NEW MILFORD SENIOR CENTER

Upcoming Programs



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

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

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

Wednesday Matinees

November 4

Ordinary Angels

PG - 1 hr 58 min - Drama

BEST ON A TRUE STORY



A struggling hairdresser finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters. With his youngest critically ill and waiting for a liver transplant, the fierce woman single-handedly rallies an entire community to help.

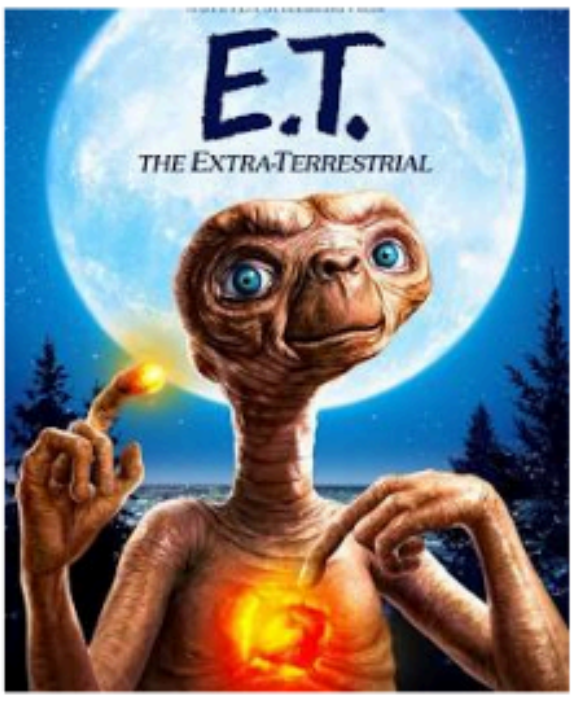
Wednesday Matinee
At New Milford Senior Center Cinema

N

November 18

E.T.: The Extra Terrestrial

PG - 1 hr 55 min



follows Elliott, a lonely 10-year-old boy who befriends a gentle alien accidentally stranded on Earth. As the two form a deep psychic connection, Elliott and his siblings must work together to hide "E.T." from government agents and help him build a device to "phone home" before it is too late.

Wednesday Matinee
At New Milford Senior Center Cinema

Bib

WEDNESDAY
Nov. 4
10:15 A.M.

VISIT WITH THE CHILDREN'S CENTER



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

RSVP 860-355-6075

AARP®

SMART DRIVER COURSE

Friday, Nov. 6
9 a.m. -1 p.m.

$20/AARP member
$25/non-member

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

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

RSVP
860-355-6075

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

TECH SMART

ANDROID, TABLET & TRACFONE HELP



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

Mondays

Nov. 9

Nov. 23

Dec. 14

Dec. 28

10-11 a.m.

