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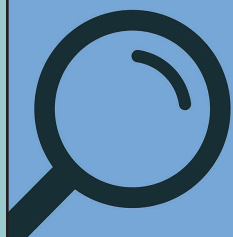
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New Milford Senior Center, New Milford, CT

06-5288

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.
- **Garden Guardians:** Help tend to basic gardening at center, such as deadheading.
- **Trunk or Treat:** Help hand out candy to attendees of the town's big Halloween event Sunday, Oct. 25., from 4:30 to 6:30 p.m. on the Green.
- **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 tightening screws. If interested, call the center.

If interested in any of the above, email Deborah at drose@newmilfordct.gov or sign up near the main office.

Senior center lends medical equipment

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.

Breakfast & lunch to be served at Odd Fellows

The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, Oct. 23 from 9 to 10 a.m.** at the 25 Danbury Road lodge.

In addition, a senior lunch will be held **Friday, Oct. 9, at noon.**

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

Feedback welcome

The Commission on Aging and staff at the senior center value all feedback from members and visitors. Opinions, ideas, and kudos are welcome in our Suggestion Box located on the table in the Grand Room. Among the suggestions that can be placed in the box: suggestions for activities, classes, or outings; concerns; praise for peers and staff; compliments; etc.

We believe great things happen when voices are heard. So next time inspiration strikes—or something is weighing on your mind—drop it in the box.

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.

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.

ABOUT US



NEW MILFORD SENIOR CENTER

COMMISSION ON AGING

Monthly Meetings take place every Second Thursday at 3:30 PM

Gretchen O'Shea, *Chairperson*

Bob Bennett, *Vice Chairperson*

Carrie Lee Bunblasky, Mary-Ellen Foster, Atty. Michelle Liguori, Holly Mullins, Dean Prokos, Geri Rodda, Cecile Rooney

HEALTH & WELLNESS PARTNERS

Alzheimer's Association
Housatonic Valley Health District
RVNA-New Milford
Nuvance Health

40 Main Street ♦ New Milford, CT 06776

Telephone (860) 355-6075 Fax (860) 354-2843

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

Email: senior@newmilfordct.gov

Website: www.newmilford.org

Click on "Departments" and select "Senior Center"

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



PARTNER

WHEELS Program of Greater NM

Carrie Lee Bunblasky
Executive Director

Nhung Chamreun
Transit & Volunteer Coordinator

Jen Thierfelder
Community Development Coordinator

Leo Ghio, Stephanie Partridge, Rui Anderson-Sousa, Jess Umbarger, Shelley Scalzo, Eleanor Covelli, Thea Gruber

DIRECTORY

Jasmin Marie J. Ducusin-Jara
Director of Senior Services

Janette Lynn Ireland
Municipal Agent/Elder Advisor

RJ Yarrish
Municipal Agent/Elder Advisor

Deborah Rose
Program Coordinator

Kim Fitch
Office Coordinator/13b Clerical

Tom Williams
Senior Center Bus Operator

Erin 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

SENIOR CENTER COMMUNITY CAFÉ

C&C Delicatessen of New Milford, *Elderly Nutrition Program Food Provider*

Support available for caregivers, bereaved



The senior center offers two support groups to provide a safe space for those who are caregivers and those who are navigating life after the loss of a loved one.

A RVNA health professional, leads each support group at the center.

- ♦ A **caregivers support group** is held the first Thursday of each month—except July and August—at 1 p.m.. The next meeting is **Thursday, Oct. 1, at 1 p.m.** Attendees will have an opportunity to connect with fellow caregivers, share unique experiences, and find empathy and understanding. For more information or to sign up for either group connect with the senior center.
- ♦ A **bereavement support group** is held the second Friday of each month—except July and August—at 1 p.m.. The next meeting is **Friday, Oct. 9, at 10 a.m.** The group is led by Garret Walkup, RVNA health manager of Bereavement, Social

Work and Pastoral Care Services Participants are invited to process their grief, share and receive helpful advice, and create a community with others walking in similar paths. For more information, contact Garrett Walkup at 475-529-6118 or gwalkup@rvnahealth.org, or connect with the senior center.

