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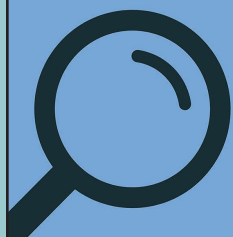
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06-5288

Volunteer meeting slated

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, Aug. 20, 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 Apple Fest booth:** Volunteers will on Sept. 26 greet the public and sell arts/crafts to benefit the center's Enrichment Fund.
- **Senior center Walk a Mile for Meal Team:** Join the center's team Sept. 20 to collect non-perishables for the town's food bank.
- **Garden Guardians:** Help tend to basic gardening at center, such as deadheading, etc.
- **CHORES volunteer:** Assist with light chores around the house such as raking, weeding, washing windows, spring cleaning,

decluttering, rearranging furniture, switching out screen/storm windows, changing lightbulbs, or even tighten screws.

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



We need your help to update our membership records

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.

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.



myseniorcenter

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

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Hours: Monday-Friday, 8 a.m.-4 p.m.

Email: senior@newmilfordct.gov

Website: www.newmilford.org

Click on "Departments" and select "Senior Center"

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Director of Senior Services

Janette Lynn Ireland
Municipal Agent/Elder Advisor

RJ Yarrish
Municipal Agent/Elder Advisor

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Office Coordinator/13b Clerical

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Erin Baldwin
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

Lions announce annual summer picnic



The Lions Club will hold its annual summer picnic **Friday, Aug. 28, with lunch at noon**, at Harrybrooke Park off Still River Drive. The event will feature picnic fare, fun, and music. Tickets are on a first-come, first-served basis.

They will be available at the senior center, Butter Brook and Glen Ayre beginning Aug. 11.

Butter Brook and Glen Ayre residents are asked to pick their tickets up at the respective facility.

Let us know if interested in Beginner Tai Chi



The senior center is considering launching a Beginner Tai Chi class for those who are new to the form. It would likely be held on a Friday morning. Those who are interested in a beginner class are asked to connect with the center so it can gauge feasibility.

Senior center offers lunches four days a week

The senior center serves nutritionally balanced meals to individuals through the Elderly Nutrition Program four days a week—Mondays through Thursdays. 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. For more info, connect with the center.

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.

Medical equipment can be borrowed

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.

Meals-on-Wheels available

Seniors 60 and older and of homebound status can qualify for home delivered meals with Meals on Wheels.

Prepared meals are delivered to a person's home.

For more information, to apply, or to make a referral, call RW Solutions at 203-743-5418.

Summer lunch slated at Odd Fellows Hall

The Good Shepherd Lodge #65 will present a summer lunch for seniors **Friday, Aug. 7, at noon** at the 25 Danbury Road lodge.

The menu will consist of hot dogs, hamburgers, salads, and baked beans.

For more info, or to arrange for transportation, connect with the senior center.

Odd Fellows to serve breakfast for seniors

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, Aug. 28, 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.

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Program to explore one of most celebrated aviators of 20th century



Local author and storyteller John Cilio will visit the senior center **Tuesday, Aug. 18, at 1 p.m.** to present "Charles Lindbergh: There is So Much More to His

Story."

At age 25, Lindbergh became an international hero after completing the first solo nonstop flight across the Atlantic Ocean in 1927. His historic journey transformed aviation and captured the imagination of people around the world. Before his record-breaking

flight, he served as an Army Air Service cadet in the U.S. Army, flew airmail routes for the U.S. Postal Service, and earned a reputation as a skilled and daring pilot. During World War II, he shared his aviation expertise by assisting military pilots, and his wife, an accomplished pilot and author, shared his

passion for flight.

Join us as we explore Lindbergh's extraordinary achievements, the controversies that surrounded his life, and his lasting contributions to aviation, exploration, and conservation. For more information and RSVP, connect with the center.

