

JANUARY 2022

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CENTER

discover



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hearct.com

*See office for details.

MENTION CODE **AG60-1** WHEN CALLING





40 Main Street ♦ New Milford, CT 06776
 Telephone (860) 355-6075 Fax (860) 354-2843
 Hours: Monday-Friday, 8:00 AM-4:00 PM
 Website: www.newmilford.org
 Click on "Departments" and select "Senior Center"



[www.facebook.com/
NewMilfordCTSeniorCenter](http://www.facebook.com/NewMilfordCTSeniorCenter)



www.agewellct.org/newmilford



SUBCOMMITTEES

TRIAD for Senior Safety

Andrea Wilson, *Chairperson*
 Jasmin Marie J. Ducusin-Jara, *Co-Chairperson*

WHEELS Program of Greater NM

Thea Gruber, *Program Coordinator*
 Laura Weimar, *Scheduler*

Chore Council Members

Dennis Carter, Jo-Ann Durdock, Lorrie Seely,
 Suzanne Serbia, Patti Tompkins, Frank Wargo

HEALTH & WELLNESS PARTNERS

Carolyn DeRocco, *Vice President of
 Programs and Education of the Alzheimer's
 Association Connecticut Chapter*
 New Milford Health Department
 RVNA-New Milford and Nuvance Health
 Community Culinary School of NW CT



SENIOR COMMUNITY CAFE

Community Culinary School of Northwestern CT

Lunch is served Mondays - Thursdays at 12:00 PM | Suggested donation: \$4.00
 Sign up in person on our Touch Screen or by phone at least 3 days in advance!
 Jason Streck-Weller, *Chef On Site* Flora Quammie, *Lunch Volunteer*

SENIOR CENTER STAFF
 Jasmin Marie J. Ducusin-Jara, *Director of Senior Services*
 Janette Ireland, *Program Coordinator/ Asst. Director*
 Leonardo S. Ghio, *Municipal Agent/ Senior Services Advisor*
 Amanda Caldwell, *Municipal Agent/ Senior Services Advisor*
 Kim Fitch, *Office Coordinator*
 Tom Williams, *Senior Bus Operator*
 Erin Baldwin, *Senior Bus Operator*
 Rufus de Rham, *Chore Services Coordinator*
 Sue Desgro, *Per Diem Bus Driver*

COMMISSION ON AGING

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

Gretchen O'Shea, *Chairperson*
 Robert Bennett, Mary-ellen Foster,
 Michelle Liquori, Holly Mullins, Daniel
 Sullivan, Cecilia Buck-Taylor, Bonnie
 Weed, Debbie Wilcox

TO OUR READERS: Our newsletter company, Liturgical Publications, accepts advertising from a number of area businesses and service providers. Please note that although we publish these advertisements, the New Milford Senior Center does not receive any financial benefit from the identification of any product or service provider contained or referred to in any ad, and does not constitute an endorsement, referral, guarantee, or recommendation of or by the Town of New Milford or the New Milford Senior Center.

FOR YOUR INFORMATION



CONGREGATE MEALS

The Senior Community Café is open for Lunch! Meals are prepared by Chef Jay and Chef Blythe of the Community Culinary School of Northwestern CT. To make a reservation, please stop in or call at least 3 days in advance. Over the next few months we will be phasing out our congregate meal deliveries, but will offer meal pickups as an additional option. Suggested donation for the meals is \$4.00 and can be made in-house using the donation box or by mailing in a check made out to *Community Culinary School* to 40 Main Street New Milford, CT 06776. All meals in-house will follow all health and safety protocols plus the option of dining al fresco as well! Lunch menus are on Page 14 of this newsletter and hard copies are available for pickup at the Senior Center. See you at the table, friends!

DURABLE MEDICAL EQUIPMENT LENDING CLOSET

Did you know that the New Milford Senior Center houses a "lending closet" of durable medical equipment for donated items in clean + excellent condition or for those in need? Connect with the Senior Center for further details, availabilities, or acceptable items for donation.



THE LUNCH BUNCH

The Lunch Bunch is back and meets one Saturday a month to enjoy a new or favorite area restaurant. Join in for delicious local fare and friendships! Connect with the Senior Center for contact information.



SENIOR SHOPPING DAYS IN DOWNTOWN NEW MILFORD

Shop small and shop local, right in our very own Downtown New Milford. In collaboration with the Mayor's Office and the Downtown Merchants on the Green, we are happy to announce that Senior Shopping Days will begin on the first Tuesdays of every month with special senior discounts for your shopping pleasure. Just show your New Milford Senior Center MySeniorCenter card to participating vendors and shop away!