Volunteer meeting on tap

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, Oct. 15 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.

Handmade crafts available at Top of the Green Boutique

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.

Among the items are recycled bird feeders made out of aluminum cans, crocheted purses, tissue paper floral bouquets, artwork made of shells, and more.

Senior center offers lunches

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.

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CARING FOR OUR SHARED SPACE

Small things we can do to keep the center comfortable, welcoming, and safe for all

Whether you're a new member or have been with us for years, our **Senior Center Member Handbook** is a valuable resource.

It outlines our policies, code of conduct, program guidelines, and other important information designed to help ensure a safe, welcoming, and enjoyable experience for everyone.

If you don't already have a copy, stop by the senior center—we'll be happy to provide one.

This is month two of our "Handbook Highlights" and general reminders.

These brief articles are intended to keep everyone informed, answer common questions, and help all members get the most out of everything our senior center has to offer.

A Little Help Goes a Long Way

We all play a part in keeping the Senior Center welcoming, comfortable, and safe for



everyone.

After enjoying a program or activity, please take a moment to **tidy up your space** and place trash and recyclables in the appropriate bins. You'll find a trash can in each room for your convenience.

Dirty mugs and cups should be placed on the "Dirty" tray by the coffee station.

Games and other center items should be returned to where they are stored. Personal

belongings should go home with members.

Once you've finished, please help us **leave the room ready for the next activity**.

For everyone's safety, please leave the moving of tables to our staff.

Furniture is arranged with everyone's comfort and safety in mind, including members who use walkers, wheelchairs, or other mobility aids.

Our round tables are set with six black chairs because this arrangement provides the best balance of seating and open space, allowing everyone to move comfortably and safely throughout the room while ensuring that each table has space for everyone to participate. When leaving, please return any chairs to the tables so each round table has six black chairs.

Thank you for doing your part to make the Senior Center a place where everyone feels welcome and at home!

SPECIAL EVENTS & TRIPS (CONTINUED ON PAGE 6)

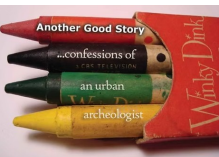
Greg Van Antwerp to share 'Stories from the Attic: Best Of' Oct. 20

Get ready for an afternoon of fascinating discoveries, forgotten treasures, and remarkable true stories when urban archaeologist Greg Van Antwerp presents "Stories from the Attic: Best Of" on **Tuesday, Oct. 20, at 1 p.m.**

For more than 30 years, Van Antwerp has searched attics, basements, estate sales, and forgotten corners of homes throughout New England and New York, uncovering hidden pieces of history that reveal the lives of ordinary—and sometimes extraordinary—people. Calling himself an "urban archaeologist," he combines the thrill of discovery with historical research to uncover the stories behind the artifacts he finds. Since 2013, he has shared these discoveries through presentations that blend history, humor, and storytelling. This special "Best Of" presentation features many of Van Antwerp's favorite finds from over the years.

Audience members will see rare artifacts, vintage photographs, historical documents, and unusual objects, each accompanied by the captivating story of how it was discovered and why it matters. Van Antwerp's presentations are known for bringing history to life in an entertaining and accessible way. Rather than focusing on famous events alone, he celebrates the everyday people whose possessions tell extraordinary stories.

His passion for preserving history has made him a popular speaker at libraries, museums, historical societies, and senior centers throughout the region. Whether you're a history enthusiast, an antique lover, or simply enjoy a great story, the program promises surprises, laughter, and a renewed appreciation for the treasures that can be hiding in plain sight. For more information and RSVP, connect with the senior center.