Rustic bird feeder art project set



The senior center will offer a morning of creation at an art workshop - make your own rustic tin can bird

feeder (bird in photo not part of project)- **Tuesday, Aug. 4, at 10 a.m.**

The workshop, led by Anita

Yarrish, will offer participants the chance to create a unique decorative bird feeder made from 5 lb (or similar) tin cans. All materials will be provided. Each attendee will receive materials in a convenient kit-style fashion, assemble and paint them.

The workshop is limited to 14.

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

Breakfast & Learn: focus on energy assistance



The senior center will host a Breakfast & Learn: Energy Assistance program on **Friday, Aug. 7, at 10 a.m.**

Municipal agents RJ Yarrish and Janette Ireland will discuss available energy assistance programs and resources for older adults and eligible residents. The presentation will provide information on assistance options, eligibility requirements, and the application process, while answering questions from attendees.

For more information and RSVP, connect with the center.

'Hamilton' to be screened at center in August;

'Liberty to Legacy' to explore '1776' and 'Hamilton' musicals

The senior center will continue its celebration of America250 with two special programs this month.

First, a screening of "Hamilton" will be held **Friday, Aug. 7, from 12 to 2:45 p.m.** The musical tells the story of Founding Father Alexander Hamilton, tracing his life from an immigrant orphan to George Washington's right-hand man and the first Treasury Secretary.



Then, on **Monday, Aug. 17, at 6 p.m.** Michael Langlois will visit the center for "From Liberty to Legacy," through which he will examine how we tell our American origin story, and how that telling changes over time.

He does so by looking through

the lens of two quintessential American musicals written at two distinct and fraught periods of American

History, "1776" premiering on Broadway in 1969, and "Hamilton," hitting the Broadway stage in 2015.

The program will be open to the public.

The presentation not only looks at these two musicals and the stories they tell, but at the times in which they were written, and how the things Americans were wrestling with them, informed what appeared on stage.

Langlois is a theater artist, director, performer, and storyteller with decades of experience in arts education and theatrical production. He has worked with audiences of all ages, helping people discover

their voices and share their stories through creative expression.

For more information and RSVP, connect with the center.

Nutrition talk to focus on eating out

The senior center will host a free nutrition presentation, "Eating Healthy While Dining Out," **Thursday, Aug. 6, at 10:30 a.m.**

The program will be presented by Judy Prager, a registered dietician, who will share practical tips for making healthier food choices when eating at restaurants.

Participants will learn how to navigate menus, control portion sizes, and enjoy dining out while maintaining a balanced diet.

For more information and RSVP, connect with the center.

Apple products focus of Tech Savvy classes

The center's Tech Savvy instructor Lindsey Burk continues to present a series about key features of Apple products.

The program meets **Wednesdays from 10 to 11 a.m.** in the center's computer lab.

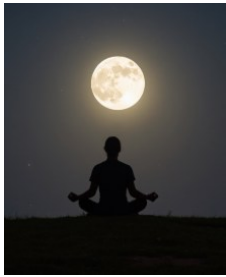
The remaining topics of the series that recently began will cover apps **Aug. 5** and **Aug. 12**; camera **Aug. 19** and **Aug. 26**; calls and FaceTime **Sept. 2**; and texting **Sept. 9** and **Sept. 16**. Participants must own an iPhone or iPad and bring/know their Apple ID and password.

This is a free class.

Space is limited; advance registration is encouraged by calling the center at 860-355-6075.



Off-site guided meditation planned evening of full moon



The senior center will take a special off-site trip on **Friday, Aug. 28**, for an evening of relaxation and reflection during Guided Meditation Before the Sturgeon Moon Rises.

Laurie Antonacci of Guiding Light Wellness, who previously presented a program on chakras at the center, will lead the outdoor meditation from **6 to 7 p.m.** at the historic Bleachery complex on West Street in New

Milford.

"The river is beautiful and there is plenty of room on the grass," Antonacci said.