Half-hour appointments available. Must call for an appointment

New Milford Senior Center
40 Main St.
New Milford

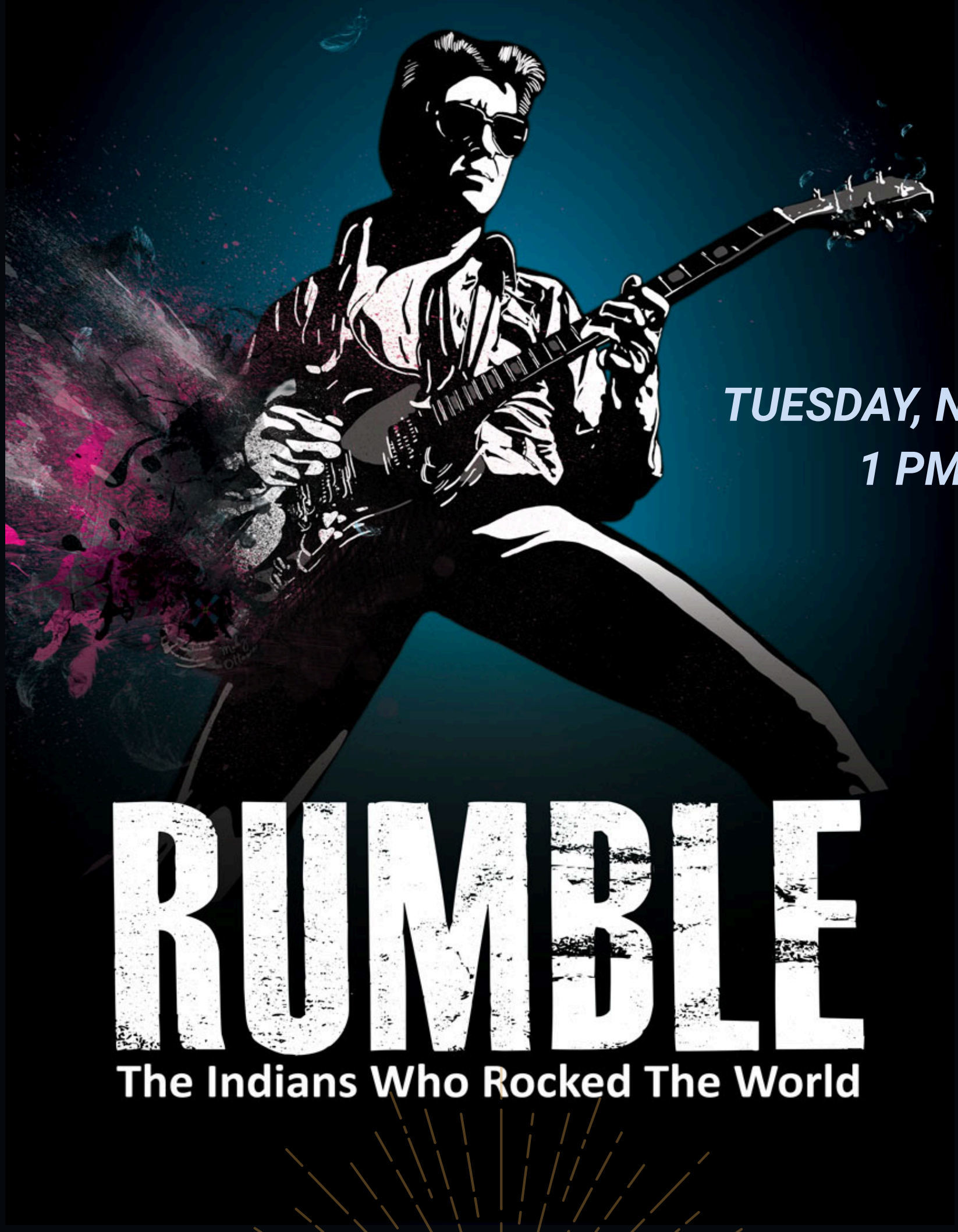
RSVP

860-355-6075

In partnership with

NMPL New Milford Public Library

The screening is being held in recognition of National Native American Heritage Month



TUESDAY, NOV. 10
1 PM

RUMBLE

The Indians Who Rocked The World

The acclaimed film reveals how Native American traditions deeply influenced the foundations of blues, jazz, folk, and rock 'n' roll.

The film tells the story of Indigenous influence through the stories of musical icons like Shawnee guitarist Link Wray, jazz pioneer Mildred Bailey, rock legend Jimi Hendrix, and The Band's Robbie Robertson.