'A Touch of Opera' to come to center

In recognition of World Opera Day this month, the senior center will welcome Gina Consiglio for a special musical performance, "A Touch of Opera: An Afternoon of Song."



Consiglio, a classically trained soprano with an impressive career in opera and Italian music,

will perform a variety of songs—including traditional songs, sacred and art songs, selections from musical theater, and patriotic songs—**Thursday, Oct. 22, at 1 p.m.**

The soprano began her operatic endeavors at the historic and renowned Amato Opera in New York City. Her credits include appearances with Hart Opera, DiCapo Opera, and Mannes Opera, as well as performances abroad in Orvieto, Italy. With a special affinity for the Neapolitan repertoire, she has also been a frequent guest soloist at Italian festivals in her native "Little Italy" of New Haven.

World Opera Day, celebrated annually on Oct. 25, celebrates

the powerful impact of opera on society while honoring the performers, composers, and creators who bring this timeless art form to life. The October 25 date also honors the birthdays of renowned composers Georges Bizet and Johann Strauss II.

For more information and RSVP, connect with the center.

Immunization clinic scheduled

The Housatonic Valley Health District will hold an immunization clinic **Monday, Oct. 5, from 9 to 11 a.m.**

Flu, COVID-19, pneumonia, RSV and Shingles vaccinations will be available.

Appointments are not required, but registration is required by contacting the center.

**We will be closed
Monday, Oct. 12
for Indigenous
Peoples Day**

Dive into history of 'early inns and taverns in Connecticut and New England



Step inside the bustling hubs of colonial news, politics, and community life **Tuesday, Oct. 6, at 1 p.m.** when John Cilio presents "Early Inns and Taverns Across Connecticut and New England."

In Colonial America, the local tavern was far more than a place to grab a drink - it was the beating heart of community life.

Originally known as "ordinaries," early New

England inns were strictly regulated and licensed by Puritan church authorities. By the American Revolution, as anti-British sentiment peaked, colonists dropped the traditional English term "inn" in favor of "tavern," creating centers for the revolutionary fervor and social gathering.

The program explores the rich history, quirky laws, and what social culture of New England's early taverns. It will include stories of legendary stops and surviving historic buildings.

For more information, connect with the center.

Center offers beginner Tai Chi classes

The center recently launched a four-week Beginner Tai Chi class for those who are new to the form.

The Yang form of Tai Chi will be used. The cost is \$25 for the session that meets **Fridays at 11 a.m.** Payment confirms registration. For



more info, RSVP, connect with the center.

DAYTRIPPERS

TRIP TO THE AMERICAN MURAL PROJECT

Friday, Nov. 6, 2026

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 at 90 Whiting St, Winsted, 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.

RSVP by Oct. 13.

Spirited Halloween party planned

The center will host its annual Halloween party **Friday, Oct. 30, from 12 to 2:30 p.m.** at the center.

The Grand Room will be transformed into a festive celebration, complete with music, dancing, lunch, treats, and a costume contest. Prizes will be awarded for the best costumes. Lunch will be maple glazed chicken over sweet potatoes, and green beans, and salad.

Candlewood Rehabilitation and Healthcare will provide dessert.

Vocalist Dustina Rose will perform live music.

She brings a powerful, soulful voice and a passion for connecting people through music.

Inspired by a diverse range of artists spanning generations, Dustina has developed a unique sound.



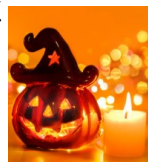
Her musical journey began at just 11 years old when she joined her local church's music ministry. It was there that she discovered the power of music to bring people together, inspire others, and create meaningful connections.

Today, Dustina performs as a freelance musician in a wide variety of settings. From singing the National Anthem and leading worship events for churches to showcasing her talents through diverse cover selections, she has performed at restaurants, bars, private parties, festivals, and fairs throughout Connecticut and beyond.

The cost is \$20. Payment confirms registration. The event is limited to 60 participants.