**THE NEW MILFORD SENIOR CENTER
 WILL BE CLOSED ON
 MONDAY, JANUARY 17TH**
 I HAVE A DREAM
MARTIN LUTHER
King Jr. Day

4 | FOR YOUR INFORMATION

THE COMMUNITY FUEL BANK OF NEW MILFORD



As the work our way through the winter months, please consider making a donation to the Community Fuel Bank of New Milford. The Community Fuel Bank is a special fund shared by the New Milford Senior Center and New Milford Social Services to aid in keeping New Milford families in need warm during the winter months.

Donations are graciously accepted either online on the "Senior Center" page at newmilford.org or by mail: Community Fuel Bank 40 Main Street New Milford CT 06776 with checks made payable to *Community Fuel Bank of New Milford*.

SENIOR CENTER VOLUNTEER MEETING

Thursday, January 13th, 9:30 AM

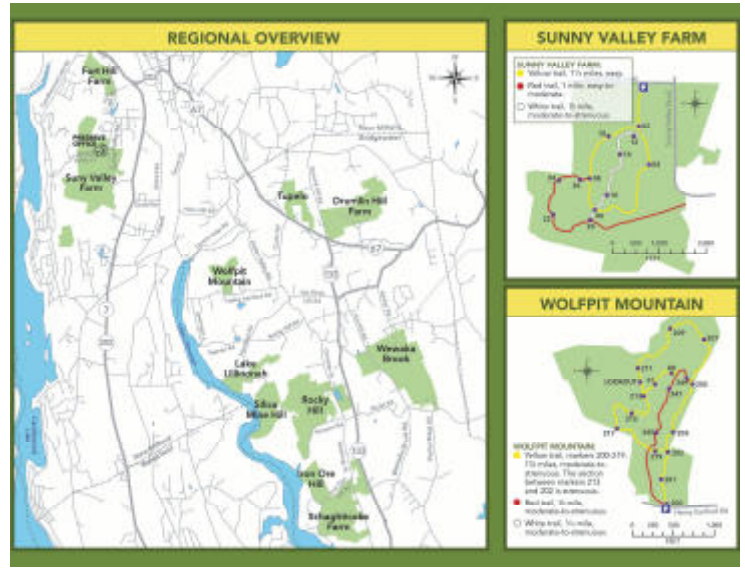
Looking for volunteer opportunities or do you simply just want to help make the New Milford Senior Center a better place? Join us as we look to gather new and returning Senior Center volunteers to learn of upcoming events, brainstorm new ideas, or seeing where your time and talents can be shared and appreciated! All of us at the New Milford Senior Center are so grateful for all our volunteers and these monthly meetings will also serve as a way to say THANK YOU to you all who wholeheartedly serves our senior community!



MOVERS & SHAKERS CLUB

Thursday, January 6th, 1:00 PM

Sunny Valley Preserve - 8 Sunny Valley Rd - New Milford
 Okay, Movers & Shakers... let's get out there and celebrate the New Year together with a little hike at Sunny Valley Preserve. The Sunny Valley Preserve consists of 1,850 acres of farmland, forests, wetlands, and meadows on 19 parcels of land. . With our guide, Bonnie Weed, who operates a farm on the preserve and knows the trails well, we'll have a great outing! She is happy to meet us at the parking lot and guide us along the way. You can meet us at Sunny Valley or at the Senior Center by 12:30 PM and we can convoy over. Be sure to register ahead. Happy 2022!



Noble LIVING: The Gold Standard



Autumn Cockroft
 Director of Nursing

"Noble residents are filled with such wisdom; it's inspiring. My team and I feel the best part of our job is encouraging residents to live every day to the fullest."

Learn more about how you or a loved one can live every day to the fullest. Contact us today to begin enjoying the Gold Standard of Noble Living.

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SUPPORT OUR ADVERTISERS!



Happy New Year 2022

Here we are ringin' in another New Year with hopes that it'll be better and brighter. From all of us at the New Milford Senior Center, we wish you and your loved ones a Happy and Healthy New Year and look forward to seeing you throughout the year for all the wonderful things we have in store. Know that as we still continue to navigate through these crazy times that we are here for you and are doing our best to keep us all safe and in good spirits.

Best wishes from all of us:
Jasmin, Janette, Kim, Leo, Amanda, Tom, Erin, Rufus, and Sue

Cheers to us all!

The New Milford Senior Center
Presents



2022

**TOAST TO THE
NEW YEAR**

FRIDAY, JANUARY 14TH 2PM-3:30

LIGHT FARE, LOVELY COMPANY & NEW YEAR WISHES

SPACE IS LIMITED. BE SURE TO SIGN
UP WITH THE SENIOR CENTER.

