

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



Veterans Luminary sales

with VFW Post 1672 Auxiliary

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.

Mondays
Oct. 27 & Nov. 3



10 a.m. – 1 p.m.

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

Birds of Prey

**Tuesday
Nov. 4
1 p.m.**



Two species of live birds of prey will accompany Sharon Audubon Center staff to demonstrate their beauty, power and connection with the natural world. Similarities and differences of these amazing birds of prey will be discussed and several props will also be on hand for viewing.

Through this program, the audience will understand why raptors and their environment should continue to be protected and respected, and how our conservation efforts have made an impact on birds.

RSVP 860-355-6075

New Milford Senior Center
40 Main St.
New Milford

healthy chats & breakfast snacks



- *ask questions*
- *voice concerns*
- *learn about health initiatives*

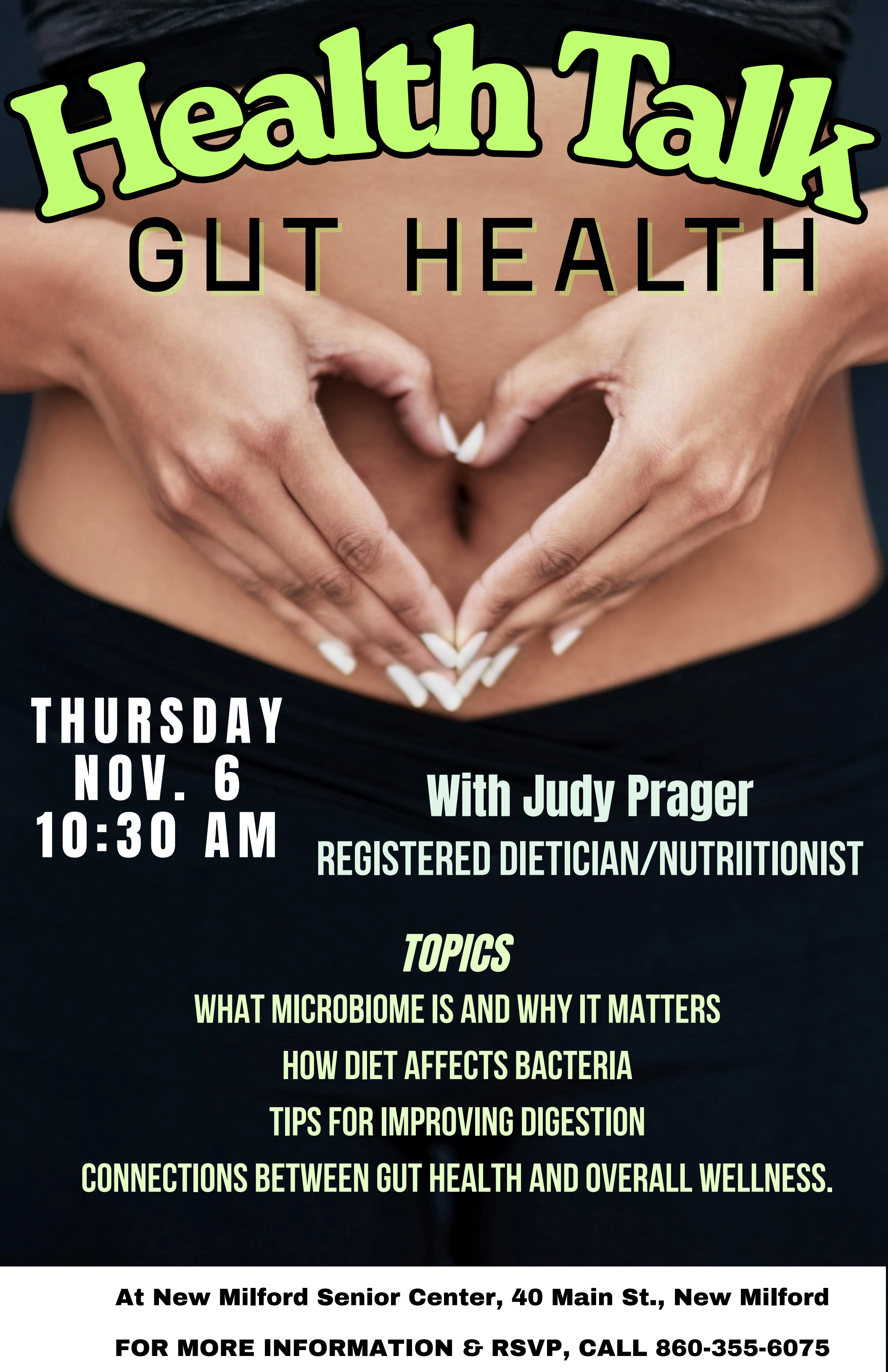
MEET & GREET

With
Housatonic Valley Health District
Director Amy Bethage

Wednesday
Nov. 5
9:30 a.m.