For more information and to RSVP, contact the senior center at 860-355-6075.

Tickets are available Oct. 13 to Oct. 22.



HELP WANTED

French instructor sought

The center is seeking an individual to instruct a weekly French class. For more information, call the center at 860-355-6075.

ASL interpreter sought

The center is seeking an individual to serve as an occasional program/event ASL interpreter. For more information, call the center at 860-355-6075.

Town alert program keeps you informed

NOTIFY
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Stay in the know!

Get alerted about emergencies and many other important community news by signing up for the Town of New Milford's Emergency Alert Program.

To sign up, go to the Town of New Milford home page at www.newmilford.org and scroll down to the bottom of the home page and click the "Notify New Milford" icon.

For questions, call the Mayor's Office at 860-355-6010 or email the Mayor's Office at mayor@newmilfordct.gov.

'The American Revolution through the Eyes of Its People' to be presented



The center's next Evening Edition—a monthly event that offers extended hours for a program and for those who are unable to visit or meet with a municipal agent during normal business hours—will be held **Monday, Oct. 26.**

MUNICIPAL AGENT APPOINTMENTS

Municipal agents will be available by appointment from **4 to 6 p.m.** that day. To make an appointment, connect with the center.

PROGRAM

In addition, a program with local author and storyteller John Cilio will be held from **5 to 6 p.m.**

A light dinner (menu to be determined closer to the date) will be served at 4:45 p.m.

Cilio will discuss "The American Revolution through the Eyes of Its

People."

The program, which had been scheduled for earlier this summer, will explore the events leading up to and during the American Revolution.

It will address the British efforts to unite the colonies two decades earlier, delve into the colonial power struggle, and analyze the political actions and domestic issues that defined that era.

The talk will conclude by discussing the Treaty of Paris, which officially ended the war, and provide a brief overview of the constitutions established in the aftermath.

To enhance the experience, period illustrations, artwork, and documents that represent the time. The presentation is based on a compelling 1785 book, while also incorporating various modern resources to reveal intriguing insights that were unknown to historians of that period.

For more information and RSVP, connect with the center by Oct. 21.

Need help with an Android or TracFone?



Marianna Nicholas of New Milford Public Library will visit the center for

Tech Smart twice a month through the end of the year to help seniors with their basic questions about their Android phone and tablet, as well as TracFone.

Marianna will be on site by half-hour appointments **Monday, Oct. 26, from 10 to 11 a.m.**

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

Students visit center every Wednesday

The center has welcomed back two students from Marvelwood School in Kent.

Each year, Marvelwood partners with the center to provide meaningful intergenerational activities that bring students and older adults together.

The students will visit the center **Wednesdays from approximately 9 to 11 a.m.** During their visits, they enjoy chatting with members, sharing stories, participating in activities, and simply spending time at the center.

We are happy to have the students back and look forward to another year of laughter, conversation, and shared experiences

Cornerstone project to focus on flower pots

Cornerstone Caregiving will offer a creative afternoon of art **Tuesday, Oct. 20, from 1 to 2 p.m.**

Participants will create their own seasonal-themed flower pot and then add a small succulent to bring their finished project to life.

Space is limited to 14 participants.

For more information and RSVP, connect



Hearing screenings to be held in October

A representative from HearingLife of New Milford will be on site at the center **Tuesday, Oct. 13, at 10 a.m.**

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



Apple products focus of Tech Savvy classes

The center's Tech Savvy instructor Lindsey Burk continues an



educational series about Apple products. The program meets **Wednesdays from 10 to 11 a.m.** in the center's computer lab.

The topics will cover customization **Oct. 7**; security and legacy contacts **Oct. 21**; health/medical ID **Oct. 28**; icloud finding lost devices **Nov. 4**; open questions **Nov. 11**; photo albums **Nov. 18**; and PayPal and Venmo **Nov. 25**.

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.