DEAR LADIES AND LORDS,
YOU'RE INVITED TO AN AFTERNOON OF

MEDIEVAL MURDER & MYSTERY

Join us for an interactive murder mystery play

Tuesday, January 18 2022 at 3:00 PM

Located at The Senior Center:
40 Main St New Milford, CT 06776

Presented by the
New Milford Youth Agency & New Milford Library

LEONARDO S. GHIO AND AMANDA CALDWELL 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 and email.

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

MUNICIPAL AGENTS/SENIOR SERVICES ADVISORS

OFFICE AND CHORE SERVICES NEW PHONE NUMBER: 860-457-4191



The mission of New Milford Chore Services is to assist senior residents of New Milford with light chores work so that they are able to remain living independently and with dignity, at home. *We assess work on a case by case basis, but here are some examples of how we might be able to help:* Trim hedges,

rake leaves, weed the garden, wash windows, spring cleaning, decluttering, rearrange furniture, switch out screen/storm windows, change lightbulbs, or even tighten screws. The New Milford Chore Services program is funded through federal and state grants and donations based on a sliding scale of client fees. If you think we might be able to help, give Chore Services a call at **860-457-4191**.

ENERGY ASSISTANCE



The Senior Center will begin taking applications for the CT Energy Assistance Program on September 1st. Qualifying income guidelines are as follows: \$37,645 for individuals and \$49,228 for couples. Assets under \$12,000 for renters and \$15,000 for homeowners are excluded. Anything over that is added to your income. The total must be below the above numbers to be eligible. Make sure you have all documents before coming in to apply. We will need your current income, such as: Social Security benefit, wages from work (previous 4 weeks worth of pay-stubs), interest and/or dividends, etc. If you are self-employed, please call before you make an appointment to find out what you will need to bring. We will also need proof of assets which will be ALL bank accounts, stocks, bonds and any other liquid assets and whether you heat with electricity or not, we need a current electric bill. When all of your documents are ready, please call the front desk to make an appointment.

AARP TAX AID—TAX YEAR 2021

Need help with your taxes? Free income tax assistance is provided at the New Milford Senior Center by the AARP Tax-Aid program for low to moderate income taxpayers. AARP Tax-Aid is a program of the AARP Foundation, offered in conjunction with the IRS.

Please connect with the Senior Center to obtain additional information or to schedule an appointment with a certified AARP Tax-Aid counselor. Appointments will be available on Mondays, February 7th through April 11th and we will start taking requests for appointments on Wednesday, January 19th.

Please bring the following to your appointment:

- Photo ID and Social Security cards for the taxpayer and any dependents to be included on the return
- 2017 Tax Return
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets (stocks, bonds)
- All forms indicated federal income tax paid and if state tax refund was received
- Dependent care provider information (name, employer ID, Social Security #)
- If itemizing deductions, summary of deductions OR all receipts or canceled checks for itemized deductions OR all receipts or canceled checks for itemized deductions
- Even if not itemizing deductions, bring receipts for real and personal property tax payments
- If tax refund is expected, a check with the routing and account numbers

Affordable Care Act (ACA)

- Information on health insurance coverage for taxpayer, spouse, and all dependents
- If health insurance coverage was not for full year, information on monthly coverage
- Any health care exemptions received through the IRS or Marketplace/Exchange
- If health insurance purchased through the Marketplace, bring form 1095

We cannot return prepares from the following:

- Schedule C—Profit or Loss from Business if expenses exceed \$25,000
- Schedule E—Rental Property



2022 MEDICARE COSTS AT A GLANCE

Part A Premium	Most people don't pay a monthly premium for Part A (sometimes called "premium-free Part A"). If you buy Part A, you'll pay up to \$499 each month in 2022. If you paid Medicare taxes for less than 30 quarters, the standard Part A premium is \$499. If you paid Medicare taxes for 30-39 quarters, the standard Part A premium is \$274.
Part A Hospital Inpatient Deductible and Coinsurance	You pay: \$1,556 deductible for each benefit period Days 1-60: \$0 coinsurance for each benefit period Days 61-90: \$389 coinsurance per day of each benefit period Days 91 and beyond: \$778 coinsurance per each "lifetime reserve day" after day 90 for each benefit period (up to 60 days over your lifetime) Beyond lifetime reserve days: all costs
Part B Premium	The standard Part B premium amount is \$170.10 <u>per month</u> (or higher depending on your income)
Part B Deductible and Coinsurance	\$233. After your deductible is met, you typically pay 20% of the Medicare-approved amount for most doctor services (including most doctor services while you're a hospital inpatient), outpatient therapy, and durable medical equipment (dme),

