NOVEMBER 2026

# discover

NEW MILFORD SENIOR CENTER

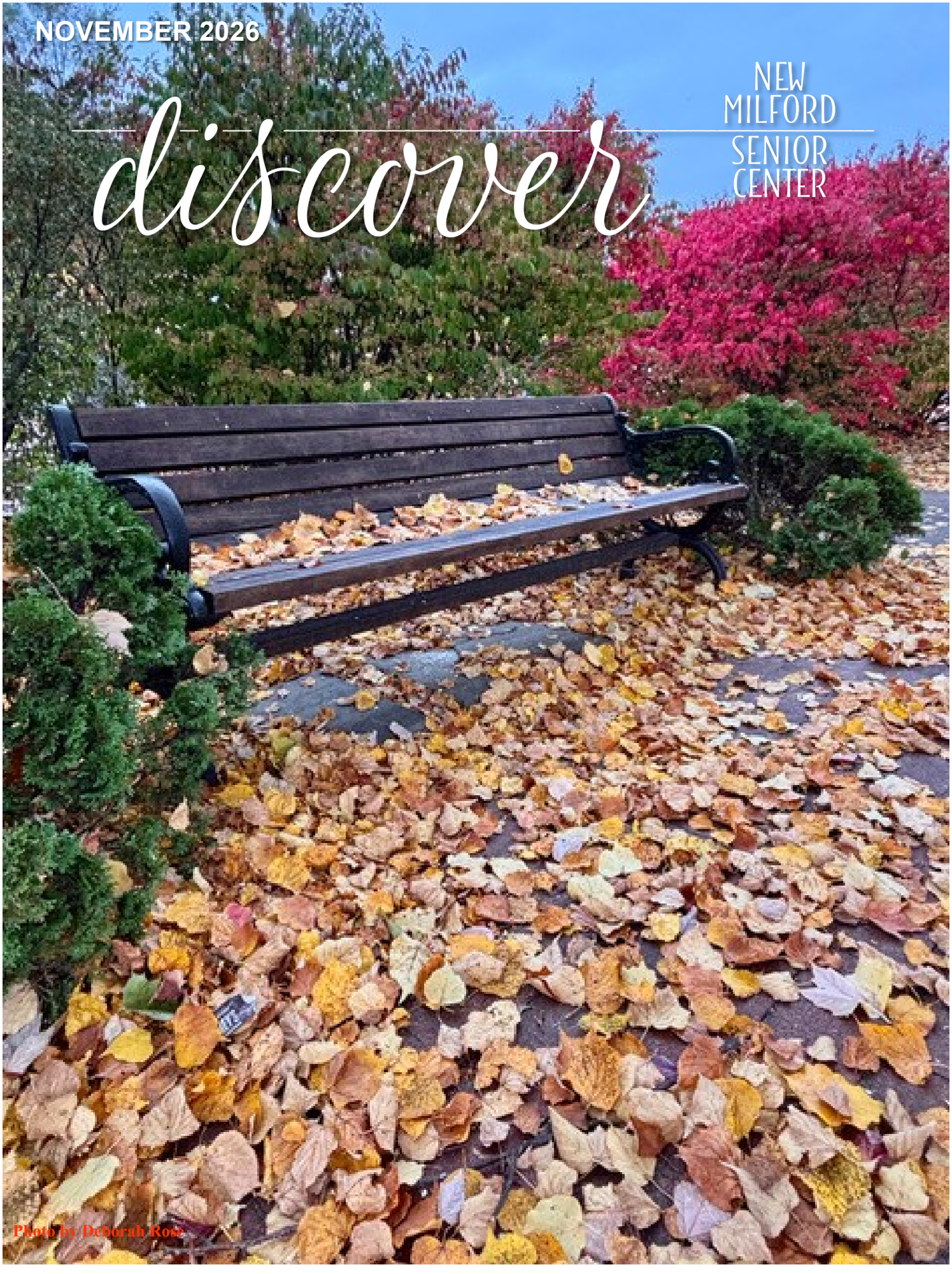


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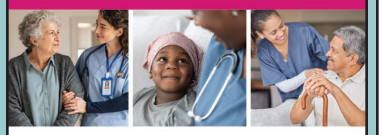
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## VOLUNTEER OPPORTUNITIES

- **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.
- **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, call the center.




- **The Sunshine Squad:** Spread kindness one card at a time welcoming new members or writing thankyou notes.