Group meets to do arts and crafts

The senior center will offer an Arts & Crafts group activity **Wednesday, Oct. 21, 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.

Dawn Hough to sponsor September birthday treats

Dawn Hough of Coldwell Banker will sponsor the monthly birthday celebration for all those with October birthdays **Tuesday, Oct. 20 at noon.**

Pianist Brian Horberg will perform during lunch, followed by birthday cupcakes.

Lunch and the Birthday Celebration are separate events in the computer and require separate registration.

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

Village Crest to lead Brain Games

Those looking for a fun way to keep the mind sharp and spirits high may want to attend Brain Games & Lunch **Friday, Oct. 23, at 1 p.m.**

Danielle Ramos of Village Crest leads a lively session filled with engaging brain teasers, memory games, and more.

For more information and RSVP, connect with the center.



JANETTE LYNN IRELAND & REBECCA (RJ) YARRISH MUNICIPAL AGENTS FOR THE ELDERLY/SENIOR SERVICE ADVISORS

Our Municipal Agents/Senior Service Advisors are available for appointments at the Senior Center, home visits and may be also contacted by phone at 860-355-6075 and email at senioradvisors@newmilfordct.gov

SERVICES AVAILABLE TO NEW MILFORD RESIDENTS AND THEIR FAMILIES ONLY

- Information and Referrals • Housing Options • Prescription Drug Plans • Energy Assistance • Renter & Tax Rebates •
- Medicaid • Medicare and Supplemental Plans • Medicare Advantage Plans • Long Term Care Planning and Insurance •
- Social Security Counseling • Meals On Wheels • Home Care Options • Life Line • Financial Hardship • Transportation •
- Title 5 Senior Employment Options • Chores • Elderly Nutrition/SNAP/Farmers Market Coupons •
- Volunteer Opportunities • Support Groups •



It's time for a Medicare tune-up

The Open Enrollment period for Medicare is Oct. 15 through Dec. 7.

Those who have Original Medicare (A, B, D, and/or a Supplemental Medigap Plan) and those who have Medicare Advantage (Part C) are able to review, update, or otherwise make any changes to their plan set up.

Individuals who would like to make an appointment with one of our municipal agents to review their Medicare, please be sure to bring your current Medicare setup insurance cards, your original Medicare card (the paper red white blue card), a list of any prescriptions you take, and a list of your medical providers.

Those who are already on a Medicare Advantage plan are able to utilize the Medicare Advantage Enrollment period from Jan. 1 to March 31, 2027; this period allows those already enrolled in an Advantage plan to switch between Advantage plans, or back onto Original Medicare if they wish. Additionally, individuals who missed their

initial enrollment period at age 65, and do not have other insurance, this is the only time you are able to enroll outside of a special enrollment period.

Any changes made to Medicare in the Oct. 15 - Dec. 7 Open Enrollment period will go into effect Jan. 1, 2027. Changes made in the Advantage Enrollment period in 2027 will go into effect the first of the following month.

Who should make an appointment: Anyone who is dissatisfied with their current Medicare coverage, the costs, or their setup; Anyone who wants to make sure their setup is still the ideal for their situation even if they are not particularly displeased, and anyone who has missed their initial enrollment period and does not have Medicare nor equivalent work Insurance coverage.

If you have a Medicare.gov account, please bring in your User Name and Password.

Important info about Energy assistance

While Deliveries are not available until after November 1st, applications for the Community Action Connecticut Energy Assistance program are open.

If your household meets the age and income requirements for this program, please call for an appointment. Until November, priority is given to applications for deliverable fuel types (oil, propane, pellets, etc...).

If you are an Eversource electric heat customer, we kindly ask that you wait for after November for an appointment UNLESS you have received a shut off notice in the mail.

Applications can be done in person at the Senior Center with our MAs (or via packet drop off), in person at Community Action in Danbury, Online through the CEAP portal, on the phone with Community Action, or by mail via printable application packet.