DEPARTMENT OF SOCIAL SERVICES LIEN RELEASE PROCESS: NEW LAW IS ENDING DSS LIENS ON REAL PROPERTY

If the Department of Social Services (DSS) has placed a lien on your house, we want you to know that we are in the process of releasing all property liens, effective July 1, 2021. This means that DSS is ending all real property liens that have been filed to recover the cost of cash assistance and/or Medicaid assistance. The change results from Public Act 21-3, passed by the General Assembly and signed by Governor Lamont on March 4, 2021. Liens on real property owned by former clients, clients and legally-liable relatives (LLR) are being released. Specifically — Any existing real property lien, filed pursuant to Connecticut General Statutes §§ 17b-79 and 17b-93 to secure the State of Connecticut's right to recover the cost of certain public assistance, shall be deemed released on July 1, 2021, unless the recovery of such assistance is required by federal law. The new law covers all DSS real property liens that have ever been placed on client and LLR property due to a receipt of cash and/or Medicaid assistance. DSS is currently issuing formal lien releases to all towns to be recorded in land records.

EMERGENCY FEDERAL BROADBAND BENEFIT



The Emergency Broadband Benefit is an FCC program to help families and households struggling to afford internet service during the COVID-19 pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, virtual classrooms, and so much more. The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for

households on qualifying Tribal lands. A household is eligible if a member of the household meets one of the criteria below:

- Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or Lifeline;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers and \$198,000 for joint filers; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

Contact your preferred participating broadband provider directly to learn about their application process.

NOTIFY
NEW MILFORD
Stay in the know!

Get alerted about emergencies and other important community news by signing up for the Town of New Milford's Emergency Alert Program. This system enables the town to provide you with critical information quickly in a variety of situations such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhood. Not only will you receive notifications regarding emergencies, but you also have the option to sign up for information relevant to you such as age related programs and town events. You will receive time-sensitive messages where you specify, such as your home, mobile or business phones, email address, text messages, and more. You pick where, you pick how. If you choose to download the Everbridge App, you will be able to receive messages anytime you enter an area where an event may be occurring, such as a road closure. 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. It will take you directly to the page to sign up. If you have any questions, please call the Mayor's Office at 860-355-6010 or email mayor@newmilford.org.

UNTIL FURTHER NOTICE, PLEASE BE ADVISED THAT OUR SENIOR TRANSPORTATION SERVICES WILL CONTINUE TO ADHERE TO ALL HEALTH AND SAFETY PROTOCOLS INCLUDING BUT NOT LIMITED TO MASK WEARING WHILE RIDING ON OUR BUSESSES. WE THANK YOU FOR YOUR UNDERSTANDING AND COOPERATION.



RESERVATIONS AND RIDERSHIP

Transportation is available for seniors and individuals who are ADA-certified to head to the Senior Center, work, shopping, and anywhere within New Milford. To reserve a ride, please 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. We require at least 24 hours notice for a change

in destination as all “stops” are scheduled accordingly. We ask that bus riders be ready at least 15 minutes before your scheduled pickup time! When you are finished with your appointment and/or have been waiting for more than 15 minutes for your ride, please call the Center. All walkers and canes must be secured and wheelchairs will be secured in appropriate locked positions while onboard the bus. For the safety of yourself and others, 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. For the comfort and security of our riders, we ask that you please refrain from any cell phone conversations while riding the Senior Center bus.

SUGGESTED DONATION IS \$1.00 PER ONE-WAY RIDE

Senior Center Bus riders must present their MySeniorCenter Card upon entering the bus and bus riders must have independently mobility. 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.

PLEASE WEAR A MASK!

The health and safety of our riders and drivers are of utmost importance. Riders must still continue to wear a face mask/covering that covers both the nose and mouth upon entering, exiting, and for the duration of the bus ride. Please be mindful of social distancing and proper hygiene practices when touching shared surfaces.

For information regarding Title VI, please refer to www.newmilford.org: Departments —> Senior Center

UNTIL FURTHER NOTICE, PLEASE BE ADVISED THAT THE WHEELS PROGRAM SERVICES WILL CONTINUE TO ADHERE TO ALL HEALTH AND SAFETY PROTOCOLS INCLUDING BUT NOT LIMITED TO MASK WEARING WHILE RIDING IN THEIR VEHICLES AND ABOARD THEIR MINI BUS. WE THANK YOU FOR YOUR UNDERSTANDING AND COOPERATION.