At New Milford
Senior Center
40 Main St.

Sponsored by Synergy HomeCare
To register, call 860-355-6075

A close-up photograph of a person's midsection. Their hands are positioned over their stomach, with fingers interlaced to form a heart shape. The person is wearing a dark-colored top. The background is a soft, out-of-focus light color.

Health Talk

GUT HEALTH

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

**With Judy Prager
REGISTERED DIETICIAN/NUTRIITIONIST**

TOPICS

WHAT MICROBIOME IS AND WHY IT MATTERS

HOW DIET AFFECTS BACTERIA

TIPS FOR IMPROVING DIGESTION

CONNECTIONS BETWEEN GUT HEALTH AND OVERALL WELLNESS.

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

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

“Navigating the what ifs: *Planning Before a Crisis*”



**Friday
Nov. 7
1 p.m.**

EXPLORE

- Housing options
- Care options
- General tips for future planning

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

Hartford 
HealthCare
Center for Healthy Aging

**Look at resources & services that can
help you plan ahead so tough decisions
don't have to be made during a crisis.**

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

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



Monday

Nov. 10

2:15 p.m.

*With New Milford
Tax Assessor Brian Lastra*

What is the

HOMESTEAD EXEMPTION ORDINANCE

and What Does it Mean?

New Milford Tax Assessor Brian Lastra will help residents understand the town's newly passed Homestead Exemption Ordinance—a local initiative aimed at providing tax relief to homeowners.

The Homestead Exemption Ordinance was approved by the New Milford Town Council earlier this fall to provide tax relief for qualifying homeowners. Passed in response to a state property revaluation, the ordinance will take effect in July 2026.

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

To RSVP, call the senior center at 860-355-6075

Golden Pen



Poetry Workshop

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

Wednesday, Nov. 12 at 2 p.m.

Limited to 8

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

RSVP 860-355-6075 beginning Nov. 1

MOVERS

& SHAKERS

**Friday
Nov. 14
10 a.m.**

Walk at Harrybrooke Park

100 Still River Drive, New Milford

*Meet inside the park near the row of pine trees
for an hour walk at the park. The walk is on
level asphalt with some uneven sections.*

**Contact the senior center at 860-355-6075 for sign up.
*Senior bus transportation available.***



ORIGAMI

With

LYLA

Wednesday
Nov. 12
9:30 a.m.

Join Lyla, one of the center's volunteers from Marvelwood School in Kent, as she leads participants step-by-step through the magical world of origami.

Paper supplies provided

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

For more information and RSVP, call 860-355-6075



SPECIAL

BINGO

with



SYNERGY[®]
HomeCare

Care that moves youSM

Monday, Nov. 17
1 p.m.

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

RSVP 860-355-6075

November

BIRTHDAYS CELEBRATION

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

*Tuesday
Nov. 18
12 p.m.*

Music/entertainment

pianist Brian Horberg

Cupcakes

sponsored by the StoneBridge in Newtown





The 10 Warning Signs of

Alzheimer's

November is Alzheimer's Awareness Month. Join Carolyn DeRocco of the Alzheimer's Association, CT Chapter, to learn the 10 warning signs and how early detection and diagnosis are critical in accessing treatment, care, and support services.

**Tuesday, Nov. 18
1 p.m.**



RSVP 860-355-6075

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

GUIDANCE FOR GROWING OLDER, YOUR WAY

Coffee & Conversation



Open to those who
are curious about
resources, planning
ahead, or want to
talk things through.

WEDNESDAY, NOV. 19
9:30 a.m.

