6075**

**Upon completion  
of the course,  
participants may be  
eligible for a  
discount on their  
auto insurance.  
Consult your  
insurance provider  
for details and  
eligibility.**

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



# LUNCH & LEARN

## WHAT YOU NEED TO KNOW **HEARING & ADVANCEMENTS**



**FRIDAY, AUG. 21**



**12 PM LUNCH FOLLOWED BY PROGRAM**



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



**SPONSORED BY**



**RSVP 860-355-6075**





# Legends, Leaves, and Locks

*presentation about an October  
3-day, 2-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.

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

**RSVP 860-355-6075**



The background of the poster is a night scene with a large, bright full moon in the upper center. The sky is dark blue with scattered white stars. Below the moon, the text 'Full Moon Meditation on riverbank' is displayed. The lower half of the poster features a landscape with a winding river in shades of blue, flanked by dark green bushes and two bare, black trees. The overall mood is peaceful and serene.

# Full Moon

# *Meditation* *on riverbank*

Join us for a peaceful evening of guided meditation along the Housatonic River as we prepare for the rising of the Sturgeon Full Moon.

Bring a lawn chair or blanket for your comfort.

**FRIDAY, AUG. 28**  
**6 PM**

***Led by Guiding Light Wellness at historic Bleachery  
Complex off West Street***

***RSVP 860-355-6075***  
***Bus transportation available***



# 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, Aug. 31*

**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**

“✓ Wealth Management” with American Benefits; with light dinner served promptly at 5 p.m.

*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*



# WEALTH MANAGEMENT

*with American Senior Benefits*

*Want to better understand your pension and Social Security options while exploring ways to create a comprehensive income plan for long-term financial stability?*

## TOPICS

- planning for long-term care needs
- pension RMDs
- Goal setting
- Potential 2026 changes to Medicare and Medicaid Final expense planning to help ensure healthcare and end-of-life expenses are properly covered

## LOCATION

40 Main St., New Milford

## DATE & TIME

Monday  
July 31  
5 - 6 p.m.

## RSVP

860-355-6075

**EVENING EDITION**  
*at the senior center*







# Ongoing Programs

*This is a sampling of programs; more are offered. All programs and activities require registration. For more information and sign up for an offering listed below, call the senior center at 860-355-6075.*

## ACTIVE MOVEMENT

- ♦ **Bocce Ball:** Mondays, 9:30 a.m. and open hours. All levels.
- ♦ **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 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/volunteers teach.
- ♦ **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.
- ♦ **Pool/billiards:** Open during center hours.

## 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, 10-11 a.m. Robert Meko, 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. Of the Yang form. *\$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:** Thursdays, 11 a.m. Starts in September.
- ♦ **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 for all those with a birthday that month.
- ♦ **Puzzles:** Individuals contribute their skills to the puzzle in process. Also do puzzle exchange.
- ♦ **Intergenerational Connections:** First Wednesday of each month (except July-August & December-February), 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.

## SUPPORT GROUPS

- ♦ **Bereavement Group:** Second Friday, 10 a.m. (except July-August). With RVNAhealth.
- ♦ **Caregivers Support Group:** First Thursday, 1 p.m. (except July-August). With RVNAhealth.

*This is a sampling of programs; more are offered. All programs and activities require registration. For more information and sign up for an offering, call the senior center at 860-355-6075.*



# SPRECHEN

S I E D E U T S C H ?

**German Conversational  
GROUP**

**Mondays  
1 p.m.**

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

***RSVP 860-355-6075***



# WHAT'S HAPPENING?

**CURRENT EVENTS  
DISCUSSION GROUP**

**Second and fourth  
Thursday each  
month  
10-11:30 a.m.**

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

**RSVP 860-355-6075**



# BOCCE

*that's how  
we roll*

TUESDAYS

9:30 AM



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

***RSVP 860-355-6075***



# AMERICAN SIGN LANGUAGE

*learn a new language*



**MONDAYS**

10:30-11:45 AM

*beginning Sept. 14*

AT NEW MILFORD SENIOR CENTER  
40 MAIN ST.  
NEW MILFORD

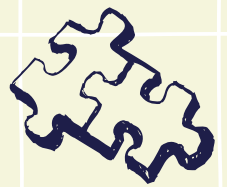
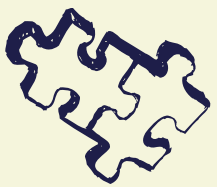
**860-355-6075**



# PUZZLE

## EXCHANGE

WE LOVE  
OUR PUZZLES



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



# BLOOD PRESSURE SCREENING



*With*  
Housatonic Valley Health District  
Community Health Nursing Supervisor

**WEDNESDAYS, 10:30-11:30 AM**

AT NEW MILFORD SENIOR CENTER  
40 MAIN ST.  
NEW MILFORD

**860-355-6075**