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

RSVP 860-355-6075

WE WILL BE CLOSED
WEDNESDAY, NOV. 11
IN RECOGNTION OF

VETERANS DAY



HONORING ALL WHO SERVED

VETERANS DAY

musical salute

NOVEMBER 12, 1 PM

With Jim Benson

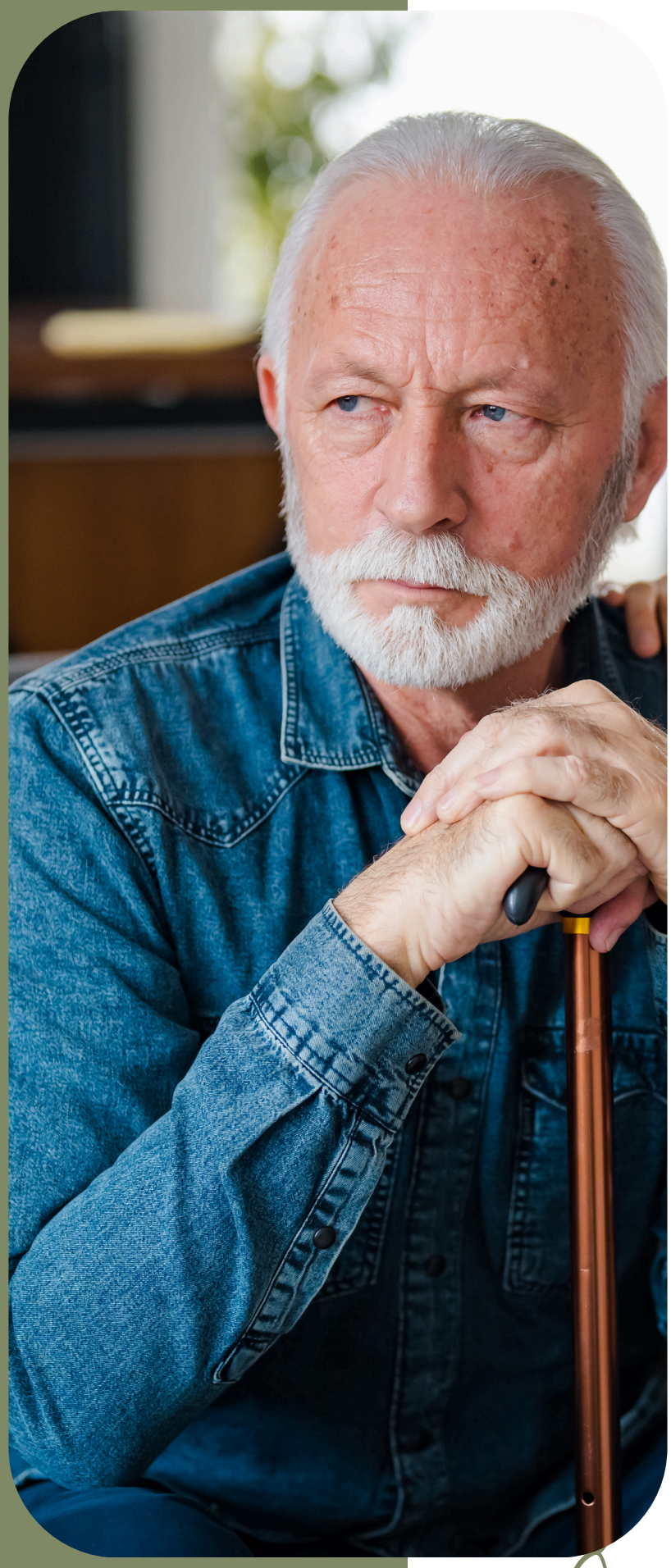


At New Milford Senior Center, 40 Main St., New Milford

RSVP 860-355-6075

BEREAVEMENT
SUPPORT GROUP

Whether it's the loss of a loved one, a relationship, or a life change, it’s normal to feel a range of emotions. Remember, there’s no right or wrong way to grieve.



November 13
10 a.m.

Meets second Friday of each month

with Garrett 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.

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

RSVP 860-355-6075

rVnaHEALTH™

For Lifelong Care & Wellness

Senior Songbirds





FRIDAY
NOV. 13
1 P.M.

Led by Dan Ringuette
on piano

Lift your voice in song with fellow senior center members

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

TO RSVP, CALL 860-355-6075

MOVERS & SHAKERS

Monday
Nov. 16
9:15 a.m.

Walk along Old Mill Road in New Milford

About a 2-mile walk on scenic dirt road.

Park at Carlson's Grove parking lot on Wheaton Road.
Bus transportation will be available.

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

EVENING EDITION

at the senior center

extended hours

For those 60+



One Monday a month, municipal agents from 10 a.m. to 6 p.m., and senior center from 8 a.m to 6 p.m.