Access Health will be at Social Services Oct. 29

Social Services in New Milford

Oct. 29; 10am - 4pm

Appointments preferred, limited walk-ins available. Free one-on-one help with comparing plans, applying

for medical insurance (including HUSKY A, B, and D), managing accounts, and checking financial help eligibility like the Covered CT Program for those under 65.

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 ALZconnected®, 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.

CHORE Service available



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: The New Milford Chore Services program is funded through federal and state grants and donations based on a sliding scale of client fees.

For more information, call the center.

Veterans Day luminaries to be sold

Veteran luminary sales underway The VFW Post No. 1672 and its Ladies Auxiliary in New Milford is sponsoring a luminary event honoring veterans.

For \$5, a resident may purchase a luminary bag - in honor or memory of a veteran and include his/her name and other information on the bag.

The bags will be lighted and placed around the Village Green Nov. 10 at dusk and remain on until they burn out. They will remain in place until noon on Veterans Day, the following day. Representatives from the VFW and Ladies Auxiliary will sell bags at the senior center **Monday, Oct. 19, and Monday, Oct. 26, from 10 a.m. to 1 p.m.** Checks can be made payable to "VFW Post #1672."

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.

Spanish class meets weekly

The center's Spanish class will meet weekly on **Thursdays from 11 to 11:45 a.m.**

For more information and RSVP, connect with the center.

ON THE HORIZON

These are some of the programs on the horizon in November (times to be announced). Registration will not open up for these events in October, 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

- Nutrition Talk with Registered Dietician Judy Prager
 - AARP Smart Drivers Classroom
 - Day Trippers trip to American Mural Project in Winsted
 - Tellabration: An Afternoon of Storytelling with guest storyteller
 - Thanks-For-Giving Celebration
- ...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

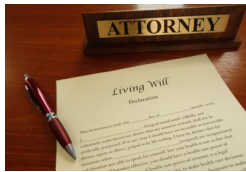
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Attorney to facilitate Living Will, POA clinic



Planning ahead with the right legal documents can help

protect your wishes and provide peace of mind. The New Milford Senior Center will offer a free Living Will/Health Care Directive and Durable Power of Attorney clinic Friday, **Oct. 16, from 9:30 a.m. to 2:30 p.m.**, by appointment with Attorney Liguori.

A Durable Power of Attorney allows a trusted person to manage financial matters if you become unable to do so. A Living Will/Health Care Directive outlines your medical wishes and

designates someone to make health care decisions on your behalf if you cannot communicate.

Even if you already have these documents, it is important to review them regularly to ensure they reflect your current wishes and circumstances.

Participants should bring the names and addresses of the individuals they wish to designate. Completed documents will be provided the same day.

The clinic is available to New Milford senior residents only. Space is limited.

For more information or to sign up, contact the senior center beginning Oct. 6.

Center looks to form ukulele class

The center is looking to offer a daytime ukulele workshop to complement the evening ukulele club offered at New Milford Public Library.

An introductory class was offered in August and enough interested was generated that the center is seeking an instructor.

More details about the ukulele will be forthcoming.

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.

9to5



Oct. 7: "9 to 5" (1 hr, 49 min). Comedy

Children's Center to visit senior center

Children from the Children's Center will resume their monthly visit to the center **Wednesday, Oct. 7 at 10:15 a.m.** in the Grand Room.

For more information and RSVP, connect with the center.

Oct. 14: "About My Father" (1 hr, 26 min) Comedy.



Oct. 21: "Clue" (1 hr, 49 min). Comedy.

Oct. 28: "Young Frankenstein" (1 hr, 46 min).



For more information and RSVP, connect with the center.

American Sign Language class offered

The center offers a weekly ASL class for those interested in learning it.

It meets **Mondays from 10:30 to 11:45 a.m.**

For more info and RSVP, connect with the center.