*With geriatric care manager Nichole Brant
and social worker Cindy LaCour of*



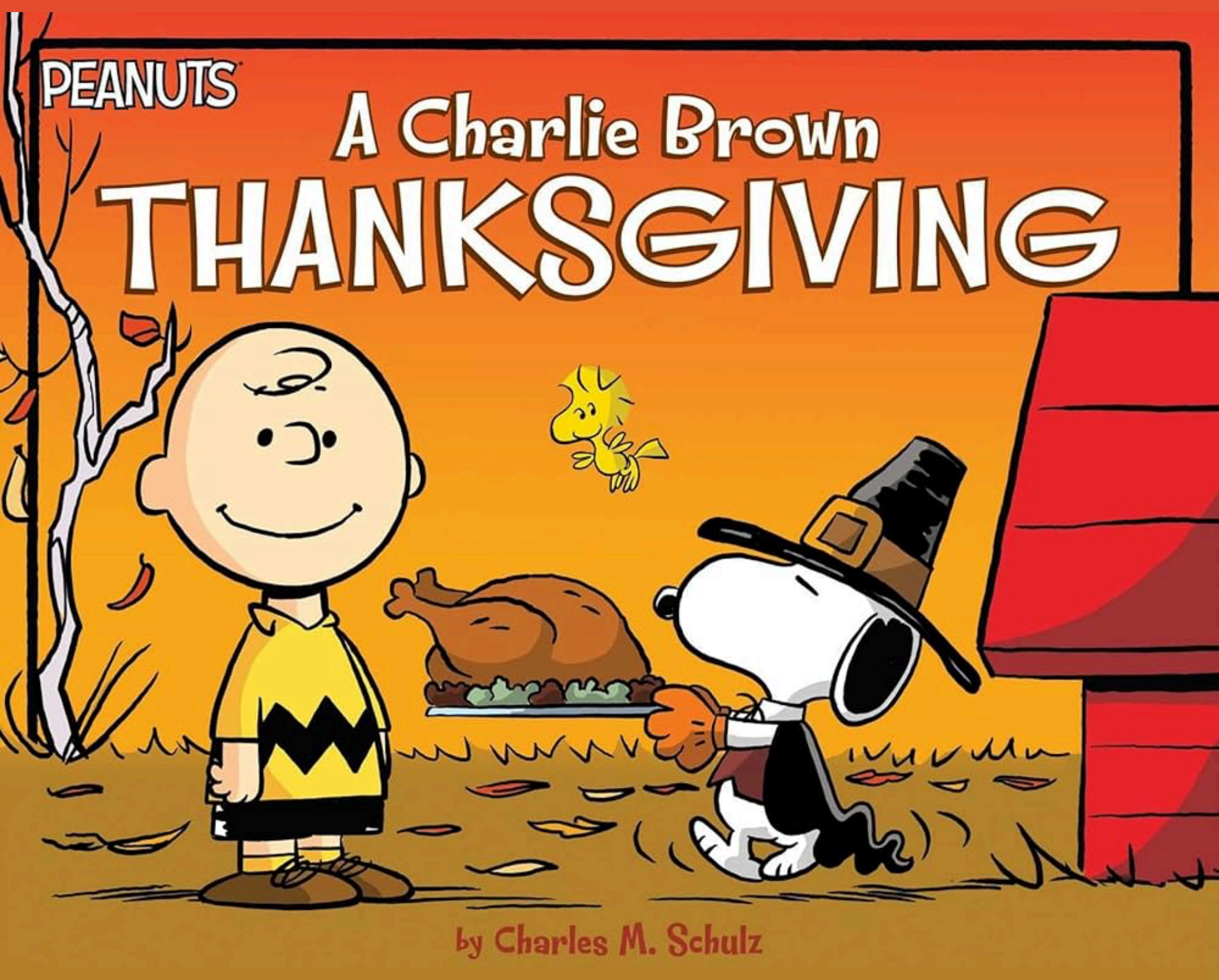
Topics that may be covered

- maintaining independence while preparing ahead
- navigating health changes confidently
- understanding options for care & support
- how to communicate needs & wishes to family

RSVP 860-355-6075

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

Screening of



Thursday, Nov. 20, 10:30-11 a.m.

This heartwarming animated holiday classic premiered Nov. 20, 1973. Join us for a screening of this seasonal staple that reminds viewers of the simple joys of togetherness and the importance of saying thanks.

RSVP 860-355-6075

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



Please Join Us For A Gathering Of

Thanks-For-Giving

to honor and give thanks to our volunteers

**With LIVE entertainment
by Elana Zabari**

Thursday Nov. 20	12-2:30 p.m.
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You must register for lunch by Nov. 14 to attend lunch



At New Milford Senior Center

40 Main St., New Milford

RSVP 860-355-6075



SMART DRIVER COURSE

Friday, Nov. 21
9 a.m. -1 p.m.

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

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

RSVP
860-355-6075

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

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

WITH AWARD-WINNING ARTIST
TOM DOTY

WATERCOLOR WORKSHOP

Limited to 10



Dive into the world of watercolor artistry
with our hands-on workshop for
beginners and enthusiasts alike.

FRIDAY, NOV. 21
9:30 A.M. - 12:30 P.M.

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

RSVP 860-355-6075 beginning Nov. 3



Jars of Blessings

a Thanksgiving craft

Join Deborah for a reflective activity that focuses on creativity, thoughtfulness and the spirit of Thanksgiving

FRIDAY, NOV. 21, 1 P.M.

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

Senior Songbirds



FRIDAY
NOV. 21
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

HEARING SCREENING



With
Hearing Life

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

Tuesday, Nov. 25
10 a.m.
by appointment



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



RSVP 860-355-6075

Prepare yourself
for a screening of

WICKED FOR GOOD



Join the senior center at Bank Street Theater for a screening of
part two of this iconic story.

RSVP to senior center (860-355-6075). Meet at theater.

Tuesday, Nov. 25 12:30 p.m

\$5/person

\$20/ticket & food/beverage