MONDAY, NOV. 16

FEATURING APPOINTMENTS FROM 4-6 PM WITH MUNICIPAL AGENTS TO

- ✔️ *Explore programs and benefits*
- ✔️ *Get assistance with applications and resources*
- ✔️ *Learn about services that may help reduce expenses*

FEATURING A PROGRAM FROM 5-6 PM

"✔️"History and Natural History of Stonewalls" withDr. Mitch Wagener. Light dinner fare to be served promptly at 5.

connect with our community

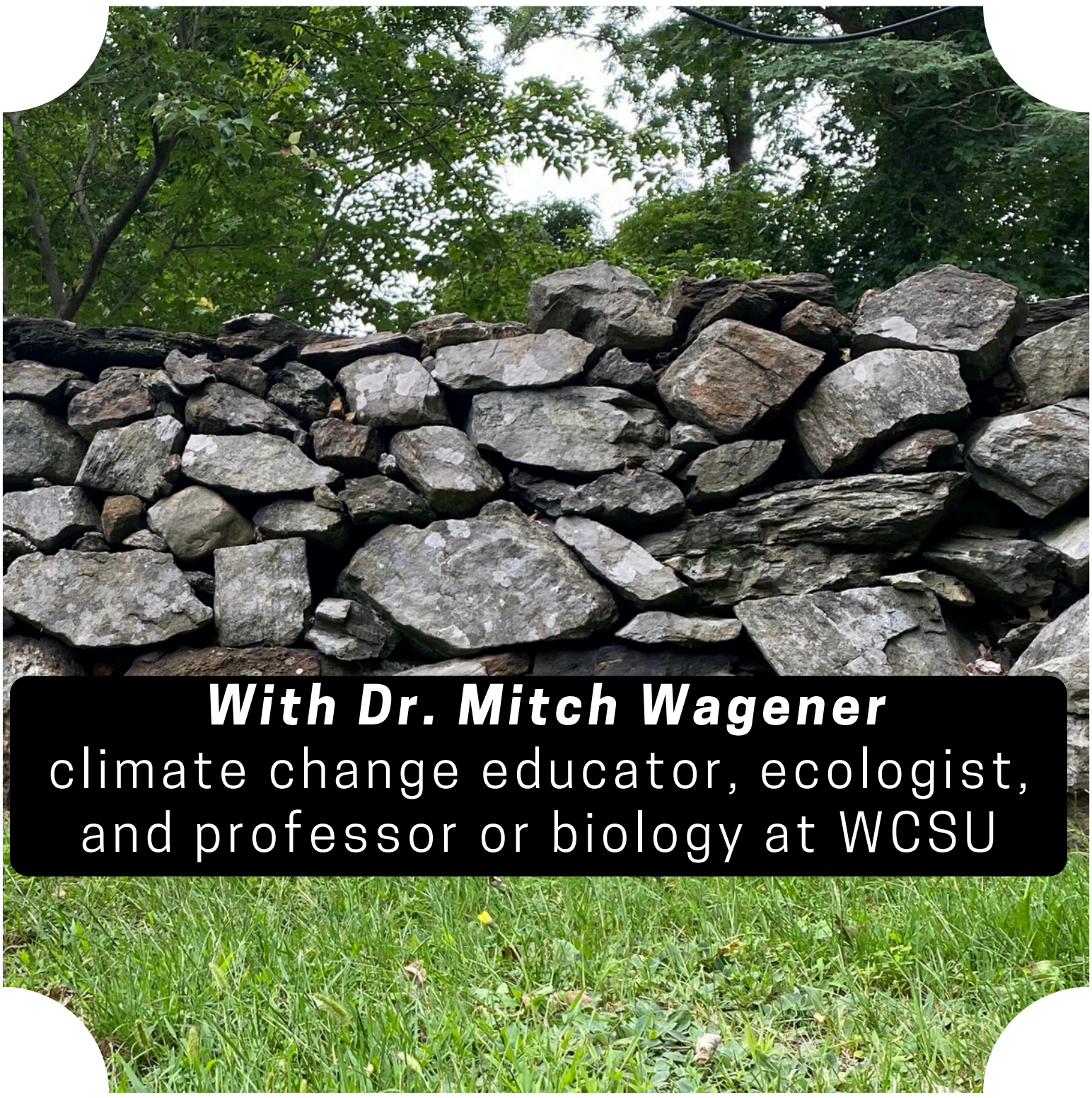
New Milford Senior Center, 40 Main St., New Milford