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

## Lodge to serve breakfast



The Good Shepherd Lodge #65 will hold its next monthly breakfast for seniors **Friday, Nov. 20, from 9 to 10 a.m.** at the 25 Danbury Road lodge.

For more info, sign up, or to arrange for transportation, connect with the 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, Nov. 19, 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.

## 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.

## 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 (860) 229-7700.

## 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

**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"**

**Follow us on social media**
**Facebook: @NewMilfordCTSeniorCenter**
**Instagram: @nmctseniorcenter**

### 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

### PARTNER

**WHEELS Program of Greater NM**

Carrie Lee Bunblasky
*Executive Director*

Nhung Chamreun
*Transit & Volunteer Coordinator*

Jen Thierfelder
*Community Development Coordinatror*

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

### SENIOR CENTER COMMUNITY CAFÉ

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

### 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 Baldwick**
*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*

## Handmade boutique items make perfect gifts

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.

# Deadlines set for several holiday programs



**New Milford Food Bank Thanksgiving Basket:** Senior food bank participants are reminded to sign up for the Thanksgiving Basket that you can use to prepare your own Thanksgiving meal by connecting with the food bank at Social Services (860-355-6079) or in person when the food bank is open.

The last day to sign up is **Monday, Nov. 5.** Details about pickup is available through the municipal agents at the senior center and at the food bank.

**Santa for Seniors:** Holiday program that will provide a gift/s of need to qualifying New Milford seniors. Those interested for consideration must complete the registration form(s) available at the senior center for review by the municipal agents by **Wednesday, Nov. 18.**

**Grandparent Giving:** Holiday program that allows grandparents in need to provide a holiday gift for their grandchildren. Those interested for consideration must complete the registration form(s) available at the senior center for review by the municipal agents by **Wednesday, Nov. 18.**

# Lodge to provide Thanksgiving meals

The Good Shepherd Lodge #65 in town is offering made-with-care Thanksgiving meals for those who would appreciate a turkey dinner with all the fixings for Thanksgiving.

The meals will be delivered to homes on Thanksgiving, Thursday, Nov. 26.

There is no charge for the meal, but donations are welcome and appreciated.

To sign up, connect with the senior center by Friday. Nov. 23.

**We will be closed Wednesday, Nov. 11 for Veterans Day**

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(800) 950-9952 x3600

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## Little things we can do to give everyone the attention, space and privacy they deserve

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 three 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.




### One Guest at a Time

Our senior center is a busy place, and the office may be occupied with one-on-one conversations, paperwork, or matters that require confidentiality.

We want everyone—staff, seniors, and guests—to feel comfortable knowing that their privacy is respected.

Please check in with the office coordinator in our Main Office. If staff is on the phone, helping another guest, or away from the desk, please wait outside the office until a staff member is available to assist you or invites you in.

We are happy to help one guest at a time, and your patience helps us give each person the attention, space, and privacy they deserve.

Thank you for your courtesy, patience, and respect for everyone's privacy.

A little consideration goes a long way in keeping our center welcoming and comfortable for all.

## FEATURE



## Coronation held for 2026 senior center king, queen

The New Milford Senior Center held a special coronation ceremony Sept. 28 for its 2026 king and queen, Carl and Josephine Dill.

The couple was selected as the 2026 Apple Festival king and queen, but the festival was canceled due to inclement weather. Senior center staff arranged a special ceremony to honor the Dills, with New Milford Mayor Bass attending and reading proclamations. The celebration continued with an afternoon of bingo.

Carl and Josephine have dedicated their lives to entrepreneurship, family and community service. They founded Dill's Best Building Center in 1985, growing it to 13 locations throughout Connecticut and New York before retiring in 2008. New Milford residents since 1982, they remain active in Rotary, Bridgewater Congregational Church, local nonprofits and senior center programs.

The couple also cherishes family traditions, including their annual Pumpkin Party, which has brought generations together for more than 25 years. With five children between them and eight grandchildren, the Dills exemplify family devotion and a lasting commitment to the New Milford community.

## SPECIAL EVENTS & TRIPS (CONTINUED ON PAGE 6)

## Tellabration! Storytelling event set

An International Celebration of Story
TELLABRATION!

Storytelling has deep roots in Connecticut, and the senior center will dive into them **Tuesday, Nov. 17 at 1 p.m.**

In fact, Tellabration began right here in Connecticut in 1988, when storyteller J.G. "PawPaw" Pinkerton brought people together to celebrate the simple pleasure of hearing a story told aloud.