WHEELS PROGRAM OF GREATER NEW MILFORD

WHEELS is a volunteer organization that provides seniors and individuals who are ADA-certified to non-emergency medical appointments in and around the greater New Milford area. Two cars and a wheelchair accessible van are available to transport based on availability. The WHEELS Office, located on the lower level of the Senior Center, is open Monday - Thursday, 9:00 AM - 12:00 PM and can be reached at **860-354-6012** or through their website: www.wheelsofnewmilford.org

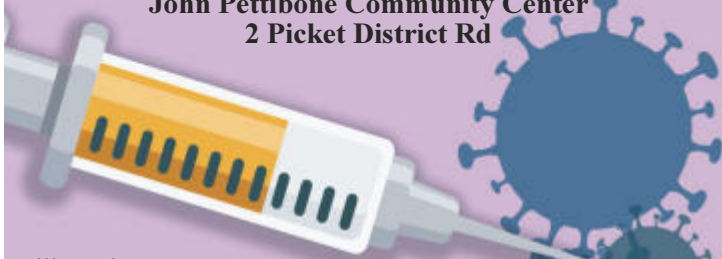


SUPPORT OUR ADVERTISERS!



SENIOR APPOINTMENTS FOR COVID-19 BOOSTERS

Wednesdays, starting January 5th, 3:00 - 4:00 PM
John Pettibone Community Center
2 Picket District Rd



Still need to get your COVID-19 Booster or 3rd Dose? In coordination with the Health Department of New Milford, there are vaccine appointment slots that have been set aside just for Seniors at their Wednesday afternoon clinics throughout the month of January. Connect with the Senior Center for scheduling assistance.

BLOOD PRESSURE SCREENINGS

Wednesdays, 10:30 – 11:30 AM



Join us for a weekly, first come, first serve blood pressure screening with New Milford's very own Community Health Nurses. This free service provides you with an opportunity to check and track your blood pressure as well as meet with a nurse for basic health questions and guidance.

LIFE AFTER THE LOSS OF A PARTNER BEREAVEMENT SUPPORT GROUP

Wednesday, January 12th, 10:00 - 11:30 AM

Grief can be overwhelming at times and it can feel like the waves in the ocean. The death of a spouse or partner can be a life changing experience but there is hope and healing. We hope you can join this group to meet others who are also going through the grief journey. You will find support, resources and education on the grieving process. Catherine Vlasto LCSW is a clinical social worker in private practice. She specializes in grief and end of life issues. For more info or to sign up, please connect with the Center.



HUMMINGBIRD SOUND HEALING WORKSHOP

Thursday, January 20th, 1:00 PM

*The power of sound to relax,
the power of play to inspire,
the power of no-thoughts
to deeply listen...*

Join us as we welcome Barbara (Bobbi) Soares of Hummingbird Sound Yoga and experience Hummingbird's medicine that teaches you to listen and be deeply in the present moment. Space is limited and no experience is necessary. To sign up, please connect with the Senior Center.



HEALTH AND WELLNESS | 9

REIKI HEALING

Tuesdays, Jan 11th and 25th, 1:00 - 3:00 PM

Reiki is used to reduce stress, promote relaxation, and restore physical, mental, and emotional health through simple hands-on healing techniques with Reiki Master, Mary-Ellen Foster every second and fourth Tuesday of the month. A 10 minute Reiki Healing session is a suggested donation of \$7.00 and clients are received on a first come, first served basis.



HEARING SCREENINGS

Tuesday, February 11th

9:00 AM - 12:00 PM by appointment

Free Hearing Screenings will be available right here in our Health & Wellness Room with hearing instrument specialist, Irene Sahinovic, representing Hearing Aid Specialists of CT. Please connect with the Senior Center to set up an appointment.



ALZHEIMER'S ASSOCIATION



The Alzheimer's Association is available for you to get connected with resources, advocacy, and advice. For more information, please 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.

Want to be a part of bringing individuals living in the early stages of Alzheimer's or other dementias together to promote social interactions and companionship? The Alzheimer's Association is looking for volunteers to facilitate Early Stage Social Engagement programs in local communities. Training and support will be offered to those volunteers who qualify. For more information on getting involved, please contact Tina Hogan at 860-412-8029 or thogan@alz.org. Alzheimer's Association early-stage engagement programs are a way for early-stage individuals to engage with and connect to others who are living in the beginning stage of Alzheimer's or other dementia through a variety of social events and community-based activities.

GET THE LATEST UPDATES ON COVID-19
INCLUDING INFORMATION REGARDING BOOSTER
SHOTS AND OTHER HELPFUL LOCAL RESOURCES
SUCH AS TESTING BY VISITING
WWW.VACCINATENEWMILFORD.ORG




VillageCrest
Center for Health & Rehabilitation

19 Poplar Street
New Milford, CT 06776



Contact us to schedule your
in-person or virtual tour.