To make an appointment with a municipal agent, call 860-355-6075

To register, call 860-355-6075

"History and Natural History of Stonewalls"

Monday Nov. 16 5 p.m.



With Dr. Mitch Wagener
climate change educator, ecologist,
and professor or biology at WCSU

The program will broadly explore the effects of humans on the environment since the end of the last Ice Age. There will be a focus on Connecticut, highlighting the role of humans in the extinction of large mammals, the construction and ecology of stonewalls by European colonists, and the accidental importation by humans of organisms that become pests.



Light dinner fare served at 4:45 p.m.

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

RSVP 860-355-6075 by Nov. 12

November

BIRTHDAYS CELEBRATION

Tuesday Nov. 17 12 p.m.

MUSIC & ENTERTAINMENT
PIANIST
BRIAN HORBERG

CUPCAKES SPONSORED BY

SYNERGY® HomeCare
Care that moves you℠

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

Tales of Imagination and Inspiration

"PEACE AND HOPE: TALES FOR OUR TIMES"

FEATURING STORYTELLER LORRAINE HARTIN GELARDI

An International Celebration of Story

TELLABRATION!

TUESDAY ~ NOV. 17 ~ 1 PM

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

RSVP 860-355-6075

Arts & Crafts

WEDNESDAY, NOV. 18
10 AM

Project
Fabric holiday wreath

Limited to 14



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

Golden Pen

Poetry Workshop

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

Wednesday, Nov. 18, at 2 p.m.

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

NEW MILFORD SENIOR CENTER



HELPING HANDS VOLUNTEER MEETING

Looking to volunteer or share a talent/skill at the senior enter?

Staff and attendees review upcoming events, brainstorm new ideas, and see where time and talents can be shared.

THURSDAY, NOV. 19, 10:15 AM

Third Thursday each month unless otherwise noted

New Milford Senior Center
40 Main St.
New Milford

860-355-6075

Please Join Us For A Gathering Of

Thanks-For-Giving

to honor and give thanks to our volunteers

Our Thanksgiving lunch will be followed by "Music for Laughs," a musical program with Susan Peak of Studio Blue Guitar

Thursday **Nov. 19**	**Lunch 12-12:30 p.m.** **Music, 1-2 p.m.**

You must register for lunch by Nov. 13 to attend lunch

At New Milford Senior Center

40 Main St., New Milford

RSVP 860-355-6075

Music for *Laughs*

THURSDAY, NOV. 19 1-2 PM

with Susan Peak of Blue Studio Guitar

Join us for an afternoon of smiles and music.
Peak combines familiar covers, original songs, humor, and seasonal stories to create an uplifting and highly engaging experience. Alternating between acoustic, 12-string, and electric guitars, she also incorporates the sweet tone of a Zebrawood ukulele to foster a warm, welcoming atmosphere.

At New Milford Senior Center

40 Main St., New Milford

RSVP 860-355-6075



Connecticut Nursing SERVICES

NAME *that* TUNE

of the ‘20-50s

Friday
Nov. 20
1 pm.

with friends from Connecticut Nursing Services

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

RSVP 860-355-6075

SPECIAL

BINGO

Monday
Nov. 23
1 p.m.