What began in six Connecticut communities has since grown into an international storytelling tradition. Each November, storytellers and audiences gather in communities across Connecticut as part of this statewide celebration.

This year, the center will be part of that tradition with "Peace and Hope: Tales for Our Times," featuring storyteller Lorraine Hartin-Gelardi.

Lorraine will present a collection of traditional tales and personal stories chosen to uplift the spirit, touch the heart, and remind us of the human capacity for courage, kindness, and hope.

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

## Thanks-for-Giving to honor volunteers, be followed by live entertainment

The center's "Thanks-for-Giving" event, a heartfelt celebration honoring the incredible volunteers who support the center and its senior community throughout the year, is set for **Thursday, Nov. 19 at noon.**

The event, held at the center, will recognize the generous individuals who give their time, compassion, and energy in countless ways.

From organizing activities and leading wellness classes to providing companionship, transportation, and a listening ear, volunteers play a vital role in creating a warm and welcoming environment for older adults in our community.

Musical entertainment will follow.

"Our volunteers bring so much heart to everything we do," said Director Jasmin M. Ducusin-Jara. "They give their time, share their talents, and make a difference in ways both big and small. We are incredibly grateful for each person who helps make our center a place where everyone feels connected, supported, and welcome."

Registration for lunch is required. Please RSVP by **Friday, Nov. 13.**

For more information or to RSVP, connect with the center.

## Music planned to honor veterans



The senior center will welcome Connecticut singer-songwriter Bill Benson for a special afternoon of live music **Thursday, Nov. 12, at 1 p.m.,** in recognition of Veterans Day.
In addition to music, refreshments will be served.
Benson brings a warm, engaging style to his performances, featuring a mix of folk, country, soft rock, original songs, and patriotic favorites.
Known for his deep, brassy voice and heartfelt storytelling, he has been performing throughout Connecticut and the surrounding region for many years.
For more information and RSVP, connect with the senior center.

## Movers & Shakers to Explore Old Mill Road

The senior center's Movers & Shakers group will make another attempt to walk Old Mill Road in New Milford this month.
The group was scheduled to walk there in September but the walk was canceled due to heavy rain.
This month's walk will be held **Monday, Nov. 16, at 9:15 a.m.**
The total distance on the dirt road that is mostly flat but has unlevel spots will be about 1.6 miles.
Drivers who will meet the group on site should meet at the Carlson's Grove parking lot on Wheaton Road for 9:15 a.m.
Those interested in bus transportation should call the center to reserve a seat.
For more info, connect with the center.
Those interested in bus transportation should call the center to reserve a seat.
For more info, connect with the center.

## 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, Nov. 5, 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 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, Nov. 13 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.

## ASL 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.

## Election Day is Nov. 3

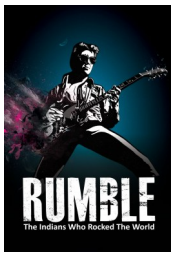
The senior center bus is available to take individuals to and from polling places for the **Tuesday, Nov. 3,** election. For more information or to schedule a ride, connect with the senior center.

## Name that Tune scheduled



CT Nursing Services will return to the center **Friday, Nov. 20, at 1 p.m.** to present "Name that Tune," featuring music of the 1920-50s.
For more information and RSVP, connect with the center.

## 'RUMBLE' to explore Indigenous influence in the music industry




The center will present a screening of "RUMBLE: The Indians Who Rocked the World," **Tuesday, Nov. 10 at 1p.m.**
The screening is being held in recognition of National Native American Heritage Month which is celebrated each November to honor the rich ancestry, diverse cultures, and enduring contributions of Indigenous peoples to the United States.
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.
For more information and RSVP, connect with the center.




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## Climate change educator to discuss history and natural history of stonewalls




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, Nov. 16.**

**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, "History and Natural History of Stonewalls," with Dr. Mitch Wagener will be held from **5 to 6 p.m.**

Light dinner fare will be provided around 4:45 p.m.

Wagener is a climate change educator, ecologist, and professor of biology at Western Connecticut State University in Danbury.

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.

"We start with where the stones come from and finish with what the colonial farms did with them and why," Dr. Wagener said.

Modern humans first appeared in Africa 250,000 years ago and have only lived in the Americas for the past 15,000 years or so. Since the invention of agriculture, we have had a profound effect on our environment.