The Sturgeon Moon, August's full moon, takes its name from the time of year when sturgeon were most plentiful in the Great Lakes. Today, it is often associated with abundance, reflection, and seasonal change, making it an ideal backdrop for meditation and mindfulness.

Participants are encouraged to bring a lawn chair or blanket and arrive a few minutes early to get settled along the river. The guided meditation is designed to help attendees unwind,

reconnect with nature, and enjoy the peaceful atmosphere as the full moon approaches.

Bus transportation will be available.

For more information or to RSVP, contact the senior center.

Songbirds to meet

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, Aug. 14, at 1 p.m.** in the Grand Room.

All levels are welcome. For more information and RSVP, connect with the center.

August birthdays to be recognized

The senior center will offer its monthly birthday celebration for all those with July birthdays **Tuesday, Aug. 18 at noon.**

Pianist Brian Horberg will perform during lunch, followed by birthday cupcakes sponsored by Candlewood Rehabilitation & Healthcare.

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 **Mondays, Aug. 10 and 24, from 10 to 11 a.m.**

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

Movers & Shakers to visit River Walk



The senior center's Movers & Shakers group will enjoy a walk along the New Milford River Walk on **Monday, Aug. 10, at 9:15 a.m.**

Participants are asked to meet by the entrance of the Young's Field playground. The group will walk back and forth twice, which is approximately one mile.

Those interested in bus transportation should call the center to reserve a seat. For more information, connect with the center.

Arts & Crafts group to meet

The senior center will offer an Arts & Crafts group activity **Wednesday, Aug. 19, 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.

Always Best Care to sponsor special bingo

The center will hold its next special bingo **Monday, July 20, from 1 to 2 p.m.** for special bingo sponsored by Always Best Care of Greater Bristol.

For more info and RSVP, contact the center.

Here's the scoop about Kimberly Farms Ice Cream Shoppe trip



The senior center is inviting members to enjoy a sweet summer afternoon with a trip to Kimberly Farm's Ice Cream Shoppe **Wednesday, Aug. 19.**

Attendees will purchase their own ice cream and are welcome to socialize and take in the farm's scenic surroundings.

Those who would like to attend should meet at the farm's Ice Cream Shop, 410 Chestnutland Road, for 1:45 p.m.

Those who need bus transportation should connect with the center.

The group will be at the ice cream shop **from 1:45 p.m. until approximately 2:45 p.m.**

The trip will follow the day's matinee—a screening of "It Was A Short Summer, Charlie Brown," at the center at 12:45 p.m.

For more information and RSVP, connect with the center.

What you need to know about immunizations

The senior center will welcome Heidi, public health nurse from the Housatonic Valley Health District, for an informative "Healthy Chat" on **Wednesday, Aug. 12, at 9:30 a.m.**

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

For more information and RSVP, connect with the senior center.

Poetry group underway

The center's Golden Pen, a poetry workshop, will next meet **Wednesday, Aug. 12 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.

Center to host AARP Smart Driver course

The New Milford Senior Center will host the AARP Smart Driver™ classroom course on **Friday, Aug. 21, from 9 a.m. to 1 p.m.**

This four-hour course is designed to help older drivers refresh their driving skills and stay safe on today's roads.

Participants will review the latest rules of the road and learn valuable defensive driving techniques, including how to handle left turns, navigate roundabouts, and understand right-of-way. The course also highlights proven strategies to

help drivers stay safe — not only for themselves but for their passengers and others on the road.

Upon completion of the course, participants may be eligible for a discount on their auto insurance. (Please consult your insurance provider for specific details and eligibility.)

The cost of the course is \$20 for AARP members and \$25 for non-members.

Payment

confirms reservation.

To register or for more information, connect with the senior center.

Armstrong to return for part two of history of music of 1950-60s program

The senior center will host part two of "Music of the 1950s and '60s," **Tuesday, Aug. 4 at 1 p.m.**, sponsored by SYNERGY HomeCare.