Ringuette to lead Songbirds Oct. 2

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, Oct. 2, at 1 p.m.** in the Grand Room. All levels are welcome. For more info and RSVP, connect with the center.

Movers & Shakers to walk Reservoir Loop



with minor rocky sections, plus small bridges and boardwalks over damp spots. Attendees are encouraged to wear/apply tick spray and bring water.

Drivers who will meet the group on site should meet there for 9:15 a.m. The entrance is at 150 Second Hill Road.

Turn into the paved driveway off Second Hill Road marked by the Reservoir Park sign.

Those interested in bus transportation should call the center to reserve a seat.

The senior center's Movers & Shakers group will take a walk at Reservoir Park in New Milford **Monday, Oct. 19, at 9:30 a.m.**

The reservoir loop is a 1.2-mile trail with mostly level paths

Poetry group to meet Oct. 14

The center's Golden Pen, a poetry workshop, will next meet **Wednesday, Oct. 14, at 2 p.m.** in the Health and Wellness Room.

The group, which is limited to 8, is led by Deborah Rose, senior center program coordinator and the town poet laureate.

For info and RSVP, connect with the center.

One-on-One tech help available at center

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.

Serenity Care to sponsor October special bingo

The center will hold its next special bingo **Monday, Oct. 19, from 1 to 2 p.m.** for special bingo

sponsored Stone Bridge Center for Health & Rehabilitation in Newtown.

For more info and RSVP, contact the center.

BINGO				
1	30	32	55	65
8	28	34	50	66
14	26	FREE SPACE	56	74
10	25	38	59	63
3	22	36	49	75

October
is
**FIRE PREVENTION
MONTH**

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.
- ♦ **Chess:** Thursdays, 10 a.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 (advanced):** Wednesdays, 1 p.m. Second and fourth Thursday each month, 12:30 p.m. 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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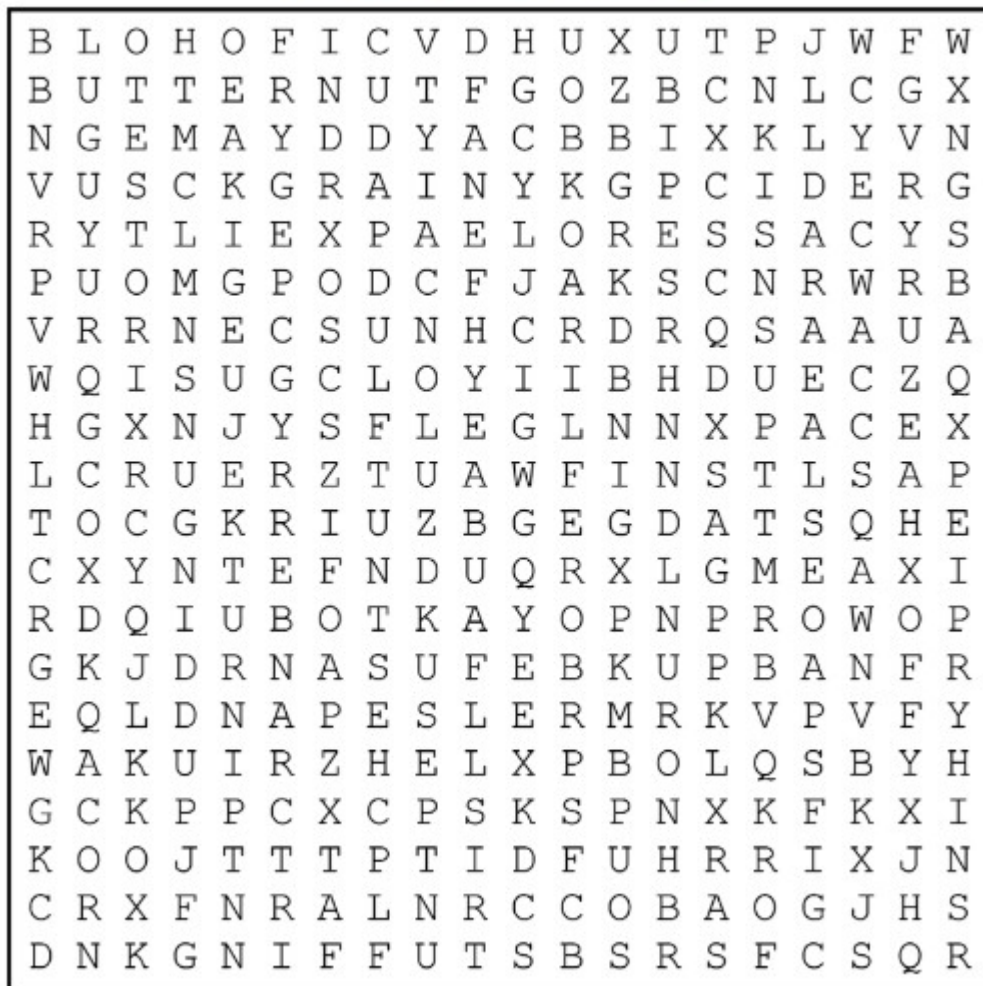
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ALLSPICE	CINNAMON	NUTMEG	SOUP
APPLE	CORNBREAD	PEARS	SQUASH
BUTTERNUT	CORNUCOPIA	PECAN	STEW
CASSEROLE	CRANBERRY	PIE	STUFFING
CHESTNUT	FIG	PUDDING	TURNIP
CHILI	GINGER	PUMPKIN	YAM