 860.354.9365

 village-info@NHCA.com

 www.villagecrestrehab.com

HANDIWORK CIRCLE

Mondays, 10:00 AM



Meeting every week throughout the year to knit and crochet, all are welcome to work on their own personal pieces or ones that will be donated within our community. If you've never knitted or crocheted before, there are plenty of hands willing to assist and yarn donations in excellent condition are always welcome!

WEEKLY BINGO

Mondays, 1:00 PM



Join us for an afternoon of Bingo! Whether across, down, or diagonally it's a- BINGO! For your own comfort, you are welcome to bring in your own supplies as well! Good luck!

***NEW* ASK THE ATTORNEY—
ROUNDTABLE DISCUSSION**

Tuesday, January 18th, 9:30 AM

Do you have an elder law concern? This free informational service is offered by local elder law attorneys in a roundtable discussion format to discuss any elder law issue that might be of interest such as estate planning, living wills, transfer of assets, Medicare, and Medicaid. These are *informational discussions* only; no legal advice is offered. Pre-registration is required, please connect with the Center to sign up.



**¡APRENDA ESPAÑOL
CON NOSOTROS!**

Tuesdays, 11:00 AM

¡Hola, mis amigos! Hello my friends! Have you ever wanted to learn to speak Spanish? Well, now is your opportunity to learn! Join Señora Nora Tigner who will be providing an introductory Spanish class, right here at the Center! Together we will learn the basics of the language and explore the culture. To sign up, please connect with the Center.

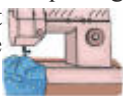
SCRABBLE Tuesdays, 12:30 PM



Scrabble is a board-and-tile game in which two to four players compete in forming words with lettered tiles interlocked like words in a crossword puzzle.

QUILT CIRCLE Tuesdays, 1:00 PM

Calling all quilters! Work on your individual pieces or join in on a group project. We have fabric, thread, quilting tools and sewing machines and quilting material donations in excellent condition are always welcome and appreciated.



MAHJONG

Wednesdays, 9:30 AM



Mahjong is a game of both skill and luck that originated in China many centuries ago. Tiles are shuffled, die are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin. The first person to match a hand of 14 tiles and thus "call mahjong" ends the game, whereupon tiles are scored and a winner is declared. Space is limited, but newcomers and those wanting to learn are welcome!

***NEW* LIBRARY BOOK EXCHANGE**

**Wednesday, January 5th,
11:00 AM**



At the beginning of the month, a volunteer from the New Milford Library comes to the Center with a new selection of books for you to "check-out".

When you are done with your book, either bring it back the following month when the library volunteer is here or drop them off with a staff member at any time.

BRIDGE CLUB

Wednesdays, 12:30 PM



Bridge is a team trick taking game played with a standard 52 playing card deck. Join in on the fun—newcomers are always welcome!

MIDWEEK MATINEE

Wednesdays, 1:00 PM



Join us as we turn the Grand Room into a movie theater! Upcoming movies are on display by the Sign-in Computer or call to find out what'll be playing on the big screen!

***NEW* MONTHLY BIRTHDAY
CELEBRATION**

Thursday, January 20th, 12:30 PM



Happy January Birthdays! Are you celebrating a birthday in the month of January? Well come to the Center to celebrate with us! This month's birthday celebrants will not only have "Happy Birthday" sung to them, but will also

be honored with flowers, balloons, and of course, good company wishing them the happiest of birthdays and many more to come! Connect with the Senior Center to reserve lunch and Happy Birthday to you!

CARD AND BOARD GAMES

Connect with the Center to reserve game time on the calendar and we kindly ask you to consider bringing your own cards and game pieces for your comfort and safety.

Need to use a Computer?

Check out our fully equipped Computer Lab located on the 2nd Floor available for senior use! See staff for assistance.



ONE-ON-ONE TECH HELP

Appointments Available By Request
30 minute, one-on-one appointments are available with guidance from tech savvy volunteers to answer questions about your technical devices. Connect with the Center to make an appointment.



BOOK DISCUSSIONS

**Friday, January 14th,
Thursday, January 20th,
and Tuesday, January 25th, 1:00 PM**

We're happy to welcome back our book discussion groups where readers can come together and share their reading experience with three different groups meeting every second Friday, third Thursday, and fourth Tuesday of the month! In partnership with the New Milford Public Library, we have multiple book discussions available throughout the month here at the Center. Books are provided by the library for your convenience. Our discussions are informal but lively, so let's see where the story takes you! Call the Center or the New Milford Library at **860-355-1191** for more information.

WII BOWLING

Fridays, 11:00 AM



Join in the excitement of Wii Bowling, a virtual bowling game that simulates all the movements of bowling minus the heavy ball!