The presentation will be led by Stephen Armstrong, an adjunct instructor in the History Department at Central Connecticut State University and a longtime educator with a passion for music history.

He visited the center in June to present part one.

Drawing on his experience as a former Connecticut State Historian and his work integrating music into social studies education, Armstrong explores how the sounds of the 1950s and 1960s reflect cultural and historical moments.

For more info and RSVP, connect with the center.

Intro to ukulele event scheduled



The senior center will present an Introduction to the Ukulele program **Friday, Aug. 14, at 11 a.m.**

The session is designed for those interested in learning more about the popular string instrument, especially individuals who are unable to attend the monthly evening ukulele class offered through a partnership between the senior center and the library. Participants will have the opportunity to learn about the ukulele, explore the basics of playing, and discover what to expect from future classes.

For more information and RSVP, connect with the senior center.

Audiology Lunch & Learn on tap

HearingLife in New Milford will present a Lunch & Learn about audiology **Friday, Aug. 21, at noon.**

During the presentation, participants will hear from an audiology professional about common causes of hearing loss, signs to watch for, and the latest options for hearing aids and other assistive technologies. The session will also include tips for protecting hearing, improving communication, and maintaining overall quality of life.

Following the program, lunch will be provided.

For more information and RSVP, connect with the center.

HearingLife

Hearing screening appointments open

A representative from HearingLife of New Milford will be on site at the center **Tuesday, Aug. 11, at 10 a.m.**

Visits are by appointment only and can be made by connecting with the senior center.

DAYTRIPPERS

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 via coach bus 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.

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

\$170/person. Payment confirms reservation.

RSVP by Sept. 2..

TRIP TO THE AMERICAN MURAL PROJECT

Friday, Nov. 6

Guided tour of The American Mural Project in Winsted, home to one of the largest three-dimensional indoor collaborative art installations in the world that celebrates the spirit of American workers, honoring the diverse professions that have shaped the country's history and communities. Followed by on-site art project, and lunch at local restaurant. Tour and art activity starts promptly at 10:30 a.m. and ends around 12:30 p.m.

Those who would like to attend and are able to drive/carpool

should meet at the site for 10:15 a.m. sharp. Those who need bus transportation should connect with the center.

Senior center bus departs senior center at 9:15 a.m. Returns mid-afternoon.

\$20/person for Mural Project tour and art. Each attendee is responsible for the cost of their own lunch at 99 Restaurant.

Limited to 15. If there is more interest in the trip, another visit may be planned for a future date.

Registration starts Aug. 25. Deadlines Oct. 13.



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



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- Title 5 Senior Employment Options • Chores • Elderly Nutrition/SNAP/Farmers Market Coupons •
- Volunteer Opportunities • Support Groups •

What you need to know about energy assistance (CEAP)



Application Period:

Appointments for early applications for deliverable fuels

(oil, propane, kerosene, wood, gas and pellets) will be taken beginning Sept. 1.

Fuel Deliveries begin in November. Households that utilize electric heat are asked to make their appointments in December or January unless facing shut off notices.

Eligibility Requirements: Income and asset guidelines are subject to change, but you may connect with the Senior Center for the most up-to-date figures for this season. Please include income for all household members.

Documents required: Current income from all sources (social security, pensions, work, interest and dividends, etc.) and a current electric bill.

For more information, connect with the senior center.

Medicare Open Enrollment Period Facts

Oct. 15-Dec. 7, 2026

- Join, drop, or switch to another Medicare Advantage Plan with or without drug coverage (or add or drop drug coverage).
- Switch from Original Medicare to a Medicare Advantage Plan or from a Medicare Advantage Plan to Original Medicare.
- Join, drop, or switch to another Medicare drug plan if you're in Original Medicare.

January 1 of the next year (the plan must get your enrollment request by December 7).