In New England, this began with the arrival of the first Native Americans and continues to the present day.

For more information, to make an appointment with a municipal agent, or to sign up for the program, connect with the center.

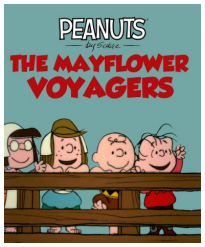
## Want to lift your voice in song?

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, Nov. 13, at 1 p.m.** in the Grand Room. All levels are welcome.

For more info and RSVP, connect with the center.

## Peanuts characters to explore Mayflower




The center will present a screening of Peanuts' "The Mayflower Voyagers" **Monday, Nov. 23, at 2 p.m.,** at the conclusion of bingo.

For more information and RSVP, 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 & Snacks **Friday, Nov. 13, 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.

## 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 Nov. 9 and 23 from 10 to 11 a.m.**

For more info and to schedule a time, connect with the center.

## Spanish class meets

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

For more info and RSVP, connect with the center.

## Arts & Crafts Group to meet

The senior center will offer an Arts & Crafts group activity **Wednesday, Nov. 18, 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.

## Holiday giving opportunities to start

Holiday trees will be put up at the center around Thanksgiving.

Tags for Santa for Senior gifts will be placed on the tree in the lobby shortly after.

In addition, donations for Grandparent Giving will be accepted around the same time.

## Children's Center to visit senior center

Children from the Children's Center will resume their monthly visit to the center **Wednesday, Nov. 4, at 10:15 a.m.** in the Grand Room.

For more information and RSVP, connect with the center.

## Synergy Homecare to sponsor birthdays event

Kay Schreiber of Synergy Homecare will sponsor the monthly birthday celebration for all those with November birthdays **Tuesday, Nov. 17, at 12:15 p.m.**

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.

## 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 **Nov. 4**; open questions **Nov. 11**; photo albums **Nov. 18**; and PayPal and Venmo **Nov. 25.**

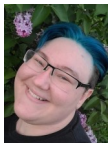
Participants must own an iPhone or iPad and bring/know their Apple ID and password.

This is a free class.

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



# 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 •

## MEDICARE OPEN ENROLLMENT PERIOD FACTS

**Enrollment: Through 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.

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

- Individuals who would like to make an appointment with a 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 and blue card), a list of any prescriptions you take, and a list of your medical providers.

### Who should make an appointment with a Municipal Agent?

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.

## MEDICARE ADVANTAGE PLAN FACTS

**Enrollment: 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 drug plan.

*First of the month after the plan gets your request.*

## CHORE Services 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.

## Important info about Energy assistance

Applications for the Community Action Connecticut Energy Assistance program are being accepted for all heating types.
If your household meets the age and income requirements for this program, call for an appointment.
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.

### 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.

## Senior Center 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.

**We will be closed Thursday, Nov. 26-27 for the Thanksgiving holiday**

## ON THE HORIZON

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

- Vintage Finds & Good Times
- 'Under the Holiday Lights: Jazz Enchantment' (see page 11)
- Jukebox Bingo
- "The Fisher in Connecticut"
- Author Talk: with John D. Scully, author of "Visited Mom Today"
- Program with Officer Legan and his K-9 partner Alamo
- Holiday Sing-along

## 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 accompanies 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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# 'Under the Holiday Lights: Jazz Enchantment' scheduled for Dec. 3



As the holiday season begins, the senior center will present an intimate afternoon of jazz, wine and seasonal sparkle **Thursday, Dec. 3, at 4:30 p.m.**

The Grand Room will be transformed into an intimate holiday setting, with the room lights dimmed and the soft, twinkling white lights of the large and medium Christmas trees providing a beautiful glow.

Against this festive backdrop, Jim Healy and Liz Roberts will perform a selection of jazz-leaning and ambient tunes, creating a relaxed and sophisticated musical experience.

Both musicians are graduates of the University of Connecticut.

Healy has served as bassist and leader of the larger Mass-Conn Fusion ensemble for more than 45 years.

Together, Healy and Roberts bring a beautifully understated sound that is perfectly suited to an intimate afternoon surrounded by the sparkle of the season.

A **4 p.m. wine, and cheese and crackers reception** will precede the performance.

Come relax, listen and enjoy an afternoon of music surrounded by the soft sparkle of the Christmas trees.

The event, which is open to the public, is limited to 60.