Jukebox Bingo & Pizza to liven things up

Jukebingo Bingo is one of the center's most popular offerings, bringing music, games, and fellowship into one activity.

Our next Jukebox Bingo & Pizza will be held **Friday, Oct. 16, at 1 p.m.**, with pizza served at noon.

This month's lunch is sponsored by Candlewood Rehabilitation & Healthcare.

The cost is \$5 paid the day of. 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 Oct. 8 and 22 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 center.

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.

- ♦ **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

OCTOBER 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5 - Chicken & Beef Empanadas - Coleslaw - Low-Fat Milk - Fruit Juice	6 - Roast Pork Shoulder - Rice and Beans - Bread - Low-Fat Milk - Fruit Juice	7 - Salmon - Sweet Potatoes - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice	8 - Sausage and Peppers - Pasta - Salad - Bread - Low-Fat Milk - Fruit Juice
12 INDIGENOUS PEOPLES' DAY Senior Center Closed	13 - Grilled Chicken - Baked Potatoes - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice	14 - Stewed Beef - White Rice - Mixed Vegetables - Bread - Low-Fat Milk - Fruit Juice	15 - Pasta with Meat Sauce - Salad - Bread - Low-Fat Milk - Fruit Juice
19 - Pulled Pork on a Roll - Cucumber Watermelon Salad - Low-Fat Milk - Fruit Juice	20 - Meatloaf - Mashed Potatoes - Green Beans - Bread - Low-Fat Milk - Fruit Juice	21 - Baked Fish - Yellow Rice with Vegetables - Bread - Low-Fat Milk - Fruit Juice	22 - Pasta with Meatballs - Salad - Bread - Low-Fat Milk - Fruit Juice
26 - Grilled Cheese Sandwich - Tomato Soup - Salad - Low-Fat Milk - Fruit Juice	27 - Chicken with Italian Sauce - Yellow Rice with Vegetables - Bread - Low-Fat Milk - Fruit Juice	28 - Pork Loin - Mashed Potatoes - Steamed Carrots - Bread - Low-Fat Milk - Fruit Juice	29 - Lasagna - Salad - Bread - Low-Fat Milk - Fruit Juice

LUNCH PREPARED BY



*Please note that due to product availability,
menu items may be subject to substitutions*

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