Medicare Advantage Open Enrollment Period Facts

Jan. 1-March 31 (only if you're already in a Medicare Advantage Plan)

- Within the first 3 months you get Medicare.
- Switch to another Medicare Advantage Plan with or without drug coverage.
- Drop your Medicare Advantage Plan and return to Original Medicare. You'll also be able to join a separate Medicare drop plan.

First of the month after the plan gets your request.

Help available for chore work; volunteers sought to help



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.

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is available with resources, advocacy, and advice. For more information, contact the Alzheimer's Association at **1-800-272-3900**. A representative of the Alzheimer's Association can be available for questions/information by appointment.

SUPPORT GROUP FOR THOSE LIVING IN THE EARLY STAGES OF ALZHEIMER'S DISEASE & ALL OTHER DEMENTIAS

Presented by the Alzheimer's Association of Connecticut, build a support system with people who understand. Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to: develop a support system; exchange practical information on challenges and possible solutions; talk through issues and ways of coping, share feelings, needs; and concerns; and learn about community resources. Pre-registration is required to attend by contacting Amanda Lamb-Moretti at 860-383-2667 or by email at aklambmoretti@alz.org. This group will meet every last Friday of the month. Visit alz.org/ct to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org

CONNECTICUT STATEWIDE RESPITE CARE PROGRAM

Are you caring for someone with a diagnosis of Alzheimer's Disease or dementia? Are you burnt out? Overwhelmed? Run down? In need of relief? If so, you may be eligible for the CT Statewide Respite Care Program, funded by the State Unit on Aging, in partnership with the Alzheimer's Association, Connecticut Chapter, and the Connecticut Area Agencies on Aging. For more information, please connect with the Western Connecticut Area Agency on Aging (WCAAA) at 203-757-5449.

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 September (times to be announced). Registration will **not** open up for these events in August, 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

- "Vascular Disease & Surgery"
- Senior picnic at Lynn Deming (Sept. 11).
- "The Fisher in Connecticut"
- Senior Center Day Celebration
- Senior Center open house
- Trivia & Treats
- Participation in New Milford Walk-A-Mile
- Participation in New Milford Apple Fest
- "Hudson River Painters: An Artistic Landscape Fraternity"
- Day Trippers trip to the Berkshires
- Spanish will start up again—watch for the calendar
- ASL will resume full time Sept. 7 with an expanded time from 10:30 to 11:45 a.m.

...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 accompanied 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

(860) 354-6012
www.wheelsofnewmilford.org



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Wealth management evening program to be presented

The senior center will hold a program about wealth management as the program for the **Monday, Aug. 31, Evening Edition** program.

Light dinner fare will be served at the event featuring a representative from American Senior Benefits.

Registration is required.

The program will help individuals better understand their pension and Social Security options while exploring ways to create a comprehensive income plan for long-term financial stability.

Additional topics will include planning for long-term care

needs, pension RMDs, goal setting, potential 2026 changes to Medicare and Medicaid, and final expense planning to help ensure healthcare and end-of-life expenses are properly covered.

Evening Edition is held once a month. Municipal agents/senior advisors are available from 4 to 6 p.m. by appointment. In addition, a program is offered most months during the same time, or around the same time.

For more information or to make an appointment with a municipal agent/senior advisor, or to RSVP for the program, connect with the senior center.

Coming up on the big screen

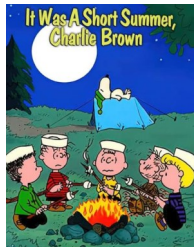


The center screens a matinee Wednesdays at 12:45 p.m. on the big screen. Occasionally, a

screening may be presented on another day and time.



Aug. 5: "Happiness for Beginners" (1 hr, 45 min)



Aug. 19: "It was a Short Summer, Charlie Brown" (25 min) - followed by trip to Kimberly Farms for ice cream (see Page 7 for details).



Aug. 26: "Cat on a Hot Tin Roof" (1 hr, 48 min)

For more information and RSVP, connect with the center.