Tickets are $10. Tickets will be available beginning Nov. 12.

## Current events group meets

The senior center's next "What's Happening? Current Events & Conversation" will be held **Thursday Nov. 12 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.

## RSVP for Beginner Tai Chi

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.

## 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.




**Nov. 4:** "Ordinary Angels" (1 hr, 58 min).




**Nov. 18:** "E.T.: The Extra-Terrestrial" (1 hr 55 min)

# AARP driving course to be offered



The New Milford Senior Center will host the AARP Smart Driver™ classroom course on help drivers stay safe — not only for themselves but for their passengers and others on the road **Friday, Nov. 6, 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 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.

## 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.

## Poetry group to meet

The center's Golden Pen, a poetry workshop, will not meet in November due to its regular meeting date falling on Nov. 11, which is Veterans Day. The center is closed on Veterans Day.

The group will next meet **Wednesday, Dec. 9, 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

## Program to honor Native Americans

In recognition of National Native American Heritage Month, the center will present a screening of "How Native Americans Read the Stars (and Built a Civilization)" on **Tuesday, Nov. 24, at 1 p.m.**

Blending modern scholarship with ancient oral traditions, the 54-minute film explores the scientific knowledge, spiritual beliefs and cultural connections shared by Indigenous peoples across North and South America.

Through archaeological discoveries and Indigenous perspectives, it examines new theories about the origins of Native American civilizations and how interconnected communities developed sophisticated cultures, remarkable cities and traditions that continue to shape Indigenous life today.



For more info and RSVP, connect with the center.

## Synergy Homecare to sponsor special bingo

The center will hold its next special bingo **Monday, Nov. 23, from 1 to 2 p.m.** for special bingo sponsored Synergy.

For more info and RSVP, contact the center.

*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

***Continued on Page 13***

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ACORN, APPLE CIDER, AUTUMN, BLACK FRIDAY, BONFIRE, CHILLY, CORNUCOPIA, CRANBERRY, FAMILY, FEAST, FOOTBALL, GOBBLE, GRATITUDE, GRAVY, HARVEST, HAYRIDE, LEAVES, MIGRATORY BIRDS, NATIVE AMERICAN, NOVEMBER, PECAN, PILGRIM, PUMPKIN, REMEMBRANCE, SCARF, STUFFING, SWEATER, THANKSGIVING, TURKEY, VETERANS

## 'Vintage Finds' trip set for early December

The senior center will offer "Vintage Finds & Good Times," a shopping excursion by center bus to local consignment shops, thrift stores and antique shops in December. It's *tentatively* scheduled for **Monday, Dec. 1, at 11:15 a.m.**

Participants can search for unique treasures, vintage gems and one-of-a-kind finds while enjoying a fun day of shopping and discovery. Stops will include The Thrift Mart on Danbury Road, the Cheeky Cricket and The Hunt in New Milford, and the Quality Thrift Shop in Kent.

A lunch stop is planned with participants paying for their own meals. The trip is limited to 10 people.

For more information and to RSVP, contact the senior center beginning Nov. 10.

## 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.

So next time inspiration strikes—or something is weighing on your mind—drop it in the box.

**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.**

Good Morning, New Milford
Spreading sunshine through connection

### 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.***
- **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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**MONDAY - THURSDAY, 12:00 PM**