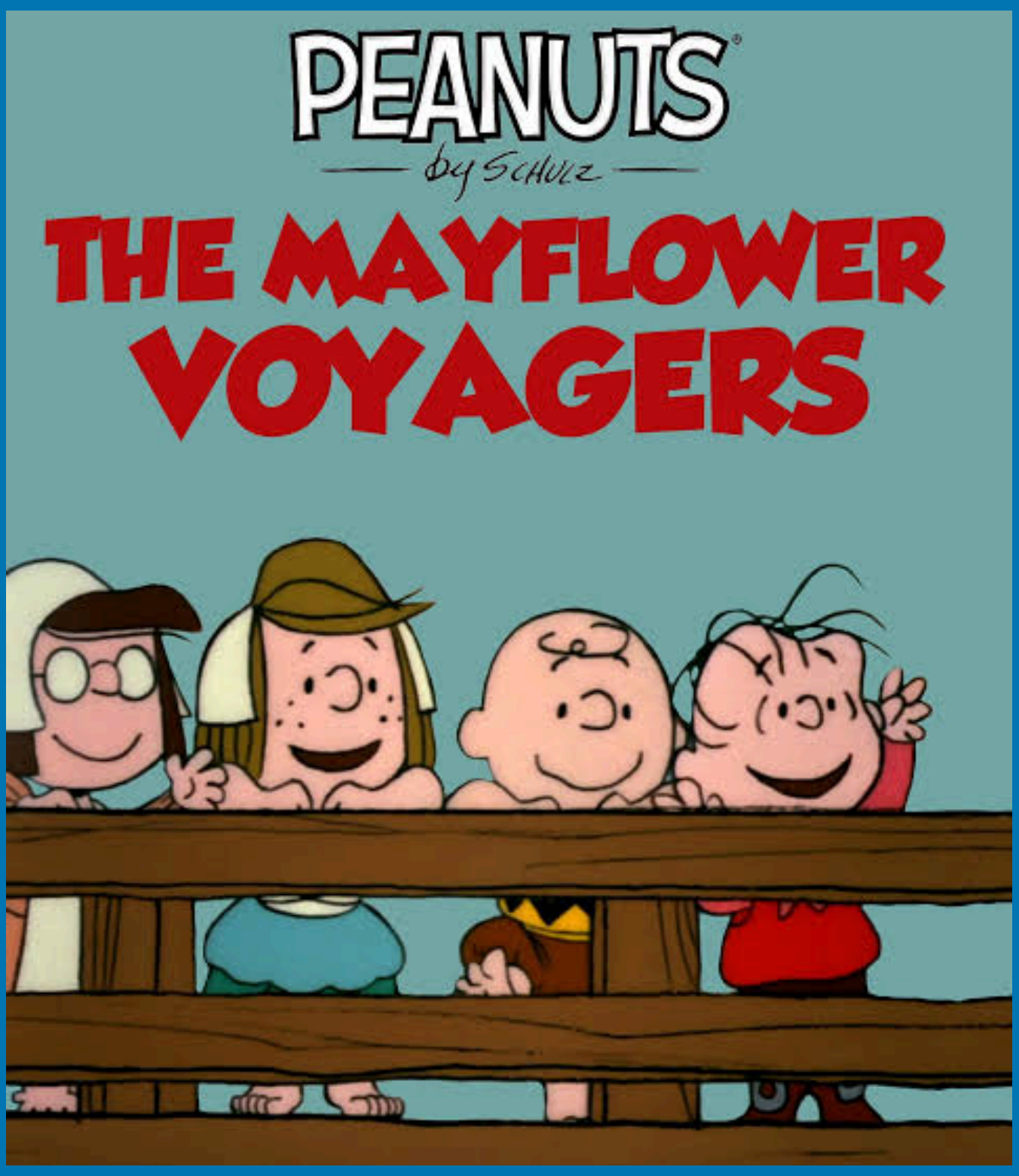
SYNERGY® HomeCare

Care that moves you℠

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

RSVP 860-355-6075

Screening of



Monday, Nov. 23, 2 p.m.