Aug. 12 "Soul on Fire" (1 hr, 52 min)

'Home Safety Solutions' to be presented

The senior center will host a program, "Home Safety Solutions," **Tuesday, Aug. 11, at 1 p.m.**

The program had been scheduled for June but was postponed.

The presentation will be led by Melissa Garthwait, Resource Coordinator for Hartford Healthcare Center for Aging.

She will share practical tips to help reduce the risk of common household hazards, including falls, poisonings, and fires. For more information or to register, call the center at 860-355-6075.



'Legends, Leaves & Locks' trip talk set

The senior center will offer a presentation about a 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.

The adventure, hosted by Kay's Tours, 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 journey includes two nights hotel accommodations, two breakfasts, one lunch, two dinners, admission fees, and Kay as tour director.

For more information and RSVP, connect with the center.

Northwell's Dr. Fatima to discuss vascular health & surgery

The senior center will present a program on vascular disease and surgery **Tuesday, Sept. 1, at 1 p.m.**, in recognition of September being National Vascular Disease Awareness Month (and Peripheral Artery Disease Awareness Month). The observance highlights the importance of early detection, understanding risk factors, and treatment of vein and artery conditions, including varicose veins, blood clots, and PAD.

Dr. Javairiah Fatima, a nationally recognized leader in vascular surgery for Northwell, will be the guest speaker. Dr. Fatima is Professor and Chief of Vascular Surgery and is internationally known for her expertise in open and endovascular aortic surgery, as well as her research on innovative treatments for complex aortic aneurysms. She will discuss vascular health, common conditions, risk factors, prevention strategies, and the latest advances in treatment to help attendees maintain healthy circulation as they age.

For more information and RSVP, 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 Aug. 13 and 27 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.

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.
- ♦ **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

Continued on Page 13

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popsicle

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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.

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.

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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

AUGUST 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
- Chicken noodle soup 3 - Salad - Bread - Low-Fat Milk - Fruit Juice	- Beef stew 4 - White rice - Broccoli - Low-Fat Milk - Fruit juice	- Baked Fish 5 - Roasted Potatoes - Mixed Vegetables - Low-Fat Milk - Fruit Juice	- Sausage and Peppers 6 - Pasta - Salad - Bread - Low-Fat Milk - Fruit Juice
- Egg Salad on White Bread 10 - Cucumber and Tomato Salad - Low-Fat Milk - Fruit Juice	- Meatloaf 11 - Mashed Potatoes - Green Beans - Low-Fat Milk - Fruit Juice	- Barbecue Chicken 12 - Mac and Cheese - Steamed Carrots - Bread - Low-Fat Milk - Fruit Juice	- Meat Sauce 13 - Pasta - Salad - Bread - Low-Fat Milk - Fruit Juice
- Chicken Salad, Lettuce and Tomato on a Wrap 17 - Lettuce and Tomato - Chips - Low-Fat Milk - Fruit Juice	- Pork Shoulder 18 - Yellow Rice - Veggies - Bread - Low-Fat Milk - Fruit Juice	- Beef and Chicken 19 - Empanadas - Cole Slaw - Low-Fat Milk - Fruit Juice	- Lasagna 20 - Salad - Bread - Low-Fat Milk - Fruit Juice
- Pulled Pork on a Roll 24 - Cucumber & Watermelon Salad - Low-Fat Milk - Fruit Juice	- Penne a la Vodka 25 - Chicken - Salad - Bread - Low-Fat Milk - Fruit Juice	- Salmon 26 - White Rice - Steamed Carrots - Low-Fat Milk - Fruit Juice	- Meatballs 27 - Pasta - Salad - Bread - Low-Fat Milk - Fruit Juice
- Hot Dog 31 - Sauerkraut - Pasta Salad - Low-Fat Milk - Fruit Juice		LUNCH PREPARED BY 	<i>Please note that due to product availability, menu items may be subject to substitutions</i>

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