**SENIOR SONGBIRDS
SINGING GROUP**

Friday, Jan 14th, 1:00 PM

The Senior Songbirds are back and ready to gather around the piano once again. Local pianist, Dan Ringuette, will be join us to tickle the ivories and accompany our singers. Warm up those voices, it's time to SING!



**PLAY POOL
Monday - Friday,
Open Hours**

Let's shoot some pool! The pool table is located on the lower level of the Senior Center and available by request. Bring some competition or practice on your own, just give us a call at least one hour prior to your arrival to ensure that the table is available and ready for you to start playing! Pool sticks, balls, and chalk are available or you are welcome to bring in your own equipment Let's see those pool sharks!

STRENGTH & BALANCE

Mondays & Thursdays, 11:00 - 11:45 AM



Join Kerry Swift, our Strength and Balance exercise instructor who teaches a low-impact exercise program that includes strength training with light hand weights, stretchy bands, chair exercises and lots of laughter! The cost of a 4-week session is \$15 to take only the Monday Class or Thursday Class or \$30 to take the class on both Mondays and Thursdays, and payment will confirm your registration. Take a seat and let's get movin'!



TAI CHI FOR SENIORS

Mondays, 2:00 - 3:00 PM,

Join Tai Chi Instructor, Sasha Chalif as you learn this gentle way to fight stress while also helping to increase flexibility and balance. Movements can be modified to be practiced in both standing and seated. The cost of a 4-week

session is \$25 and payment will confirm your registration. Embrace your mind, body, and spirit and let's begin!

ZUMBA GOLD

Mondays, 5:00 - 6:00 PM



Get ready to join the party! Join Jasmin Ducusin-Jara, certified Zumba Gold instructor for a class that's perfect for active older adults who are looking for a Zumba® class at a lower-intensity. The class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination as well as all the elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. The cost of a 4-week session is \$25 and payment will confirm your registration. Let's get the party started!

EXERCISE CLASSES | 11

CHAIR YOGA

Tuesdays, 10:30 - 11:30 AM

Join Elaine Donahue, certified Yoga Instructor, for an enriching gentle yoga class where you have a partner on the mat: a chair! Improve balance, strength and flexibility by practicing classic yogic poses while supported by your chair. This class is welcome to all who are striving for increased energy, improved wellness, and an enhanced enthusiasm for life! The cost of a 4-week session is \$25 and payment will confirm your registration. Namaste, friends!



YOGA

Fridays, 9:15 - 10:15 AM and 10:30 - 11:30 AM

Join yoga instructor, Kristin Wilkins who brings compassion and a positive approach to her work by helping people maintain a healthy lifestyle! With two class times available, yoga is a not only a type of exercise, but a discipline that includes breath control, simple meditation, and specific bodily postures for health and relaxation. The cost of a 4-week session is \$25 and payment will confirm your registration. "It's not about being good at something. It's about being good to yourself."

DANCIN' THROUGH THE DECADES

Wednesdays, 11:00 AM



Join professional dancer and certified personal trainer Matthew Ames as he hits the floor in this exciting new dance workout. Designed to increase range of motion and muscle recruitment, all while danin to your favorite golden oldies of yesteryear. No dance experience is required, just a love of music and movement. The cost of a 4-week session is \$25 and payment will confirm your registration. Get ready to boogie!

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Word List:

AMERICAN
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 COTIJA
 FETA
 GOUDA
 LIMBURGER
 MOZZARELLA
 PECORINO
 REGGIANO
 STRING

ASIAGO
 CAMEMBERT
 COTTAGE
 FONTINA
 GRUYERE
 MANCHEGO
 MUENSTER
 PEPPERJACK
 RICOTTA
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BLUE
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 MASCARPONE
 NEUFCHATEL
 PROVOLONE
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 VELVEETA

BRIE
 COLBY
 EDAM
 GORGONZOLA
 JARLSBERG
 MONTEREYJACK
 PARMESAN
 QUESOFRESCO
 ROQUEFORT



LUNCH AND LEARN: BRAIN GAMES

Friday,
January 7th, 12:00 PM

Brain food and brain games? Count us in! Join us as we welcome our friends from Village Crest for a fun afternoon with Lunch and Brain Games as an enjoyable and effective way to improve brain health. Connect with the Senior Center to sign up.

WE GOT GAME CLUB

Fridays, 10:00 AM



Let's get together and play some games — Card games, dominoes, board games, and more! Have a game you want to play? Bring it along. Connect with the Senior Center to sign up and join in on the fun!



ARTS & CRAFTS: BUTTON NECKLACES

Wednesday, January 19th,
10:00 AM

Our fabulous volunteer Arts & Crafters will be back to guide us through creating button necklaces! All supplies will be included, but if you have your very own button collection, you're welcome to use your own! Space is limited so to sign up, please connect with the Senior Center.