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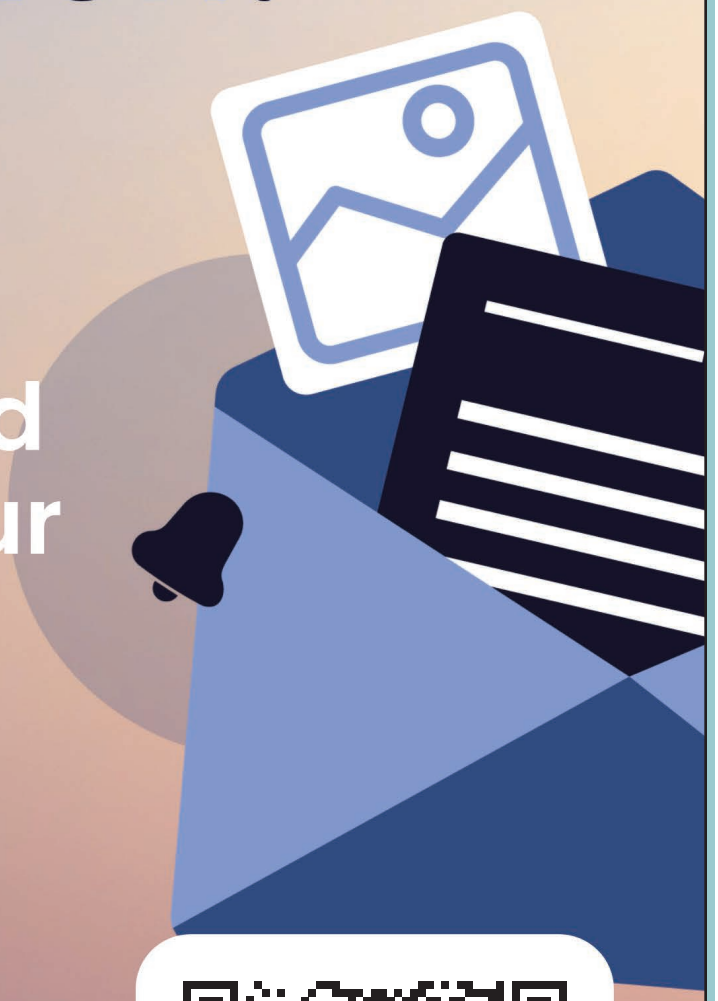
**ALL MEALS MEET PORTION GUIDELINES**
3 Ounces Protein ● 1/2 Cup Starch ● 1/2 Cup Vegetables
1 Bread ● 1/2 Cup Fruit or Fruit Juice ● 8 Ounces Milk

## NOVEMBER 2026 MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|
| **2**<br>• Chicken Noodle Soup<br>• Salad<br>• Bread<br>• Low-Fat Milk<br>• Fruit Juice | **3**<br>• Roast Pork Shoulder<br>• Yellow Rice with Veggies<br>• Bread<br>• Low-Fat Milk<br>• Fruit Juice | **4**<br>• Sausage and Peppers<br>• Pasta<br>• Salad<br>• Bread<br>• Low-Fat Milk<br>• Fruit Juice | **5**<br>• Meatloaf<br>• Mashed Potatoes<br>• Green Beans<br>• Bread<br>• Low-Fat Milk<br>• Fruit Juice |
| **9**<br>• Beef & Chicken Empanadas<br>• Coleslaw<br>• Low-Fat Milk<br>• Fruit Juice | **10**<br>• Baked Fish<br>• Roasted Potatoes<br>• Steamed Carrots<br>• Bread<br>• Low-Fat Milk<br>• Fruit Juice | **11**<br>**VETERAN'S DAY**<br>**Senior Center Closed** | **12**<br>• Chicken Marsala<br>• Mashed Potatoes<br>• Glazed Carrots<br>• Bread<br>• Low-Fat Milk<br>• Fruit Juice |
| **16**<br>• Grilled Cheese Sandwich<br>• Tomato Soup<br>• Salad<br>• Low-Fat Milk<br>• Fruit Juice | **17**<br>***Celebrating November Birthdays***<br>• Chicken Teriyaki<br>• Yellow Rice with Veggies<br>• Bread<br>• Low-Fat Milk<br>• Fruit Juice<br>• Celebratory Cupcake | **18**<br>• Pasta with Meatballs<br>• Marinara Sauce<br>• Salad<br>• Bread<br>• Low-Fat Milk<br>• Fruit Juice | ***Thanksgiving Special*** **19**<br>• Turkey<br>• Sweet Potato Casserole<br>• Mixed Vegetables<br>• Low-Fat Milk<br>• Fruit Juice |
| **23**<br>• Pulled Pork on a Roll<br>• Tomato and Cucumber Salad<br>• Low-Fat Milk<br>• Fruit Juice | **24**<br>• Grilled Chicken<br>• Cesar Salad<br>• Bread<br>• Low-Fat Milk<br>• Fruit Juice | **25**<br>• Salmon<br>• Mashed Potatoes<br>• Mixed Veggies<br>• Low-Fat Milk<br>• Fruit Juice | **26**<br>**THANKSGIVING DAY**<br>**Senior Center Closed** |
| **30**<br>• Beef Stew<br>• White Rice<br>• Veggies<br>• Low-Fat Milk<br>• Fruit Juice | **LUNCH PREPARED BY**<br>C&C DELICATESSEN OF NEW MILFORD |  | *Please note that due to product availability, menu items may be subject to substitutions*<br>*We thank you for your understanding!* |

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