Step aboard the Mayflower in 1620 alongside Charlie Brown, Linus, Lucy, and the rest of the Peanuts gang! This engaging historical adventure trades the safety of the neighborhood backyard for the treacherous, storm-tossed Atlantic Ocean. As the crew confronts a brutal reality—fraught with cramped quarters, bitter winter conditions, and devastating illness—the adults fall too sick to work, leaving the Peanuts children to help build and save the fledgling Plymouth Colony.

RSVP 860-355-6075

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

The screening is being held in recognition of National Native American Heritage Month

"How Native Americans Read the Stars (and Built a Civilization)"



Tuesday
Nov. 24
1 p.m.

This PBS special reveals the sophisticated, mathematically precise world of America's First Peoples, shattering outdated myths of primitive nomadism by showcasing them as master astronomers and engineers. Through jaw-dropping historical sites like the celestial towers of Chaco Canyon, the monumental pyramids of Teotihuacan, and 13,000-year-old lunar art in Brazil's Caverna da Pedra Pintada, this episode untangles how indigenous cultures meticulously read the cosmos to predict weather, govern societies, and construct thriving mega-cities. By tracing ancient trade routes that mirrored the Milky Way, the documentary uncovers a vast, interconnected pre-Columbian civilization where the earth and sky were seamlessly intertwined.

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

RSVP 860-355-6075

WE WILL BE

CLOSED

THURSDAY & FRIDAY, NOV. 26-27 FOR THE THANKSGIVING HOLIDAY



Under the Holiday Lights

Jazz Enchantment

Join us, under the light of twinkling holiday lights, for an intimate program of jazz by Mass-Conn Fusion, featuring Jim Healy and Liz Roberts



THURSDAY
DEC. 3

4 p.m. Wine & Cheese Reception
4:30 p.m. Jazz Music by Mass Conn Fusion

OPEN TO THE PUBLIC

$10

Limited to 60. Tickets will be available beginning Nov. 12.

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

MEET THE
TRAIN GUYS

FRIDAY, DEC. 4 11 AM



Join us as lifelong train enthusiast Jim Hamill and Al Burroughs talk about the hands-on model train holiday display that has been a feature of New Milford's holiday season for several decades. Jim and Al will talk about the display's history and his love of trains, as well as the volunteer opportunities for seniors at this year's display.

The display will be on view on view beginning in mid-December and run through the end of the month.

*The guys will also be here for **Trackside Chat,** a casual stop in and say hello to chat about trains, Tuesday, Dec. 8 , from 10:30 to 11:30 a.m. Bring your model trains and accessoris you'd like to talk about them.*

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

RSVP 860-355-6075



Ongoing Programs

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

ACTIVE MOVEMENT

- **Bocce Ball:** Mondays, 9:30 a.m. and open hours. All levels. Spring through Oct. 15.
- **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. 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.*
  - **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 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.***
- **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.

PLAY POOL

Pool table available for use at the senior center.
Call the office to request use.

860-355-6075

The center is also looking to form a pool club. If interested, contact Deborah at the center.



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

AMERICAN SIGN LANGUAGE

learn a new language



MONDAYS

10:30-11:45 AM

AT NEW MILFORD SENIOR CENTER
40 MAIN ST.
NEW MILFORD

860-355-6075

SPRECHEN

SIE DEUTSCH?

German Conversational GROUP

Mondays

1 p.m.

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

RSVP 860-355-6075

WHAT'S HAPPENING?

CURRENT EVENTS DISCUSSION GROUP

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

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

RSVP 860-355-6075

PUZZLE EXCHANGE

WE LOVE OUR PUZZLES



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

BLOOD PRESSURE

SCREENING

With

Housatonic Valley Health District
Community Health Nursing Supervisor

WEDNESDAYS, 10:30-11:30 AM

AT NEW MILFORD SENIOR CENTER
40 MAIN ST.
NEW MILFORD

860-355-6075

Book Discussions

POPULAR ADULT FICTION BOOK DISCUSSION

Fourth Tuesday and third Thursday of each month, 1 p.m.

Groups occasionally read same titles but have two independent book schedules and different interests.

For info, call the library at 860-355-1191.

MYSTERY BOOK CLUB BOOK DISCUSSION

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.