PAINT, SIP, AND REPEAT!

Thursday, January 13th,
5:00 - 7:00 PM

Let's get our creative juices flowing! Join us as we welcome local artist, RJ Yarrish for a guided painting class where you will leave with your very own winter masterpiece. Cost of the class is \$20.00 which will include all your supplies and light fare. This event is BYOB, and space is limited. The painting that that you will be creating is featured below. Connect with the Senior Center to sign up.

NEW STUFF FOR THE NEW YEAR | 13

NEW WHAT'S HAPPENING: CURRENT EVENTS AND CONVERSATION

Thursdays starting
January 13th,
11:00 AM



Join us for lively discussions of current events, from local to international. Some may prefer to just listen and learn while others may offer their thoughts, but all must be respectful! Whatever your comfort level, you will be welcomed to join in the conversation. To sign up for this weekly meeting of the minds, connect with the Senior Center.

SPECIAL BINGO

Thursday, January 27th, 1:00 PM

Join us we welcome our friends from the soon-to-be open Linden, a high-quality assisted living care facility in neighboring Brookfield for an afternoon of Bingo to wrap up the first month of the New Year. Happy New Year from your friends at the Linden!



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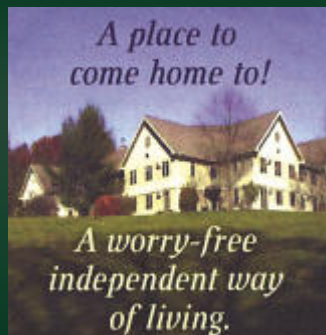
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SENIOR LUNCH

SERVED MONDAY - THURSDAY, 12:00 PM

SUGGESTED DONATION: \$4.00

PLEASE SIGN UP BY CALLING THE SENIOR CENTER AT LEAST 3 DAYS IN ADVANCE!

JANUARY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>3</p> <ul style="list-style-type: none"> Turkey Veggie Chili Rice Bread Pudding Low-Fat Milk Fruit Juice 	<p>4</p> <ul style="list-style-type: none"> Sloppy Joe's on a Bun Gardiniera Fruited Jell-O Low-Fat Milk Fruit Juice 	<p>5</p> <ul style="list-style-type: none"> Tuna Noodle Casserole Peas Bread Cupcake Low-Fat Milk Fruit Juice 	<p>6</p> <ul style="list-style-type: none"> Pot Roast Roasted Potatoes Carrots Bread Peaches Low-Fat Milk Fruit Juice
<p>10</p> <ul style="list-style-type: none"> Pork Cutlet with Gravy Mashed Potatoes Mixed Veggies Bread Peanut Butter Cookie Low-Fat Milk Fruit Juice 	<p>11</p> <ul style="list-style-type: none"> Baked Fish Rice Cauliflower Bread Applesauce Low-Fat Milk Fruit Juice 	<p>12</p> <ul style="list-style-type: none"> Baked Ziti Broccoli Garlic Bread Pears Low-Fat Milk Fruit Juice 	<p>13</p> <ul style="list-style-type: none"> Grilled Cheese Tomato Soup Parfait Low-Fat Milk Fruit Juice
<p>17</p> <p>MARTIN LUTHER KING, JR. DAY Senior Center Closed</p>	<p>18</p> <ul style="list-style-type: none"> Meatloaf Mashed Potatoes Mixed Veggies Bread Pudding Low-Fat Milk 	<p>19</p> <ul style="list-style-type: none"> Salmon Burger Coleslaw Oatmeal Cookie Low-Fat Milk Fruit Juice 	<p>20</p> <ul style="list-style-type: none"> Beef and Veggie Chili Rice Bread Birthday Cupcake Low-Fat Milk Fruit Juice <p>*Happy January Birthdays*</p>
<p>24</p> <ul style="list-style-type: none"> Mac and Cheese Stewed Tomatoes Bread Pudding Low-Fat Milk Fruit Juice 	<p>25</p> <ul style="list-style-type: none"> Scalloped Ham & Potatoes Peas Bread Cupcake Low-Fat Milk Fruit Juice 	<p>26</p> <ul style="list-style-type: none"> Chicken Veggie Quesadilla Rice Applesauce Low-Fat Milk Fruit Juice 	<p>27</p> <ul style="list-style-type: none"> Turkey Tetrazzini Mushrooms Noodles Bread Peaches Low-Fat Milk Fruit Juice
<p>31</p> <ul style="list-style-type: none"> Pasta with Meat Sauce Gardiniera Garlic Bread Peanut Butter Cookie Low-Fat Milk Fruit Juice 	<p>LUNCH PREPARED BY</p>		



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